

The Center for Disabilities Studies

Located on the campus of the University of Delaware, the Center for Disabilities Studies' mission is to enable people with disabilities to achieve their personal goals. To that end, the Center focuses on improving the quality and range of public and private supports and services for Delawareans with disabilities and their families.

The Center for Disabilities Studies
166 Graham Hall
Newark, DE 19716
(302) 831-6974; TDD (302) 831-4689
Fax (302) 831-4690
www.udel.edu/cds

The Community Education Project

Dedicated to providing assistance to people with disabilities as well as those who support them, the Community Education Project of the Center for Disabilities Studies offers six specific educational programs for direct support and other professionals to learn the skills necessary to effectively support individuals.

Innovative Concepts and Practices (ICP)
Quality Management and Supervision (QMS)
Support Coordination (SC)
Foster Care Provider (FCP)
Supported Employment Training (SET)
First Line Supervisor (FLS)

Community Education also offers the New Visions Program, a two course introduction to disabilities history, person-centered planning, self-determination, and current methods in the field of disability advocacy.

All courses are free for people with disabilities and their families. Courses are open to all support professionals for a nominal fee. Contact 302-831-6974 (voice) or 302-831-4689 (TDD) for more information.

For More Information About Disabilities

ARTHROGRYPOSIS

www.kidshealth.org/faq/arthrogryposis.html

ASPERGER SYNDROME

www.udel.edu/bkirby/asperger/

AUTISM

www.autism-society.org

BLIND

www.nfb.org/kids.htm

CEREBRAL PALSY

www.ucpa.org

CORNELIA DE LANGE SYNDROME

www.cdlsusa.org

MUSCULAR DYSTROPHY

www.mdausa.org

DEAF

www.nad.org

DOWN SYNDROME

www.ndss.org

EPILEPSY/SEIZURE DISORDER

www.efwp.org/aboutepilepsy.htm

FETAL ALCOHOL SYNDROME

www.nofas.org

FRAGILE X SYNDROME

www.fragilex.org

MENTAL HEALTH

www.nmha.org

MENTAL RETARDATION

www.thearc.org/faqs/mrqa.html

PRADER WILLI SYNDROME

www.thearc.org/faqs/pwsynd.html

TOURETTE SYNDROME

www.tsa-usa.org

TRAUMATIC BRAIN INJURY

www.biausa.org



The Center for Disabilities Studies Presents

Created Equal

Stories of Delawareans
with disABILITIES



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Enriching the lives of Delawareans with cognitive disabilities



DELAWARE
Humanities
FORUM

Connecting people, cultures and ideas.

People First Language

Once upon a time people with disabilities were not allowed to participate in activities like the rest of society. They were considered to be contagious, violent and sometimes even less than human. Today, things have changed. People with disabilities are participants in just about every possible activity, along with people without disabilities. A way to increase and support community inclusion is to use...**People First Language**.

People First Language is based on the truth that people with disabilities are people just like everyone else. They are mothers and fathers, husbands and wives, teachers, athletes, celebrities, doctors and lawyers and everything in between!

People First Language puts the person before the disability. For so long, we have labeled people by their diagnosis. Using **People First Language** “the retarded man” now becomes “the man who has mental retardation.” There is a HUGE difference between the two. With **People First Language**, the man has room to have a variety of other characteristics, besides mental retardation. He could have a car, brown hair, a child or a coin collection. *It is as simple as that.* People have disabilities. They are not the disability! When a car is disabled, it means it is broken. People are not broken. They do not need to be fixed.

Examples of People First Language

- John has autism.
- Sarah has a disability.
- Joe is a person with Down Syndrome.

Why is it important to mention that a person has a disability when talking about others? A lot of time, people use labels for no reason at all. Unless used to distinguish one person from another, labels do not pertain to the conversation. **People First Language** is about respect and valuing people for being people, regardless of the other characteristics they have!

Using **People First Language** in all situations demonstrates your interest in including people with disabilities in all aspects of community life. Just think, are you myopic or do you wear glasses? Are you freckled or do you have freckles? Is someone disabled or do they have a disability?

For more information on People First Language, visit:

www.disabilityisnatural.com/peoplefirstlanguage.htm

To learn about life experience with disabilities, we suggest the following books:

Autobiography of a Face

By: Lucy Grealy
(Harper Collins Publishers, 1995)

Twist and Shout

By: Lowell Handler
(Dutton/Plume Publishers, 1999)

Waist-High in the World

By: Nancy Mair
(Beacon Press, 1997)

Riding the Bus with My Sister: A True Life Journey

By: Rachel Simon
(Houghton Mifflin, 2002)



Careers in Disabilities

Did you know that the field of human services is predicted to be the fastest growing profession in the next 30 years?

Have you considered a career in one of these areas?

- Social work
- Case Management
- Direct Support
- Physical Therapy
- Occupational Therapy
- Group Home Management
- Clinical Services
- Nursing
- Vocational Rehabilitation

Many colleges and universities offer degrees in the field of disabilities, including the University of Delaware. The University of Delaware's College of Human Resources, Education and Public Policy offers a minor in Disabilities Studies. Information on the minor can be found on the web: www.udel.edu/cds.

Disabilities Legislation

- New Freedom Initiative (2001)
- Individuals with Disabilities Education Act (IDEA, 1993)
- Americans with Disabilities Act (ADA, 1990)
- Rehabilitation Act (1973)

A Guide to Disability Rights Laws is available online at:

www.usdoj.gov/crt/ada/cguide.htm