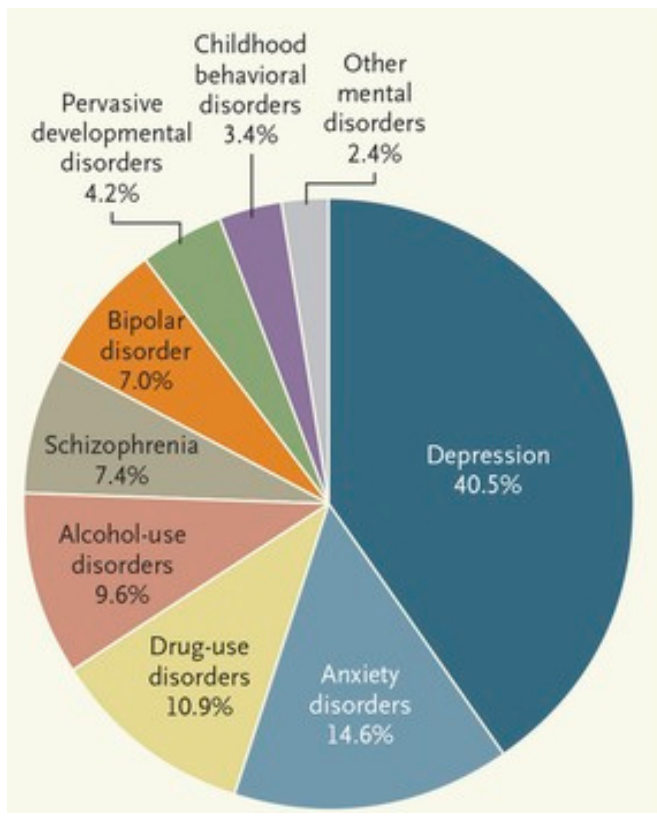


JUST ACT NORMAL!

The Impacts of Ableism on People with Mental and Physical Disabilities.



Mental Disabilities



1 in 6 US Youth between the ages of 6-17 experience a mental health disorder each year



3m + cases of Anxiety are diagnosed a day.



50% of people have mental illness begins by age 14 and 75% by 24.



Suicide is the leading cause of death in the US



Most people with a mental illness are not violent, 3-5% of violent acts are enacted by people with severe mental illness.



Shock therapy is still used to "fix" people with Autism. The JRC being an institute that still uses this practice.

Physical Disabilities



1 in 4 adults in America are disabled.



To ensure safe, fair access to disabled adults, ramps must be protected on all sides to ensure people can't fall off (Fig. 3).



At every turn on a ramp there must be a flat, even rest area for safety (Fig. 1).



Ramps are often not up to even the most basic standards outlined in the ADA, risking the safety of every disabled person that has to use them.



Ramp entrances for disabled access are often separate from main entrances, leading to 'othering'.



Even when ramps are properly installed, basic upkeep not being done can lead to them becoming unusable, since the default assumption is still that people are able-bodied (Fig. 2).



What is ableism?

Ableism is any form of discrimination against people with disabilities.

What does that look like?

It can look like:

- not complying with ADA guidelines
- separating students that are disabled from the rest of their classmates
- asking disabled people what is wrong with them
- saying "but you don't look disabled."
- assuming that their disability means they can't do anything
- assuming that mental illness is their fault

What can you do about it?

You can:

- advocate for equal rights for disabled people
- call out inequality when you see it
- include your disabled friends in group activities
- try finding fun activities that allow for all physical abilities
- research about mental illness, and how you can help your friends with mental health struggles

YOU ARE ENOUGH

Why are so many places not accessible?

Historical buildings, and some older buildings are exempt from the new ADA guidelines. This is because historical buildings are hard to keep up to date with ADA guidelines, so older buildings don't have to be.

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