

# 6

# MYTHS ABOUT DISABILITIES

DEBUNKED!

01

## ALL DISABILITIES ARE VISIBLE

90% of disabilities are INVISIBLE. (Aruma, 2020)  
Examples include autism, epilepsy, ADHD and dyslexia.  
Be kind to everyone you meet, you never know what they are facing.



Aruma. (2020, November 16). 5 things about invisible disabilities you need to know | Aruma. Aruma Disability Services. <https://www.aruma.com.au/about-us/blog/5-things-about-invisible-disabilities-you-need-to-know/>

02

## PEOPLE WITH DISABILITIES ARE ALWAYS SUFFERING

People with disabilities do experience hardship. But like everyone else, people with disabilities have both good and bad days.



03

## PEOPLE WITH DISABILITIES ARE CONSTANTLY DEPENDENT ON OTHERS

People with disabilities may require help on some occasions, but disability does NOT mean dependency on others.



04

## PEOPLE WITH DISABILITIES ARE UNABLE TO LEAD FULL LIVES

They are fully capable of leading productive lives. There are blind musicians, engineers with OCD, wheelchair-bound scientists, and more!



05

## A PERSON'S DISABILITY DEFINES THEM

People tend to focus on what people with disabilities CAN'T do. However, people with disabilities have a lot of special talents and gifts that we don't notice.



06

## PEOPLE WITH DISABILITIES SHOULD BE PITIED

A disability does not mean one's quality of life decreases. People with disabilities don't want our pity, they want to be treated the same.



## IN CONCLUSION...

People with disabilities live in our midst. We should treat everyone equally and with kindness.



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