



Understanding Disabilities 101

Southwest Center for Independent Living
2864 S. Nettleton Avenue
Springfield, MO 65807-5907

(417) 886 - 1188 voice/tty
(417) 886 - 3619 fax

www.swcil.org
www.southwestmissouridayattherange.com

Many of us grew up in a time when we were taught to look away when we saw a person with a disability. Those days are over, and with the passage of the Americans with Disabilities Act, our society is learning to welcome people with disabilities into our communities as productive individuals. This brochure can help you be a part of that process.

People with disabilities
are not conditions or diseases.
They are individual human beings.

For example, a person is **not** an *epileptic* but rather a *person who has epilepsy*.

BASIC TIPS

You don't have to feel awkward when dealing with a person who has a disability. These pages provide some basic tips for you to follow. And if you are ever unsure about what to do or say with a person who has a disability, just ask!

Be yourself

As in any new situation, everyone will feel more comfortable if you are relaxed.

Meeting someone

People who use wheelchairs may have a variety of disabilities. Some have use of their arms and some do not. When you meet someone, extend your hand to shake if that is what you normally do. A person who cannot shake hands will let you know. He will appreciate being treated in a normal way. If you are meeting a blind person, identify yourself. If you have met before, remind him of the context; he won't have the visual clues to jog his memory.

BASIC TIPS

Helping

Do not automatically give assistance; ask first if the person wants help. Follow the person's cues, and ask if you are not sure. Be the assistant, not the director; let a blind person hold your arm and follow you. And don't be offended if someone refuses your offer of assistance. It's her choice to be as independent as she can be.

Communication

Talk directly to the person, not to an aide, friend, or interpreter. If the person has a speech impairment, listen carefully and patiently. Ask him to repeat if you don't understand. If the person doesn't understand you when you speak, try again. Don't let him think your communication with him is not worthwhile to you. If the person is deaf or hard of hearing, follow his lead; use gestures or write. If the person uses a wheelchair, sit at eye level and converse at his level.

Socializing

Do not leave a person with a disability out of a conversation or activity because you feel uncomfortable or fear that she will feel uncomfortable. Include her as you would anyone else. She knows what she can do and want to do; let it be her decision whether or not to participate.

Disability

Treat the person as an individual. Don't assume that the person's disability is all he can talk about or is interested in. Find a topic of small talk, the way you would with anyone. Don't treat the person as a disability.

BASIC TIPS

Environments

Be sensitive about the setting. A noisy or dark environment, or people talking simultaneously might make it difficult for people with vision, speech, or hearing disability to participate in a conversation. Be aware of clear paths of travel for people who use wheelchairs or are blind.

Describe goings-on and surroundings (especially obstacles) to a blind person. A person with chemical sensitivity may have a reaction to smoke, perfume, cleaning products, or other forms of irritants in the environment.

Touching

Do not pet guide dogs, and do not touch a person with a disability unless there is a good reason (such as shaking hands in greeting or if the person has requested assistance). However, you may gently touch the person who is deaf to get her attention. Never push a person's wheelchair without her permission. Please do not recoil if you meet a person with AIDS; shake her hand as you would anyone. You can't get AIDS by touching. And your acceptance means a lot.

Hidden disabilities

Not all disabilities are apparent. A person may have trouble following a conversation, may not respond when you call or wave, may make a request that seems strange to you, or may say or do something that seems inappropriate. The person may have a hidden disability, such as low vision, a hearing or learning disability, traumatic brain injury, mental retardation, or mental illness. Don't make assumptions about the person or his disability. Be open-minded.

BASIC TIPS

Learning more

Lack of knowledge or misinformation may lead you to shy away from interacting with persons with certain disabilities. Preconceptions about mental illness, AIDS, cerebral palsy, Tourettes Syndrome and other disabilities often lead to a lack of acceptance by those around the person. Remember that we are all complex human beings; a disability is just one aspect of a person. Learning more about the disability may alleviate your fears and pave the way for you to see the person for whom she is.

Overall attitude and approach to persons with disabilities

As you meet people with various disabilities, you will likely find that you are apprehensive about how you should behave towards that individual. Every person is different and some will find it easy to work with such individuals, whereas others will find it difficult adjusting to working with people with disabilities. Always remember that a person with a disability is a person. He is like anyone else, except for the limitations of their disability. Please don't refer to people with disabilities as being inspirational.

The most important thing is to be honest

If you do not understand someone because she have difficulty with their speech, or she uses some form of communication aid, please do not assume that she does not understand. If you have difficulty understanding her, then admit it, and try to get someone to translate for you. People in such situations will not get upset if you are honest, and in time, you will learn to understand what she is saying to you.

WORDS WITH DIGNITY

Language reflects and reinforces our perceptions and misperceptions of others. All too frequently the terms used for people with disabilities perpetuate stereotypes and false ideas. This guide is offered as one means to “unhandicap” our language and thinking. It is selective, not exhaustive. It is intended as a suggestion, not censorship.

Use these words with dignity...

Not these words...

Person with a disability / person who has a disability / person is disabled

Cripple / handicapped / invalid (Literally invalid means “not valid.” Do not use it.)

Person who has / person who experienced / person with (e.g., person who has cerebral palsy)

Victim / afflicted with (e.g., victim of cerebral palsy)

Uses a wheelchair

Restricted, confined to a wheelchair / wheelchair bound (The chair enables mobility. Without the chair, the person is confined to bed.)

Non-disabled

Normal (Referring to non-disabled persons as “normal” insinuates people with disabilities are abnormal.)

Deaf / does not voice for themselves / nonvocal

Deaf mute / deaf and dumb

Disabled since birth / born with

Birth defect

Emotional disorder / mental illness

Crazy / insane

Seizures

Fits

Developmental delay

Slow / retarded

WORDS WITH DIGNITY

Some people with disabilities are choosing to reclaim certain terms, using them to describe themselves with high-impact effect. This reclaiming of hurtful words takes the power away from those who intend to use them to put others down. Reclaiming a term gives it a positive meaning when used by the people it describes, but it is still considered a slur when used by others.

Preferred terminology	Negative terminology
Blind (no visual capability)	Abnormal
	Burden / burdened
Visually impaired (some visual capability)	Condition
	Deformed
	Differently abled
Deaf / profoundly deaf (no hearing capability)	Disfigured
	Handicap / handicapped
	Imbecile
Hearing impaired (some hearing capability)	Incapacitated
	Maimed
	Palsied
Hemipelgia (paralysis of one side of the body)	Pathetic
	Physically challenged
	Poor
Paraplegia (loss of function in lower body only)	Spastic
	Stricken
	Stricken with
Quadriplegia (paralysis of both arms and legs)	Suffer
	Unfortunate

DISABILITY ETIQUETTE

Basic Guidelines

- Make references to the person first, then the disability. Say “A person with a disability” rather than “a disabled person.” However, the latter is acceptable in the interest of conserving print space or saving announcing time.
- The term “handicapped” is derived from the image of a person standing on the corner with a cap in hand, begging for money. People with disabilities do not want to be recipients of charity. He wants to participate equally with the rest of the community. A disability is a functional limitation that interferes with a person’s ability to walk, talk, learn, etc. Use “handicapped” to describe a situation or barrier imposed by society, the environment or oneself.
- If a disability is not relevant to the story or conservation, don’t mention it.
- Remember that a person who has a disability is not necessarily chronically sick or unhealthy. She is often just disabled.
- A person is not a condition, so avoid describing a person in such a manner. Don’t present someone as epileptic or post-polio. Say, “a person with epilepsy” or “a person who has had polio” or “a person who has post-polio symptoms.”
- We are all just temporarily abled. You could think, “I might face a disability someday, and here's a person who could help me live with it!”
- When advertising your program, please be sure to ask if special accommodations are needed. This can be achieved by simply adding the following line to your notice: “If special accommodations are needed, please call by _____.”

DISABILITY ETIQUETTE continued

Common Courtesies . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ . _ .

- Don't feel obligated to act as a caregiver to people with disabilities. It is alright to offer assistance to a person with a disability, but wait until your offer is accepted before you help. Listen to instructions the person may give.
- Leaning on a person's wheelchair is similar to leaning or hanging on a person and is usually considered annoying and rude. The chair is a part of one's body space. Don't hang on it!
- Share the same social courtesies with people with disabilities that you would share with anyone else. If you shake hands with people you meet, offer your hand to everyone you meet, whether or not he is disabled. If the person with a disability is unable to shake your hand, he will tell you.
- When offering assistance to a person with a visual impairment, allow that person to take your arm. This will enable you to guide, rather than propel or lead the person. Use specific directions, such as "left one hundred feet" or "right two yards" when directing a person with a visual impairment.
- When planning events that involve persons with disabilities, consider their needs before choosing a location. Even if people with disabilities will not attend, select an accessible spot. You would not think of holding an event where other minorities could not attend, so don't exclude people with disabilities.
- Curiosity is natural; however, you may be afraid to ask those questions for fear of violating the provisions of the ADA, or being rude. But remember - it is okay to ask. People with disabilities will let you know whether something is inappropriate or not.

DISABILITY ETIQUETTE continued

Conversation

- When speaking about people with disabilities, emphasize achievements, abilities and individual qualities. Portray him as he is in real life: as a parent, an employee, a business owner, etc.
- When talking to a person who has a disability, speak directly to that person, not through a companion.
- Relax - don't be embarrassed if you use common expressions such as "See ya later" or "Gotta run" that seem to relate to a person's disability.
- To get the attention of a person who has a hearing impairment, tap them on the shoulder or wave. Look directly at the person and speak clearly, slowly and expressively to establish if she read lips. Not all people with hearing impairments can read lips. Those who do, rely on facial expressions and body language for understanding. Stay in the light and keep food, hands and other objects away from your mouth. Shouting won't help. Written notes will.
- When talking to a person in a wheelchair for more than a few minutes, place yourself at eye level with that person. This will spare both of you a sore neck.
- When greeting a person with a severe loss of vision, always identify yourself and others. For example, say "On my right is John Smith." Remember to identify persons to whom you are speaking. Speak in a normal tone of voice and indicate when the conversation is over. Let them know when you move from one place to another.

DISABILITY ETIQUETTE continued

In Print or Narrative

- First and foremost people with disabilities are people. Only secondarily does he have one or more disabling conditions. Hence, he prefers to be referred to in print or broadcast media as "People with Disabilities."
- In any story, article, announcement or advertisement, "people with disabilities" should be used either exclusively or, at a minimum, as the initial reference. Subsequent references can use the terms "person with a disability" or "individuals with disabilities" for grammatical or narrative reasons.

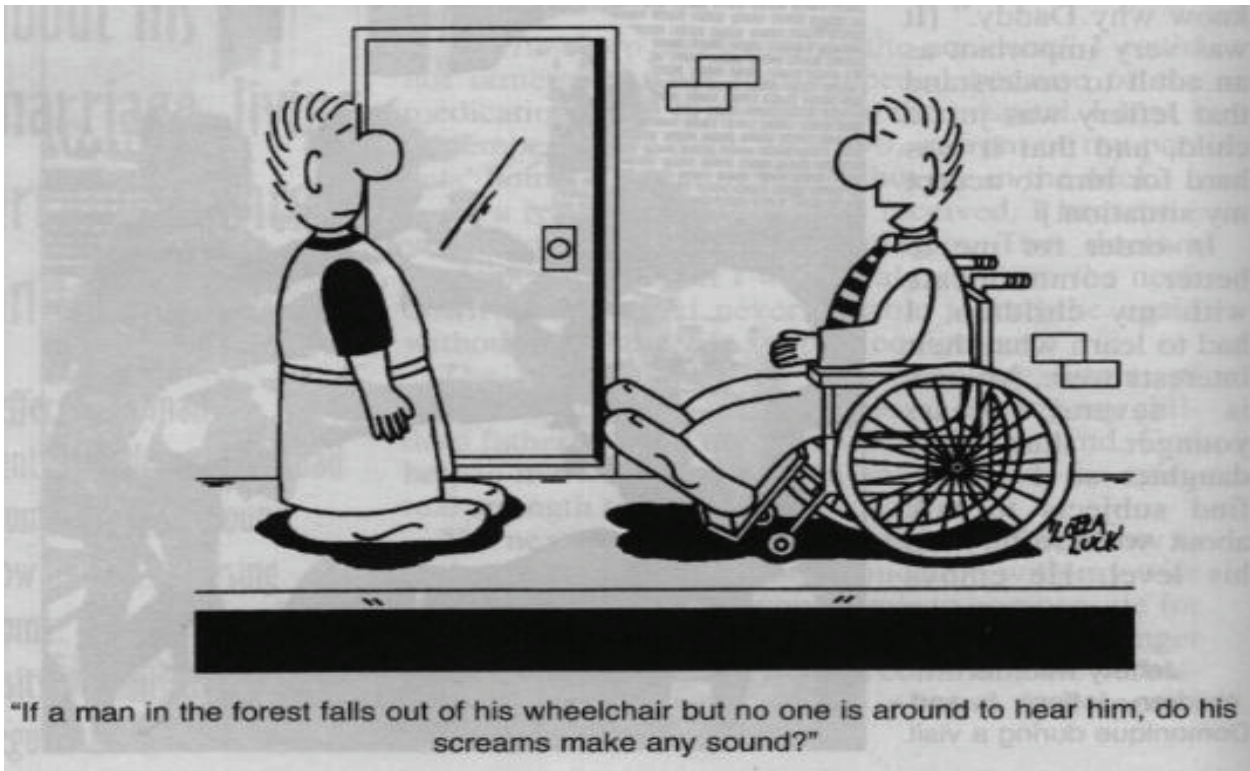
Alternative Format

- Print Copy: Large print using at least 18 point font. Use of color print on colored paper (black on yellow, navy on white, black on white) may vary with your audience.
- Cassette Tape: Read your printed document on cassette and have ready when other handouts are provided.
- Braille: Covert your document to Braille and have ready when other handouts are provided.

Using Interpreters

- Use an Interpreter upon request only. If you are requested that an interpreter is needed, you must provide one.
- For non-legal interpreting, a certification level of 2 or 3 should be adequate.
- Talk at your normal speed; the interpreter will only be a few words behind. That is the nature of interpreting one language to another. Use normal expressions and gestures.
- Locate the interpreter near the speaker so the deaf or hard-of-hearing person can see both the interpreter and the speaker.

DISABILITY ETIQUETTE continued



Humor

- Humor can create connections between people. If you observe people who are laughing together, in small or large ways they are creating connections with each other. As with any other person, use humor in conversation when speaking with people with disabilities, if appropriate.
- One of the primary functions of humor is that it serves as a reliever of stress.
- The physical acts of smiling and laughing relax muscle groups, allow one's mind to focus on things other than one's troubles, and lead to the production of endorphins, a biochemical substance that gives us a sense of well-being.
- Another major function of humor is to balance negative experiences of life. Leonard Pitts, Jr., following a personal tragedy stated: "In some sense, life leaves us all wounded forever. To be human is to face that and laugh anyway."

MORE BASIC TIPS

How to help

- Introduce yourself and offer assistance.
- Ask how you can help and listen for instructions
- Don't be offended if your help is not needed.
- Be courteous, but NOT condescending.
- Assist the person with the disability when necessary or requested, but do not discourage their active participation.
- Allow a person DIGNITY to do what he wants to do for himself.

When you meet a non-vocal person

- Some non-vocal people prefer to write their communications down on paper, some use sign-language and some use a sign board. These methods can be slow and require patience and concentration. You may have to handle much of the conversation yourself .
- Try to keep in mind that communication is the important thing.
- You might try using more yes/no questions.
- If possible, fill in the gaps when you can so the non-vocal person will need to expend less energy getting the message across.

Things to remember

- Treat people as you would like to be treated yourself.
- Do not show pity for or patronize a person with a disability. It makes them feel demoralized.

MORE BASIC TIPS

Suggestions for communicating with people using communication aides

- Expect non-verbal people to communicate.
- Ask the person to show how she indicates "yes". Once you have noted this, ask her how she indicates "no".
- Find out if he feels like talking to you, and has the time to talk with you.
- If there are instructions visible for communicating with her, take a moment to read them.
- Make sure the person's communication system is within his reach.
- Find out how she "points" (with her finger, eyes, fist, etc.).
- Ask one question at a time.
- Ask open-ended, rather than yes/no questions, whenever appropriate.
- Wait for a response.

More things to remember

- People with disabilities are NOT all alike and have a wide variety of skills and personalities. Everyone is an individual and should be treated as such.
- Most disabled people are not sick, incompetent, dependent, unintelligent or contagious.
- The wheelchair is part of the user's personal space. It is not a leaning post.

CENTERS FOR INDEPENDENT LIVING

Centers for Independent Living are consumer-controlled, community-based, cross-disability, nonresidential private nonprofit agencies that are designed and operated within a local community by individuals with disabilities and provide an array of independent living services and resources. The independent living movement is based on the philosophy that people with all types of disabilities should have the same civil rights as those without disabilities. They have a right to control their lives, based on a choice of options that minimizes their reliance on others.

Access II Independent Living Center (Access II)

101 Industrial Parkway, Gallatin, MO 64640

Heather Swymeter, Executive Director

Voice: (660) 663-2423, TTY: (660) 663-2663

Fax: (660) 663-2517

Email: access@accessii.org, Web site: www.accessii.org

Counties Served: Caldwell, Carroll, Davis, Grundy, Harrison, Livingston, Mercer, Ray

Access II Branch Office

607 W. Business Hwy 36, PO Box 437

Chillicothe, MO 64601

Voice: (660) 646-6001, Fax (660) 646-6002

Bootheel Area Independent Living Center (BAILS)

PO Box 326, Kennett, MO 63857

Tim Shaw, Executive Director

Voice: (573) 888-0002, TTY: (573) 888-0002

Toll Free: (888) 449-0949, Fax: (573) 888-0708

Email: tshaw@bails.org Web site: www.bails.org

Counties Served: Dunklin, New Madrid, Pemiscot, Stoddard

CENTERS FOR INDEPENDENT LIVING continued

Delta Center for Independent Living (DCIL)

Weldon Springs Professional Bldg, 5933 Hwy 94 S, Ste 107,
St. Charles, MO 63304

Nancy Murphy, Executive Director

Voice: (636) 926-8761, TTY: (636) 926-8761

Toll Free: (866) 727-3245, Fax: (636) 447-0341

Email: info@dcil.org, Web site: www.dcil.org

Counties Served: St. Charles, Lincoln, Warren

Disabled Citizen Alliance for Independence (DCAI)

#8 Missouri Ave, PO Box 675, Viburnum, MO 65566

Steve Vaughn, Executive Director

Voice: (573) 244-5402, TTY: (573) 244-3315

Fax: (573) 244-5609

Email: dcitizen@misn.com

Counties Served: Iron, Crawford, Dent, Reynolds,
Washington

Disability Resource Association (DRA)

420-B S Truman Blvd, Crystal City, MO 63019

Craig Henning, Executive Director

Voice: (636) 931-7696, TTY: (636) 937-9016

Fax: (636) 931-4863

Email: dra@disabilityresourceassociation.org

Web site: www.disabilityresourceassociation.org

County Served: Jefferson

Heartland Inc. (HILC)

1010 Hwy 28 W, Owensville, MO 65066

Pat Chambers, Executive Director

Voice: (573) 437-5100, Fax: (573) 437-5111

Toll Free: (866) 322-3224

Email: hilc@heartland.org

Counties Served: Franklin, Gasconade, Maries

CENTERS FOR INDEPENDENT LIVING continued

HILC Branch Office

104 S. McKinley, Ste A, Union, MO 63084
Voice: (636) 583-7977, Toll Free (877) 553-5215
Fax: (636) 583-7940
Serves: Franklin

Independent Living Center of Southeast MO (ILCSEMO)

511 Cedar St, Poplar Bluff, MO 63901
Bruce Lynch, Executive Director
Voice: (573) 686-2333, TTY: (573) 776-1178
Toll Free: (888) 890-2333, Fax: (573) 686-0733
Email: info@ilcsemo.org, Web Site: www.ilcsemo.org
Counties Served: Butler, Carter, Ripley, Wayne

Independent Living Resource Center (ILRC)

3620 W. Truman Blvd, PO Box 6787
Jefferson City, MO 65102-6787
Stephanie Cox, Executive Director
Voice: (573) 556-0400, TTY: (573) 634-3876
Toll Free: (877) 627-0400, Fax: (573) 556-0402
Email: ilrcjcmo@ilrcjcmo.org, Web site: www.ilrcjcmo.org
Counties Served: Camden, Cole, Miller, Moniteau, Morgan, Osage, Callaway (Holts Summit only)

ILRC Branch Office

920-R N. Business Rt 5, Camdeton, MO 65020
Voice: (573) 317-9011, Toll Free (877) 317-9011
Fax: (573) 317-9013

Living Independently for Everyone (LIFE)

725 E Karsch, PO Box 967, Farmington, MO 63640
Tim Azinger, Executive Director
Voice: (573) 756-4314, TTY: (573) 760-1402
Toll Free: (800) 596-7273, Fax: (573) 756-3507
Email: lifecenter@lifecilm.org, Web site: www.lifecilm.org
Counties Served: Madison, St. Francois & Ste. Genevieve

CENTERS FOR INDEPENDENT LIVING continued

Midland Empire Resources for Independent Living (MERIL)

4420 S 40th St, St. Joseph, MO 64503

JC Dollar, CEO

Voice: (816) 279-8558, TTY: (816) 279-4943

Toll Free: (800) 242-9326, Fax: (816) 279-1550

Email: meril@meril.org, Web Site: www.meril.org

Counties Served: Andrew, Atchison, Buchanan, Clinton, DeKalb, Gentry, Holt, Nodaway, Worth

MERIL Branch Office

PO Box 381, Maryville, MO 64468

Voice: (660) 562-1441, Fax: (660) 562-1665

North East Independent Living Services (NEILS)

909 Broadway Ste 350, Hannibal, MO 63401

Brooke Kendrick, Executive Director

Voice: (573) 221-8282, TTY: (573) 221-8282

Toll Free: (877) 713-7900, Fax: (573) 221-9445

Email: neils@neilscenter.org, Web site: www.neilscenter.org

Counties Served: Clark, Lewis, Marion, Monroe, Pike, Ralls

Ozark Independent Living (OIL)

109 Aid Avenue, West Plains, MO 65775

Cindy Moore, Executive Director

Voice: (417) 257-0038, Toll Free: (888) 440-7500

Fax: (417) 257-2380

Email: ozark@townsq.com, Web Site: ozarkcil.com

Counties Served: Douglas, Howell, Oregon, Ozark, Shannon, Texas, Wright

On My Own, Inc. (OMO)

428 E. highland Ave., Nevada, MO 64772

Jennifer Gundy, Executive Director

Voice: (417) 667-7007, Toll Free: (800) 362-8852

Fax: (417) 667-6262

Email: onmyowngundy@sofnet.com

Counties Served: Vernon, Bates, Cedar, St. Clair, Hickory

CENTERS FOR INDEPENDENT LIVING continued

OMO Branch Office

1301 DeLaPorte, PO Box 211, Collins, MO 64738

Voice: (417) 275-1115; Toll Free: (877) 275-2815

Fax: (417) 275-1113

Paraquad, Inc. (Paraquad)

5240 Oakland Ave, St. Louis, MO 63110

Bob Funk, Executive Director

Voice: (314) 289-4200, TTY: (314) 289-4252

Fax: (314) 289-4201

Email: paraquad@paraquad.org, Web Site: www.paraquad.org

Counties Served: St. Louis, St. Louis County

Rural Advocates for Independent Living (RAIL)

1100 S Jamison St, Kirksville, MO 63501

Theresa Myers, Executive Director

Voice: (660) 627-7245, TTY: (660) 627-0525

Toll Free: (888) 295-6461 Fax: (660) 665-9849

Email: center@cableone.net

Website: www.ruraladvocatesforindependentliving.org/

Counties Served: Adair, Knox, Putnam, Schuyler, Scotland, Sullivan

RAIL Branch Office

203 E 2nd, Macon, MO 63552

Voice: (660) 385-6789, Fax: (660) 385-6410

Toll Free: (877) 684-4542

Counties Served: Chariton, Linn, Macon, Shelby

SEMO Alliance for Disability Independence (SADI)

1913 Rusmar Ave, Cape Girardeau, MO 63703

Miki Gudermuth, Executive Director

Voice: (573) 651-6464, TTY: (573) 651-6464

Toll Free: (800) 898-7234, Fax: (573) 651-6565

Email: miki@sadi.org, Web Site: www.sadi.org

Counties Served: Bollinger, Cape Girardeau, Mississippi, Perry, Scott

CENTERS FOR INDEPENDENT LIVING continued

Southwest Center for Independent Living (SCIL)

2864 S Nettleton Ave, Springfield, MO 65807

Gary Maddox, Executive Director

Voice: (417) 886-1188, TTY: (417) 886-1188

Toll Free: (800) 676-7245, Fax: (417) 886-3619

Email: scil@swcil.org, Website: www.swcil.org

Counties Served: Christian, Dallas, Greene, Lawrence, Polk, Stone, Taney, Webster

SCIL Branch Office

610 S. 6th St., Suite 201, Branson, MO 65616

Voice (417) 886-1188, TTY (417) 239-2746

Toll Free: (877) 239-0082, Fax: (417) 239-2735

Counties Served: Stone and Taney

Services for Independent Living (SIL)

1401 Hathman Place, Columbia, MO 65201

Aimee Wehmeier, Executive Director

Voice: (573) 874-1646, TTY: (573) 874-4121

Toll Free: (800) 766-1968, Fax: (573) 874-3564

Email: sil@silcolumbia.org, Web Site: www.silcolumbia.org

Counties Served: Audrain, Boone, Callaway, Cooper, Howard, Montgomery, Randolph

Tri-County Center for Independent Living (TCIL)

1420 Hwy 72 E, Rolla, MO 65401

Victoria Evans, Executive Director

Voice: (573) 368-5933, TTY: (573) 368-5933

Fax: (573) 368-5991

Email: vevans@fidnet.com, Web Site: www.tricountycenter.com

Counties Served: Laclede, Phelps, Pulaski

CENTERS FOR INDEPENDENT LIVING continued

The Independent Living Center, Inc. (TILC)

2639 East 34th St., Joplin, MO 64804

Voice: (417) 659-8086, TTY: (417) 659-8702

Toll Free: (877) 307-8702, Toll Free: (800) 346-8951

Fax: (417) 659-8087

Jeff Flowers, Executive Director

Email: jflowers@ilcenter.org, Web Site: ilcenter.org

Counties Served: Barry, Barton, Dade, Jasper, McDonald, Newton

TILC Branch Office

775 Chapel Dr, Ste B, Monett, MO 65708

Asst. Dir. Jon Pickup

Voice: (417) 354-8656, TTY Toll Free: (877) 307-8702

Toll Free: (800) 346-8951

TILC Branch Office

506 S Main St, Carthage, MO 64836

Asst. Dir. Dan Rife

Voice: (417) 359-9911, TTY Toll Free : (877) 307-8702

Toll Free: (800) 346-8951

The Whole Person, Inc. (TWP)

3420 Broadway Ste 105, Kansas City, MO 64111

David Robinson, Executive Director

Voice: (816) 561-0304, TTY: (816) 627-2201

Toll Free: (800) 878-3037, Fax: (816) 753-8163

Email: info@thewholeperson.org

Web site: www.thewholeperson.org

Counties Served: Cass, Clay, Jackson, Platte

TWP East Jackson County Office

11015 E 39th St Ste 25, Independence, MO 64052

Voice: (816) 358-3510, TTY: (816) 358-2731

Fax: (816) 358-2036

CENTERS FOR INDEPENDENT LIVING continued

TWP Branch Office

310 NW Englewood Rd., Ste. 410, Gladstone, MO 64118
Voice: (816) 561-0304, Fax: (816) 413-8707

West-Central Independent Living Services (WILS)

710 N College Ste D, Warrensburg, MO 64093
Jerry Seeley, Executive Director
Voice: (660) 422-7883, TTY: (660) 422-7894
Toll Free: (800) 236-5175, Fax: (660) 422-7895
Email: wils@iland.net, Web Site: www.w-ils.org
Counties Served: Benton, Henry, Johnson, Lafayette, Pettis,
Saline

WILS Branch Office

1020-B Thompson Blvd, Sedalia, MO 65301
Voice: (660) 829-1980, Toll Free: (866) 558-5588
George Fleming, Office Manager

WEBSITES

www.ada.gov

ADA Home Page

Information and technical assistance on the Americans with Disabilities Act

www.ncaonline.org

National Center on Accessibility

The NCA promotes access and inclusion for people with disabilities in parks, recreation and tourism. NCA believes that the principles of universal design and inclusion are important factors for achieving personal wellness and building healthy communities. Among people with disabilities, recreation and active leisure pursuits are vital for rehabilitation from illness or injury, prevention of disease, longevity and improved quality of life.

www.ncpad.org

National Center on Physical Activity & Disability

Information related to physical activity and people with disabilities

www.dsusa.org

Disabled Sports USA

To provide the opportunity for individuals with disabilities to gain confidence and dignity through participation in sports, recreation and related educational programs

www.accesstr.com

Access to Recreation, Inc.

Their mission is to help others achieve a high quality of life by providing access to equipment and supplies to meet both your physical and emotional needs. With this in mind they have designed their web-site to offer you both products and information.

NOTES

Definition of Disability Pride

“Disability pride represents a rejection of the notion that our physical, sensory, mental, and cognitive differences from the non-disabled standard are wrong or bad in any way and is a statement of our self-acceptance, dignity, and pride. It is a public expression of our belief that our disabilities are a natural part of human diversity, a celebration of our heritage and culture, and a validation of our experience. Disability pride is an integral part of movement building and a direct challenge to systemic ableism and stigmatizing definitions of disability. It is a militant act of self-definition, a purposive valuing of that which is socially devalued, and an attempt to untangle ourselves from the complex matrix of negative beliefs, attitudes, and feelings that grow from the dominant group’s assumption that there is something inherently wrong with our disabilities and identity.”

Disability Pride, Sarah Triano

Encyclopedia of Disability, Ed. Gary Albrecht. Val. 1 Thousand Oaks: Sage Reference, 2006. p476-477. 5 vols.



"Disability is not a 'brave struggle' or
'courage in the face of adversity' ...
disability is an art.
It's an ingenious way to live."
- Neil Marcus