



Cover



# Accssible Interactions

A guied on how to interact with people with disabiltys



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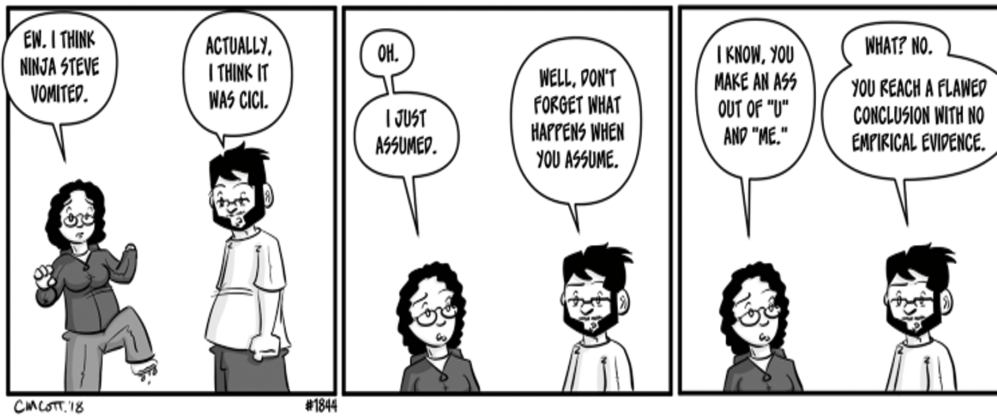
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## Don't make assumptions/act natural.

- Treat the person as you would anyone else.
- Don't try to assume their disability or that they need help.

SKETCHES FROM MEMORY BY CHARLIE COTTRELL

XEYETI.COM



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## People-first" language/how to talk.

- put the person first and the disability second
- language that empowers rather than marginalizes people with disabilities.



**People First Language**

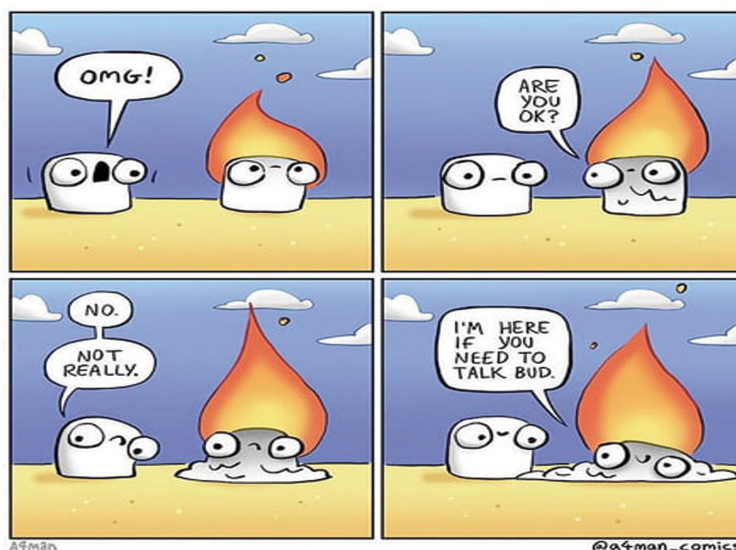
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### Ask before you help

- Make sure to ask if someone wants help or not.
- Respect if they don't want help
- If you see them struggling still ask they may want to do it themselves

One woman recalls: "When I walked on crutches, I was once knocked down by two little old ladies who were going to 'help' me walk on an icy sidewalk.

Without asking, they came up, grabbed me, threw me off balance, and down I went!"

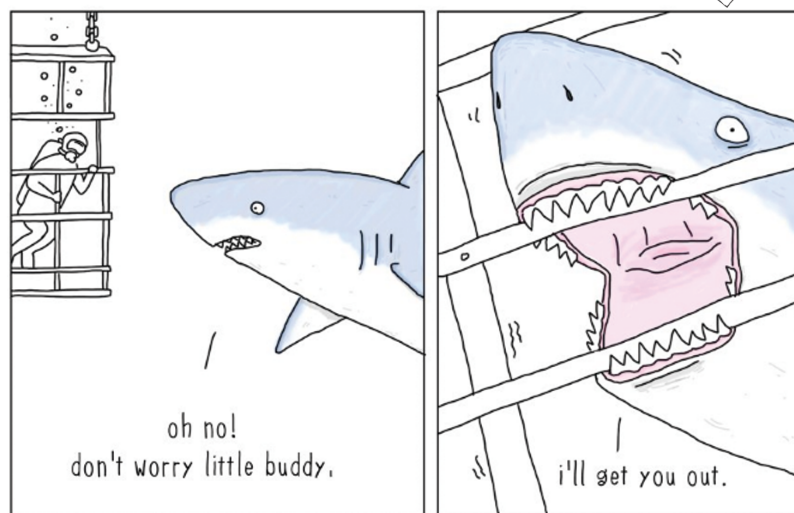


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## How to talk

- Do not minimize someone's disability.
- Disabled people are not victims
- No pet names or baby talk
- Talk directly with the person

communication is key ↗



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## Integration vs Inclusion

**Exclusion** occurs when People are directly or indirectly prevented from or denied access in any form.

**Segregation** occurs when a person with disabilities is put in a separate environments differnt to people without disabilities.

**Integration** is a process of placing persons with disabilities in existing mainstream envierment. the person with disabiltys is expected to adapt to “normal socity.”

**Inclusion** refers to creating a safe environment where all people are welcomed, regardless of their differences. Inclusion isn't the same as tolerance. It's not about putting up with people who are different, but rather is about full acceptance. In an inclusive environment, people won't feel that they need to hide who they are to belong. When People feel that they belong, and they're able to bring who they are it benefits everyone involved.



## Integration vs Inclusion continued

