

# 10 Ways to Be Inclusive



Disability will impact all of us at some point in our lives. You might know someone with a disability, have a child or family member that you care for, or you may gain a disability later in life. Essentially, disability is a part of all of our experiences. This is why we are committed to ensuring that every single person, no matter what the ability, is 100% included and 100% empowered. To achieve this type of a society, everyone has a part to play. Here's some tips about how you can be more inclusive in your daily life.

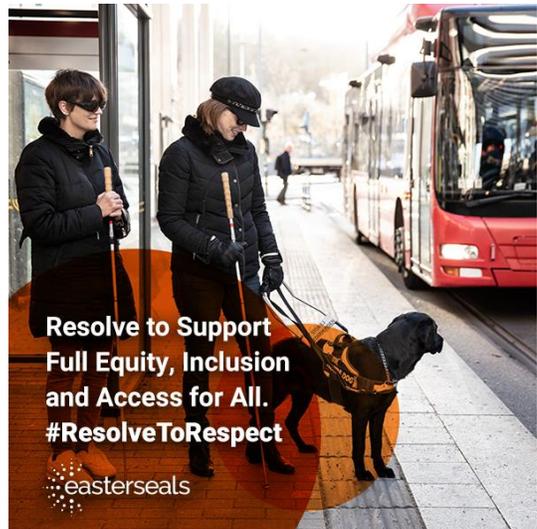
## Remember:

1. It's okay to offer your help to someone, but respect their boundaries if they say no.
2. It's okay to ask people about their disabilities after you've gotten to know someone, and it's also okay for them not to talk about it.
3. Don't assume someone doesn't have a disability just because they aren't using mobility aids. Not all disabilities are visible.
4. When you're talking with wheelchair users for more than a few minutes, sit down so you are eye level with that person.
5. It's okay to use words like "see", "hear", "walk" and "run" when you're talking to people with disabilities.
6. It's okay to ask people who have speech-related disabilities to repeat what they said



Resolve to  
Advocate for Inclusion.  
#ResolveToRespect

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Resolve to Support  
Full Equity, Inclusion  
and Access for All.  
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7. If an interpreter is helping you speak with a deaf person, make sure you talk to the deaf person and not the interpreter.
8. Never pet or play with service dogs. They can't be distracted from the job they are doing.
9. Make sure to consider accessibility when planning social events with disabled friends. Ask restaurants, party halls, or other venues if they are accessible beforehand.
10. Don't park in accessible parking spots unless you need to, and never block curb cuts, sidewalks, or driveways.