



ableism

Negative attitudes in society that devalue and limit the potential of persons with disabilities.

In Canada:



53%

At least 53% of all people with disabilities in Canada are women



Each year at the end of May, Canadians promote inclusion and accessibility in their communities, to celebrate progress and be inspired to further break down accessibility barriers

1 in 7

One in seven Canadians aged 15 years or older reported a disability

Ways to be an ally:

Work for inclusion in your community!

Remove both physical AND attitudinal

barriers. It's also important to include both physical disabilities and mental disabilities



Engage in people-first language!



person with disability

person using a wheelchair

person with a cognitive disability

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organizations

DeafBlind Ontario Services ● ● ● ● ● ● (http://www.deafblindontario.com)

DeafBlind Ontario Services is a not-for-profit organization that helps individuals who are deafblind to increase their independence and improve their quality of life through specialized services. They provide services such as: residential services, community services, and language services.

DisAbled Women's Network Canada (DAWN) ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● (https://www.dawncanada.net/)

This organization works towards the advancement and inclusion of women and girls with disabilities and Deaf women in Canada. Their goals include: to do outreach with **all** women, address issues such as poverty, violence, employment, discrimination, access to services, etc., and to be the voice of women with disabilities in Canada.

British Columbia Aboriginal Network on Disability Society (BCANDS) ● ● ● ● ● ● ● ● ● ● ● ● (http://www.onwa.ca/)

A not-for-profit, charitable society serving the unique and diverse disability and health resource/support service needs of the Indigenous population of British Columbia.

Students for Barrier-free Access ● ● ● ● ● ● ● ● (http://uoftsba.com/)

A not-for-profit, University of Toronto student-lead organization that advocates for equity, access, and the rights of students with disabilities. SBA supports more generally, the greater disability community. SBA and its allies work towards eliminating physical, informational, and attitudinal barriers on campus and in the wider community.

References

<http://www.ohrc.on.ca/en/policy-preventing-discrimination-based-mental-health-disabilities-and-addictions/5-ableism-negative-attitudes-stereotypes-and-stigma>

<https://www.dawncanada.net/about/about/>

<https://www.canada.ca/en/employment-social-development/campaigns/national-accessability-week.html>

<http://www.statcan.gc.ca/pub/89-654-x/89-654-x2015001-eng.htm>

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