

# DISABILITY ETIQUETTE AWARENESS



## MOBILITY IMPAIRMENTS

### ✓ DO

- Be aware of people's reach limits
- When speaking to people who use wheelchairs, pull up your own chair and sit at their level

### ✗ DON'T

- Lean over people in wheelchairs to shake others' hands
- Ask wheelchair users to hold items for you



## DEAF AND HARD OF HEARING

### ✓ DO

- Use your body or motion to get the attention of people who are deaf, if needed
- Face people and speak clearly during conversation
- Rephrase, rather than repeat, sentences that may be hard to understand
- Let people who are deaf know if you are having trouble understanding them

### ✗ DON'T

- Shout or raise your voice unnaturally at people who are deaf or hard of hearing
- Chew gum or obscure your mouth when talking



## BLIND AND VISUALLY IMPAIRED

### ✓ DO

- Identify yourself before making physical contact
- Introduce others if you are in a group
- Ask people if they would like guidance and offer your arm if requested
- Describe settings and note any obstacles while walking
- Walk on the side opposite of people's guide dogs

### ✗ DON'T

- Take people's arms or hands without asking
- Touch people's guide dogs or canes



## MENTAL HEALTH

### ✓ DO

- Be open minded and non-judgemental
- Offer support, even if you are not an expert on mental health
- Have conversations about mental health, which can strengthen friendships, aid recovery and break down stigmas

### ✗ DON'T

- Just talk about mental health, as it is only one part of the person
- Use cliché phrases like "cheer up" or "I'm sure it'll pass"



## LEARNING DISABILITIES

### ✓ DO

- Encourage creativity and out-of-the-box thinking
- Be willing to present information in different ways

### ✗ DON'T

- Be surprised if you are asked to write down simple instructions



## AUTISM SPECTRUM DISORDER (ASD)

### ✓ DO

- Talk where there are minimal distractions and sources of stress
- Behave consistently throughout interactions
- Be prepared to listen and express interest in subjects

### ✗ DON'T

- Pressure people with autism to maintain eye contact with you
- Reject people with autism if communication is difficult at first
- Touch without warning



*\*This graphic is not intended to be fully comprehensive. Always use your best judgement and be mindful of your words and actions.*