

## Disablism

When we find that schools and colleges can't provide the support that we need to enable us to gain qualifications, or that it's impossible to find suitable work or other opportunities, or that we can't access shops or cinemas, use public transport or find somewhere suitable to live – and when on top of all this we find that some people abuse us just because we're different – we are experiencing disablism.

Disablism is “discriminatory, oppressive or abusive behaviour arising from the belief that disabled people are inferior to others”.

While impairment is something that we have little or no control over and can affect everyone at some time in their life, disablism is caused by ignorance, negative attitudes and wrong choices that can be changed.

Independent Living highlights what's wrong with society's approach to people who have impairments and shows what needs to be done to eliminate disablism so that we are included and valued on an equal basis with non-disabled people.

The Welsh Government's commitment to transforming Wales into an enabling society is a very welcome antidote to the negative attitudes towards disabled people expressed by certain politicians in Westminster and by some sections of the tabloid media.