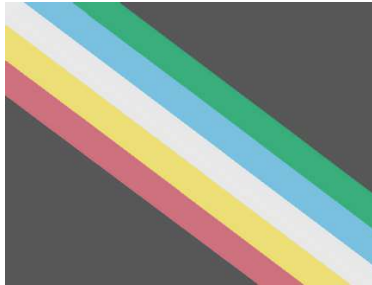




Ways to Be a Good Disability Ally-The Three A's of Allyship



Source: Respectability.org

Awareness

- ❖ Language matters! Recognize that there may be language those within a group use, that should not be used by those outside the group. For example, a person with a disability may self-identify as "crip" but that doesn't give others permission to use the same term.
- ❖ Support the voices of people with disabilities. Follow them on social media and invite them to speak at events.
- ❖ Even if you think you are helping, do not push, grab, or lift a person's wheelchair without their express consent.

Attitudes

- ❖ Consider supporting brands and businesses led by individuals with disabilities.
- ❖ Step back! Allow people with disabilities to voice their observations on barriers.

Action

- ❖ If you notice an accessibility barrier such as a ramp covered in snow, blocked accessible parking, a broken elevator, or a door opener not working, be a Barrier Buster and let someone know.
- ❖ If you are recording a video, make sure captioning is available. Numerous video platforms, such as YouTube, now include auto-captioning to make this easier.
- ❖ Have emergency and response plans both ready and inclusive for people with disabilities.

Source: <https://ods.rutgers.edu/resources/how-be-ally>

Fighting stigmas, advancing opportunities. Visit <https://www.respectability.org/resources/>

Learn more at DAWN Center for Independent living at <https://dawncil.org/>