

Inclusion Resource

FROM EDUCATION TO ACTION: A GUIDE TO DISABILITY ALLYSHIP

Lifeworks
A nonprofit serving
people with disabilities



LEARN & REFLECT

- Learn about the history of disability rights and familiarize yourself with the conceptual models of disability: Charity, Medical, Expert, Compliance, Social, and Rights.
- View your intentions through a critical lens to better understand potential or actual impacts of your words and actions.



STAY INFORMED

- Search online for local, national, and international leaders with disabilities in a variety of fields and read about their perspectives.
- Read about current disability rights issues from reliable sources such as: *Disability Visibility Project*, *Rooted in Rights*, *Disability Scoop*, *Disabled World*, or *The New York Times'* disability section.



SPEAK UP

- Reexamine moments you could have said and done more to respond to unjust situations.
- Make a plan for how to handle future situations and include “disruptors” to open dialogue if you see an instance that needs to be addressed.



MAKE CONNECTIONS

- Set the expectation that people with disabilities are always included, knowing that this is the minimum standard.
- Avoid tokenism by truly valuing the perspective of people with disabilities and incorporate their suggestions.

Sources: [Disabled World](#) | [University of Arizona](#)

For more inclusion and educational resources, visit: lifeworks.org

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