



# 10 Tips to Be a Disability Ally

## 1 Non-apparent

Know that not all disabilities are apparent.

## 2 Many

Know there are many disabilities beyond the ones you know.

## 3 Spectrum

Understand that disabilities are a spectrum and as diverse as the population.

## 4 Ask

Ask and get a response before helping.

## 5 Accommodations

Provide access and accommodations.

## 6 Assumptions

Avoid making assumptions about a person's disability.

## 7 Advice

Avoid giving advice unless asked for it.

## 8 Inspiration

Be careful with "You're inspiring."

## 9 Respect

Talk to disabled folks with respect.

## 10 Support

Support accessibility and people with disabilities.