



EQUALITY FOR HER

# DIS/ABILITY PRIVILEGE CHECK

*Use this list to think critically about your privilege in relation to your ability. Make a mark for each item that applies to you and continue to the discussion questions on page 4.*

- I can trust that any building I enter, I can find all services and sections accessible to me.
- I can assume that if I need to move, I can move into any apartment at a standard rent without considering accessibility for the building (such as ramps and automated doors) or within the unit (such as a fully accessible washroom).
- I can attend a movie, show or other public performance assuming I will be able to fully enjoy the experience without worry whether or not the venue has appropriate assistive technology.
- I can trust there are appropriate measures in place that I can safely cross the street.
- If the sidewalk is broken or obstructed, I trust I can easily traverse the obstruction.
- If I go into a business, I can assume that I will be properly accommodated for all services and employees will be able to communicate with me on my own terms.
- If I want to try on clothes, I can assume there is a dressing room that can accommodate me.
- When I take in media, I see people with my physical ability represented.
- When there are people with my physical ability represented in media, they are not always either villains or objects of pity.



- I see people with my physical ability represented in local business, faith community and government.
- When seeking employment, I can trust that my physical ability will not negatively affect my chances at being hired.
- I do not need to plan my schedule around treatments, medications, pain management, or physical ability.
- I do not have to worry about being institutionalized or incarcerated “for my own good”.
- When I am upset or angry, I can trust I will not be discounted because of my psychiatric condition.
- I can assume when I seek medical attention, every complaint will not be excused because of my physical or psychological condition.
- I trust I can experience a high quality of life without relying on extensive, expensive medical intervention.
- I am not required to have less than \$2,000 at any time in order to continue to receive medical care.
- I trust I won’t have to pay extra for goods and services tailored to people with my ability.
- There are not people who say I would be “better off” dead than living with my physical ability.
- I do not have to worry about being institutionalized against my will because of my ability.
- I can marry my partner without worrying about losing access to medical care.
- I can go in to any clinic or hospital and trust that professionals will know how to care for people with my experiences.



- There are sports and exercise opportunities readily available for people with my ability level.
- I can trust that medical professionals will listen to me, respect my decisions, and recognize my agency in dictating my treatment.
- I can assume I will not be mocked by strangers (or Presidents) for my physical ability.
- I am not condescended to or pitied because of my physical ability.
- I am not considered “brave,” heroic or inspirational just for living my life.
- I am not considered unattractive or an inviable partner because of my ability.
- I can take care of my daily routine without a caretaker.
- If I am out with another person, I can trust people will speak directly to me and not to my partner instead.
- If I am uncomfortable in a space, I trust I can easily move away from the environment.
- I do not feel responsible for representing all people with my physical ability.
- I feel like I belong and can fully participate in my community spaces.
- I do not have to worry about being assaulted or abused because of my ability level.
- I know that if I am assaulted or abused, I will be able to leave and seek help.



I can trust that my ability will not be a barrier to becoming a parent.

I trust that I will be respected when making decisions about my life and treatment.

---

## QUESTIONS

How did it feel to go through this list?

Are there things in this list you hadn't thought about before?

Is there anything missing from this list?

What other privileges may able-bodied and neurotypical people have that others don't?