

Disability Awareness

Need assistance with how to interact with people with disabilities or those with differing abilities? Below are some tips from The Mobility Resource website.

1. Avoid the "you're so inspirational" remarks.

We are just trying to live our lives like everyone else. Your comment will have the negative effect, reminding us how different people still think we are.

2. Whatever you do, don't talk louder.

The presence of a mobility aid does not mean we're can't hear.

3. Ask before helping.

It may be hard to resist, but automatically helping us without asking first should never be done. We know when to ask for help.

4. Don't lean on our wheelchairs.

From our perspective, it's one of the most de-humanizing things you can do.

5. Introduce yourself when speaking with the visually impaired.

I've had friends who were blind and one of the most important things you can do when you first meet someone with vision limitations is to introduce yourself.

6. Stay calm - it's only a wheelchair.

We are just another ho-hum human, but sitting in a chair on wheels. We're really not as different as you may think. Really.

7. Refer to us as *person first*.

Throughout this article, you may have noticed me referring to the disabled population as "people with disabilities." This is called "person first" language and people with disabilities should always be referred to this way in written-form, and in the thought-process as well.

8. Save the patronizing for someone else.

Avoiding patronizing remarks also ranks high on the list of how-to better interact with people with disabilities. Anything along the lines of "Good for you," "You're so brave," "Wow I'm impressed" should never be uttered. Just remember, again, we are not *that* different.

9. Talk to us, not whoever is with us.

More often than not they'll ask whoever they're with - not them - what they're ordering, sadly assuming the person's disability must affect their mental ability too.

10. When in doubt, refer to the "Golden Rule."

When in doubt over how you should treat us, always refer to the Golden Rule. The Golden Rule is beautifully simple - treat others as you'd like to be treated. Mutual respect.

Reference: <https://blog.themobilityresource.com/blog/post/10-correct-ways-to-interact-with-people-with-disabilities>

Commission on Disability Concerns of the Baltimore-Washington Conference

Disability Awareness

Good mental health is something to strive for everyday. Here are some good reminders for starting your day on the right foot.



Commission on Disability Concerns of the Baltimore-Washington Conference

10 Steps for Healthy Aging

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. Here are 10 steps for successful aging:

1. **Eat Well**
Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar.
2. **Stay Active**
Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.
3. **Learn New Things**
Pick up a new hobby like playing tennis, learn to speak a foreign language, try a cooking class, or something you haven't done before.
4. **Get Enough Sleep**
At least 7 to 9 hours is a good night's rest. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.
5. **Mind Your Meds**
Medication can affect everyone differently, especially as you age. A medication that didn't trigger side effects in the past can suddenly cause an abnormal reaction. Talk to your doctor about all medications, whether over-the-counter or prescriptions.
6. **Stop Smoking and Limit Alcohol**
Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.
7. **Stay Connected**
Invite friends and family over for a meal, board games, or just to hang out. Maintaining an active social life is important for mental health and keeping a positive attitude.
8. **Know Your Blood Pressure**
If your blood pressure is high, get it under control under the supervision of a healthcare professional.
9. **See Your Doctor**
Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the Alzheimer's Foundation of America at 866-232-8484.

Reference: <https://alzfdn.org/10-steps-for-healthy-aging/>