



# 15 Short tips for Interacting better with People with Physical Disabilities, Overcoming Adversity & Why Staying in School makes Sense

## Section 1: Tips for Interacting properly with people with disabilities

### Tip #1

When talking with a person with a disability, speak directly to that person rather than through their companion or sign language interpreter.

### Tip #2

If you offer assistance, wait until the offer is accepted. Then listen to or ask for any further instructions the person with a disability might have.

### Tip #3

When introduced to a person with a disability, it is appropriate to offer to shake hands. People with limited hand use or who wear an artificial limb can and usually will shake hands.

### Tip #4

When speaking with a person who uses a wheelchair or a person who uses crutches, place yourself at eye level in front of the person to facilitate the conversation.

### Tip #5

Relax. Don't be embarrassed if you happen to use accepted, common expressions such as "See you later," or "Did you hear about that?" that seems to relate to a person's disability.

## Section 2: Overcoming Adversity

### Tip # 1

If you have your health – you have everything you need!

### Tip #2

Your family & friends are key!

### Tip #3

Surround yourself with the best people you can!

### Tip #4

Follow your passions and you'll never work a day!

### Tip #5

Find something that can make you happy instantly!

## Section 3: Why staying in school makes sense!

### Tip #1

More Choices! More Opportunity!

### Tip #2

More Money! More fun!

### Tip #3

More friends! More time!

### Tip #4

Less trouble! Less work!

### Tip #5

A better future!