

Access Awareness Day Quiz

1. Which of the following are under the classification of 'disability'? Pick all that apply.

- A. Broken Leg
- B. Person in a Wheelchair
- C. Deaf or Hearing Impaired
- D. Spinal Cord Injury
- E. Stuttering
- F. Dyslexia
- G. Depression
- H. Anxiety and Panic Disorder
- I. Chronic Fatigue Syndrome

Answer: All of the above

Disability is a condition that curtails to some degree a person's ability to carry on their normal pursuits. A disability may be partial or total, and temporary or permanent.

The nature or degree of certain disabilities, like back pain or chronic fatigue syndrome, might not be evident to others. Other disabilities might remain hidden because they are episodic, like epilepsy. Similarly, environmental sensitivities can flare up from one day to the next, resulting in significant impairment to a person's health and capacity to function, while at other times, this disability may be entirely non-evident. Disabilities may only be apparent over time through extended interaction, or might simply remain hidden because the individual chooses not to divulge it for personal reasons.

Interesting fact for choice C: Those who are deaf or hearing impaired are considered by the general population to be "disabled," but many in the deaf community feel that they are "able-bodied people who cannot hear" and often do not consider themselves under the "disabled" umbrella.

2. When referring to those under the classification of “disability” what phrases are generally acceptable?

- A. Person in a wheelchair
- B. Disabled
- C. People with disabilities
- D. Stroke victim
- E. Handicapped
- F. Physically challenged
- G. Autistic child
- H. A child who has autism
- I. Vision impaired
- J. Visually impaired
- K. Deaf
- L. Hard of hearing
- M. Hearing impaired

Answers: A, C, H, I, J, K, L, M

Not: disabled, stroke victim, handicapped, physically challenged, autistic child

A) Don't say “wheelchair bound” or “confined to a wheelchair.” People who use wheelchairs often consider them liberating, not confining! The preferred term is “using a wheelchair.”

B/C) There is no such group as “the disabled,” only people with disabilities. A person may feel that they are extremely able, just unable to walk. So when referring to someone with a disability, put the person first. Say “man with epilepsy” rather than “an epileptic man,” etc.

D) Don't say “crippled,” “victim,” “stricken with,” or “suffers from.” All of these have negative connotations and make great assumptions. People with disabilities don't always suffer or feel like victims.

E) A disability is a personal functional limitation. A handicap is an environmental or attitudinal barrier. Don't say “handicapped” unless you

are referring to a specific barrier: for example, a wheelchair user is handicapped by stairs, but if an elevator or a ramp is available, there is no handicap. The word handicap refers back to the days when people with disabilities were forced to beg – cap in hand – to survive.

F) Phrases like “physically challenged,” “handicapable,” “otherly able” are vague and weak in meaning. “People with disabilities” is more straightforward.

G/H) When identifying a person with an impairment, the person's name or pronoun should come first, and descriptions of the impairment/disability should be used so that the impairment is identified, but is not modifying the person. Improper examples would be “A Borderline,” a “Blind Person,” an “Autistic boy.” More acceptable terminology may include: a woman with/who has Down syndrome, a man with/who has schizophrenia (instead of a Schizophrenic man), and a girl with paraplegia/who is paraplegic.

I/J) A person who has absolutely no sight is blind and the term is acceptable. However, many people who have some sight are just “legally blind,” and are best described as “visually-impaired,” “vision-impaired” or having a “vision or visual disability.” These terms are general enough to cover all degrees of visual impairment.

K/L/M) Deaf, hard-of-hearing, hearing-impaired. Any of these words and terms is acceptable. Like people who are visually impaired, there are many degrees of hearing impairment and you should be precise in your description. Deaf usually implies a total loss of hearing.

3. When interacting with people who have disabilities which of the following are acceptable?

- A. Leading someone with a visual impairment after having first asked for their permission
- B. Help someone by pushing their manual chair
- C. When speaking with someone lean against their wheelchair
- D. Touch the arm of someone who has a hearing impairment to get their attention before speaking to them
- E. Talking loudly or slowly to someone with a hearing impairment
- F. Helping a person who stutters finish their words or sentences
- G. Asking someone with a speech disability to repeat what they have said or to ask them to put it into a way so that you can understand what they are saying.
- H. Saying to someone with a visual impairment that you will “see them later”

Answers: A, D, F, H, I

A/B) Don't provide assistance without first asking whether or not it is needed. If the person accepts your offer, allow them to explain how best to help. Never grab the arm of a person who is blind and try to lead them. If you want to help, first ask if they would like assistance, and then allow them to take your arm. Likewise never start to push someone's chair unless they have asked for your help or given you permission.

C) Don't lean on a person's wheelchair. Allow for personal space. People who use wheelchairs or scooters have personal space that will vary from individual to individual but that personal space always includes the wheelchair or scooter itself. Some consider the wheelchair to be part of a person's body. You wouldn't normally go up to a stranger and lean on their shoulder while talking so apply the same consideration for a person's wheelchair.

D/E) If the person has a hearing disability, use a gentle touch on the arm to get their attention. Look directly at the person as you speak, and don't cover your mouth or eat. Do not shout. If speaking is not working, written notes can facilitate communication.

F/G) If the person has a speech disability, don't try to rush them or finish their sentences. Don't pretend you understand if you don't really know what they are saying. If you are having trouble understanding a particular word or phrase, ask the person to say it in a different way.

H) Don't hesitate to use figures of speech that include words like “see,” “hear,” “walk,” etc. Figures of speech are a part of our language and people with disabilities understand that these phrases are common and used without meaning anything negative. People with disabilities use these phrases or words themselves.

3. Hannah uses a wheelchair and has 25% vision. How does she prefer people refer to her?

Answer: Hannah :)

While people with disabilities understand that in society classification is necessary they are people first and prefer to be referred to as the person they are, not the condition.

4. How do people who are born blind tell the difference between the denominations of the Canadian bills?

Answer: In the upper right hand corner, on the front side of the bill, there is braille. Run your thumb or finger over the upper right hand corner and you will feel tiny bumps on the paper. This is braille and each bill will have a different combination of the dots to indicate the denomination of the bill.

5. What is the width needed for a chair to get through aisles, doors, and hallways?

Answer: A wheelchair needs at least 36" (91.5 cm).

7. According to SPARC (Social Planning and Research Council) what percentage of the recreation, retail, entertainment, workplace and housing markets do people with disabilities represent?

Answer: 20-25%, which equals \$25 billion in purchasing power.

- 5-10%
- 10-15%
- 15-20%
- 20-25%
- 25-30%