

PROMOTE INCLUSIVITY

IN HEALTH AND HUMAN
SERVICE PROFESSIONS

10 TIPS FOR ALLIES OF PEOPLE WITH DISABILITIES
FROM PEOPLE WITH DISABILITIES



PROMOTE DIVERSITY

1. DON'T ASSUME

There are many ways to care for clients. Don't let your assumptions colour their professional competencies.

2. RESPECT

Acknowledge the unique contributions of all your colleagues. Provide opportunities for people to share their unique perspectives.

3. BE A ROLE MODEL

Self-disclose if it is relevant. Declare yourself as an ally.

4. BE MINDFUL

Learn how to make your materials accessible.

SET THE TONE FOR INCLUSIVENESS

5. BE FLEXIBLE

Respect the different ways things can be done.

7. ASK FIRST

Don't whisper. You can say: "Let me know if you want me to do anything" or "I'm here if you need me".

6. BE COMPASSIONATE

But don't pity.



8. ARRANGE A SAFE SPACE!

Have a person or office that employees with disabilities can go to.

9. CREATE A WELCOMING AND SUPPORTIVE ENVIRONMENT

Health programs tend to be demanding and competitive. Look for opportunities to support others and make gestures of belonging.

10. BE PROACTIVE

Advocate for diversity and inclusion in your health profession/workplace, review policies and speak up.



Join our inclusive space network:
<https://inclusive-campus.osot.ubc.ca>
inclusive-campus@ubc.ca



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