

Internalised Ableism Policy Paper

From Disabled By Society

Disability Pride Month 2024



We asked people lot's of questions about how they feel about being Disabled and their experiences they have had like being at school or in work.



There are lot's of Disabled people in the world so it is important that everybody understands us and what we need to live the life we want to.



Disabled people normally face lot's of barriers which stop us from doing what we want to be able to do.



Ableism is when someone is unkind, rude, or stops you from doing something because you are Disabled. By law people are not supposed to do this.



Internalised ableism is when Disabled people have lots of bad experiences because of how other people feel about Disability, and then think those things about themselves.



Most Disabled people find their mental health really difficult because of their Disability, and they need better support with it. This is internalised ableism.



Most Disabled people think there should be better training in schools to teach people about Disability and internalised Ableism.



Most Disabled people think there should be better training in work to teach people about Disability and internalised Ableism.



Most Disabled people feel shame or do not like their Disabled identity because of the experiences they have had.



Most Disabled people think that non-Disabled people need better education on understanding Disability and internalised Ableism.



Most Disabled people think there should be better training in our communities to teach people about Disability and internalised Ableism.



Internalised ableism can happen because of lots of different reasons such as attitudes, barriers, no representation etc...



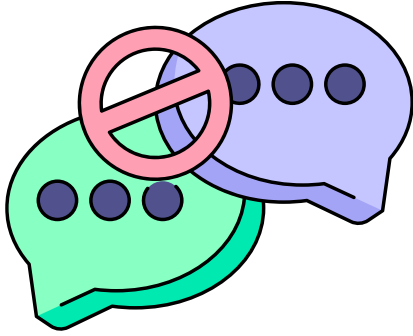
Internalised ableism happens to most Disabled people and is having a very bad effect on lot's of Disabled people.



Most Disabled people are not getting professional support for their internalised ableism, despite most people wanting this support.



Most Disabled people feel lonely, angry, sad or feel scared to speak up because of past bad experiences scaring them to do it again.



Disabled people want more doctors and healthcare professionals to Disabled people about internalised ableism, so they can get support faster.



Lots of Disabled people are also having bad experiences because of other parts of their identity such as race, gender, sexuality and background.



Disabled people want to be treated equally, and for people understand how difficult it can be, and be better at supporting them properly.



We have made lots of suggestions to make the lives of Disabled people better and reduce internalised ableism.



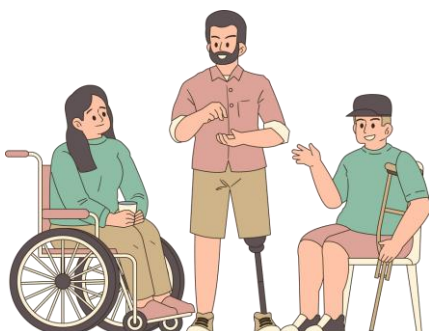
We should work together across different sectors and levels to build knowledge and raise awareness through education.



We should look at the current support systems and make changes to fix any gaps in services or help.



We should set up fair and effective systems where different communities can lead, be heard, and help make decisions.



Make it easier for people to get a diagnosis and support by joining up services and focusing on what people need to live how they want to.



We should change systems through education and strong policies to stop built-in unfairness and discrimination.



We should make sure institutions take more responsibility instead of putting all the pressure on individuals, and work to fix unfair gaps in access to information.



We should change how mental health support is given, with better and more focused help for people when they need it.



We should start support early, using positive and supportive approaches in all areas of work and life.

Disabled
By Society



Internalised Ableism Policy Paper

Thank You!

Contact us: enquiries@disabledbysociety.com

Website: www.disabledbysociety.com

