

# **Roles and Responsibilities of a Vocational Support Specialist**

**Innovations in Employment Supports**

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**info@eleversity.org**  
**(585) 340-2051**



## Ableism 101

### What it is, what it looks like, and how to become a better ally

by Ashley Eisenmenger

Disability Inclusion Training Specialist

[aeisenmenger@accessliving.org](mailto:aeisenmenger@accessliving.org)

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As buzzwords like social justice, equity, and inclusion permeate our collective consciousness, it's essential for advocates of progress to remember another 'ism,' one that is frequently left out of conversations.

Ableism. The world wasn't built with people with disabilities in mind, and because of that, the world we live in is inherently "ableist."

#### So... what is ableism?

Ableism is the discrimination of and social prejudice against people with disabilities based on the belief that typical abilities are superior. At its heart, ableism is rooted in the assumption that disabled people require 'fixing' and defines people by their disability. Like racism and sexism, ableism classifies entire groups of people as 'less than,' and includes harmful stereotypes, misconceptions, and generalizations of people with disabilities.

#### What does ableism look like?

Ableism can take many forms including:

Lack of compliance with disability rights laws like the ADA

- Segregating students with disabilities into separate schools
- The use of restraint or seclusion as a means of controlling students with disabilities
- Segregating adults and children with disabilities in institutions
- Failing to incorporate accessibility into building design plans
- Buildings without braille on signs, elevator buttons, etc.
- Building inaccessible websites
- The assumption that people with disabilities want or need to be 'fixed'
- Using disability as a punchline, or mocking people with disabilities
- Refusing to provide reasonable accommodations
- The eugenics movement of the early 1900s
- The mass murder of disabled people in Nazi Germany

But what about 'everyday' or minor ableism? What does that look like?

- Choosing an inaccessible venue for a meeting or event, therefore excluding some participants
- Using someone else's mobility device as a hand or foot rest
- Framing disability as either tragic or inspirational in news stories, movies, and other popular forms of media
- Casting a non-disabled actor to play a disabled character in a play, movie, TV show, or commercial
- Making a movie that doesn't have audio description or closed captioning
- Using the accessible bathroom stall when you are able to use the non-accessible stall without pain or risk of injury
- Wearing scented products in a scent-free environment

- Talking to a person with a disability like they are a child, talking about them instead of directly to them, or speaking for them
- Asking invasive questions about the medical history or personal life of someone with a disability
- Assuming people have to have a visible disability to actually be disabled
- Questioning if someone is ‘actually’ disabled, or ‘how much’ they are disabled
- Asking, “How did you become disabled?”

### **What are ablest micro-aggressions?**

Micro-aggressions are everyday verbal or behavioral expressions that communicate a negative slight or insult in relation to someone’s gender identity, race, sex, disability, etc. In the case of ableism:

- “That’s so lame.”
- “You are so retarded.”
- “That guy is crazy.”
- “You’re acting so bi-polar today.”
- “Are you off your meds?”
- “It’s like the blind leading the blind.”
- “My ideas fell on deaf ears.”
- “She’s such a psycho.”
- “I’m super OCD about how I clean my apartment.”
- “Can I pray for you?”
- “I don’t even think of you as disabled.”

Phrases like this imply that a disability makes a person less than, and that disability is bad, negative, a problem to be fixed, rather than a normal, inevitable part of the human experience.

Many people don’t mean to be insulting, and a lot have good intentions, but even well-meant comments and actions can take a serious toll on their recipients.

### **What can we do to recognize and avert ableism?**

- Believe people when they disclose a disability
- Similarly, don’t accuse people of ‘faking’ their disability
- Listen to people when they request an accommodation
- Don’t assume you know what someone needs
- Never touch a person with a disability or their mobility equipment without consent
- Keep invasive questions to yourself
- Don’t speak on behalf of someone with a disability unless they explicitly ask you to
- Talk about disability with children and young people
- Incorporate accessibility into your event planning
- Learn more about being a good disability ally here.

But one of the most important things to do to push back against ableism?

**Make sure people with disabilities are at the table where decisions are being made.**

**Table 1: Examples of Disability Microaggressions in Everyday Life**

<b>Theme</b>	<b>Example</b>	<b>Message</b>
<b>Denial of personal identity</b> Occurs when any aspect of a person's identity other than disability is ignored or denied.	I can't believe you are married.	There is no part of your life that is normal or like mine. The only thing when I see you is your disability.
<b>Denial of Disability Experience</b> Occurs when disability related experiences are minimized or denied.	Come on now, we all have some disability	Your thoughts and feelings are probably not real and certainly not important to me.
<b>Denial of Privacy</b> Occurs when personal information is required about a disability	Someone asking what happened to you.	You are not allowed to maintain disability information privately.
<b>Helplessness</b> Occurs when people frantically try to help PWD's.	Someone helps you on to a bus or train even when you need no help.	you can't do anything by yourself because you have a disability.
	Someone feels incapable of rescuing you from your disability.	Disability is a catastrophe. I would rather be dead than to be you.
<b>Secondary Gain</b> Occurs when a person expects to feel good or be praised for doing something for a PWD.	We're going to raise enough money tonight to get Johnny that new wheelchair.	I feel good and get recognition for being nice to you.
<b>Spread Effect</b> Occurs when other expectations about a person are assumed due to one specific disability.	Those deaf people are retarded.	Your disability invalidates you in all areas of life.
	Your other senses must be better than mine.	You must be special in some way. You're not normal. You have "Spidey sense".

**Table 1: Examples of Disability Microaggressions in Everyday Life**

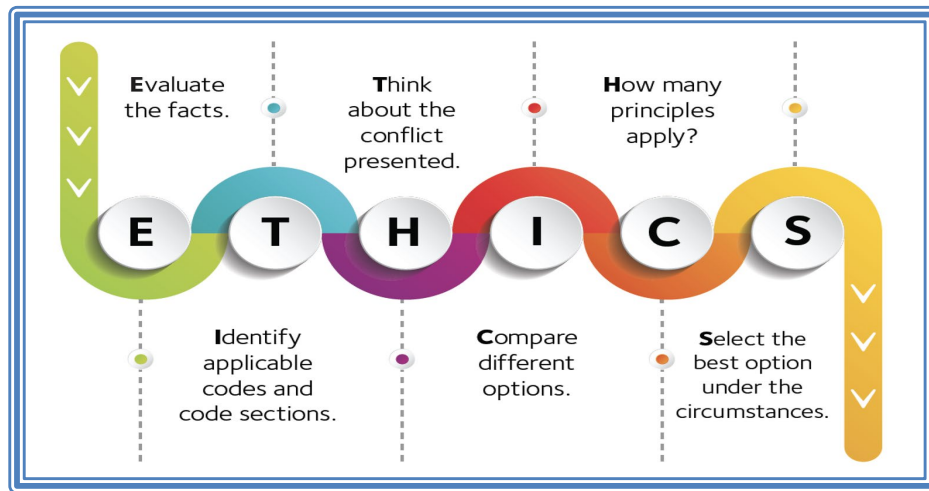
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<b>Infantilization</b> Occurs when a PWD is treated like a child.	Let me do that for you.	You are not really capable. I know better than you how to do this.
<b>Patronization</b> Occurs when a PWD is praised for almost anything.	You people are so inspiring.	You are so special for living with that.
<b>Second Class Citizen</b> Occurs when a PWD's right to equality is denied because they are considered to be bothersome, expensive and a waste of time, effort and resources.	<p>People work hard not to make eye contact or to physically avoid a PWD.</p> <p>a person in a wheelchair waits 15 minutes outside a restaurant for access through the kitchen. She then complains to the manager.</p> <p>at a staff meeting the question is raised about improving accessibility to the restaurant and the official plan is that changes will be made when more PWD's come to eat.</p>	<p>PWD's are disgusting and should be avoided.</p> <p>Those people expect too much and are so difficult to work with. They have no patience.</p> <p>Your rights to equality are not important to me.</p>
<b>Desexualization</b> Occurs when the sexuality and sexual being is denied.	I would never date someone who uses a wheelchair.	PWD's are not my equal, not attractive and not worthy of being with me.

[https://nau.edu/uploadedFiles/Offices\\_and\\_Committees/CDAD/\\_Forms/Microaggressions.pdf](https://nau.edu/uploadedFiles/Offices_and_Committees/CDAD/_Forms/Microaggressions.pdf)

## Ethical Principles

1. **Autonomy:** To respect the rights of clients to be self-governing within their social and cultural framework.
2. **Beneficence:** To do good to others; to promote the well-being of clients.
3. **Fidelity:** To be faithful; to keep promises and honor the trust placed in rehabilitation counselors.
4. **Justice:** To be fair in the treatment of all clients; to provide appropriate services to all.
5. **Nonmaleficence:** To do no harm to others.
6. **Veracity:** To be honest.



## Steps to Ethical Decision Making

1. Identify the problem
2. Identify potential issues
3. What are the Ethical Codes
4. Consider the law, regulations and your agency policy and procedure
5. Consult, if you are able
6. What are the possible courses of action
7. What are the potential consequences
8. What is the best course of action for this person at this time.

<u>Website / Organization</u>	<u>Article</u>	<u>Link</u>
Access Living	<i>Ableism101</i>	<a href="https://www.accessliving.org/newsroom/blog/ableism-101/">https://www.accessliving.org/newsroom/blog/ableism-101/</a>
NYS Center for Disability Rights	<i>#Ableism</i>	<a href="https://cdrnys.org/blog/uncategorized/ableism/">https://cdrnys.org/blog/uncategorized/ableism/</a>
University of San Francisco Office of Diversity & Outreach	<i>Unconscious Bias Training</i>	<a href="https://diversity.ucsf.edu/programs- resources/training/unconscious-bias-training">https://diversity.ucsf.edu/programs- resources/training/unconscious-bias-training</a>
Better Up: A Human Transformation Platform	<i>What is learned helplessness, and how do you 'unlearn' it?</i>	<a href="https://www.betterup.com/blog/learned-helplessness">https://www.betterup.com/blog/learned-helplessness</a>
CQL: Council on Quality and Leadeshop[	<i>Increasing the Social Capital of People with Disabilities</i>	<a href="https://www.c-q-l.org/resources/newsletters/increasing-the-social- capital-of-people-with-disabilities/">https://www.c-q-l.org/resources/newsletters/increasing-the-social- capital-of-people-with-disabilities/</a>