

DISCUSSION GUIDE

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? How can you know if it is not 'just in their head'?
- 5)** What more can you do to support individuals with invisible disabilities?



In collaboration with
Lethbridge Police



THE ASANTE CENTRE

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