

Ways to See the Good Everyday

Inclusion isn't about grand gestures. It's about everyday habits that make space for everyone. Try implementing some of the actions below to acknowledge abilities and create a more accessible experience for everyone.



Hold doors open without assuming someone needs help

Practice inclusive etiquette

Shop at businesses that employ people with disabilities

Make events & activities more welcoming & inclusive

Offer choices, not assumptions

Give people space to do things their own way

Support local organizations providing disability services & supports

Share stories that highlight someone's talents & abilities (with permission)

Volunteer at adaptive sports leagues or art programs

Appreciate unique talents and strengths

Use people-first or identity-first language

Leave space for mobility devices

Use clear, friendly communication & ensure everyone has a moment to speak

Smile or greet someone when you pass them by

Be mindful of sensory & cognitive needs

Practice active listening

Normalize differences as part of everyday life

Learn someone's preferred communication style