

PROMOTE INCLUSIVITY

IN HEALTH AND HUMAN SERVICES PROFESSIONS

10 TIPS FOR PEOPLE WITH DISABILITIES
FROM PEOPLE WITH DISABILITIES



LOOK FOR OPPORTUNITIES TO SHARE

1. TO DISCLOSE OR NOT TO DISCLOSE?

This is **your** choice. Your clients and colleagues can learn from your first hand experiences.

TAKE GOOD CARE OF YOURSELF

2. KNOW YOUR STRENGTHS AND BOUNDARIES

- Take time for self care.
- Be aware of burnout signs



3. FIND A MENTOR

Another clinician with a disability

4. ASK FOR WHAT YOU NEED

- Learn about your rights and speak up
- Learn about your resources
- Be your own advocate and seek out allies

LEARN HOW TO NAVIGATE THE SYSTEM

5. FIND THE RIGHT WORKPLACE

- Find out just how accommodating the job is before you accept it

7. CHANGE THE SYSTEM FROM WITHIN

- Look for areas where you can make small changes.
- Connect with advocacy groups

6. MOBILIZE SUPPORT

- Identify and use your sources of support
- Don't be afraid to seek out emotional support



8. ADVOCATE

- For yourself and for others

9. STRATEGIZE SECURING ACCOMMODATIONS

10. KNOW YOUR RESOURCES

Disability Resource Centre Internet Resources Mentorship Associations Job Coaches Unions

Visit our website for more information: <https://inclusive-campus.osot.ubc.ca>



Feel free to contact us at inclusive.space@ubc.ca

