

DISABILITY IN CANADA

WHAT DOES IT MEAN TO HAVE A DISABILITY IN CANADA?



DID YOU KNOW?

At any given time, it is estimated that at least 1 in 5 people in Canada experience at least one disability.

Globally, it is estimated that at least 1 in 6 people experience at least one disability.



DISABILITY INCLUDES A BROAD RANGE AND SCOPE OF CONDITIONS.

DISABILITY CAN BE:

- Present from birth.
- Caused by an accident.
- Developed over time.
- Permanent or temporary.
- Episodic, meaning it only affects a person some of the time.
- Visible or invisible.
- Undiagnosed.





DISABILITY LOOKS DIFFERENT FOR EVERYONE.
THE TERM DISABILITY INCLUDES ANY TYPE OF IMPAIRMENT, ACTIVITY LIMITATION, OR PARTICIPATION RESTRICTION.

IMPAIRMENT

Issue in body function
or structure

For example, someone might have an impairment with seeing, speaking, hearing, walking, using the bathroom, eating or preparing food, taking clothing off and on, or with the mental functions needed to manage daily life.

ACTIVITY LIMITATION

Issue when trying to
complete a task
or an action

For example, someone may have an activity limitation in getting groceries because they aren't able to carry groceries on their own or may become overwhelmed or confused by the task.

PARTICIPATION RESTRICTION

Issue experienced when
trying to participate in life
situations and experiences

For example, someone may have a participation restriction in going to a social event because they require more time or special devices to communicate.

DISABILITIES IN CANADA INCLUDE, BUT ARE NOT LIMITED TO:



- **Physical and Sensory**, such as deafened, hard of hearing, blindness, low vision, amputations and limb differences, and paraplegia.



- **Neurological**, such as stroke, muscle movement disorders, hydrocephalus, meningitis, migraine, epilepsy, and sleep disorders.



- **Cognitive or Developmental**, such as intellectual, aphasia, Down syndrome, dyscalculia, and memory loss.



- **Neurodivergent and Learning**, such as autism spectrum disorder (ASD), attention deficit hyperactive disorder (ADHD), and dyslexia.



- **Mental Health**, such as bipolar disorder, major depression, generalized anxiety disorder, post-traumatic stress disorder (PTSD), eating disorders, and schizophrenia.



DISABILITY IN CANADA MEANS UPHOLDING THE VALUES OF INCLUSION, EQUITY, DIGNITY, EMPOWERMENT, AND RESPECT.



INCLUSION

Everyone has the same access to opportunities to lead a regular, fulfilled life in whatever they choose to do.

This can be growing up at home with their family; being included in school with friends and peers; immersing in a hobby or sport; having a career; travelling; making friends; having a romantic partner; having a home of their own; and contributing to their community.

EQUITY

Equality in policy, process, and outcomes for historically and/or currently underrepresented and/or marginalized people and groups while accounting for diversity.

It considers power, access, opportunities, treatment, impacts, and outcomes.

DIGNITY

When an individual or group feels self-respect and self-worth along with their physical and psychological integrity and empowerment.

EMPOWERMENT

When an individual can exercise self-determination, make their own choices, and have control over their lives.

This can also include advocating for rights of yourself or others and gaining the freedom and power to control what you do and what happens to you.

RESPECT

Accepting somebody for who they are, even when they are different from you or you do not agree with them.

As people in Canada, we recognize that we are stronger because of our differences. Social justice is about ensuring that everyone—from the poorest, most marginalized in society to the wealthiest—is afforded equal rights and opportunities. Addressing the needs and promoting the rights of people with disabilities is key to getting rid of systemic discrimination, promoting equity, and making sure that everyone has an equal chance to succeed. It is important to take a person-centered approach when looking at disability and finding ways to remove physical, social, and attitudinal barriers. This all helps to ensure equitable access to services, employment, education, and public spaces.



Historically, people with disabilities have faced many disadvantages and barriers to inclusion in Canada.

For a timeline of important events related to disability in Canada, please go to the following link:
https://drive.google.com/file/d/1V7ij_Gfq8TGGqCMzAA0qN70eaMqHtDdb/view

In Canada, no service, program, business, institution, agency, or organization is allowed to discriminate against you or your loved one because you or they have a disability.

For more information about your rights and where to go for help, please review our *DISABILITY RIGHTS FACT SHEET*



IN ALBERTA AND ACROSS CANADA, THERE ARE MANY BENEFITS, PROGRAMS, AND SERVICES TO HELP PEOPLE WITH DISABILITIES.

The supports that you or your loved one will be able to access will depend on a few different things, such as:

- Disability type.
- Disability support needs.
- Age of person with disability.
- Family or individual income level.
- Citizenship status.
- Home location.
- Availability.
- Health or disability insurance plan.

To learn more about what support you or your loved one might be able to access, please review our *EDMONTON AND AB/CANADA-WIDE RESOURCE DOCS*



NEARLY ONE IN FOUR PEOPLE IN ALBERTA OVER THE AGE OF 15 ARE CAREGIVERS THAT PROVIDE SUPPORT FOR THEIR LOVED ONE.

Finding balance between caring for loved ones, managing your own health and wellbeing, working, and/or building your education can be tricky. You too do not have to go it alone, and there is support available.

Connecting with others in a similar caregiving role is a great source of support and strength.

Caregivers often learn best from each other and the shared experiences can build bonds, friendships, and other important relationships.

Some examples of caregiving include:

- Providing around-the-clock, in-home care.
- Bringing a loved one to appointments, delivering groceries, helping with household chores and maintenance.
- Supporting the navigation of the healthcare system.
- Administering and tracking medication.
- Being a source of emotional support and companionship.
- Advocating for services and funding.
- Scheduling and coordinating meetings.
- Completing forms, applying for benefits.
- Hiring and training of extra staff.

Caregivers Alberta strives to empower caregivers and promote their well-being by providing resources, mental health support, and education for people caring for family members or friends. They are currently the first and only dedicated caregiver organization in Alberta and are ready to help you without judgment.

Learn more and contact them today at

Website: www.caregiversalberta.ca

Email: office@caregiversalberta.ca

Phone: 780-453-5088

Toll-Free: 1-877-453-5088

Office Location: Jerry Forbes Centre, 12122 68 Street NW, Edmonton, AB, T5B 1R1 (Monday to Friday, 9 a.m. to 4:30 p.m. For immediate assistance outside of office hours, please contact 211.)

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SOURCES USED IN THIS RESOURCE

- <https://www150.statcan.gc.ca/n1/en/pub/89-654-x/89-654-x2018002-eng.pdf?st=6emeMjfW>
- <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2022062-eng.htm>
- <https://www.who.int/news-room/fact-sheets/detail/disability-and-health>
- <https://www.canada.ca/en/employment-social-development/programs/accessible-canada-regulations-guidance/consultation/key-concepts.html>
- <https://easterseals.ca/en/disability-in-canada-facts-figures/>
- <https://inclusioncanada.ca/who-we-are/#:~:text=Definition%20of%20Inclusion&text=Inclusion%20only%20happens%20when%20the,lif e%20common%20to%20us%20all.>
- <https://equity.ubc.ca/resources/equity-inclusion-glossary-of-terms/chrome-extension://efaidnbmnnnibpcajpcgclefindmkaj/>
- <https://www.canadianreformedseminary.ca/files/VanDam-Clarion%2059.13-What%20is%20Human%20Dignity.pdf>
- <https://dictionary.cambridge.org/dictionary/english/empowerment>
- <https://kidshelpline.com.au/teens/issues/all-about-respect#:~:text=Respect%20means%20that%20you%20accept,it%20is%20something%20you%20le arn.>
- https://www.canada.ca/en/global-affairs/news/2017/02/statement_on_worlddayofsocialjustice.html
- <https://www.caregiversalberta.ca/>

MORE INFORMATION IS AVAILABLE AT THE
ACTION FOR HEALTHY COMMUNITIES WEBSITE
VISIT THE OFFICE AT UNIT 100, 10578-113 ST, EDMONTON
OR CALL OUR TELEPHONE
AND ASK FOR ASSISTANCE AT (780)-944-4687

