

Quick Wins for Supportive Spaces

Small changes that can meaningfully improve wellbeing, accessibility, inclusion, and day-to-day experience

Not every supportive space initiative requires major renovation or significant funding. Small, intentional improvements can help create healthier learning and work environments while building momentum for larger institutional changes over time.

Institutions may consider starting with practical, achievable actions such as:

Accessibility and Universal Design

- Improve signage, wayfinding, or room identification
- Add accessibility information to maps or booking systems
- Rearrange furniture to improve mobility and navigation
- Create quieter or low-sensory areas within existing spaces
- Ensure commonly used spaces have accessible seating and work surfaces

Inclusion, Belonging, and Cultural Safety

- Add inclusive imagery, multilingual signage, or visible community resources
- Designate existing single-stall washrooms as all-gender spaces where appropriate
- Create or better identify reflection or quiet spaces
- Review booking practices to ensure equitable access to shared spaces
- Engage learners, staff, and community members in identifying improvement priorities

Health, Wellbeing, and Restoration

- Add plants, natural elements, or softer lighting to shared spaces
- Repurpose underused rooms for rest, decompression, or wellness use
- Improve access to hydration stations or healthy food options
- Provide ergonomic seating or adjustable workstations where possible
- Reduce clutter and improve cleanliness in shared spaces

Physical and Psychological Safety

- Improve lighting in entrances, hallways, or outdoor pathways
- Increase visibility of wellbeing, safety, and reporting resources
- Create clearer expectations around respectful use of shared spaces
- Ensure staff and learners know where to access support services
- Identify and address environmental factors contributing to stress or discomfort

Supportive Organizational Cultures

- Encourage leaders and educators to model healthy break practices
- Create informal gathering or collaboration spaces for teams and learners
- Build regular space walkthroughs or feedback discussions into meetings
- Invite users to identify barriers and suggest practical improvements
- Recognize and celebrate successful space improvements across the community

Sustainable and Adaptable Environments

- Improve recycling, composting, or waste-reduction practices
- Introduce flexible or multi-use furniture arrangements
- Encourage shared and hybrid space use where appropriate
- Improve access to bike storage or active transportation supports
- Pilot small environmental improvements before larger renovations