



Invisible Disability

TERMS

disability/impairment/neurodivergent/special needs:

terms used to describe people who are not 'typically' abled; special needs is a demeaning term

neurodiversity:

the variety of minds that incorporate cognitive processes different from those more common (e.g., hyperfocus); often used for those with ASD, ADD, or ADHD



mental wellness:

the ability to use tools and tricks that address and alleviate discord/trauma/stress in order to rebalance; in contrast people can experience burnout.

accommodation:

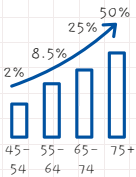
an alteration of environment, equipment, tools, or other resources that allows a person with a disability to have equal access (e.g., flex days)



temporarily abled:

the idea that being equipped to perform certain functions is fleeting because everyone encounters health problems at some point in their lives

Disabling Hearing Loss



1/5 US adults experienced mental illness in 2020



STATISTICS

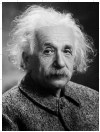


Autoimmune diseases affect more than 24 million people in the US.

93,000,000 US adults at high risk for serious vision loss. 50% visited an eye doctor in the past year.



PEOPLE



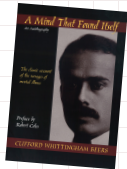
Albert Einstein



Venus Williams



Temple Grandin



Clifford Beers



VALUES

- Self-Advocacy
- "Out of Spoons"
- Self-Care
- Support System
- "Nothing about us without us"

Louis Braille modifies Charles Barbier's "night writing" to make Braille

DATES

1771

The creation of The National Institute for Deaf-Mutes & 'Old French Sign Language'

1800s

1950s

Witebsky and Rose disprove the idea that the body cannot produce antibodies against itself

The Americans with Disabilities Act

1990

2023

April 2nd World Autism Awareness Day

Help someone understand what Invisible Disability means.

Take some time to regenerate and give others their time to regenerate too.

TAKE ACTION

Be patient with everyone because you don't know.

Share our Infographic.

Commit to one action a week that supports those with Invisible Disabilities.

