

Know Me...

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“Know Me” cards are designed to introduce the most common symptoms that a child with a particular diagnosis may have. It is important to remember that each child is unique and how their diagnosis actually presents itself may look very different. These cards are meant to be a starting point for discussion that allows you to gather more information about the children in your playground project.

Children's names have been changed to protect their privacy.



**A good design depends
on good information...**

Use these cards to help you determine the “Ability” Demographics of your playground project. Explore the abilities and needs of the community members who will play on this playground.

1. Who will be using the playground... (*i.e., ages of users, private or public environment?*)
2. What special needs should we focus on? (*Visual impairment, mobility concerns, sensory disorders, etc.*)
3. What are the community agencies that support children of varying abilities? (*Early intervention, Children’s Hospitals, United Cerebral Palsy, Autism Speaks, etc.*)
4. What is the surrounding site information, both the playground area and the surrounding area?
5. What types of play are important? (*Spinning, swinging, quiet spaces, climbing, sliding, social, etc.*)
6. Do we need to give caregivers or parents a place to sit or work out?
7. Do you have a CAD plan available or accurate site measurements of the area?
8. Does your customer know the difference between ADA and Inclusion and which is needed?
9. Is fundraising needed or are the funds ready?

I have Sensory Processing Disorder which means:



- I may get overwhelmed easily in new places with lots of people I don't know
- Sometimes I have a hard time coordinating movements that use my big muscles
- I may like to spin, swing, touch, see and hear different sounds while I play
- I often end up playing alone because I don't know how to connect with groups of children who are playing

DESIGN IDEAS TO SUPPORT OWEN

- Create nooks and crannies within the main playstructure and surrounding areas where I can get away and watch others play
- Provide different climbing elements of varying difficulty so that I can learn to master gravity and my body while I play
- Provide a variety of sensory play opportunities in different locations throughout the playground so that I can explore these at my own rate
- Provide play areas that allow me to play with one or two friends at a time so that I can build my social skills during play



Sensory Processing Disorder

I have an Auditory Impairment which means:



- I may be able to hear different sounds
- I like to explore with my other senses especially touch and sight
- I like to climb and swing like other children
- Sometimes I use pictures and sign language to communicate

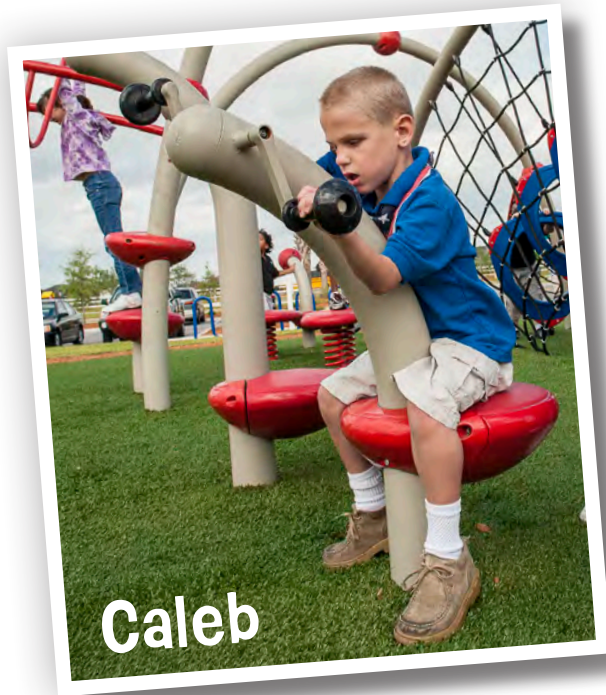
DESIGN IDEAS TO SUPPORT JASON

- Use a variety of sounds throughout the playstructure to help me build my auditory skills
- Provide me with lots of opportunities to explore tactile and visual play experiences
- Provide me with chances to climb and swing just like my friends
- Consider play signage with picture exchange systems and sign language



Auditory Impairment

I have a Visual Impairment which means:



- I may be able to see some light and shadows
- I like to explore with my other senses especially touch and hearing
- I like to climb and swing like other children
- Sometimes I have to be cautious when it is too sunny outside

DESIGN IDEAS TO SUPPORT CALEB

- Use good contrast throughout the playstructure to help me navigate the playground
- Provide me with lots of opportunities to explore tactile and auditory play experiences
- Provide me with chances to climb and swing just like my friends
- Be sure to provide shade and cooling areas so that I can get out of the sun if it gets to bright



Visual Impairment

I have Down Syndrome which means:



- I love to play with everyone on all kinds of play equipment
- Sometimes I need to really spin to get myself going on the playground
- I need to have many activities that make me use my muscles to improve my muscle coordination
- Sometimes I use pictures and sign language to communicate

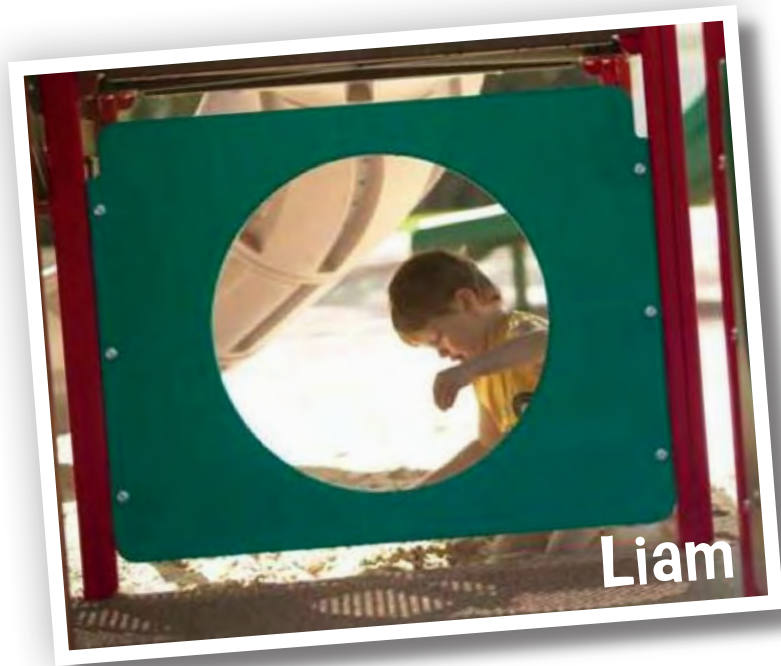
DESIGN IDEAS TO SUPPORT TREVOR

- Provide a wide variety of play experiences that encourage socialization
- Individual spinning elements help me get going, group vestibular play elements are fun too
- Provide me with lots of elements to climb up, on, over and through to make my muscles work
- Consider play signage with picture exchange systems and sign language



Down Syndrome

I have Autism which means:



- I may easily get overwhelmed in new places with lots of people I don't know
- Sometimes I really like to climb, spin, swing and run using big muscles in my body
- I may like to touch, see and hear different sounds while I play
- I often like to play alone especially when I feel overwhelmed by the activity around me

DESIGN IDEAS TO SUPPORT LIAM

- Create a way for me and my family to get to know the layout of the playground – this could be a tactile map at the park entry
- Provide a variety of climbing, spinning, swinging and open areas for me to explore at my own rate
- Provide a variety of sensory play opportunities in different locations throughout the playground so that I can explore these at my own rate
- Create nooks and crannies within the main playstructure and surrounding areas where I can get away and watch others play



I have Muscular Dystrophy which means:



- Often times I use a power wheelchair because my muscles get tired really fast
- Sometimes I can use my hands but using my fingers to grip things for a long time gets tiring
- I am often very bright and creative when I play
- Sometimes my medication limits how much I can be in the sun and heat

DESIGN IDEAS TO SUPPORT AVA

- Use pathways that exceed ADA standards so that those with power mobility devices can move more freely in the play space
- Use hand holds on play elements that can be operated with a closed fist or limited grip
- Provide me with lots of fun elements to play with so that I can use my creative mind while I play
- Be sure to provide shade and cooling areas so that I can get out of the heat and come back to play



Muscular Dystrophy

I have Cerebral Palsy which means:



- Sometimes it is hard for me to grab and hold onto things
- Sometimes I use a mobility device like a wheelchair or walker to get around
- Sometimes my muscles get tired and I need a place to rest while I play
- Sometimes I need a little more time to figure out how to do things

DESIGN IDEAS TO SUPPORT JONAH

- Use hand holds on play elements that can be operated with a closed fist.
- Use pathways that exceed ADA standards so that those with mobility devices can move more freely in the play space.
- Use pathways that have lesser slopes and level off areas with enough room to rest along the play path.
- Create nodes of play where interactive panels can be located. This extra space allows for children to have time to stop and play without being in the pathway of other children who want to move on to other play activities.



Cerebral Palsy

I have Spina Bifida which means:



- Sometimes I use a mobility device like a wheelchair or walker to get around
- My arms are usually pretty strong so I will leave my mobility device behind sometimes when I play
- Sometime my muscles do get tired and I need a place to rest while I play
- Sometimes my medication limits how much I can be in the heat

DESIGN IDEAS TO SUPPORT HANNAH

- Use pathways that exceed ADA standards so that those with mobility devices can move more freely in the play space
- Provide transfer points so that I can leave my mobility device behind if I want to venture off without it
- Create nodes so that when I take a rest, I can still play with my friends without being in the way
- Be sure to provide shade and cooling areas so that I can get out of the heat and come back to play



Spina Bifida

I have muscle weakness which means:



- Sometimes my muscles twitch and get really tight making it hard for me to move them the way I want to
- My muscles get really tired very quickly and make me feel weak
- I like to climb, swing and play with my friends
- Sometimes my sense of touch and proprioception senses don't work right

DESIGN IDEAS TO SUPPORT KATIE

- Create a playground that is easy for me to access so that I can successfully get to play
- Provide me with places where I can rest while I play
- Provide me with chances to climb, swing and play with my friends
- Include elements that help me build my sense of touch and proprioceptive sense



Muscle Weakness





**Better playgrounds.
Better world.®**

Since 1971, Landscape Structures has been committed to enhancing children's lives by fostering and creating inspiring play experiences while honoring the environment. We create innovative playground equipment to inspire children to grow strong bodies and minds so their futures remain bright. And to further ensure a better tomorrow, we are sensitive to the environment through manufacturing practices that minimize our impact on the earth. Our goal from day one has been to foster healthy children playing in healthy communities year after year, generation after generation.

Contact your local playground consultant today to learn more at 888.438.6574 or 763.972.5200. Or visit playlsi.com.

