

(FOR THOSE WHO IDENTIFY AS DISABLED)



Disease and disability has no single image or identifiable face, just as gender does not. These stereotypes are stigmas made by the health-ful to identify and divide. Do not feel you need to perform or hide your disability. Showing more diversity within disabilities helps to dissolve negative stereotypes and walls. Fulfilling stereotypes re-enforces separations. YOU BE YOU! if others can't accept your disability, that's bigotry, so do exactly what's right for you and protect yourself. There's no need to disclose in discomfort or discuss in detail if you don't want to. The accommodation lies on the able. Just be clear about what your access barriers are and how they may be alleviated. The disabled often become further alienated due to miscommunication, misunderstanding and lack of accommodation in the visibility of their oppression.

(FOR THOSE WHO IDENTIFY AS ABLE BODIED)

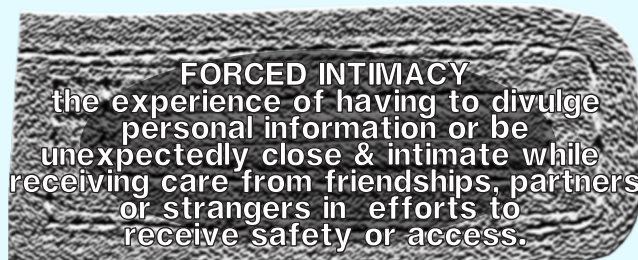


Accept your role on the large spectrum of health and ability and appreciate the role of others within the disability spectrum. Every role within this matters, the goal is not quantify, contrast and divide but to understand our gradient mesh of interconnectivities.

**EMBRACE YOUR PLACE!**

The more we share our commonalities and differences, the better we will all become at accommodating and recognizing deficits that can be assisted rather than being overwhelmed or embarrassed by a deficit of disability knowledge. View such space as an empty library to be filled.

Accept that there are marginalization that we all may never know, so carry a sensitivity to injury, disease, race, trauma, infancy, childhood, gender. Taking the burden of disclosure and conversation off of the disabled and onto your healthier shoulders to assist them without prosecuting or doubting their experience.



PUBLISHED AND WRITTEN  
FOR OPEN SOURCE PURPOSES - JULY 2019  
ALL WORK COPYRIGHT SHARONA FRANKLIN

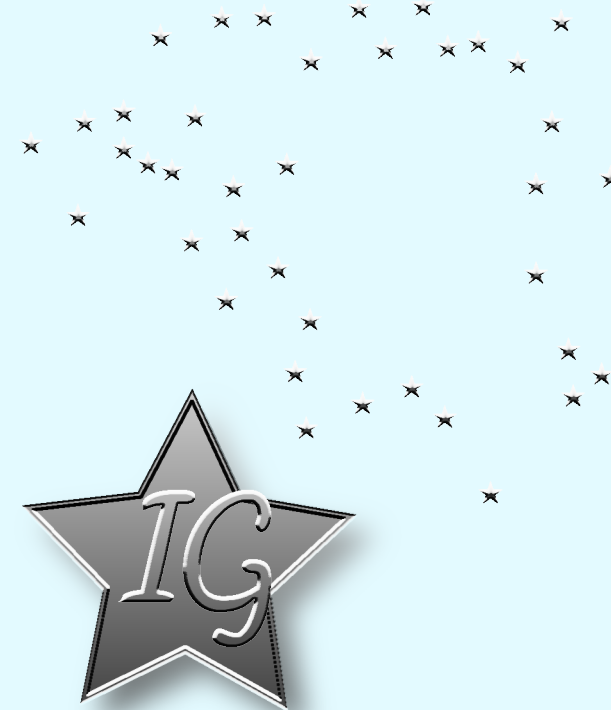
LETS

TALK

about

DISABILITY  
EQUALITY

101



who to follow:

- @itswalela
- @miamingus
- @jadetperry
- @jakioeoeo
- @accesscenteredmovement
- @crippingupsex
- @crutchesandspice
- @finnegabriel
- @invalidart
- @romilyalice
- @upgradeaccessibility
- @deathpanelpodcast
- @hot.crip
- @joyceofdragons
- @htmlflowers
- @luttecollective
- @ablezine
- @danakearly
- @tangled\_arts
- @little\_om
- @iharterika

# MINI disability GLOSSARY

## THE SOCIAL MODEL OF DISABILITY

concept that identifies the problem of ableism within able-centralized societies, constructs, attitudes and lack of accommodations towards disabled people. The social model places onus on society to change, rather than the disability community.

DISCLAIMER\* don't stop learning.. this is only a window ;)

## ABLEISM

Systemic oppression, prejudice, bigotry and discrimination of people with disabilities. Ableism intersects with all forms of oppression including; racism, heteronormativity, classism, sexism and ageism.

## SANISM

A form of bigotry, prejudice stereotyping, or discrimination against people with mental illness.

## Non-Visible Disabilities

disabilities that are not easily identifiable to the outside eye or non-medical professional

## ACCESS BARRIERS

Obstructions that inhibit folks with disabilities from using or accessing facilities, buildings, equipment, treatments and resources.

## MEDICAL GASLIGHTING

the act of invalidating a persons disability

## COMPULSORY ABLE-BODIEDNESS

the constant reinforcement of systems built around able bodiedness and the exclusion they re-instill about disabled bodies being less than significant.

## Inspiration Porn

the act of using people with disabilities as examples to benefit and uplift able bodied people

## Healing Binary

the FALSE idea that one should be 'healed' or is 'broken' with no acceptance of a life worth living with disabilities.

# ABILITY PRIVILEGE LIST

- You are able to chew/swallow/digest/absorb nutrients without medications/devices/treatments.
- You do not have to negotiate your access to accommodations.
- You can sit, walk, stand, eat, hear, see, talk/go about your day without tremors/numbness/dizziness/nausea/weakness/pain/fatigue/intrusive thoughts/memory loss/extreme anxiety/cognitive impairment.
- You have never had to wear a diaper/catheter/colposcopy bag.
- People of your ability level are represented in pop culture: magazines, films, television, music, art and fashion idols.
- People of your ability level are majority represented in positions of power
- You do not receive unsolicited advice from strangers telling you to eat/meditate/pray/wish and do yoga to change, fix and heal yourself.
- You are not told you are cursed/hexed/possessed or repaying karmic dues
- People don't place your disability in front of your character and skill set
- If you are physically uncomfortable, you can easily adjust your body, exit a room, or enter a new space without assistance.
- You are not called upon to speak as the token disabled person/meet a quota
- You can contribute to a workplace/collective and not have others resent your your ability level and contribution.
- You are not told that your disability makes you unfit to be a parent.
- Your disability doesn't prevent you from giving birth or adopting children.
- People do not tell you they would kill themselves if they were disabled like you.
- The gov will not take your income/insurance if you are common-law/married.
- Your income/bank info is not monitored by social workers /gov officials.
- You do not spend hours/days each week in the care of medical professionals, hospitals/social workers or with government officials.
- Your body does not require frequent medical tests/monitoring for survival.
- You do not live in poverty with lifelong debt due to medical expenses
- You do not have to worry about how to physically access spaces/architectures and how your medical treatments will be accessed.
- You have not lost housing, education or employment due to your disability.
- Friends and lovers are not considered 'extra special' or 'good people' for simply being a part of your disabled life.
- You have never been called crippled, crazy, psycho, stup\*d, dumb, lazy, reta\*d, contagious, fat, gross, unattractive because of your disability.
- People with your disability are not being killed by direct/indirect eugenics.
- You have not been institutionalized for your disability.
- You do not live in fear of being re-institutionalized due to your disability.
- Your disability is not a permanent mark on your social insurance records.
- Your disability does not void you from life insurance eligibility.
- Your ability does not void you from relocating/getting a visa,emigrating.
- You do not have to worry about stigmas, questions, or accusations about your disability when meeting new people.
- You can open a door, shower and complete self care tasks without aids, assistance or having to plan how you are going to physically do it.
- You can do something ordinary or out of the ordinary without being called "brave", "hero", "special" or "an inspiration" .
- You have not been assaulted, abused, patronized, harassed, inappropriately sexualized, or infantilized because of your disability.
- You can, eat, sleep, talk, walk, read, speak and see without the use of assistive aids or medications.
- Your disability does not come in your way of sexual intimacy.
- You are not told you don't need or deserve treatments/devices/meds.
- You do not experience medication addiction/side effect/longterm damage
- You do not fear the impact of your medications on the eco-system.
- You do not live with survivors guilt for your disabled friends who have died
- You do not live in judgment that you are lying or faking your disability.
- You do live with guilt for requiring health resources.
- You have not been told that your disability is sexually unattractive.
- You are able to get a drivers license/operate machinery and are not prohibited by disability or medications.
- You did not grow up in disability segregated school events/classrooms.
- You do not live with degeneration of your organs/limbs/vision/executive functioning/mobility/personality/mental ability due to disability.
- You do not have to manage swelling, bleeding, lesions, rashes, symptoms, disfigured appendages or hair loss from your disability.
- Your friends and partners do not fear your disability.
- You do not live with a life threatening disability, always in fear.
- You do not grieve the loss of your physical/cognitive abilities and identity.

## EXECUTIVE FUNCTIONING

the skills used to practice self-control, functional memory, flexible thought processes, managing daily tasks such as working, self-care, reading focusing, logistical tasks and concentration.

## UNDUE HARDSHIP

the financial expenses and overhead that disabled people endure in order to survive their disabilities/ receive treatments/tests mobility devices/medical care/accommodations. disproportionately affecting BIPOC+ LGBTQIA2+ communities.

## Crip time

time wadd in a disabled body. This can mean time waiting/resting to inhabit the physical capacity to do a do task, it can mean the extra time to arrive somewhere or complete basic tasks due to mobility and symptoms. It can also mean time sped up to finish tasks quickly in order to fight fatigue before symptoms set in again.

## HORIZONTAL HOSTILITY

Discrimination between two different marginalized groups, or discrimination within subgroups.

## LATERAL VIOLENCE

Discrimination against a person under a similar larger umbrella of oppression.

## GATEKEEPING

The act of policing other disabled people for identifying as disabled.

This can be the act of slandering/stigmatizing negatively discussing another persons disability with other people. One disabled person decides that another's disability experience is invalid/less real.

Another form of gatekeeping is creating hierarchies and conflicts between different groups experiencing disability.

## EUGENICS

Scientific movement rooted in white supremacy. Centralizes white able, cis/het bodies while eradicating disabled people from society. Until the 1970s all disabled US women were automatically sterilized against their will.

## MEDICAL APARTHEID

Systemic medical racial discrimination and eugenics against black folks. This can mean, violence, discriminatory testing, in-access to treatments, refused access to care and inadequate research/racist research practices.

## CHRONIC DISEASE GLOSSARY :) :)

### DEGENERATIVE DISEASE

Diseases in which there are increasingly rapid degenerative tissue, organ, joint and cell changes.

### CYTOTOXIC MEDS

Pharmaceuticals classified harmful to fetuses, tissues & cells, such as chemotherapeutics used for cancer or severe disease. Most people cannot have children while on cytotoxic meds.

### COMORBIDITIES

Multiple syndromes or diseases that occur together in complexity.

### ORPHAN DISEASE

Rare diseases that are difficult to diagnose, treat, and form community around due to the low frequency, low data and small populations.

### IMMUNOSUPPRESSION

Medications which work to suppress/diminish the malfunctioning immune system creating high risk for viruses and infections which can easily become life threatening.

### CHRONIC DISEASE

Diseases lasting 3 months or longer.

## 6 BRIEF CATEGORIES OF DISABILITIES... THEY ARE NOT ALL BUT A START A MORE DEEP HERE!

### Physical Disabilities

disability affecting the body, but not always necessarily caused by genetics or disease, can be injury, or congenital

### Developmental Disabilities

diverse set of disabilities that can affect physical and intellectual abilities before the age of 22

### Mental Health Disabilities

Mental illness illness or disability of the mind and spirit

### Little Person

A person with a disability of short stature, can be genetic and illness-related dwarfism

### Juvenile Disabilities

Disabilities affecting infants/children and diagnosed under the age of 18

### Cognitive Disabilities

diverse set of disabilities affecting the mind /intellectual abilities

YOUR SCORE : \_\_\_\_\_ /50



## Crip

Reclaimed and derived from the derogatory term, 'cripple'. Crip represents physically impaired, physically diseased and mobility damaged bodies.

## MULTIPLE DISABILITIES

living with more than one coocurrent disability.

## VISION IMPAIRED

disabilities related to vision

## HEARING IMPAIRED

disabilities related to hearing

## MOBILITY IMPAIRED

disability affecting movement

## SPEECH IMPAIRED

disabilities related to speaking