

DEMISTIFYING DISABILITY

TOOLKIT SHEET

Understanding disability isn't a straightforward concept; it's like a puzzle with many pieces. It's a journey that may change over time, both physically and emotionally.

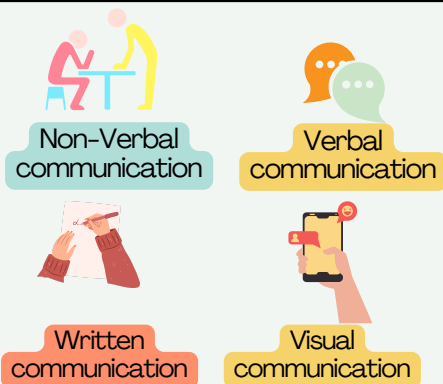
REMINDER!

Disability categories encompass a wide range of experiences. Continual learning and exploration are crucial to understanding the nuances within each category. An individual's experiences may not neatly fit into predefined labels.



HOW & WHAT YOU SAY MATTER!

DIFFERENT WAYS WE COMMUNICATE



Being mindful of how you speak about disability is crucial because language shapes perceptions and influences attitudes. Words can either empower or stigmatize individuals with disabilities.

Identity-first Language (IFL): Identity-first language acknowledges disability as an integral part of a person's identity, connecting them to a community, culture, and history. For example, "I am autistic."

Person-first Language (PFL): Person-first language in disability emphasizes the individual before the disability. For example, "person with [disability]."

CALL TO ACTION: START WITH THESE QUESTIONS

- 1 How can I actively consider preferred self-identifying language and challenge ableist language in my daily interactions?"
- 2 What accessibility barriers exist in my community, and how can I advocate for their removal?
- 3 What resources and support networks can I connect individuals with disabilities to in order to enhance their well-being and empowerment?

LET'S LEARN!

Think through each piece of the puzzle. What are your thoughts and assumptions about each subject in relation to disability?

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Understanding the caregiver's burden

The caregiver's burden is a term used to describe the physical, emotional, psychological, and financial challenges experienced by individuals who provide care for a loved one who is ill, disabled, elderly, or otherwise dependent on their assistance.

This burden can manifest in various ways and is influenced by the nature of the caregiving role, the health condition of the care recipient, and the resources available to the caregiver.

What are the signs?

- Stigma
- Role Strain
- Physical Strain
- Uncertainty about the future
- Social Isolation
- Financial Pressure
- Emotional Distress



LET'S CHECK IN!

What emotions do you often find yourself tangled in? What strategies can you use to prevent further "tangling"?

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TRY THESE STRATEGIES TO PREVENT BURNOUT



Stay Informed



Practice Self-Compassion



Seek Professional Help



Prioritize Sleep



Set Boundaries



Engage in Hobbies



Seek Support Groups



Take Breaks



Practice Mindfulness

To Black caregivers

who may feel undeserving of self-care practices: remember, you are worthy of care and attention, just as much as the loved ones you care for. Despite the barriers such as time constraints, financial strain, and societal stigmas, it is essential to prioritize self-care. Taking care of yourself isn't a luxury—it's a necessity for your well-being and your ability to provide the best care possible for your loved one.

