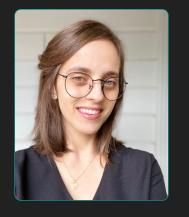
## Intorduction to Anti-Ableism

for health and allied health professionals

#### 1

## Hello

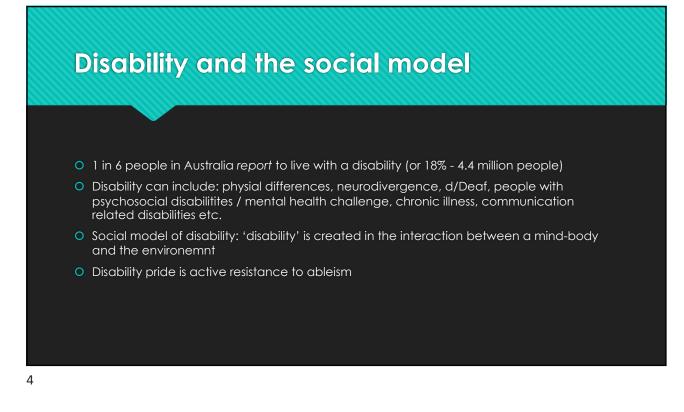
Liel Bridgford (she/they) is a Provisional Psychologist, trainer, disability and justice advocate, writer, and podcaster. Liel's work focuses on providing inclusive, accessible, holistic, and trauma-informed support to people, by centering lived experience. She is passionate about working from an intersectional feminist perspective and is an advocate for the social model of disability. Liel is committed to the necessary ongoing learning for holistic anti-oppression work, and identifies as a proud disabled, immigrant, nonconforming female. You can find her on all major platforms via @LielKBridgford.



## Overview

- Disbaility and the social model
- O What is ableism
- Spot ableism
- O Impact of ableism on mental health
- O Anti-ableism work
- Tips for getting started
- **O** Q & A

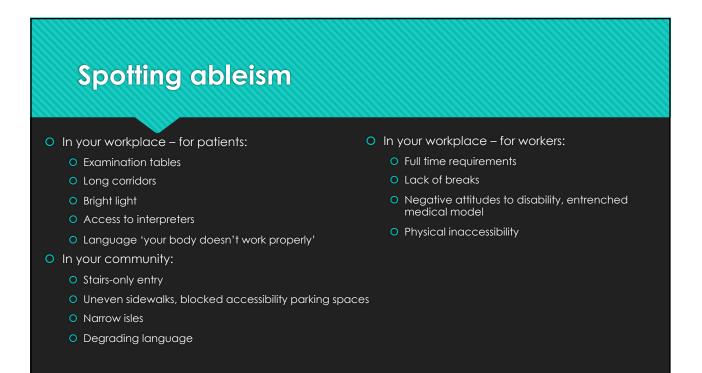




# Ableism: 'discrimination or prejudice against individuals with disabilities'

#### • Facets of ableism:

- O physical
- o attitudinal
- o social
- O language
- O Ableism is everywhere unless it is explicitly and intentionally challenged.
- Medical ableism



### Ableism – impact on mental health

- O Often most distressing part about living with or aquiring a disability
- O Internalised ableism and stigma
- Mobility aids = a helpful tool
- Trauma from medical ableism and societal ableism
- O Ableism impact social/meaningful engagement which impacts mental health
- O Impact on mental distress and quality of life

### Anti-ableism work: It's about commitment

- O acknoledge that ableism is real
- O Intentionally search and notice it
- O Speak up
- Take your money elsewhere
- O Unlearn, unlearn unlearn then relearn from disabled people themselves
- Comit to becoming an ally
  - Amplify diverse disabled voices
  - Continued, ongoing learning
  - Challenge ableism within yourself & society
  - Acknolwegde your privilege

## Tips for getting started – centre lived expereince

#### • Media/art/entertainment:

- O Read books written by disabled people (e.g., We've Got This, Growing Up Disabled in Australia)
- O Follow disabled people on social media (e.g. @LielKBridgford, El Gibbs, Jessica Walton)
- O Listen to podcasts by disabled people (e.g. (Un)marginalised, The I Can't Stand Podcast)
- Watch movies by disabled creators (e.g. Crip Camp)

#### O At work:

- Ask for disability training and professional development at work
- O Advocate for inclusive hiring and work practices
- O Ask broader and more open-ended questions (e.g. What do you mean by?)

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