

## **ABLEISM PANEL**

Identify several panelists with a range of disabilities and/ or people who can speak about family experiences with disability. Try to pick people that have a good sense of self-awareness around their disability or a family members disability, and that do not mind speaking in front of a group and answering questions about their stories. Panelists should be given a minimum of 10 minutes to share their story and at least 15 minutes should be allotted for people to ask the panelists questions at the end. The following questions can be used to guide the panelists' presentation of their story.

### **ABLEISM PANEL QUESTIONS**

What is your disability and/or your loved one's disability? What life factors have shaped your disability and/or your loved one's disability? Were you or your loved one born with a disability? Did an event or series of events result in a disability diagnosis? When did you first become aware of your disability? How does your disability impact your daily life and how you move through the world? What kinds of disability related challenges do you experience in your life? at the University? Work? Home? Community? How have institutions treated you and/or your loved one in regards to the disability? What are the implications of having a visible or invisible disability? What kinds of disability related resources have you received or not received? Why? What are your support systems/networks? How do you utilize your support networks? What support systems could be created to better assist people with disabilities like yours? Do you have any examples of pride and/or empowerment around your disability to share? Do you have any suggestions for how to minimize disability oppression? Policy changes? Recommendations for the University? etc.

### **CATEGORY: DISABILITY ACRONYMS**

What does ADHD stand for? Answer: Attention Deficit Hyperactive Disorder

What does LD stand for? Answer:  
Learning Disability

What does ADA stand for? Answer: Americans  
with Disabilities Act

What does PTSD stand for? Answer: Post  
Traumatic Stress Disorder

What does TBI stand for? Answer:  
Traumatic Brain Injury