

## What is Disability? Discussion

Description: The way that we, as people with disabilities, understand the meaning of disability is often very different from how society sees it. We spend much of our time fighting these misconceptions and attempting to overcome them in our personal identities. This activity assists participants in understanding the different perceptions of disability, facilitating self-awareness and acceptance.

Recommended Group Size- participants should be split into groups of 3-10

Estimated time: 45 minutes

### Shopping List:

Flipcharts

### Leader Instructions with a Draft Script of Directions:

This is an optional script that could be used to introduce and conclude the activity. Below there are key words that should be included in the introduction and conclusion.

### ~Key Points~

- Split the audience into small groups of 3 to 10 participants with a group facilitator
- Introduce the icebreaker
  - There is one common denominator that brought you all here today, disability. Our view of disability can influence who we are and how we interact with the world around us.
- Use the flipcharts to write down ideas





- Discussion Questions
  - Using a flip chart
    - How I see it - What is your view of disability (what does it mean to you)
    - How the public sees it - How do other people view disability
    - What role do we have in changing the public's view
    - How can we do that
- Decide on one main point for each question from the group that you would like to share with the entire group and who is willing to share them

Intro
Celebration
Aware
Self
Advocacy
History
Transition
IEP
Jobs
Higher Edu
Wellness
Health Transition
Living
Peers
Recreation
Wrap-Up
Glossary



# What is Disability? Handout

How does having a disability affect you?

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What is your view of disability?

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How does the public see it (How do other people view disability)?

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Other Notes

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# Disability History Activity 1

## Disability Timeline

Description: In this activity, youth will be asked to use knowledge gained from the history of disability PowerPoint in order to match events with the correct decade.

Purpose: This activity is used to increase knowledge and awareness about disability discrimination and the disability rights movement. This will also increase participation and encourage team building.

Recommended Group Size and Diversity- The recommended size for each group is 3-5 participants, with up to 5 groups. If necessary group sizes can be increased to accommodate larger audiences, however this could result in limited individual participation. It is important to ensure that all groups are equally diversified; encouraging participants to network and learn from youth with differing backgrounds and disabilities.

Estimated time: The estimated time for this exercise is approximately an hour. Groups should be given 20 minutes to discuss and place their event(s) with the appropriate date on the timeline. The PowerPoint containing the answers should be presented and explained at the end of the exercise. This PowerPoint will take an additional 20 minutes. An additional 20 minutes should be used to discuss the importance of the events and what the participants learned from the exercise.

### Shopping List:

- Timeline Print out (including each event and dates)
- Timeline PowerPoint
- Sticky tack for date and event printouts





## Preparation

- Print "Timeline Printouts"
- Cut events and dates apart
- Place dates in chronological order across the wall
- Separate events equally amongst groups
- Instruct groups to discuss the events and place each event under the dates on the wall where they think they belong

## Leader Instructions with a Draft Script of Directions:

These are optional key points to discuss with participants during and after the exercise.

### ~Introductory Points~

- Although the disability community has been shaped by its history of segregation and discrimination, it has also been affected by key disability advocates
- Understanding disability history can assist us in understanding who we are and where we have come from
- In this activity each group will be given a number of events that have occurred in our history. Each group must discuss and place their events on the timeline under the date they think that it belongs
- Ensure that all groups are working together to properly place their events on the timeline



## ~Concluding Points and Discussion Questions~

- Thank each group for their effort and participation in the exercise, encouraging a team atmosphere
- With the PowerPoint, describe each event and how it has impacted the disability community, ensuring that each participant understands the purpose and message of the exercise.
- Discuss with the group how some of the events have affected and molded how people with disabilities are treated by society, and how these events have assisted the disability community in receiving proper accommodations.

### Possible accommodations

- Make sure that each group is able to read their event out loud, assistance can be provided to the groups that are struggling to understand each event
- Provide assistance to groups that are not able to place their events on the timeline
- When reviewing answers during the conclusion of the exercise be sure to read out loud each event and the corresponding date
- Where necessary provide large print or Braille versions of each event and/or dates
- Some youth may require having the material digitally sent to them prior to arriving at the presentation
- Work with each group to ensure that all participants are heard and understood

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Recreation

Wrap-Up

Glossary