

STEPS TO LEAPS, PUSH, & YOU

JULY 2024



The American with Disabilities Act (ADA) was signed into law on July 26, 1990. It was a monumental piece of legislation that gave rights to those with disabilities who had been fighting for years to be included.

Now, to celebrate the anniversary of the ADA, Disability Pride month is celebrated every July. The first Disability Pride event was celebrated in Boston in 1990, but now events are held nationwide to celebrate the differences of those with disabilities.

Reference: [The Arc](#)

A disability is a condition of the **body** or **mind**. To be a disability it must include the following three qualities: impairment, activity limitation, and participation restrictions.

Did you know that **1 in 4** adults in the U.S. has a disability? If it isn't you, it is very likely someone close to you.. your friend, your roommate, your professor.

BECOME AN ALLY

ACKNOWLEDGE and respect individual experiences and abilities

LEARN about different disability types

LEVERAGE your influence to promote accessibility and inclusion

YIELD the floor to people with disabilities to help identify and eliminate barriers

Reference: [CDC](#)

RESOURCES

[PUSH](#)

[DISABILITY RESOURCE CENTER](#)

[CAPS](#)

[THE ARC](#)

