

Empowering Leadership of People with Disabilities

Dec. 3, is International Day of Persons with Disabilities. It is a day dedicated to promoting awareness, understanding, and inclusion for people with disabilities. This annual day reminds us of our responsibility to better understand disabilities and promote the rights and well-being of persons with disabilities in our communities.

The **2024 theme** is "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future."

The theme encourages leadership of individuals with disabilities at all levels. When people with disabilities participate in decision-making, their needs and perspectives are included in shaping policies and solutions.

A disability can affect different areas of a person's life, such as:

- Vision loss or difficulty seeing
- Hearing problems or trouble speaking
- Physical challenges or trouble moving
- Brain injuries or mental health issues
- Learning or cognitive difficulties
- Sensitivity to certain environments, like light, noise, or smells
- Chronic illness and pain

Barriers can make it hard for people with disabilities to fully take part in everyday activities, some of which include:

- **Buildings and spaces that are hard to get into** (like doors, bathrooms, blocked paths, strong smells, etc.)
- **Digital content that's hard to use** (like websites, online documents, or services, and transportation options)
- **Negative attitudes or discrimination** (people judging or treating them unfairly)
- **Limited help or support** (social or financial assistance)

Niagara Region has updated their [Multi-Year Accessibility Plan](#). It aims to remove barriers to goods, services and facilities to make the Region accessible for everyone. Accessibility is everyone's responsibility. From including closed captioning on videos to simplifying language for a wide audience, there are many steps you can take to be more inclusive of people with disabilities.

Social Media:

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