

# Resources on Disability, Ableism, and Audism

This resource guide is intended to provide supplemental material to continue personal learning on disability, ableism and audism. These materials are a starting point for those new to these topics.

**Ableism:** Discrimination or oppression from an individual or institutional level against people with disabilities; the idea that disability is a bad thing.

**Audism:** Discrimination or prejudice that is based on a person's ability, or lack of ability, to hear, including ideologies or belief systems that cause the discrimination.

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## **Introduction to Disability from the New York Times**

[Opinion | Becoming Disabled](#), by Rosemarie Garland Thompson

[Opinion | A Disabled Life Is A Life Worth Living](#), by Ben Mattlin

[Opinion | 'Cure' Me? No, Thanks](#), by Ben Mattlin

## **Introduction to Audism**

[Audism and the oppression of Deaf people](#)

## **Disability Justice Audit Tool**

<https://www.northwesthealth.org/djaudittool>

## **Articles on Race & Disability**

[Black Disabled Lives Matter Protest in Detroit](#), The Daily Moth (June 17, 2020)

[For Mothers of Black Children With Disabilities, Living With Twice the Fear](#), Forbes (June 9, 2020)

[Sandra Bland, Eric Garner, Freddie Gray: the toll of police violence on disabled Americans](#), The Guardian (June 9, 2020)

## **Disability and COVID-19 Related Articles**

[Racial Disparities In COVID-19 Highlighted In New Medicare Claims Data : Shots - Health News](#), NPR (June 22, 2020)

[Coronavirus Disrupts Caregiving Services For Disabled Clients : Shots - Health News](#), NPR (June 16, 2020)

[Thousands sick from COVID-19 in homes for the disabled](#), AP (June 11, 2020)

[Freedom for Some Is Not Freedom for All](#), Disability Visibility Project (June 7, 2020)

[Fatphobia, Ableism & the Covid 19 Pandemic](#), Disability Visibility Project (March 30, 2020)

[Opinion | My Life Is More 'Disposable' During This Pandemic](#), New York Times (March 19, 2020)

## Other Articles on Disability

[Disability Justice—in the Workplace \(and Beyond\) - Non Profit News | Nonprofit Quarterly](#)

## Short Videos

[Audism](#)

[Black Deaf History](#) by Joseph Sarpy (U.S. African American Deaf History)

[Comedian Stella Young Is Honest About Disability](#)

[Isidore Niyongabo TED Talk](#) (Isidore is a Deaf immigrant from Burundi)

[Melmira Episode 31, an Immigration Journey](#)

[The Power of 504 \(full version, open caption, English and Spanish\)](#)

Fixed by Regan Brashear

## Full-Length Films

[Crip Camp](#), a Sundance-winning new film about disability community and activism (available on Netflix)

[Sound and Fury](#), film about the Deaf community and cochlear implants

[The Sessions](#) (an autobiographical story about sex and disability)

The Sound of Metal, available on Amazon Prime

## Books

[About Us: Essays from the Disability Series](#) of the New York Times, edited by Peter Catapano & Rosemarie Garland-Thomson

[Black Disability Politics](#), by Sami Schalk

[Black Disabled Ancestors](#), by Leroy F. Moore, Jr.

[\*Brilliant Imperfection: Grappling with Cure\*, by Eli Clare](#)

[\*Care Work, Dreaming Disability Justice\*, by Leah Lakshmi Piepzna-Samarasinha](#)

[\*Disability Visibility, First-Person Stories from the Twenty-First Century\*, edited by Alice Wong](#)

[\*Exile and Pride: Disability, Queerness, and Liberation\*, by Eli Clare](#)

[\*Fading Scars: My Queer Disability History\*, by Corbett O'Toole](#)

[\*Five Flavors of Dumb\*, by Antony John \(story of a deaf teenager managing a band\)](#)

[\*Geek Love\*, a novel by Katherine Dunn about a freak show](#)

[\*Moving Violations: War Zones, Wheelchairs, and Declarations of Independence\*, by John Hockenberry \(memoir\)](#)

[\*No Pity: People with Disabilities Forging a New Civil Rights Movement\*, by Joseph Shapiro](#)

[\*Resistance and Hope Anthology: Essays by Disabled People\*, edited by Alice Wong, Disability Visibility Project \(available as a digital download or audio\)](#)

[\*Skin, Tooth, and Bone: The Basis of Movement is Our People, a Disability Justice Primer\*, by Sins Invalid](#)

[\*Stutterer Interrupted: The Comedian Who Almost Didn't Happen\*, by Nina G](#)

[\*The New Disability History: American Perspectives\*, edited by Paul K. Longmore and Lauri Umansky](#)

[\*The Ugly Laws: Disability in Public\*, by Susan Schweik](#)

[\*Year of the Tiger: An Activist's Life\*, by Alice Wong](#)

## **Disability Blogs**

[Disability Visibility Project – "Creating, sharing, and amplifying disability media and culture"](#)

[Home | Unpacking Disability With Meriah Nichols](#)

[Leaving Evidence | a blog](#) by Mia Mingus

[Ramp Your Voice](#) by Vilissa K. Thompson

[Words I Wheel By](#) by Emily Ladau - Writer, Speaker, and Disability Rights Activist

## Ageism Resources

[Ageism In Action? Ageism Inaction!](#) (article)

[Ageism in America is Hurting Us All](#) (article)

[Josh Kornbluth, Citizen Brain: Age Without Ageism](#) (video)

[Reframing Aging](#), by the FrameWorks Institute (resources)

[The Pernicious Problem of Ageism, American Society on Aging](#) (article)

[This Chair Rocks](#), by Ashton Applewhite (book and blog)

## Access Guides

[Access Suggestions for Mobilizations](#), from Sins Invalid

[Access Suggestions for Public Events](#), from Sins Invalid

[Planning an Accessible Event](#), from Cornell University

[Social Justice Access Toolkit](#), from Detroit Disability Power

## Continuing Education Credits

[Certificate in Disability Inclusion and Accessible Design](#): This is an 18 credit hour program being offered remotely at University of Michigan School of Social Work. The Online Certificate in Disability Inclusion and Accessible Design (DIAD) is designed for social workers and other professionals who are interested in developing skills and sharpening their lens related to disability inclusion, and who strive to make their practice more accessible to and relevant for people with disabilities. The program faculty includes scholars, activists, and others working on the frontlines of disability inclusion and accessibility.

## Hashtags to Follow

#AbleismExists

#ActuallyAutistic

#BlackDisabledLivesMatter

#CripTheVote

#DisabilityTooWhite

#EndAgeism

#NoBodyIsDisposable

#SayTheWord

## Organizations Involved in the Creation of this Resource

<a href="#">Disability Inclusion Fund</a> at Borealis Philanthropy	Nikki Brown-Booker, Program Officer <a href="mailto:nbrownbooker@borealisphilanthropy.org">nbrownbooker@borealisphilanthropy.org</a>
<a href="#">Detroit Disability Power</a>	Dessa Cosma, Executive Director <a href="mailto:dessa@detroitdisabilitypower.org">dessa@detroitdisabilitypower.org</a>
<a href="#">Access Living</a>	Amber Smock, Director of Advocacy <a href="mailto:asmock@accessliving.org">asmock@accessliving.org</a>  Monica Hamada, Development Associate <a href="mailto:mhamada@accessliving.org">mhamada@accessliving.org</a>
<a href="#">Senior and Disability Action</a>	Jessica Lehman, Executive Director <a href="mailto:jessica@sdaction.org">jessica@sdaction.org</a>
<a href="#">Hand in Hand: The Domestic Employers Network</a> and the <a href="#">New York Caring Majority</a>	Stacy Kono, Executive Director <a href="mailto:stacy@domesticemployers.org">stacy@domesticemployers.org</a>  Ilana Berger, New York Director <a href="mailto:ilana@domesticemployers.org">ilana@domesticemployers.org</a>