

## How Does Ability Affect You?

Circle any statements that apply to you as a non-disabled person.<sup>1</sup> In the alternative, if you identify as disabled, please feel free to create other items that you might add to either or both checklists.

### Checklist #1:

As an able-bodied person, every day:

1. I can say "I'm tired" and not be criticized for "always being tired."
2. I can go and come as I please, without everyone knowing where I am going.
3. I can blend into the crowd reasonably well.
4. I can have privacy in the bathroom.
5. I can do something ordinary or out of the ordinary without being called "brave", "courageous", "special", or "an inspiration."
6. I can open a door without putting thought into how I am going to do it.
7. Parts of my body are usually not grabbed, touched, and pulled without my permission.
8. I can access a public space without calling in advance to see if it is accessible to me.
9. I can access a public process (e.g., public meeting, benefits application, hotline) without asking for special assistance based on my needs.
10. I can go for an interview or other professional experience without fear of being judged on my perceived ability.
11. I can go out in public without being stared at and/or asked intrusive questions.
12. I do not live in fear of being institutionalized.
13. I can navigate new spaces by using existing visible signage.
14. I am not told, directly or indirectly, that I am "too self-sufficient".
15. When the discussion is about the needs of non-disabled people in policy or personal matters, disabled people do not speak for me. I speak for myself.
16. I can open a magazine, watch a TV show, or look at a textbook and see people of my ability represented.
17. I can be assured that almost wherever I go, I will not be the only non-disabled person.
18. In public, people talk to me, not the person I'm with.
19. I can communicate freely with others by using spoken English.
20. I can be out in public with another non-disabled person without causing a disturbance simply because there are *two of us*.
21. People of my ability are usually in the majority.

### Checklist #2 (continues on reverse):

As a neurotypical person, every day:

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<sup>1</sup> Modified and expanded upon from two checklists: Able Privilege Checklist, found here:

<http://thatcrazycrippledchick.blogspot.com/2011/02/able-privilege-checklist.html>; Checklist of neurotypical

privilege, found here: <http://aspengersquare8.blogspot.com/2009/08/checklist-of-neurotypical-privilege-new.html>

1. I have never been told, because of my neurology, that I am incapable of feeling pain.
2. When I have a concern (e.g., medical, social, employment), I do not worry that others will dismiss it because of the way that my mind works.
3. If I am bullied or abused, others do not assume that my behavior caused it.
4. I do not have to carry a special card or bracelet with me to explain my behavior to others.
5. If I encounter members of law enforcement or emergency personnel, I can expect that they are trained to respond to how I behave, communicate, and interact.
6. I do not fear that others will make decisions for me because of my neurology.
7. If someone else with my neurology can do something, I will not be punished for not being able to do the same thing.
8. I am not considered more dangerous and more likely to commit a crime because of my neurology.
9. I am not expected to accept seclusion rooms, restraints, or neuro-enhancing drugs as conditions of my educational or healthcare experience, if I do not want them.
10. People do not constantly tell me that I need to work on the things which I am very bad at, at the expense of things which I am good at and enjoy doing.
11. I can reveal my neurology to my boss and coworkers without fear of losing my job.
12. The majority of people who make the laws of my nation share my neurology.
13. The services that I need to survive already exist and even if I use those services on a 24-hour basis, I will still be considered independent.
14. When I need help performing a particular task, I can ask for help without having to produce documentation to prove I actually need help with it. The help will most often be provided in a manner I can understand, and will not be considered an inconvenience or an act of pity.
15. No one sees my neurology as being in need of elimination or cure.

*Definition:*

Neurotypical: (1) Having a type of neurology that is expected and/or favored by the society in which one lives. (i.e., having a "normal" or "typical" brain, and the typical sensory processing/body movements/facial expressions associated with a typical neurological system.)

**Take note of any items circled on both checklists above that relate directly to the services, programs, or policies that are part of your work:**

- 1)
- 2)