

5 Quick Tips

Tap the Vital Power of Accessibility –

Here are five easy ways to make your **everyday life more accessible** for disabled people (and everyone else you know)!

1



Use accessibility features such as alt text, captions, and large print. Social media platforms and office software make it easy.

2



Follow disabled creators, authors, artists, and leaders. Get to know their valuable perspectives and tremendous talents.

3



Test for high color contrast in your digital and print designs. That will make them more readable for blind or low-vision people.

4



Connect with disabled colleagues in resource groups and book clubs. Make an effort to show you are an ally and supporter.

5



Get curious about ableism, what it means, and how it impacts disabled people. As the saying goes, when we know better, we do better.



Now you're ready for even more insights and tips from author **Stephanie W. Cawthon**.

Visit: DisabilityIsHuman.com

Read: *Disability Is Human: The Vital Power of Accessibility in Everyday Life*

Do: *The Official Workbook | Disability Is Human: The Vital Power of Accessibility in Everyday Life*

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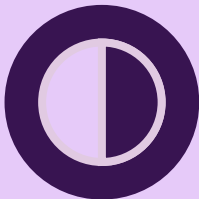
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