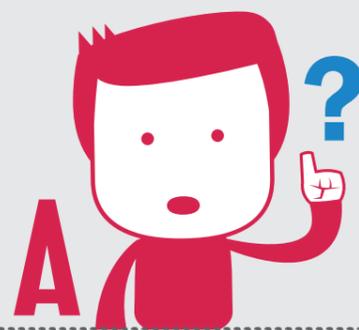
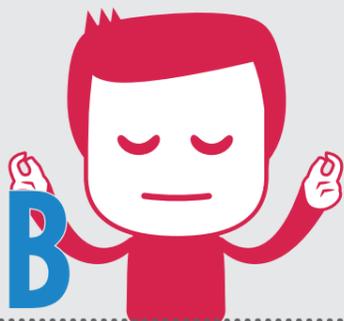


ASK before you help; it may not always be wanted.



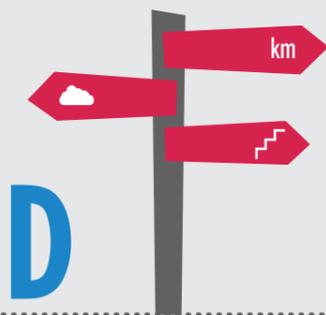
BE patient and don't pretend to understand or interrupt someone with a speech impediment.



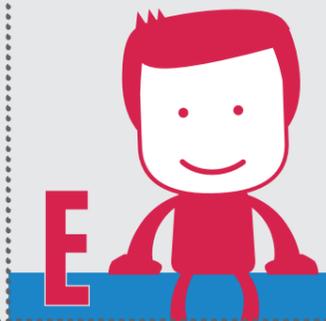
COMMUNICATE naturally with your language and expressions.



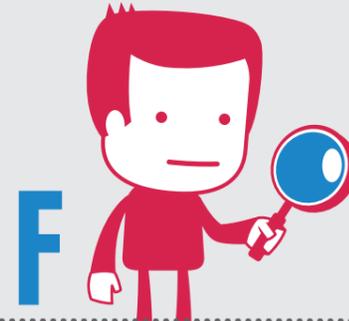
Give specific DIRECTIONS considering distance, weather and obstacles eg steps.



Get down to EYE LEVEL during longer conversations by sitting or kneeling.



FOCUS on the person, not the disability. Don't bring it up unless relevant.



Avoid patronising GESTURES like patting a head or shoulder and back slapping.



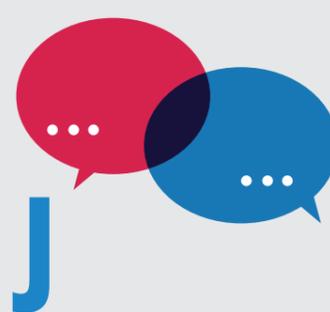
A wheelchair is not a place to HOLD your bags without permission.



Always respect a person's dignity, individuality and desire for INDEPENDENCE.



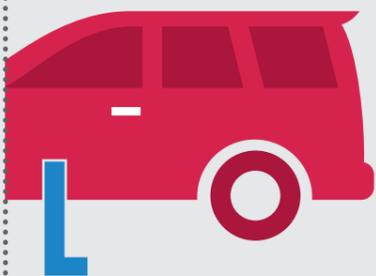
JOIN the conversation and talk as you would with anyone else.



KNOW that most people with a disability can make their own decisions.



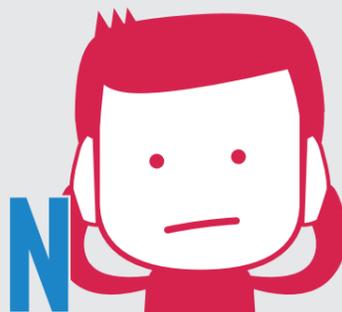
LEAVE accessible car spots for people with a disability.



Never MOVE a wheelchair without permission; it is personal property.



Speak NORMALLY; don't shout or raise your voice unless asked to do so.



Avoid OUTDATED terms like "handicapped", "crippled" and "wheelchair bound".



Don't PAT an assistance or guide dog if they're in working mode with their owner.



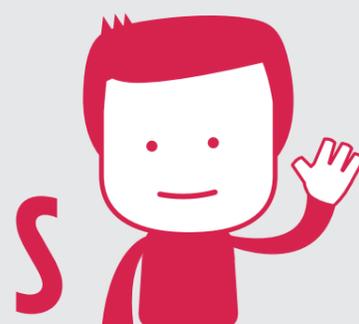
Increase QUALITY of life with a donation to disability support services.



REARRANGE furniture to create a clear path for wheelchairs.



SPEAK directly to the person with the disability and not to their companion.



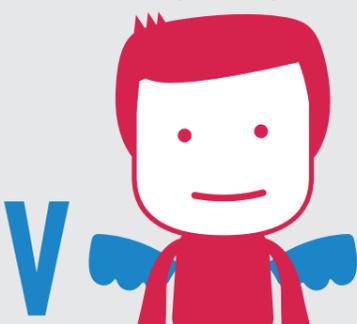
Offer a seat to people with limited mobility on public TRANSPORT.



UNLOCK and unblock all ramps and wheelchair accessible doors.



VIEW a wheelchair as freedom to move about independently.



Only push or lean on a WHEELCHAIR with permission.



See their X-FACTOR and not their limitations.



YIELD and give way to wheelchairs on the move.



ZIP it! Not everyone wants to talk about why they're in a wheelchair.

