

RESOURCES

DEFINING DISABILITY AND ABLEISM

- ❑ [World Health Organization](#) (Website) - resource offering facts, databases, and tools to explore disability on a global scale,
- ❑ ["Social Model of Disability"](#) (Youtube video) - a brief explanation of the key differences between the medical and social models of disability
- ❑ [What Is Ableism](#) (Tumblr) - Outreach project dedicated to dealing with the disconnect between the disability community and the activist scene.
- ❑ [T.L. Lewis's definition of "ableism"](#) (Blog post) - T.L. Lewis offering an annual update on a more comprehensive and contemporary definition of ableism
- ❑ [Ableism is The Bane of My Motherfuckin' Existence](#) (Youtube video) - Exploring disability justice framework, Patty Berne and Stacey Milbern discuss the need for a politicized understanding of ableism within a context of racism, classism, colonialism, and heteropatriarchy.

EMBODYING DISABILITY JUSTICE

- ❑ ["The Power of 504"](#) (Youtube video) - 18 minute documentary chronically the historic, pivotal disability civil rights movement seen through the (1977) 504 Protests in San Francisco, CA.
- ❑ ["Patient No More"](#) (museum exhibit) - A fully accessible travelling exhibit telling the story of the 504 Protests, setting the stage for the Americans with Disabilities Act
- ❑ [Trump Administration Repeals Disability Rights](#) (Rewire.News article) - summary of the dangers the Trump Administration poses for disabled people
- ❑ [#cripthevote](#) (blog) - a home for resources and updates on crip justice
- ❑ [Disability Justice - a working draft](#) (blog) - Patty Berne's intimate and collaborative explanation of the need for and tenants of disability justice



- ❑ [Why Disabled People Need Plastic Straws](#) (*article*) - written work by Alice Wong, Bay Area Disability Justice advocate
- ❑ [Leaving Evidence](#) (*blog*) - written work by Mia Mingus, Bay Area Disability Justice advocate
- ❑ [Skin, Tooth, and Bone...](#) (*book*): a primer in disability justice by Sins Invalid
- ❑ [The Combahee River Collective Statement](#) • (*Primary document*) - A statement from a Black Feminist Lesbian organization that was active between 1974 and 1980, laying the groundwork for intersectionality.
- ❑ [The urgency of intersectionality | Kimberlé Crenshaw](#) (*Youtube video*) - Kimberlé Crenshaw's TED Talk explaining her work in promoting intersectional thought and its relevance to systemic violence today
- ❑ [My Disability Justice | The Dancer](#) (*Youtube video*) - For Antoine Hunter, a Bay Area artist, choreographer and activist who is also Black and deaf, dance helps him create community for all people who want to learn to fully express themselves
- ❑ [Black, Disabled People at Higher Risk in Police Encounters | Time](#) (*article*) - exploration of the intersections of race and disability in wake of police brutality
- ❑ [Human rights groups allege ICE, private detention companies, provide poor care to LGBTQ migrants and those with HIV - The Washington Post](#) (*article*)

CELEBRATING DISABILITY CULTURE

- ❑ [Disability Sensitivity Training Video](#) (*Youtube video*) - a humorous look at different etiquette strategies for engaging with people with disabilities
- ❑ [Ableist Language and Terms to Avoid](#) (*article*) - written by Autistic Hoya, this living document is a list of ableist words and terms for referencing.
- ❑ [What is Cultural Humility? The Basics | Equity and Inclusion](#) (*online resource*)
- ❑ [Microaggressions in Everyday Life](#) (*book*) - Derald Wing Sue's text on racial, gender, and sexual orientation based microaggressions
- ❑ [Microaggressions and Marginality](#) (*article*) - research by Keller & Galgay on the themes/content of microaggressions experienced by PWD.



- ❑ [5 Phrase Disabled People Are Tired Of](#) (*video*) - MTV Decoded invites Danielle Perez to advocate against five common disability related microaggressions
- ❑ [59 Oscar Noms for Portraying Disabled Characters](#) (*article*) - List of able bodied actors nominated for “cripping up” in film
- ❑ [Access Is Love – Disability Visibility Project](#) (*resource database*) - Access Is Love aims to help build a world where accessibility is understood as an act of love.
- ❑ [Guidelines for Creating an Accessible Meeting or Party](#) (*resource guide*) - written by Tara Aryes; useful primer for planning accessible spaces
- ❑ Access Clause template: “We welcome the opportunity to make this event more accessible! Please refrain from wearing scented products, so that people with chemical sensitivities can join us. The venue is wheelchair accessible. Please request ASL interpreting or open captioning by [provide deadline] or submit other requests to Alex Locust at [e-mail contact] or [phone number].”
- ❑ [Superfest International Disability Film Festival](#) (*website*) For more than 30 years, Superfest has celebrated cutting-edge cinema that portrays disability through a diverse, complex, unabashed and engaging lens. Superfest is one of the few festivals worldwide that prioritizes access for disabled filmgoers of all kinds.
- ❑ [Curriculum | Crip Camp](#) (*online syllabus*) The goal of this curriculum is to extend the knowledge and understanding of disability and of disabled people offered in the Netflix film CRIP CAMP.



OBJECTIVE 6: CELEBRATING DISABILITY CULTURE

- ❑ Adaptive Sports Resources (Bay Area)
 - ❑ [Bay Area Outreach Program \(BORP\)](#) - BORP advances the lives of PWD through sports and recreational activities.
 - ❑ [Adaptive Athletics](#) - led by Coach Max Conserva of San Francisco CrossFit and GoodLeg.Org. The class is offered for free to all members and non-members, meeting every Sat 11:30am – 1pm.
 - ❑ [Environmental Travelling Companions \(ETC\)](#) - opens the beauty and challenge of the great outdoors to PWD and under-resourced youth.
- ❑ Adaptive Sports Resources (Southern California)
 - ❑ [Triumph Foundation Adaptive Recreation](#) - provide adaptive sports, fitness, recreation, and outdoor adventure events to SoCal area
 - ❑ [Abilities Expo](#) - presents a variety of interactive, health-enhancing, confidence-building adaptive sports to attendees.
 - ❑ [Angel City Sports](#) - Sports Programming in Southern California for Kids, Adults & Veterans with Physical Disabilities or Impairments
 - ❑ [The Unrecables](#) - Promotes adaptive sports, and encourage PWD to participate in sports, recreational, and social activities.
 - ❑ [UCLA Rec Adaptive Programs](#) - Programs for PWD that promote physical fitness, health and wellness, increased self-esteem, and greater functional independence.
- ❑ Vocational and Financial Resources (Bay Area)
 - ❑ [Ed Roberts Campus](#) - a national and international model dedicated to disability rights and universal access.
 - ❑ [Department of Rehabilitation \(DOR\)](#) - an employment and independent living resource for people with disabilities.
 - ❑ [SF Discount Muni Pass](#) - This program provides low and moderate income people with qualifying disabilities residing in San Francisco free access to Muni services when using a Clipper card.



OBJECTIVE 6: CELEBRATING DISABILITY CULTURE (CONT'D)

- ❑ Vocational and Financial Resources (Bay Area)
 - ❑ [Ed Roberts Campus](#) - a national and international model dedicated to disability rights and universal access.
 - ❑ [Department of Rehabilitation \(DOR\)](#) - an employment and independent living resource for people with disabilities.
 - ❑ [SF Discount Muni Pass](#) - This program provides low and moderate income people with qualifying disabilities residing in San Francisco free access to Muni services when using a Clipper card.
- ❑ Vocational and Financial Resources (Southern California)
 - ❑ [Access Paratransit \(LA\)](#) - ADA Complementary Paratransit service for functionally disabled individuals in Los Angeles County.
 - ❑ [Persons with Disabilities TAP Card application, LA Metro](#) - application for reduced fee monthly card on the LA Metro system
 - ❑ [The Arc, Los Angeles and Orange Counties](#) - services for people with intellectual and developmental disabilities aimed at achieving individualized vocational and educational goals
 - ❑ [Awesome Foundation, Disability Chapter](#) - an independent chapter of the Awesome Foundation, a global community that provides micro-grants with no strings attached.
- ❑ Arts and Entertainment (Bay Area)
 - ❑ [Sins Invalid](#) - Sins Invalid is a performance project on disability and sexuality that incubates and celebrates artists with disabilities, centralizing artists of color and queer and gender-variant artists as communities who have been historically marginalized from social discourse.
 - ❑ [Axis Dance Company](#) - The heart of AXIS is the commissioning, creation, and performance of contemporary dance that is developed through the collaboration of dancers with and without physical disabilities.



OBJECTIVE 6: CELEBRATING DISABILITY CULTURE

- ❑ Arts and Entertainment (Bay Area)
 - ❑ [Paul K. Longmore Institute on Disability](#) - studies and showcases disabled people's experiences to revolutionize social views.
 - ❑ [Superfest Disability Film Festival](#) - For more than 30 years, Superfest has celebrated cutting-edge cinema that portrays disability through a diverse, complex, unabashed and engaging lens.
 - ❑ [Disability Visibility Project](#) - an online community dedicated to recording, amplifying, and sharing disability media and culture.
- ❑ Arts and Entertainment (Southern California)
 - ❑ [Able ARTS Work](#) - offers a number of programs from health and wellness services to arts education and mobile programs fostering inclusion and accessibility.
 - ❑ [National Arts & Disability Center](#) - promotes the full inclusion of audiences and artists with disabilities into all facets of the arts community.
- ❑ Social Media Gems
 - ❑ [#brownupyourfeed](#) (*article*) Mandy Harris William's art on healthy critiques of the representation in social media feeds
 - ❑ Instagram
 - ❑ [@mamacaxx](#) - Mama Cax; disabled model, blogger, advocate
 - ❑ [@aaron_philip](#) - Aaron Philip; disabled, trans model
 - ❑ [@chellaman](#) - Chella Man; Deaf, artist, genderqueer
 - ❑ [@divadelux](#) - Danielle Perez; comedian, writer, actress
 - ❑ [@diversability](#) - rebranding disability through community
 - ❑ [@keah_maria](#) - Keah Brown; writer, #DisabledandCute
 - ❑ [@IzzyWheels](#) - transforming wheelchairs into fashion
 - ❑ [@venus_dimilo](#) - Venus Dimilo; disabled drag queen
 - ❑ [@myinvisiblebff](#) - Erin Loughran; blogger



OBJECTIVE 6: SUPPORTING PWD IN THE COMMUNITY

- ❑ Social Media Gems
 - ❑ Youtube Videos
 - ❑ [Casual Ableist Language](#) - Annie Segarra
 - ❑ [I Am Disabled...#SaytheWord](#) - Robyn Lambird
 - ❑ [Why My Stutter is Getting Better](#) - Drew Lynch
 - ❑ [Kitty Cone Victory Speech](#) - Patient No More collection
 - ❑ Podcasts
 - ❑ [Disability Visibility](#) - Alice Wong
 - ❑ [Basic Able](#) - Reid Davenport

