

**"I note the obvious differences
between each sort and type,
but we are more alike, my friends,
than we are unlike"**



(Angelou, 2000)

WHAT ARE THE BARRIERS?



PHYSICAL BARRIERS TO OPPORTUNITIES

- The real world is not as accessible as school or dayhab
- Transportation is one barrier preventing people with DD from accessing their communities
- Stairs, narrow doorways, icy sidewalks, heavy doors, crowded lobbies



COMMUNICATION BARRIERS

- Language disorders (speech clarity)
- Methods of communication (ASL, AAC device)



SOCIAL BARRIERS

- Lack of naturally developed social supports
- Limited membership / belonging



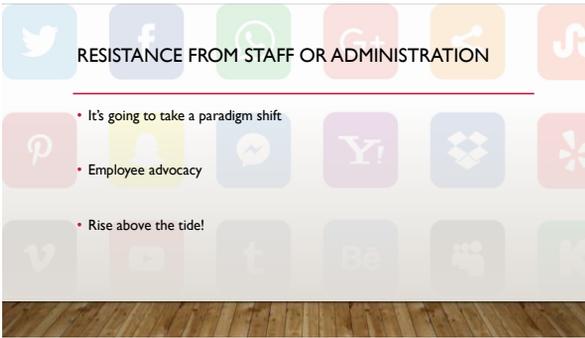
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We spend time making sure people are included in their communities...
but communities are **ONLINE** too.

RESISTANCE FROM STAFF OR ADMINISTRATION

- It's going to take a paradigm shift
- Employee advocacy
- Rise above the tide!



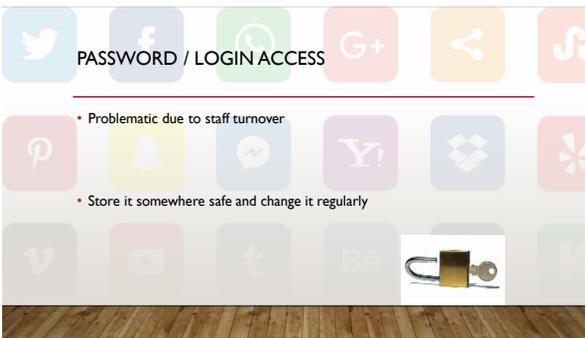
OUR FEARS OF EMBRACING CHANGE IS A BARRIER!

- What about HIPPA?!
- What's a safe risk?
- Exploitation / bullying



PASSWORD / LOGIN ACCESS

- Problematic due to staff turnover
- Store it somewhere safe and change it regularly



HOW CAN SOCIAL MEDIA HELP?

Expands the social circle of support beyond family and staff

BUILDS SOCIAL CAPITAL

Social Capital consists of the financial, social and emotional resources that people build through social connections.

(Shpigelman, 2018)

HIGHER SOCIAL CAPITAL LEADS TO

relationships
College connections
Job opportunities

OTHER BENEFITS

- Breaks down barriers and creates a social presence
- Gives voice to advocate and protest unfair policies
- Affordable communication technology
- Motivation to improve fine motor skills
- Connections built with others with same rare medical conditions

(Thompson, 2013)

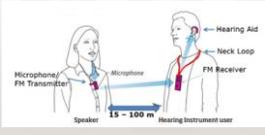
WHO, WHAT, WHY, AND HOW

- Who is your audience?
- Which platform will you use?
- What is the purpose?
- How will you access it?



ASSISTIVE TECHNOLOGY

Speech to text or text to speech software
Bluetooth hearing aid paired with TTS
FM systems



ASSISTIVE TECHNOLOGY

- Eye trackers
- Switches
- Communication boards

BE CREATIVE, OFFER CHOICE AND VOICE

Not everyone will sit at a computer and type in a status update. Still, you can:

- Take pictures of people using picture communication boards.
- Use short video clips to help people communicate with friends and prospective employers.
- Offer people the chance to choose which photos and phrases they like best.

"Social Media" in a nutshell Donut

Twitter I'm eating a #donut

Facebook I like donuts

FourSquare This is where I eat donuts

Instagram This is a vintage photo of my donut

YouTube Here I am eating my donut

LinkedIn My skills include eating donuts

Pinterest Here's a recipe for making donuts

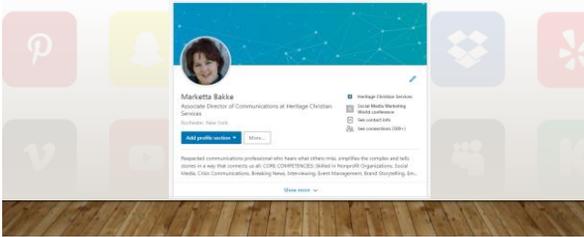
Last FM Now listening to "Donuts"

Google+ I've joined a circle of donut-eating enthusiasts

Reddit There's a conspiracy around donut eating

Source: Many @stephendale Collaborative (Date, 2012)

EXAMPLE: LINKEDIN PROFILE



BENEFITS OF TWITTER

- Try these tips from CareerBuilder.com for standing out to potential employers:
- 1. **Make a list of influencers.** Carefully construct Twitter lists of the people you'd like to emulate – or just learn from.
 - 2. **Curate content.** Great industry leaders collect or curate resources that will be useful to their followers. Try to share your own insights and add your own voice to what you've read. Be a student of your industry or field and make a conscious effort to continually learn and grow.
 - 3. **Build a following.** Becoming an industry resource on Twitter is part of establishing yourself as a leader in your industry. After all, 44 percent of employers say they've found content on a social networking site that caused them to hire a candidate.

EXAMPLE: TWITTER PROFILE



BENEFITS OF TIKTOK

TikTok is a Chinese social network that puts video first. People can post short videos (15 to 60 seconds), edit them, add music, and post them to their TikTok followers. It's estimated that over 500 million people use TikTok, meaning the network is larger than Twitter and Pinterest.

TikTok is the best platform to promote your personal brand because if it is true that personal branding is about talent, then short videos give you the chance to showcase your skills-art-abilities-ideas in a fast- and smart-consuming way.

— NealSchaffer.com

EXAMPLE: TIKTOK PROFILE



FACEBOOK



INSTAGRAM

- Visual content is key, because people remember 80% of what they see, compared 20% of what they read and 10% of what they hear.



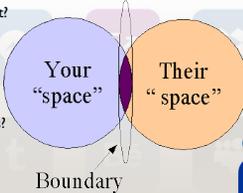
Instagram

SELF PROMOTION

- Do you include your profiles on resumes?
- Is your handle or profile pic something you would share with everyone?

BOUNDARIES

- Who is on your friend list?
- What do you share?
- Is this reducing otherness?




RISKS

- Vulnerable to "Mate Crimes" – people can be exploited financially, sexually, or physically without oversight that is **appropriate to the person's level independence**.



(Learning Disability Today, NA, 2018)

SHARE THIS:



We were afraid people would be taken advantage of in the workforce and in their own homes.

WE FOUND A WAY.

REVERSE DISCRIMINATION CHARGES

HOW TO KEEP LEARNING

- SocialMediaExaminer.com
- Facebook.com/help
- Follow people who are doing a great job
 - Sally Leadbetter (@wheelingalong24 on Instagram)
 - Cory Lee (@curbfreeecorylee on Instagram)
 - Lee Ridley (@LostVoiceGuy on Twitter and Instagram)

UNREALISTIC EXPECTATIONS

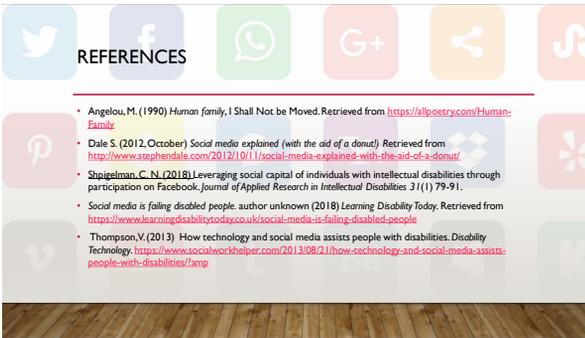
- People tend to share their joyous moments – that doesn't mean life is perfect.
- Don't be afraid to share the ups and downs, but always promote dignity.











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