

DISABLED PEOPLE & CYCLING



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Wheels for Wellbeing (WfW)

- **DPO** – run by and for disabled people
- **Access to cycling**
- **Campaigns & Policy**

- **Mobility Justice:** targeting resources towards those who have least access to transport and mobility rather than those with the most mobility privilege.

Disability & Cycling

Report of 2021 National Survey Results



4th Edition / 2020

A Guide to Inclusive Cycling



Removing barriers to cycling

Disabled People

(20% of UK population!)



Economic Inequalities

- Being Disabled costs an additional £975 per month e.g. 63% of household income after housing costs (Scope, 2023)
- 48% of Disabled adults are in employment; 80% of non-disabled people
- 59% of those with a Disabled householder live in “income poverty”; population average of 20% (EHRC, 2017)

Mobility and Transport Inequalities

- 90% of mobility impaired Disabled people don't have a suitable mobility aid to complete a 1km journey (Disabled Ramblers, 2022)
- Disabled people make 38% less journeys across all transport types (Motability, 2022)

Health Inequalities

- 60% of COVID deaths in England were Disabled people (Health Foundation, 2021)

Social Inequalities

- Only 56% of Disabled people feel welcome in their local community (Sustrans, 2022)



Cycling is the Solution!

- Transport and mobility (autonomous)
- Mental and physical health
- Social and leisure participation
- Education and employment ops
- Low/0 carbon
- Access to nature/green spaces
- Fun!

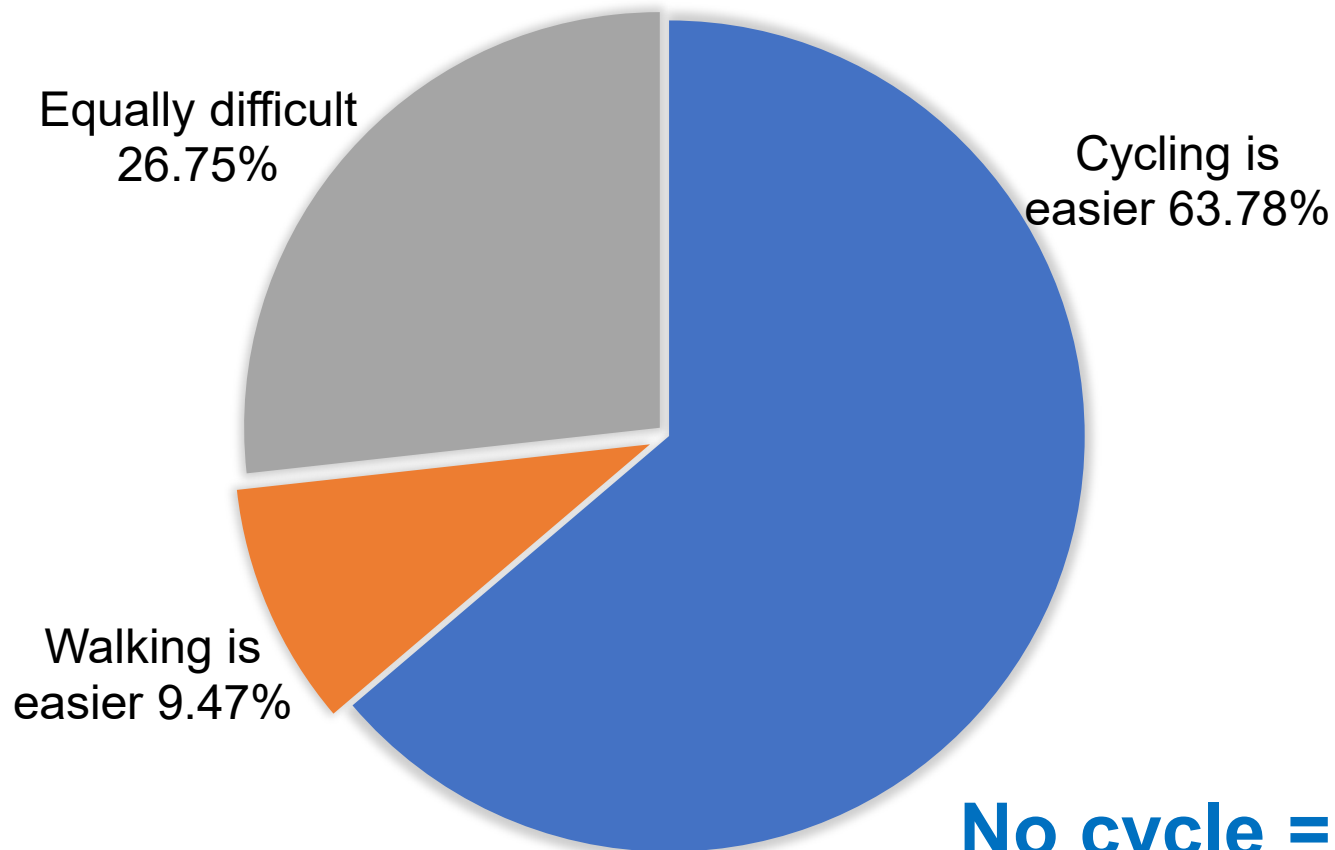


“I find it hugely enabling to cycle around for transport and my commute. It keeps me active and mobile, prevents degenerative decline in my muscles and makes me feel good about myself.”

Cycles as Mobility Aids



Which is Easier: Cycling or Walking?



- *“I have spinal issues and can't walk any real distance. But I cycle on a normal bike without problem. [It] gives me my independence.”*
- *“I have had MS for 30 years and wish I had realised earlier that I could cycle much better than I could walk!”*

No cycle = No mobility

Data from WfW 2021 National Survey (WfW 2022)



Removing barriers to cycling



International Precedents

The **World Health Organisation** (2011)

- **Mobility aids:** “Common examples include crutches, walking frames, wheeled walkers, wheelchairs (manual and powered), **tricycles**, scooters, orthoses such as callipers, braces and splints and prosthesis such as artificial legs. Devices such as white canes are also considered mobility devices.”

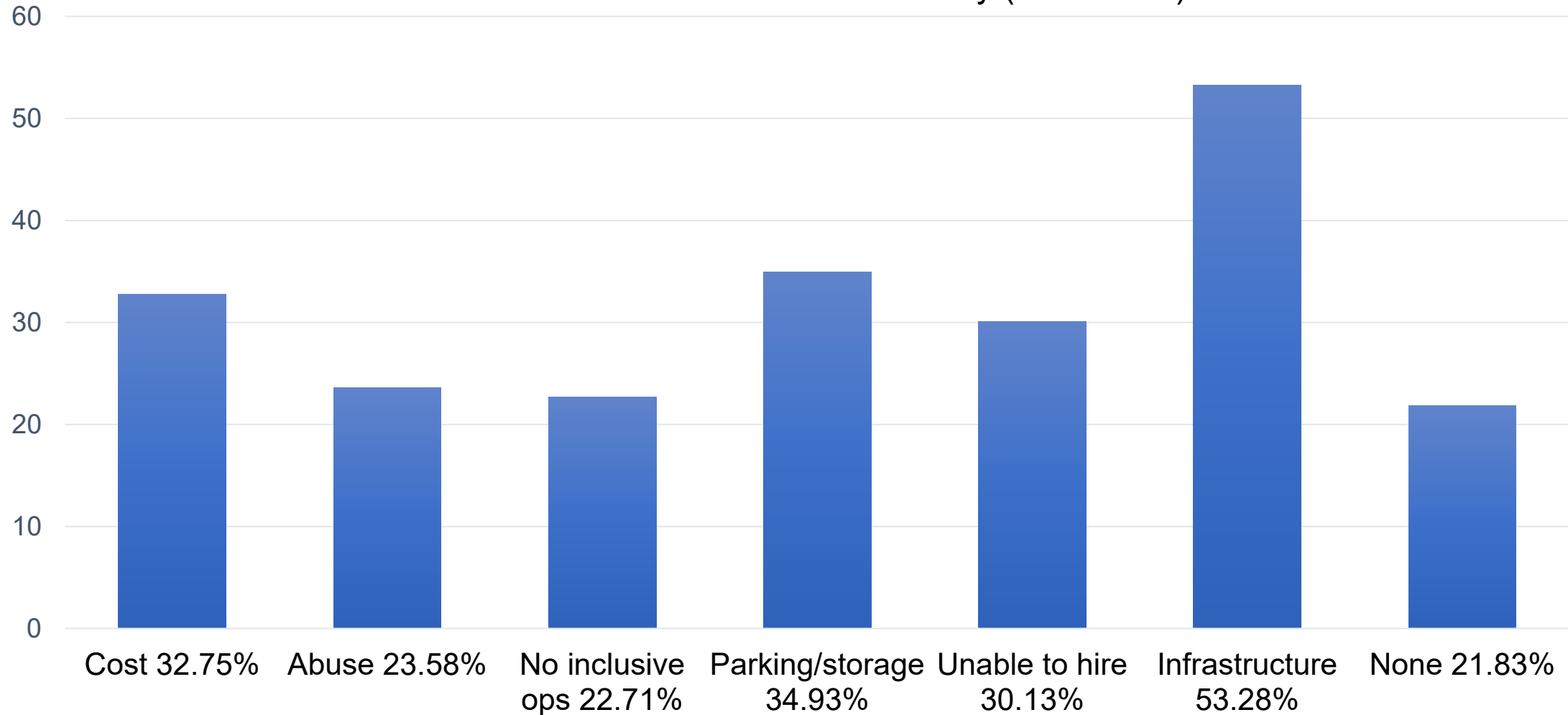
The **UN Convention on the Rights of Persons with Disabilities** (UNCRPD, 2006)


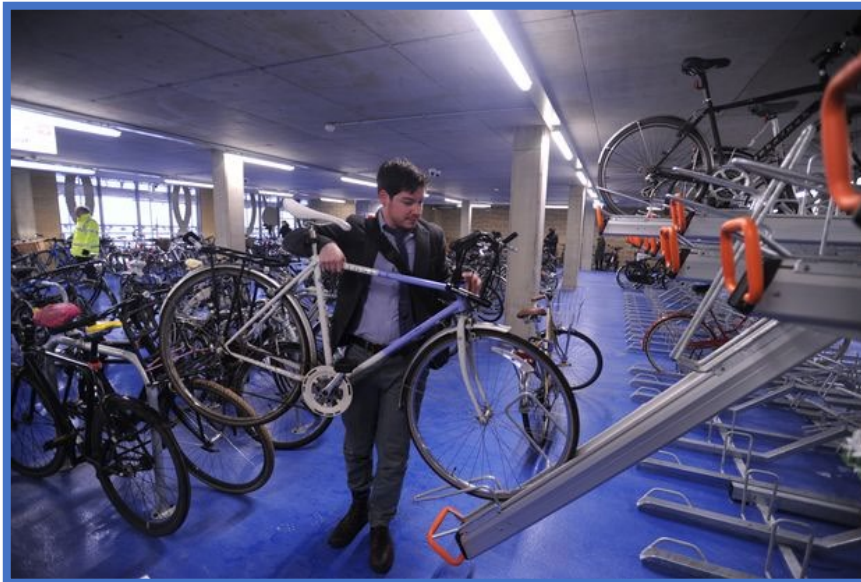
- signatory nations are “**legally bound to fulfil the obligations ... regarding personal mobility** and the provision of mobility devices”.
- This includes taking “effective measures to **ensure personal mobility** with greatest possible independence for persons with disabilities” and facilitating their mobility “**in a manner and at the time of their choice.**”



Barriers to Cycling

Data from WfW 2021 National Survey (WfW 2022)





Quickie Attitude Hybrid Hand Bike

Product Code: 1396387719956 Category: Handbike Add On's

£4,815.00 with VAT exemption ⓘ

* This product is exempt from VAT.

Quantity:

Color:

[ADD TO BASKET](#)

Infrastructure: Policy Impacts

- [Guide to Inclusive Cycling](#) (4th edition!)
- [Beyond the Bicycle Coalition](#)
- #BashtheBarriers

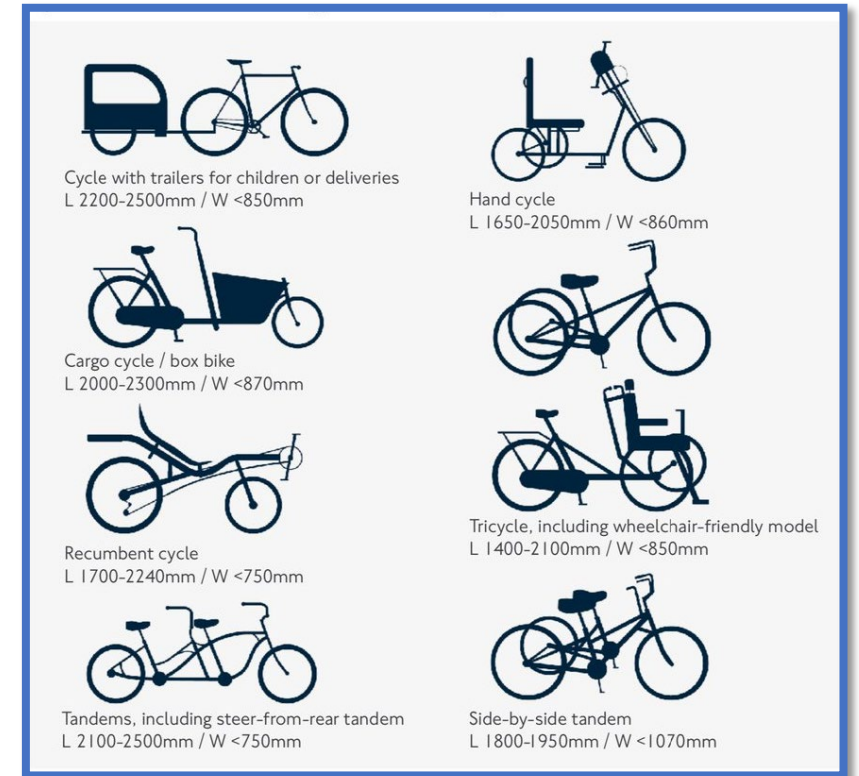


- [LTN1/20](#)

National (England) infrastructure standards

- Active Travel England

- **But** regional variations in implementation and compliance...





Questions/further info

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References

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- EHRC (2017) [Being Disabled in Britain: A Journey Less Equal](#) London: HHRC
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