

10 TIPS TO BE A **DISABILITY** ALLY



Know not all disabilities are apparent.



Avoid assumptions.



Know there are many disabilities.



Avoid giving advice.



Understand disabilities are a spectrum.



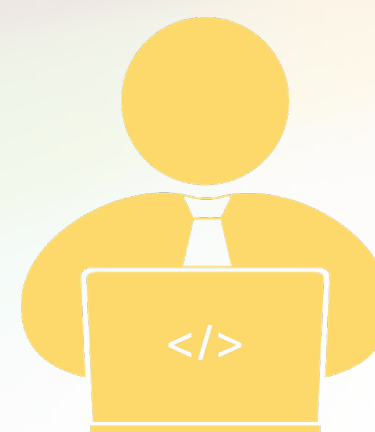
Avoid “you’re inspiring.”



Ask before helping.



Talk to person like anyone else.



Provide access and accommodations.



Support accessibility.

