



Inclusion for Disabled Persons: A Challenge Needed to be Accepted

By Kelly Stampf

What does it mean to be “Disabled”?

- × The CDC defines a disability “any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them.”
- × Examples include:
 - × Blindness
 - × Dyslexia
 - × Autism
 - × Downs Syndrome

Disability Impacts **ALL of US**

COMMUNITIES



HEALTH

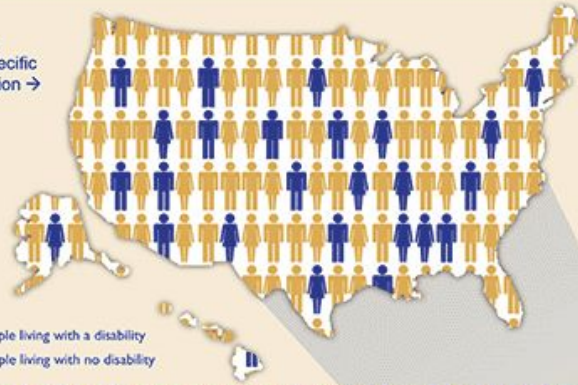


ACCESS



61 million adults in the United States live with a disability

Click for
state-specific
information →



26%
(1 in 4)

of adults in
the United States
have some type
of disability

The percentage of people
living with disabilities is
highest in the South



Percentage of adults with functional disability types

13.7%

10.8%

6.8%


5.9%

4.6%

3.7%

Definition of Disability Inclusion

- × According to the CDC, disability inclusion means including those with disabilities into everyday life and encouraging them to take on roles in their community similar to others without disabilities.

A scenic landscape featuring a town nestled at the base of mountains under a sunset sky. The scene is framed by a rough, hand-drawn border. The text is centered over the image.

How does inclusion
lead to a better
quality of life for
individuals with
disabilities?



Twins Lauren, left, and Katie Winbinger attend Nativity of Mary Catholic School near Kansas City. RNS photo by Heather Adams

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Catholic Schools Struggle to Accommodate Disabilities

These twins, both with cerebral palsy, experienced bullying at the public school they attended. The parents decided to pull them out and enroll them in catholic school so they can receive better treatment. The problem with this- the catholic schools could not equip their school for these twins.

FIRE foundation created- Foundation for Inclusive Religious Education. This foundation helps raise money to provide resources needed for those with disabilities to be able to attend catholic school. There are still many obstacles to overcome- and goals to fulfill- before these twins have everything they need for a proper education.

<http://firefoundation.org/>
Video

Inclusion leads to a better quality of life for disabled persons and it is necessary for three main reasons:

It is a human right that disabled people receive opportunities.

Their capabilities are greater than the average assumption.

It is vital for their physical and mental health.

1. Accessibility, dignity, and equality are important for all humans, including those with disabilities.



<https://www.coe.int/en/web/portal/-/paris-principles-at-25-strong-national-human-rights-institutions-needed-more-than-ever>

Rights for Disabled Persons are Human Rights

- × American Disabilities Act (ADA)
 - × Prohibits discrimination in the workplace
- × Fair Housing Act
 - × People with disabilities cannot be refused housing because of their disabilities
- × Individuals with Disabilities Education Act (IDEA)
 - × All schools must provide appropriate education for everyone

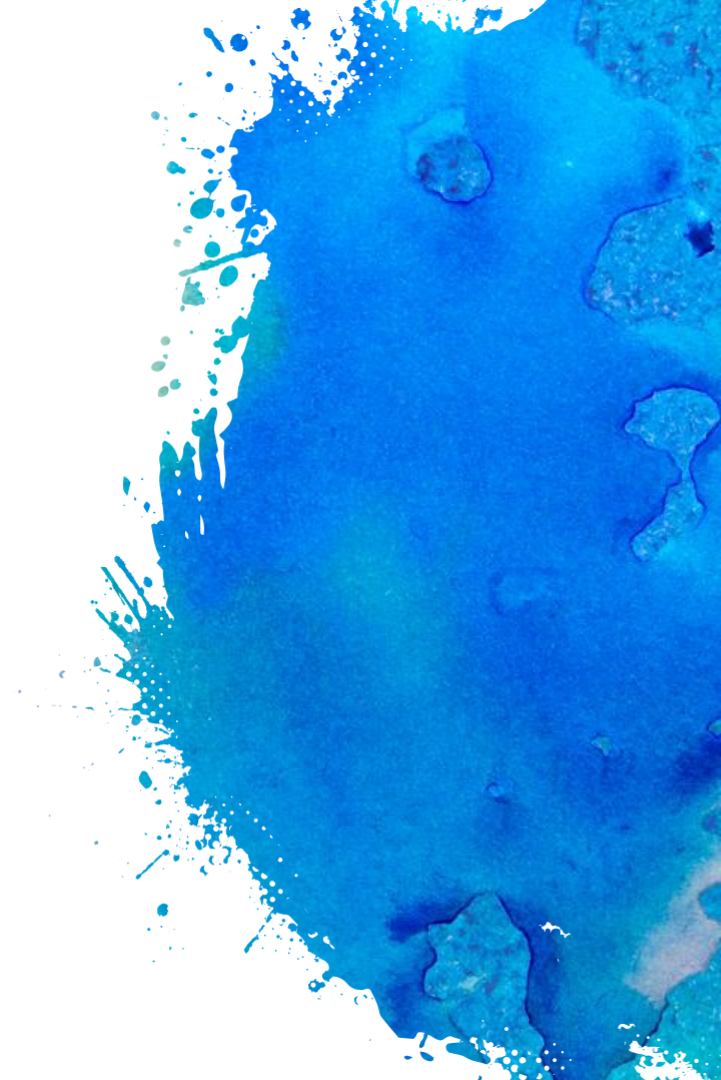
Setting these Acts are Easy Enough, but Following it is every more Crucial

- × Shona Cobb (pictured) expressed in a journal she kept about the hardships she faced.
- × Despite written laws and regulations for her and people like her, they go unfollowed and unenforced.
- × She has been told that amenities supposed to be provided for her would be “inconvenient to instal
 - × Handicap changing rooms at the mall
 - × Not allowing wheelchairs on buses because there is no designated space



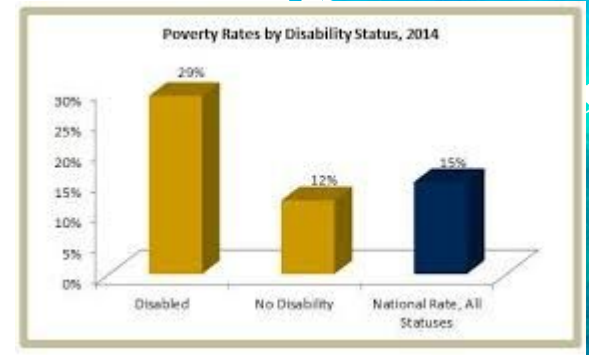
www.theguardian.com/inequality/2017/nov/15/whats-life-really-like-for-disabled-people/Disability-diaries-reveal-all

2. Disabled persons are able to do more than most people think.



Barriers in Education and the Workforce

- × 40 million children with disabilities worldwide are not able to receive a proper education
 - × Schools and people agree it is too difficult and costly to teach those with disabilities, so they do not teach them at all
- × Correlation with poverty and disabilities
 - × Disabled persons have less job opportunities, which can lead to poverty without work
- × Preconceived notion-disabled people cannot work and it is too difficult/costly to provide them the necessary resources.



<https://poverty.ucdavis.edu/faq/how-poverty-status-related-disability>

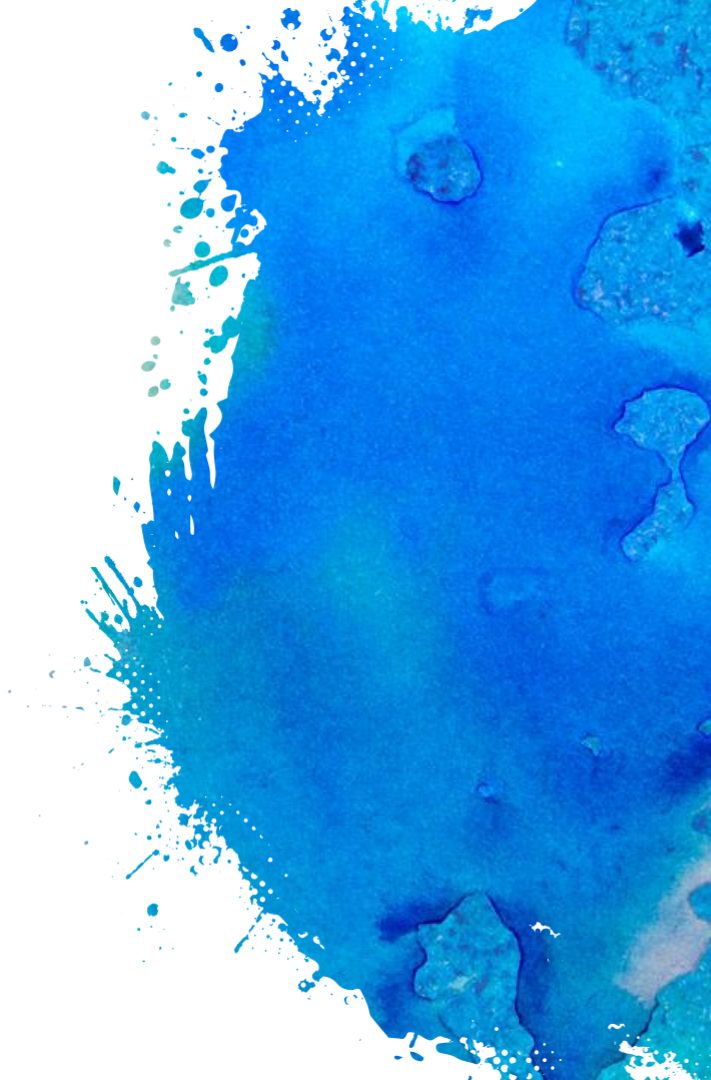
Overcoming Life's Greatest Obstacles through Help from Project Genesis

- × Project Genesis- organization created to help those with disabilities receive equal work opportunities.
- × Katie Ellis sustained a traumatic brain injury, which forced her to change how she lived her life.
- × Through this program, she was able to maintain a job empowering others and she received an award for how well she has done her job and spread her message.



“Katie's Success Story” *Project Genesis*, Scout Collective , 2019,
www.projectgenesis.us/project/katie/.

3. Inclusion is ultimately vital for the physical and mental health of disabled persons.



Inclusion Leads to Happiness- An important foundation for mental and physical health.

- × Maslow's Hierarchy of Needs- A psychological approach with a 5-tier pyramid showing the basic human needs for motivation for living life to the greatest extent.
- × Goes from bottom → top
- × Cannot reach higher level without completing current levels.



<https://www.simplypsychology.org/maslow.html>

Increased Inclusion → Increased Happiness, Leads to:

- × Increased immune system
 - × Better health condition, getting sick less
- × Lower blood pressure and heart rate
- × Better hold on feeling less stress
 - × Important for many disabilities- stress can trigger emotional outbreaks
- × Smaller risks of being diagnosed with other chronic diseases later in life
 - × 2008 study- people who reported to be happy had a 1.5 less chance of having a long-term health condition

Local Opportunities for Change



You're With Us- Local Inclusion Organization in Boston

- This organization helps tackle the issue regarding inclusion by allowing disabled persons to partner with an individual/group as a mentee/mentor relationship.
 - I was a mentor for a disabled individual, William, who had down syndrome. My role was to help him get active by including him in outside activities with a group of friends.
- You can help here in Boston with this important issue by being a mentee, or just donating to the cause.
- Inclusion is needed, and the solution to this need starts with small steps like what this organization is doing.





**"There is no
power for change
greater than a
community
discovering what
it cares about."**

MARGARET J. WHEATLEY

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**Thanks for
Listening!**