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| I can decide spontaneously to go to a movie, lecture, conference, concert, worship service, bar, restaurant, amusement park, etc | I don't have to worry about being sent to an institution or having my legal and political rights taken away when I would otherwise be a legal adult | If I become street homeless, I can go into any shelter or housing services agency, and expect their building and services to be accessible to me |
| I can drive or navigate public transport options without difficulty | I can choose a place of worship based on their worship style or beliefs, instead of whether services are interpreted for me or the building is accessible | When I go shopping alone, I can reach and obtain all the items I need, cashiers will see me and I can easily see and use credit card payment machines |
| I can sit anywhere I want when I go to an event, restaurant, or religious service | If I make a mistake, other people won't use it against all other people like me | When shopping for clothes I don’t worry about finding a dressing room I can use |
| I can attend social events without worrying if I will be able to enter the building or use the facilities | People believe me when I say that I can do one thing but not another thing | People in customer service don't ignore me or become nervous because of how I communicate and will be able to communicate directly with me in the way that I normally communicate |
| If I am in the company of people that make me uncomfortable, I can easily move elsewhere | The things that I can do are not used as evidence against me when discussing how my brain or body works | The noise and strobes of fire alarms pose no physical or mental danger to me |
| I can easily arrange to be in the company of people like me | I can easily find accommodation that is accessible for me | If I were in a building on fire, I could get out on my own |
| When asking to speak to a person in charge, I will be speaking to someone like me | I can buy a home that is accessible and adaptable without looking for it specifically | Public safety information, like traffic signs, curb cuts, maps, detour notices, or other announcements are accessible to me |
| People like me are seen as having lives worth living | My entire neighborhood is accessible to me | If I do have children, people won't question whether it was responsible or ethical to do so |
| When ordering food at a restaurant, I can communicate my choices easily with the wait staff and know they understand me | I am politically represented by people like me | My children will also not be taken away from me by child protective services simply because of how my brain or body works |
| When eating at a restaurant I know the food will be served in a way that is easy for me to eat | Other people automatically respect, validate, and understand my form of communicating | I can choose to share my life with someone without it being seen as a disadvantage to them |
| If I’m not participating in an activity or program it's assumed this is my choice and not because it’s inaccessible to me | The ways that I communicate, move, express my emotions, react to stress, and get through my day are considered the standard way of life | If I am rejected by a potential intimate partner, I know the reason was not because of how my brain or body works |
| I can see people like me widely and accurately represented in film and television | I am not told to adjust my behaviour or mannerisms to be ‘fit in’ | No one will tell me that I am incapable of relating to or forming relationships with other people because of how my brain or body works |
| I was raised without messages that my body or brain is inferior and needs to be “fixed” | I don't have to carry a card, tag, or item that explains my movements, sounds, or way of communicating | People assume that I can have and express romantic and sexual desire in potential intimate partners |
| At school I was given curricular material that represented people like me as role models | I can talk about my interests for a long time without people treating it as a symptom | If I am LGBTI+, I won't be told that my sexual orientation or gender identity are symptoms of how my brain works |
| When studying, most teachers and professors like me | I can decide if, and when, I have children | I can take a job without having someone suspect I got my job because of pro-disability employment practices |
| When studying, if people like me have been discriminated against in history I will learn about it | If I decide not to have children, no one will assume that my brain or body must be the reason why | If I do have children, people won't question whether it was responsible or ethical to do so |
| When ordering food at a restaurant, I can communicate my choices easily with the wait staff and know they understand me | I am politically represented by people like me | I am able to access treatment with medical professionals who are like me |
| If I am fired, not given a raise, or not hired, I do not have to question whether it had anything to do with my brain or body | I can plan far in advance without worrying about unpredictable pain, disease, or anxiety ruining my plans and costing money to resolve | I don't have to educate every new doctor or other health care worker about how my brain or body works |
| People are not discouraged from hiring me because of the way my brain or body works | I can read any content available in any library or bookstore | I can find therapists who are like me |
| I don't worry about a job interviewer's reaction to the way I talk or move, or to my adaptive equipment or service animal | I never have to notice when a building has no signs in Braille | I am considered the expert on my own memories, experiences, emotions, preferences, and body – not someone else |
| I know that my income can increase based on my performance, and I can seek new and better employment if I choose | If I have internet access and want to go on the internet, I can access all materials on any site | When someone says that all they want is a “healthy” baby, I know they mean a baby whose brain and body will be like mine |
| If I don't have a university degree, people won't assume that it's solely because of my brain or body | I don't have to rely on strangers to help me bathe or use the toilet, so I don't have to worry about whether I can trust them or not | If I need a lawyer, they will be able to communicate directly with me in the way I communicate |
| I won’t be late for meetings as a result of mobility barriers | I can expect medical professionals to understand how my body works, to answer my questions, and respect my decisions and autonomy | I can choose if I want to be part of the fight for disability justice or disability rights (or even whether to think about disability); I don’t have to live it every day if I don’t want to |
| I can reliably expect that most, if not all, bosses, managers, and supervisors I have will be like me | I don't have to choose between reporting abuse from my support staff and losing services that I need | If I become street homeless, I can go into any shelter or housing services agency, and expect their building and services to be accessible to me |
| I don't have to choose between working to earn and save money or keeping my life-sustaining supportive services | I can reliably trust whatever researchers and scientists say about people like me, and I won't feel dehumanized or ignored by their findings | Intentionally blank |