Disability Awareness

Disability symbols were designed for use by both public and private entities to advertise available facilities to patrons both people with disabilities and those with differing abilities. Below are some typical symbols.

Disability Access Sign Symbol Meanings:
1. Universal Information Symbol
2. International Symbol of Accessibility
3. Symbol indicating Audio Description for Theatre & Live Performances
4. Audio Description for TV, Films & Video
5. Large Print / Accessible Print Symbol
6. Symbol indicating Access for Individuals Who Are Blind or Have Low Vision
7. Braille Symbol
8. Telephone Typewriter Symbol
9. Sign Language Interpretation Symbol
10. Assistive Listening Systems Symbol (Ear)
11. Assistive Listening System Symbol (Telephone)
12. Closed Captioning Symbol

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**Disability Awareness**

Accessibility means more than installing ramps. It means considering inclusive language that is not offensive. “People with disabilities” and “people with differing abilities” are commonly used. Below is a short list of some acceptable and not acceptable words or phrases.

<table>
<thead>
<tr>
<th>ACCEPTABLE</th>
<th>NOT ACCEPTABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>cerebral palsy/paraplegia/physical disability</td>
<td>crippled, spastic</td>
</tr>
<tr>
<td>cognitive or intellectual impairment</td>
<td>retarded, mongoloid</td>
</tr>
<tr>
<td>communication disorder/unable to speak, deaf</td>
<td>dumb/deaf-mute, hearing-impaired</td>
</tr>
<tr>
<td>disability</td>
<td>Handicap</td>
</tr>
<tr>
<td>psychiatric disability</td>
<td>insane, crazy, deranged</td>
</tr>
<tr>
<td>uses a wheelchair</td>
<td>wheelchair bound/confined to a wheelchair</td>
</tr>
<tr>
<td>has or had a disability</td>
<td>stricken, victim, or suffering from</td>
</tr>
<tr>
<td>accessible parking/seating/restrooms</td>
<td>handicapped</td>
</tr>
</tbody>
</table>

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Disability Awareness

American Sign Language (ASL) is the preferred language for the Deaf community, those who are Deaf, hard of hearing, and Deafblind. When one sees a capital ‘D’ in the word Deaf, it indicates cultural deafness within what is discussed or stated. Besides indicating hearing loss, the small ‘d’ in deaf indicates someone who is not culturally deaf. Most Deaf people DO NOT read lips. Learning the manual alphabet can help bridge short communication, learning the language will bridge relationships.

My name is (fingerspell your name)

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Disability Awareness

Need assistance with how to interact with people with disabilities or those with differing abilities? Below are some tips from The Mobility Resource website.

1. Avoid the "you're so inspirational" remarks.
   We are just trying to live our lives like everyone else. Your comment will have the negative effect, reminding us how different people still think we are.
2. Whatever you do, don’t talk louder.
   The presence of a mobility aid does not mean we’re can’t hear.
3. Ask before helping.
   It may be hard to resist, but automatically helping us without asking first should never be done. We know when to ask for help.
4. Don’t lean on our wheelchairs.
   From our perspective, it’s one of the most de-humanizing things you can do.
5. Introduce yourself when speaking with the visually impaired.
   I’ve had friends who were blind and one of the most important things you can do when you first meet someone with vision limitations is to introduce yourself.
6. Stay calm - it’s only a wheelchair.
   We are just another ho-hum human, but sitting in a chair on wheels. We’re really not as different as you may think. Really.
7. Refer to us as person first.
   Throughout this article, you may have noticed me referring to the disabled population as "people with disabilities." This is called "person first" language and people with disabilities should always be referred to this way in written form, and in the thought-process as well.
8. Save the patronizing for someone else.
   Avoiding patronizing remarks also ranks high on the list of how-to better interact with people with disabilities. Anything along the lines of "Good for you," "You’re so brave," "Wow I’m impressed" should never be uttered. Just remember, again, we are not that different.
9. Talk to us, not whoever is with us.
   More often than not they’ll ask whoever they’re with - not them - what they’re ordering, sadly assuming the person's disability must affect their mental ability too.
10. When in doubt, refer to the "Golden Rule."
    When in doubt over how you should treat us, always refer to the Golden Rule. The Golden Rule is beautifully simple - treat others as you’d like to be treated. Mutual respect.


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Disability Awareness

Good mental health is something to strive for everyday. Here are some good reminders for starting your day on the right foot.

Ways to Maintain Good Mental Health

- Getting enough sleep
- Eating right & exercising
- Taking care of basic physical & emotional needs
- Staying connected socially
- Stopping to assess how things are going in life
- Managing the stressors in life

Reference: www.careers.morganmckinley.com/blog/mental-health-awareness-week
Disability Awareness

The opioid overdose epidemic is a problem not only in the U.S., but globally. Sometimes it’s accidental, but can be from abusing illicit substances or prescribed medication. Here are the signs to look for.

**SIGNS OF AN OPIOID OVERDOSE**

Learn how to spot an overdose and what to do.

- **Cannot be woken up or not moving**
- **Breathing slow or absent**
- **Choking or coughing, gurgling, or snoring sounds**
- **Cold or clammy skin**
- **Dizziness and disorientation**
- **Discolouration of lips and nails**
- **Pupils extremely small**

CALL 911 IMMEDIATELY!

Your address: 

THEN:

- **Give breaths** 1 breath every 5 seconds
- **Use naloxone** if you have it

Reference: http://www.fraserhealth.ca/media/201609signs-of-an-opioid-overdose(1).JPG

Commission on Disability Concerns of the Baltimore-Washington Conference
Autism is a developmental disorder characterized by troubles with social interaction and communication. Often there is also restricted and repetitive behavior. Below are some strategies to keep in mind.

Do… | Don’t…
--- | ---
use simple colours | use bright contrasting colours
write in plain English | use figures of speech and idioms
use simple sentences and bullets | create a wall of text
make buttons descriptive | make buttons vague and unpredictable
build simple and consistent layouts | build complex and cluttered layouts


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Autism Facts Every Parent Should Know

- Average diagnosis age is about three and a half years.
- Autism is found to be less in children whose mothers took prenatal vitamins during pregnancy.
- Autistic children generally have exceptional visual, academic and music skills.
- 25% of autistic children have communication disabilities.
- 40% of autistic children have intellectual disabilities.
- Autism cases are more common in families.
- 15% of autistic children have autism.
- Autism prevalence rates annually increase.


Commission on Disability Concerns of the Baltimore-Washington Conference
Disability Awareness

Dementia is not a specific disease. It’s an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person’s ability to perform everyday activities. Below are some common signs and symptoms.
Disability Awareness

Alcohol and drug addiction is a pervasive problem, even a deadly problem throughout the world. If physically addicted to alcohol and benzo’s (e.g. Valium), individuals will need medically monitored detox. Below are some signs to look for.

Commission on Disability Concerns of the Baltimore-Washington Conference
Some disabilities are more obvious than others. Many are immediately apparent, especially if someone relies on a wheelchair or cane. But others — known as “invisible” disabilities — are not. People who live with them face particular challenges in the workplace and in their communities.

Carly Medosch, 33, seems like any other young professional in the Washington, D.C. area — busy, with a light laugh and a quick smile. She doesn’t look sick. But she has suffered from Crohn’s disease, an inflammatory bowel condition, since she was 13. There have been times, she says, when she’s “been laying on the floor in the bathroom, kind of thinking, ‘Am I going to die? Should I jump out in front of traffic so that I can die?’ Because you’re just in so much pain.”

More recently, she was diagnosed with fibromyalgia, a condition that leaves her in a state of full-body chronic pain and intense fatigue.

For Medosch and others who struggle with an invisible disability, occasional hospital stays and surgeries are not the hard part. Mundane, everyday activities can be more difficult.

“Washing my hair, blow-drying my hair, putting on makeup — those kind of activities can exhaust me very quickly,” says Medosch. “So you kind of blow-dry your hair and then you sort of sit down for a little bit.”

Walking to the subway or even bending down to pick something up can take a lot out of her. But that isn’t apparent from the outside.

“I kind of call it being able to pass,” she says. “So I can pass as a normal, healthy, average person, which is great and definitely helps ease my everyday life — especially in interactions with strangers, getting your foot in the door in a situation like a job interview.”

It is hard to pinpoint the number of Americans with an invisible disability, but it’s estimated there are millions. Their conditions may range from lupus to bipolar disorder or diabetes. The severity of each person’s condition varies, and the fear of stigma means that people often prefer not to talk about their illnesses.

But in employment disability discrimination charges filed with the Equal Employment Opportunity Commission between 2005 and 2010, the most commonly cited conditions were invisible ones, according to analysis by researchers at Cornell University’s Employment and Disability Institute.

“You know, it’s that invisible nature of an illness that people don’t understand,” says Wayne Connell, the founder and head of the Invisible Disabilities Association. He started the group after his wife was diagnosed with Lyme disease and multiple sclerosis.

“We’d park in disabled parking and she didn’t use a wheelchair or a cane, and so people would always give us dirty looks and scream at us,” he recalls.

“...anything from PTSD — anything from chronic fatigue syndrome to arthritis, to fibromyalgia or depression or Crohn’s, or lupus,” says Wayne Connell, the founder of the Invisible Disabilities Association.

People With ‘Invisible Disabilities’ Fight For Understanding

March 8, 2015

Reference: www.npr.org/2015/03/08/391517412/people-with-invisible-disabilities-fight-for-understanding
Place on Bulletin Board or Church Website

10 Steps for Healthy Aging

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy — nutritious diet, physical activity, and social connections — also can help promote brain health and wellness. Here are 10 steps for successful aging:

1. Eat Well

Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar.

2. Stay Active

Brisk walking benefits brain health, while aerobics can boost your heart rate, and strength training builds strength and flexibility.

3. Learn New Things

Pick up a new hobby like playing tennis, learn to speak a foreign language, try a cooking class, or something you haven’t done before.

4. Get Enough Sleep

At least 7 to 9 hours is good night’s rest. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

5. Mind Your Meds

Medication can affect everyone differently especially as you age. A medication that didn’t trigger side effects in the past can suddenly cause an abnormal reaction. Talk to your doctor about all medications, whether over-the-counter or prescriptions.

6. Stop Smoking and Limit Alcohol

Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

7. Stay Connected

Invite friends and family over for a meal, board games, or just to hang out. Maintaining an active social life is important for mental health and keeping a positive attitude.

8. Know Your Blood Pressure

If your blood pressure is high, get it under control under the supervision of a healthcare professional.

9. See Your Doctor

Get regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the Alzheimer’s Foundation of America at 866-232-8484.

10. Get a Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the Alzheimer’s Foundation of America at 866-232-8484.

Reference: https://alzfdn.org/10-steps-for-healthy-aging/
10 Tips on How to Communicate with those on the Autism Spectrum

Guest Post by Steve Summers*

1. Please always keep in mind that communication difficulties are common with Autism. We have difficulties in reading social cues and body language. Be patient and understanding.

2. We tend to take things literally and have trouble reading between the lines. As a result, we may ask a lot of questions to clarify what is meant by something that you say. Don't be offended by this. It is our way of being sure that we understand what you are telling us. We may repeat back to you in our own words to try and get on the same page as you.

3. If we misunderstand something that you say, please be patient and expand on what you said and explain what you meant. Don't assume a negative or hostile intent from us if we misunderstand something that you said. Keep in mind that communication can be difficult for us. Things that come naturally to you take extra effort by us.

4. Please don't get offended by our communication style. We tend to be frank, honest and matter of fact. Some people may interpret this as blunt or rude. We don't intend to offend you by not sugar coating the things that we say. We don't intend to be rude. Please don't get defensive or assume that we are attacking you. Remember that communicating is hard for us. Don't make negative assumptions. Too often we get corrected or attacked by someone who fails to give us some slack and the benefit of the doubt.

5. Please don't expect eye contact. We may be able to force eye contact, but it is not comfortable for us. Making eye contact takes a conscious effort. This effort may take away from listening and understanding what you are saying. I tend to look at a person's mouth more often than their eyes. Other autistic people will rarely look at your face or body. If they make eye contact, it is because they want to see your face.

6. Please keep in mind that we have been rejected, excluded, ridiculed or bullied in the past. If we seem anxious or insecure, this may be due to living in a world that misunderstands us and is often hostile to us. We have to work hard to reach out to others. Please work at reaching back to us with understanding and kindness. If we feel that you are ignoring us, we will feel bad about that. We may persist in asking for feedback from you. Please be reassuring and clearly express your support for us.

7. Please don't speak down to us. Treat us as equals. We may sound flat or have an unusual tone to our voice. We may not speak with our voice at all. We may need to type our words. Please be patient with us. It may take us a while to formulate our answers.

8. Please don't get offended if we don't speak to you in a friendly way. We may need to take our time to respond to you. Please be patient and keep trying to learn how we are most likely to respond.

9. Please do not touch us without warning. It will make us jump. We don't like unexpected touches.

10. Please do NOT assume that we lack empathy or emotion. We pick up on negative or judgmental attitudes. We know when people look down on us or are hostile to us. We have had to work hard to learn how to respond to these things.

Please keep in mind that we are all different. These issues will vary from person to person. The above tips are written from my perspective as an autistic person. This is just a guide. Please feel free to ask me any questions so that I may expand and clarify any areas that aren't clear to you. Thank you for reading this guide.

*Steve Summers

I was diagnosed with Asperger Syndrome (part of the Autism Spectrum) as an adult. I was diagnosed following my 11-year-old son's diagnosis with Aspergers. I am happy to have my diagnosis. It was like a huge weight being lifted off of my shoulders to know my diagnosis.

I don't feel that people should make divisions between parts of the Autism Spectrum. I am autistic and I want to work to make this world a better, more understanding and accepting place for all autistic people. We need to work together for the benefit of all on the Autism Spectrum.

I wrote this list due to continuing difficulties that I have had with the give and take of communicating with those on the Autism Spectrum. I work together with those on the Autism Spectrum to make this world a better, more understanding and accepting place for all autistic people. We need to work to make this world a better, more understanding and accepting place for all autistic people. We need to work together for the benefit of all on the Autism Spectrum.

Reference: https://autismum.com/2012/05/07/10-tips-on-how-to-communicate-with-autistic-people/

Great post by Steve Summers