# Disability Microaggressions

## Denial of Personal Identity:

When any aspect of a disabled person’s identity is ignored or denied.

## Denial of Disability Experience:

When disability-related experiences are minimized or denied.

## Denial of Privacy:

When personal information about disability is (inappropriately) requested.

## Avoidance:

When a disabled person is ignored or overlooked.

## Helplessness:

When people offer/insist upon help, often for ordinary tasks.

## Secondary Gain:

When someone offers to help a disabled person for their own benefit – praise, karma, etc.

## Spread Effect:

When others do not appreciate the boundaries of impairment and assumes greater impact.

## Infantilization:

When a disabled person is treated like a child.

## Patronization:

When a disabled person is condescended, not treated seriously.

## Second-class Citizen/Burden:

When, due to poor access, a disabled person is treated as less-than or a burden.

## Desexualization:

When the sexuality of a disabled person is denied.