

Diverse-Ability/Disability



Here at the Stigma-Free Society, we include both "Diverse-Ability" and "Disability" as each individual may prefer to use different words to describe themselves.

What does diverse-ability/disability and inclusion mean to you?

Everyone is unique and has their own view of diverse-ability/disability and its role in their lives.

Here are some examples of what our friends at Stigma-Free think of diverse-ability/disability:

Diverse-ability/disability: "A person's diversability/disability is a part of them, but it doesn't define who they are or what they're capable of accomplishing!" - Jake

Inclusion: "Acceptance and it means we all belong. Everyone and anyone is equal." - Lucas

"Everyone has different abilities, whether they are strengths or challenges. Those with diverse-abilities/disabilities have a different experience of the world and important views. Inclusion means making everything and everywhere available to everyone, no matter what." - Maddie

Some examples of diverse-abilities/disabilities:

Developmental: Developmental diverse-abilities/disabilities involve differences in learning, language, or behavioural areas. They can begin early on in life. They may affect daily tasks and they usually last through all of one's lifetime. Some developmental diverse-abilities/disabilities include autism spectrum disorder, and Attention Deficit/Hyperactivity Disorder (ADHD). Click [HERE](#) to learn more.

Physical: Someone with a physical diverse-ability/disability has different mobility challenges. This means that they may move and get around in a unique way and may need extra support. Examples of physical diverse-abilities/disabilities include [cerebral palsy](#) and [paraplegia](#).

Click [HERE](#) to learn more.

Sensory: Someone with a sensory diverse-ability/disability has different abilities to do with one or more of their senses (touch, taste, sight, hearing, smell). Sensory diverse-abilities/disabilities include vision impairment, people who are hard of hearing, and Sensory Processing Disorder (SPD). Click [HERE](#) to learn more.

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Learning: Someone with a learning diverse-ability/disability has styles of learning that are not seen as “typical.” They may just need accommodations for reading, writing and spelling. Learning diverse-abilities/disabilities are complex and often not understood. Individuals who identify with this community often have above-average intelligence. Click [HERE](#) to learn more.

Mental Illness: A mental illness is a health problem that affects the brain. It changes the way you think, feel and behave. Absolutely anyone can have a mental illness. 1 in 4 Canadians will experience some type of mental illness. Click [HERE](#) to learn more.

*This resource has been reviewed and is supported by Erika Cedillo, PhD, from **Inclusion BC**. The definitions of different diverse-abilities/disabilities have also been reviewed and are supported by Jake Anthony from **AutismBC**.