



Learning About Disability

Language

Normal vs. Typical- we like to use the word typical instead of normal when referring to someone without a disability. Normal carries a connotation that people who don't fit that box are less than, which we know is not true.

Neurodivergent vs. Special Needs- many people have heard the term special needs, but we are shifting away from using this term (<https://www.youtube.com/watch?v=rsjnHCZOfg8>) instead we can say neurodivergent. Neuro refers to our brain, and divergent means different.

Language pt 2

Person First language or identity first language- in general we should address people by putting their identity before their disability. For example, the kid in a wheelchair vs. wheelchair kid. Or child with a disability vs. disabled child. It is important to note some people with disabilities prefer to be identified by their disability as a form of empowerment, especially in the Autism community. It is safe to resort to person first language, but listen to how an individual wants to be referred to and respect that.

Other- some other important things in our language is to not limit a person by their disability. For example we wouldn't want to say wheelchair bound, we would say wheelchair user. You may have heard of the r- slur. We want to be sure to never use this word, even when not talking about people with disabilities as it is really hurtful (<https://www.youtube.com/watch?v=fkdtEOrrkPs>)



Assuming Competency and Learned Helplessness

Learned helplessness- when a person is unable to find resolutions to difficult situations because of built up reliance

Ex. Someone always gets a chair for their friend who has a disability, because they think they are helping by doing it faster. Soon, that friend never gets their own chair, despite being 100% capable, With no malintent, the friend has developed learned helplessness. (<https://www.youtube.com/watch?v=Ir6KnIQEyqM>)

Presuming competence- Always presume that the person with a disability has the ability to learn, think, and understand

Autism Spectrum Disorder

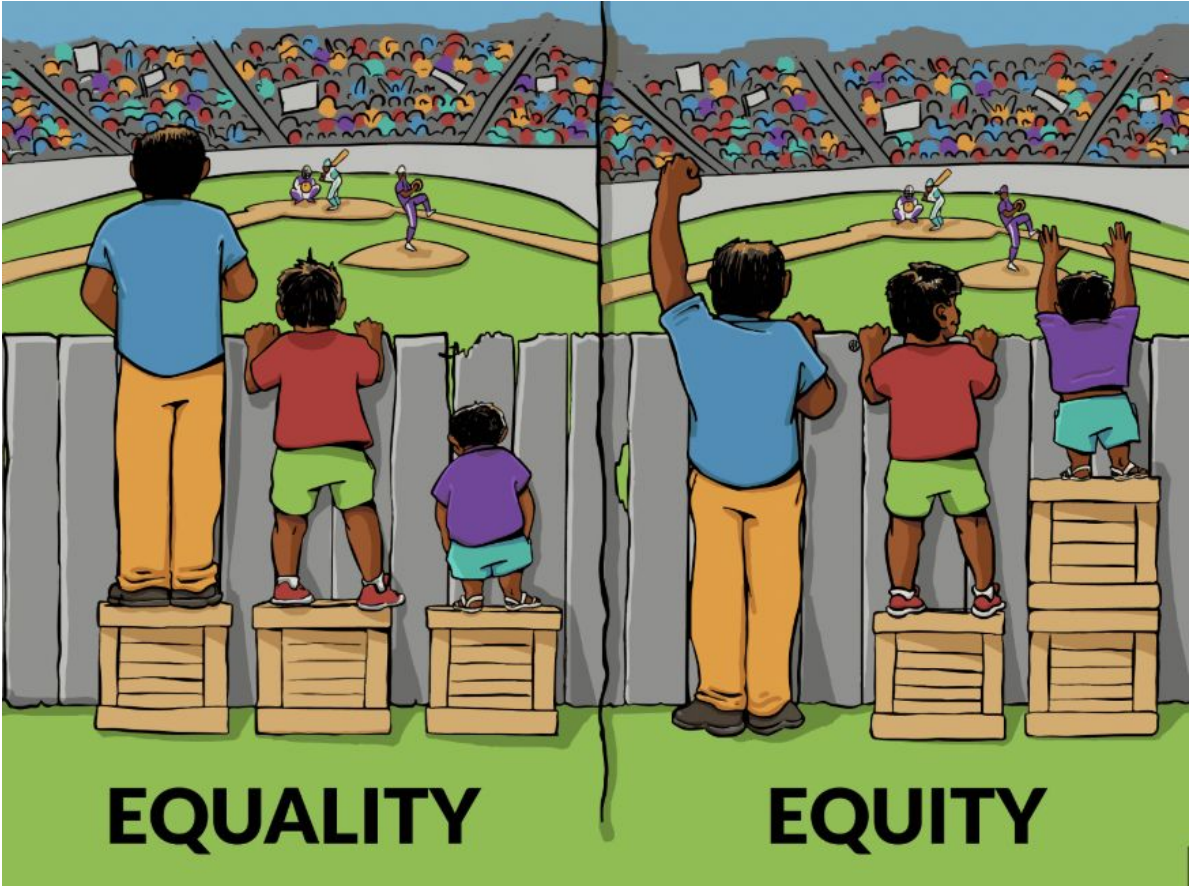
Having Autism, or being on the Autism spectrum doesn't mean one thing. A spectrum means it is different for how it affects everyone



Down Syndrome



Equity vs. Equality



EQUALITY

EQUITY

Accessibility

Who likes to feel included? Who likes to have access to opportunities? It feels good to have others know your needs and have them met. It feels like a form of love. All people should have access to opportunities.



Forms Of communication



Verbal

Talking to someone verbally



AAC

A device that helps people's voices be understood by more people



ASL

Sign Language uses gestures and signs to communicate

History of Disability Justice

People with disabilities had to work to have more opportunities. This was the disability rights movement that led to the creation of the ADA.





Questions?