

Definitions

Adapted from Lydia X.Z. Brown's Blog
<http://autistichoya.com/>

Able-bodied

People who do not have any physical or sensory disability or mobility impairment.

Ableism

1. Oppression, prejudice, stereotyping, or discrimination against disabled people on the basis of actual or presumed disability.
2. The belief that people are superior or inferior, have better quality of life, or have lives more valuable or worth living on the basis of actual or perceived disability.

Accessibility

How well a person with atypical ways of thinking, communicating, sensing, or moving, can easily navigate an environment.

Access needs

The modifications to the typical environment that a person needs in order for that environment to become accessible.

Agency

The ability to make independent decisions and act in one's own best interests.

Aversives

1. Compliance-based behavioral interventions that seek to eliminate unwanted behavior by associating the behavior with an unpleasant, or aversive, stimulus.
2. Aversives frequently include beatings, electric shock, deprivation techniques, prolonged restraint and seclusion, forced exercise and labor, forced medication or chemical restraint, and verbal abuse.

De-legitimization

1. The use of power and privilege to invalidate the expressions and viewpoints of oppressed people by suggesting that characteristics, whether stereotyped or generally true, of their group impair their ability to be able to adequately understand or respond to discourse about issues that affect them.
2. The use of double standards to claim that an oppressed person is too emotionally invested, personally biased, or incapable of "appropriate" discourse to participate in discourse about issues that affect them.

Disabled

People are disabled when they have physical or mental differences or impairments while living in a society where their bodies and ways of thinking, communicating, sensing, or moving are not treated as "normal" or "natural."

Erasure

The systematic removal of the viewpoints and existence of oppressed people. The systematic omission of the identities of oppressed people.

Horizontal oppression

1. When a member of an oppressed group contributes to the oppression of other members of the same group, such as a sexist woman, a heterosexist lesbian, an ableist autistic person, or a racist black person.
2. When a member of one oppressed group contributes to the oppression of another group, such as a classist black person, a transmysoginistic disabled person, a racist queer person, or an ableist poor person.

Impairment

When someone has difficulty doing something that most other people can do easily. Impairment may lead to disability (such as paraplegia), but does not necessarily (such as nearsightedness).

Indistinguishability

The idea that the goal for disabled people should be to seem as non-disabled as possible, solely for the sake of appearing non-disabled, and even at the expense of necessary and natural means of communicating, moving, or functioning.

Infantilization

When an adult is treated as though they are an infant or a child.

Internalized oppression

Aspects of oppression that an oppressed person believes to be true and will often enforce on other members of the same oppressed community; often co-occurs with self-hatred.

Intersectionality

1. The recognition that a person's identity is complex and multifaceted, and the result of many distinct aspects, including (but not limited to) gender identity, sexual orientation, race, religion (or lack thereof), class, (dis)ability, nationality, legal status, size, and age.
2. The recognition that social justice theory and work cannot treat individual identities or specific axes of oppression and privilege as isolated, but must recognize the complexity of overlapping identities, oppressions, and privileges.

Invisibly disabled

A person whose disability is not apparent, such as someone with dyslexia, a person with schizophrenia, people with communication disabilities or sensory processing disabilities, or an autistic person.

Marginalization

Systematic erasure and silencing of the viewpoints of oppressed people.

Neurodiversity

1. The belief that differing neurologies are a natural part and form of human diversity.

2. The belief that atypical or divergent neurologies are not indicative of disease, defect, disorder, or illness.
3. The philosophy that neurological difference should be celebrated and accepted as natural and normal.

Neurotypical

People whose brains work in basically the same way as most other people, or whose ways of thinking and processing information are considered more or less “normal” by the standards of their society.

Paternalism

The deprivation of a person's agency by restricting individual freedoms, rights, and responsibilities, often in the name of protecting the victim and frequently by people with privilege and power.

Restraint

1. The physical, mechanical, or chemical inhibition of an individual's freedom of movement, behavior, or action.
2. Physical restraint is when a person is bodily restrained by other people holding xir limbs, sitting on xem, or otherwise pinning xem against a wall or floor.
3. Mechanical restraint is when a person is strapped, tied, or otherwise bound to another object such as a table or board.
4. Chemical restraint is when a person is forced or manipulated into taking psychotropic medication for the purpose of chemically inducing compliant, passive, and complacent behavior.

Visibly disabled

A person whose disability is externally apparent, such as someone in a wheelchair, a little person, someone with Down syndrome, many Blind people, or someone with cerebral palsy.

