

## Ten Key Points to Consider When Working with the Physically Disabled

- A person's disability may not be clearly visible. Disability affects members of all races, genders, cultures, and ethnicities.
- If you are unsure of something, ask questions. Most people would much rather answer a question and help increase awareness than be in an awkward situation.
- Be mindful of ways to include members of this population. Even though this population may be widely accepted, members are often not included in activities because people often do not think to do so.
- Remember that this population has faced a long history of discrimination and oppression.
- Although attitudes toward the physically disabled population have improved, people with disabilities still face much prejudice and discrimination today.
- Physical health should be assessed as members of this population frequently receive inadequate healthcare.
- Be knowledgeable of resources and services available for people with disabilities.
- Be prepared to act as an advocate for change in policy on community, national, and even global levels should the need arise.
- Each person should be treated as an individual and not generalized or stereotyped by their disability. Every person is unique.
- Keep needs such as accessibility and transportation in mind when meeting with these individuals, as these often present challenges even in everyday settings.