

Practical Web Inclusion and Accessibility

A Comprehensive Guide to Access Needs

Ashley Firth

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Ashley Firth London, UK

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For my mum.

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About the Author



Ashley Firth is head of Front-end
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Since the company's formation, he has worked
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About the Technical Reviewer



Katherine Joyce is a passionate designer and developer with over 7 years of experience having worked across the financial and government sectors. She creates innovative, intuitive customer experiences and is an advocate of accessible design. As lead UX/UI designer at Alt Labs, she is leading the UX vision and crafting beautiful solutions driven by user needs. In her previous role, she worked as a senior UX/UI designer for Accenture, promoting accessible design in

government services and helping automate legacy processes to improve the customer journey. She has also spent over 5 years with AXA Insurance as an application support software developer where she fixed bugs in legacy financial systems, debugged issues with browser compatibility, and suggested improvements to customer facing journeys. She is passionate about advocating accessible design and mentoring those who would like to have a career in design or development.

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I've always seen this part of a book as similar to the credits of a film, because far more than one person makes something like this a reality and it's important to recognise that. Credits can also be long and cumbersome but, as you can rarely be sure that you'll get the chance to publish a book again, it feels important to give thanks properly.

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accessible standards, simply because I told him it was "the right thing to do." I believe he's the type of leader all modern companies need.

Secondly to my two mentors/enablers:

Pete Miller, who has put his faith in me twice now to do his front-end bidding and has never mentioned in earshot of me that he regrets that. He designed the cover for this book and asked only for Skittles in return. He's one of those awful work friends that becomes your real-life friend without asking. I'm very lucky.

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To wrap this up, it seems wrong not to mention these amazing humans who have helped and supported me in so many ways, but I also know that the acknowledgments can't be longer than the book itself, so as a compromise, I'll just say thank you to Chris, Natalia, Harrison, Ronan, Sarah, Robin (finish your album), Austin, Louise, and Kat – I'm hugely thankful for all of you.

And a small shout-out to my fish, who had to listen to many readthroughs of this book and never once complained.

Introduction

Welcome to the book! Let's start by clearing one thing up – this is not just a book aimed at developers. It is written for anyone involved in the design, build, or maintenance of a site, or for anyone generally interested in understanding an area that so many people are now talking about.

Accessibility guidelines, which we'll get to in a moment, state that even if a page is accessible, but is part of a wider online process or journey that isn't (like the checkout process of a shopping website), then the whole journey fails, including that page. For the same reason, if one person in a team or organisation is considering accessibility in their work but nobody else is, you'll make positive gains, but run the risk of encountering a similar problem.

In fact, if you are working as a part of a large team, many people have argued that the project manager, and not developers or designers, are in the best place to make sure everyone involved is working with accessibility in mind, as they have oversight on the whole project. My point is that the more people are thinking about this issue, the better, and this idea is the crux of why this book isn't written for any one discipline.

As we'll see, due to the growing trend of lawsuits and media coverage, it's also important for project stakeholders to understand the importance and repercussions of exclusionary design. The more people that are aware, the more likely that accessibility will become the norm in a company.

This book is therefore aimed at all levels and disciplines, written simply to allow everyone to explore the avenues of web accessibility, understand it and its importance, and to apply what they've learned to the sites they're involved with. As you'll see, there will be practical examples throughout the chapters to help you, and they're designed for all levels

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of expertise. For those interested, the code used in each example will be available on Github (Github is an easy-to-use site where you can share code and track changes) at https://github.com/Apress/practical-web-inclusion-and-accessibility - each folder will correspond to the chapter it's used in. Alternatively, in each chapter there will also be a link to a website that you can visit that will show that feature in action without you having to touch any code. I'll make these links short, and easy to type, but you can also find links to every practical example in this book at https://inclusive.guide/examples.

These chapters will also sometimes include code snippets, but feel free to skip them and keep reading if you're not a developer – I've ensured that you'll still get value out of what I've written. Alongside these examples will be design principles, user and customer experience examples, relevant case studies, and some other expert opinions from people who care about accessibility as much as I do. Equally, you're also free to steal the project code here and implement it in your sites. It's all here for you to use as you'd like, and if you find any of the examples difficult, you can contact me directly using the details in this book.

An explanation of the book format

Over the course of this book I'd like to share with you, on a chapter-by-chapter basis, a wide range of different disabilities and access needs – some you may have heard of (and even designed for) before and some will be less well known. Through understanding the barriers that different people encounter online, we can identify practical ways in which you can alter your site's build, design, and user experience to cater for these users. After discussing specific impairments, we will move on to areas of websites and user journeys that have, or hold the potential to have, an effect on many access needs.

Here is a quick overview of what we'll be looking at:

Blindness (Chapter 2)

Here, we'll explore the role of screen readers and how to optimise them using a range of features, from alt text to ARIA tags. We'll then look at how to make navigating and interacting with content easier for blind users by adjusting layout, structure, and functionality.

Low vision and colour blindness (Chapter 3)

In this chapter, we'll cover several different types of ocular impairment and the impact they have on how users interact with a design. We'll look at how you can avoid pitfalls that exclude those with vision issues, for example, taking some time to cover the importance of avoiding a reliance on colour to convey meaning (using it as a compliment not a crutch), before turning our attention to user preferences that provide catered accessibility.

Motor disabilities (Chapter 4)

Those who navigate the Web using a keyboard-only setup or other special apparatus commonly encounter several major barriers. This chapter will provide an overview of these challenges, as well as some simple design and experience wins that can drastically improve their experience.

Deafness and hard of hearing (Chapter 5)

Audio and video can be a great way to provide different kinds of content, but it can also inadvertently exclude deaf users. This chapter introduces WebVTT: a new technology to help with subtitles and closed captioning. We'll also look at the importance of servicing customers without a telephone, and the empowering world of deaf-friendly language.

Cognitive impairments (Chapter 6)

Cognitive disabilities impact a large percentage of the population and can take many forms. This chapter will look at making the Web more inclusive for those with impaired language, visual, and visual-spatial comprehension, as well as those with inhibited executive function, focus, and memory. We'll look at the importance of language and word choice, the positives (and pitfalls) or using iconography to convey meaning, mastering self-contained actions, and how sites like Reddit have made life easier for those with heightened sensory awareness.

Mental health (Chapter 7)

This subject has seen a massive increase in exposure over the last few years. In this chapter, we will take a comprehensive look into the causes of anxiety online and how to quell them. We also consider disabilities ranging from dementia to schizophrenia, as well as how to reach and support users with mental health issues, both on your site and away from it.

Imagery (Chapter 8)

This chapter is among the biggest "quick wins" you will be able to make using this book. Imagery is a major part of nearly every site, and we'll assess the pros and cons of images, videos, icon fonts, and SVGs, as well as how to make these accessible for sites both old and new.

Communication (Chapter 9)

A website is only part of your user's online journey with you. This chapter explores the importance of using a range of communicative channels, the power of accessible emails, and how you can make communication easier by reducing the amount of necessary interaction.

New technologies (Chapter 10)

There are some fascinating new technologies emerging right now. As the wave of in-home "smart tech" continues to rise, we'll look at some interesting new ways these can be used to solve accessibility problems, how new tech can be accessible even when the user doesn't have an Internet connection, and delve into the fascinating world of artificial intelligence.

Tools and QA (Chapter 11)

Building an accessible site and journey is great, but ensuring it remains accessible is paramount. We'll discuss how to make sure accessibility is considered during the development process, neat approaches to auditing an existing site, and some key tools to test and improve your site with.

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Practical examples

As I mentioned, where relevant, I have built a practical example to demonstrate the use of a feature or change to improve accessibility. Storing these on Github allows developers to access and alter the source code of the examples, but every chapter also includes a website link that you can access on your browser – to view the example and understand its purpose. These could even act as useful examples to share with developers and designers in your company to advocate their inclusion in your sites.

Depending on the purpose of your site, some of these examples may not be the perfect fit for you. However, you are welcome to use each and every one, or adapt them for your needs (I encourage you to – it'll make the Web a better place).

Note

 Web Content Accessibility Guidelines 2.1 (WCAG), W3C, (05/06/2018), https://www.w3.org/TR/WCAG21/ [accessed 01/03/2019].

CHAPTER 1

The Accessibility Problem

Accessibility is a difficult subject to approach and it's often tough to know where to start. This is why I have decided to write this book. My aim is to help you understand accessibility and build it into your sites, so that together, we can make the Internet the inclusive, empowering place it has the potential to be. To begin with, we'll take a moment to explore the merits of a "disability-driven" approach, and then we'll turn to look at why the timing has never been more important.

Facing accessibility head on

The Internet is for everyone – but it won't be until it can be accessed without limitation.¹

—Vinton Cerf

Vinton Cerf is recognised as one of the "fathers of the Internet" for his work in co-inventing Internet protocols, a breakthrough that formed the foundation of the Web. He was also instrumental in the creation of the first ever commercial email system. It's fair to say that Internet and email, as we know them, would not exist without him.

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Cerf's work is well documented, but more attention is paid to his accomplishments, and less to the man himself: the fact that he has a hearing disability is often overlooked.

Vint saw, perhaps before anyone, the power that the Web held for creating a platform that was truly inclusive – allowing absolutely anyone, regardless of their disability or needs, to engage with content. At its very origin, commercial email was an assistive device that allowed deaf users to receive messages. In fact, part of Vint's motivation was to allow him to communicate with his wife Sigrid, who is deaf, while he was at work. Some 20 years after Vint helped to develop his email service, Sigrid was using the Web to research cochlear implants that would improve her hearing. After nobody returned her calls (via relay service) to John Hopkins University, "she sent an email to the doctor and got a response the next day." Thanks to Vint, she had an alternate way of communicating, specifically designed with her access needs in mind. Indeed, this piece of inclusive design was so successful that her doctor was now using it too.

Cerf described email to the New York Times as "the great equalizer in that everyone, hearing and deaf, uses the same technology." This is the essence of accessibility. It means removing barriers that might prevent someone from using something, regardless of their access needs (an access need is anything a person requires to communicate, learn, or take part in an activity). Email has become so useful to the world because it caters for different access needs, and the fact that everyone, from Sigrid to her doctor – from me to you – still uses it shows how considering the needs of a diverse range of people helps us design better, more inclusive services.

Unfortunately, if we fast-forward to today, the landscape doesn't quite match Cerf's expectations.

In an interview just 2 years ago, he lamented:

It's a crime that the most versatile device on the planet, the computer, has not adapted well to people who need help, who need assistive technology... It's almost criminal that programmers

have not had their feet held to the fire to build interfaces that are accommodating for people with vision problems or hearing problems or motor problems.⁴

His frustration is clear and understandable, especially given his original vision.

The state of accessibility today

Despite the Web's current shortcomings, there are groups that have been working for decades to make it a more accessible place. There are guidelines that outline how sites can be technically accessible, built over several years by the World Wide Web consortium (W3C), who are headed by one of Cerf's former colleagues, Tim Berners Lee – the inventor of the Internet. W3C's purpose is to work together in the development of standards for the Web and Tim clearly shares Vint's ideals:

The power of the Web is in its universality. Access by everyone regardless of disability is an essential aspect.⁵

—Tim Berners Lee

With this in mind, the group created the Web Content Accessibility Guidelines (WCAG) – a comprehensive list of requirements that when met, improve a site's web accessibility. It has three levels: "A," "AA," and the strictest "AAA," with "AA" being widely considered as an acceptable legal standard. This, at the very least, offers a consistent way to achieve measurable accessibility.

It's a good resource and a great idea; however, there are a few issues. The first is just how big it is. The latest WCAG release (2.1) has a page entitled "Understanding WCAG" which is nearly as long as the update itself. Each point in WCAG is accompanied by a long page to help the reader actually understand the rule, and a separate page describing how

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to meet the requirement. This can get in the way of understanding and adopting accessibility, as the solutions are almost always too dense to digest.

Another issue is oversight, as WCAG do not enforce these rules themselves. Although (as we shall see) the threat of litigation is growing, the fact is that you can, with a server and a basic understanding of code, publish your own website without anyone or anything stopping you from doing so on the grounds that your content is inaccessible.

There is also the issue of relevancy; prior to last year, the last full version of WCAG (2.0) was released nearly a decade ago.⁷ As technology has evolved at a rapid rate, regulation often struggles to keep pace.

And after all of this, you're faced with the final boss: being WCAG compliant doesn't guarantee that you're fully solving access issues. James Buller, head of the access needs team at the British Home Office encountered this when he undertook some research into how users apply for a passport:

We did some testing with deaf people. Initially the query was why would you do that, there's no audio involved in the service? But the researchers were soon vindicated... [The subject] was going through the form, and there had been no big problems until she got to the most boring page on the site – the contact page. It asked her to "provide a phone number" and she did, but also wanted to write "I'm deaf please don't call me". In this case, it wouldn't let her submit an answer with both numbers and text in it. When we tested this page against WCAG it passed, but on human terms, it was not accessible because we did not provide her with that option.8

This is why you need to go beyond being compliant and "ticking boxes." You need to be proactive and check where you may well find nothing wrong.

There was, however, something interesting in the latest version of WCAG: a slight change of approach. This new format addresses accessibility from a "disability-driven mindset."⁹

This approach encourages you to imagine a user with a specific access need, the problem they're facing, and then, using the regulation WCAG have created, consider an appropriate solution. Here's an example of one of the new additions, which states that your site should give a user feedback when an action is initiated:

Accountant who is blind and uses a screen reader:

Problem: I selected a class for the conference, but I can't tell if it got added to my schedule.

Works well: When I add a meeting to my calendar, I hear a confirmation.¹⁰

It's simple, and it feels like a return to Cerf's idea of designing and developing to address access needs, in the same way he considered deafness while he developed commercial email. This is important, because a few things happen when you consider accessibility in this way.

First, by approaching your site from a perspective other than your own, you learn to make other access needs a part of your everyday thought process. This practice helps you begin to see potential constraints and design for them from the outset, rather than coming back to them once the site has been built. Cerf said that accessibility shouldn't be "pixie dust" that designers and developers sprinkle on as an afterthought – it needs to be consciously considered. This is what makes disability-driven accessibility a practical solution.

You also see that "accessibility" needs are often also in fact "user" needs. By designing for disabilities, you start solving issues for everybody, accounting for requirements you might not have even considered.¹²

This reflects the World Health Organisation's most recent definition of disabilities, referring to a disability not as a "personal attribute" – as they were described in 1980 – but as "context dependent... reflecting the

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interaction between features of a person's body and features of the society in which he or she lives."¹³ Their point was that disabilities happen during interactions between a person and the world around them on a physical and cognitive level, and this plays out regularly on the Web. The needs of the user are not always reflected in the design or function of a page, and these conflicts prevent a person from engaging, or even interacting, with the content of a site.

Using this definition, everyone has access needs, and anyone could develop new ones at any time. You see this everywhere, in interactions with content in a language that isn't your first, with short-term injuries or illnesses, or even when trying to hold a child in one arm and a tablet in the other. As we get older, our eyesight, hearing, dexterity, or mental capacity may well get worse (one of the new examples in WCAG is focused on correct sizes for buttons to cater for elderly users with hand tremors). These all create needs that can be met by accessible features. Video captions, for example, help those with hearing loss, but also those who want to engage with the content without sound in a quiet room.

It is therefore our job, as designers, developers, and anyone involved in building a site, to factor in these cases and create inclusive web experiences that work for the largest number of people possible.

It's not just about which device has market share right now or what a user's browser of choice is. It's about somebody's experiences of their surroundings. It's about whether someone sees a site or hears it. It's about whether they see your design in a hundred colours or several shades. It's about whether they only use a keyboard to navigate everything on their computer.

The increased awareness of accessibility's ethical importance, and the recent updates to guidelines, makes this the perfect time to explore disability-driven accessibility in more depth.