

WHAT IS A DISABILITY?



Disability is a difference in the way a person looks, moves, communicates, and/or processes information. There's nothing good or bad about disability - it's a form of human diversity.

Remember - everyone completes the daily tasks of life, like eating, breathing, going from place to place, and communicating.

Sometimes people with disabilities use tools and equipment or require support to complete those activities.

Disability is one part of a person's identity. It is something that many people are very proud of!

THERE ARE 5 MAIN CATEGORIES OF DISABILITIES WHICH ARE REPRESENTED IN THE DISABILITY PRIDE FLAG

- 1 Mental Illness
- 2 Intellectual and Developmental Disability
- 3 Invisible and Undiagnosed Disabilities
- 4 Physical Disability
- 5 Sensory Disabilities

IMPORTANT INFORMATION ABOUT DISABILITY

- ★ Disability is a natural and expected part of the human condition. There's nothing extraordinary, unusual, or problematic about it.
- ★ Sometimes disability is temporary, and other times it's not. You can be born with a disability or develop one later in life for a variety of reasons.
- ★ It's important to educate ourselves about disability because it affects 1 in every 5 people!