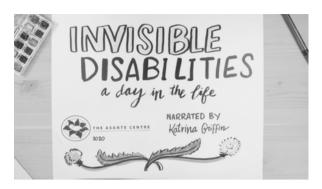
DISCUSSION GUIDE FOR POLICE OFFICERS INVISIBLE DISABILITIES



https://youtu.be/eDBb8WE8sI8

Proper support is **proactive**, **comprehensive**, and includes the individual **each step of the way**.

- **1)** With or without a disability, we all have strengths and challenges. Share how you support your own challenges (e.g., memory, attention, physical health, relational issues).
- **2)** Tell about a time you supported someone else through a complex situation. For example: moving homes, losing a job, having a child. What did you do? How did you tie in the three principles? (see above)
- **3)** Share about a time you were going through a challenge and someone used these three principles to support you.
- **4)** How can you identify an invisible disability in someone you are interacting with as a Police Officer? How can you know if it is not 'just in their head'?
- **5)** What more can you do as a Police Officer to support individuals with invisible disabilities?



