

Stamping Out Suicide (S.O.S.)

Communicating With and About People with Intellectual and/or Developmental Disabilities

Many people with intellectual and developmental disabilities (IDD) are isolated and lack meaningful opportunities to participate and develop social networks within their communities. Sharing membership with a community that fosters connection and belonging is essential to well-being and is a protective factor for suicide risk.

Inclusion of people with disabilities into everyday activities involves practices and policies designed to identify and remove barriers such as physical, communication, and attitudinal, that hamper individuals' ability to have full participation in society, the same as people without disabilities. Inclusion involves:

- Getting fair treatment from others (nondiscrimination);
- Making products, communications, and the physical environment more usable by as many people as possible (universal design);
- Modifying items, procedures, or systems to enable a person with a disability to use them to the maximum extent possible (reasonable accommodations); and
- Eliminating the belief that people with disabilities are unhealthy or less capable of doing things (stigma, stereotypes).

Disability inclusion involves input from people with disabilities, generally through disability-focused and independent living organizations, in program or structural design, implementation, monitoring, and evaluation.

source: Centers for Disease Control and Prevention (CDC)



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