

Understanding Disability and the Intersection with Wellness

April 2016



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GMSA Mission Statement



ACTIVITY

Look
Through
Our Eyes



Partnership



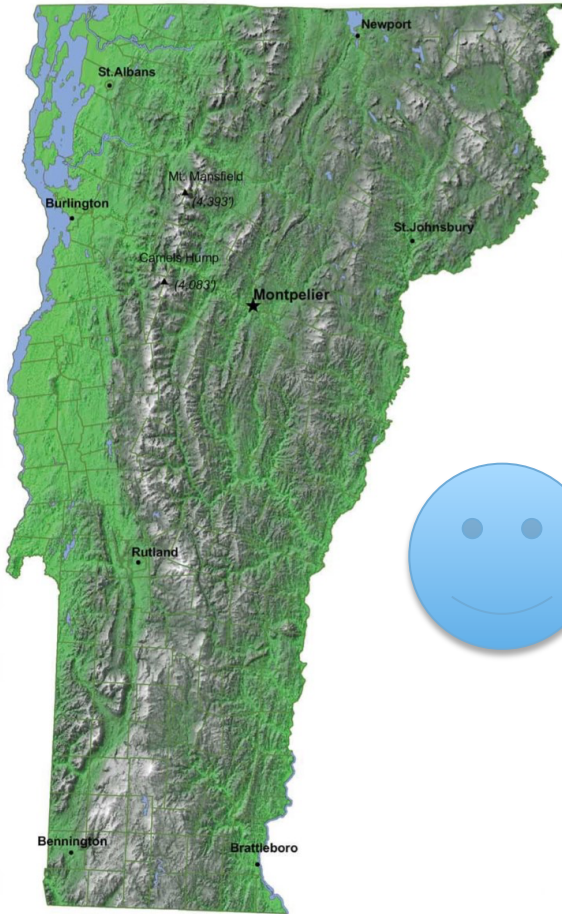
Learning Goals

1. Demonstrate basic knowledge of what disability is and how understanding of disability has changed over time.
2. Identify the unique systemic, personal and cultural barriers people with disabilities face when accessing healthcare
3. Embrace the need for and promote strategies such as self-determination and dignity of risk
4. Know where you can access more resources on this topic

Universal Strategies for Wellness



Let's talk about Numbers Quickly



1 in 5



People First Language

People First

Language

Say
this...

Instead of this...



Myths and Attitudes, part 1



People who are non-verbal can communicate.

People with disabilities can live independently.

People with disabilities are broken and need to be fixed.

People with disabilities can work.

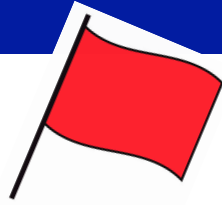
People with disabilities are on public assistance.

People with disabilities can't take care of themselves.

Some people with disabilities are "higher functioning" than others.

People with disabilities can give consent.

Myths and Attitudes, part 2



Myth

BUSTED

People with disabilities are sexual beings.

Every disability is different.

Support/ service animals wear a vest and are registered.

You can always tell when someone has a disability.

A condition will affect every person the same way.

Myths and Misconceptions

When given the right support a person with a disability can achieve the same goals and dreams as someone without a disability.



Models of Disability



Medical Model

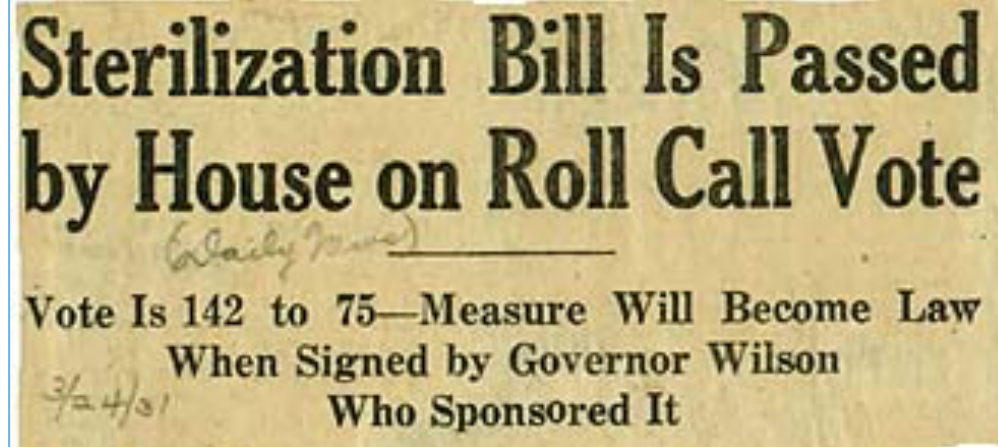
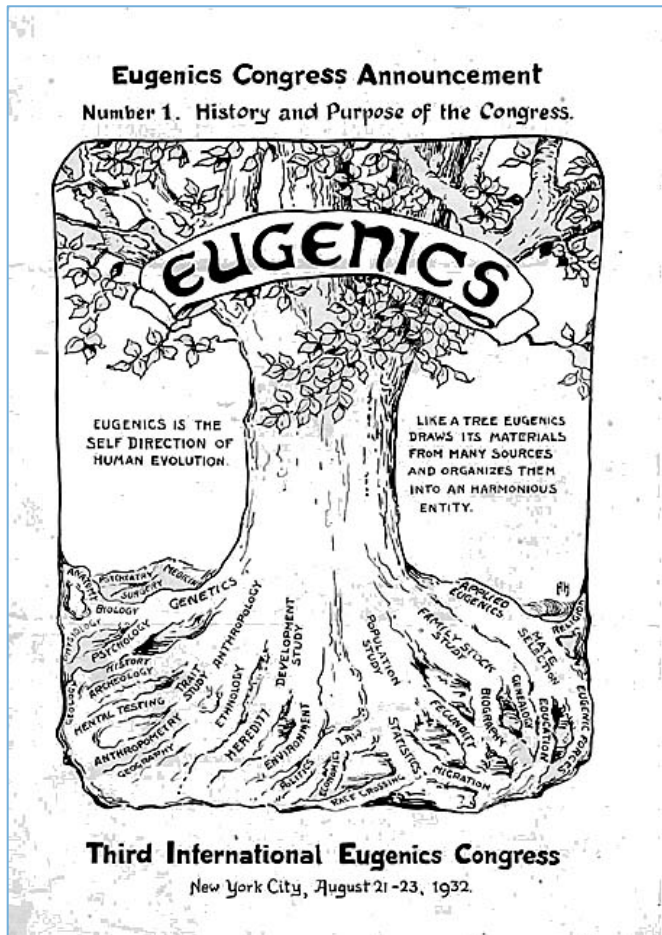


Belief-based Model



Social Model

How Have Experiences Been Framed by History?



Vermont, 1931

Why Talk about This?

Because you are
agents of change
and helping us shift
the culture!



Core Values of Disability Community



- Disability is natural
- Control and informed choice over our lives
- Fully participate in and contribute to our communities
- Full integration and inclusion in an individualized manner
- Lead meaningful and productive lives
- Have interdependent friendships and relationships
- Live free of abuse, neglect, financial and sexual exploitation
- Presume competence
- Nothing about us without us!

Self-Advocacy and Self-Determination



Nothing About Us, Without Us!

Presume Competence

WHEN YOU SEE,

MEET, OR THINK

ABOUT A PERSON

WITH A DISABILITY

PRESUME

COMPETENCE

Being an Ally



Dignity of Risk

What If...?



Common Courtesies & Disability Etiquette





ACTIVITY

Dear Future Me...



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