

Examples of Ability Privilege

1. I can, if I wish, arrange to attend social events without worrying if they are accessible to me.
2. If I am in the company of people that make me uncomfortable, I can easily choose to move elsewhere.
3. I can easily find housing that is accessible to me, with no barriers to my mobility.
4. I can go shopping alone most of the time and be able to reach and obtain all of the items without assistance, know that cashiers will notice I am there, and can easily see and use the credit card machines. I also don't have to worry about finding a dressing room I can use, or that it's being used as a storage room.
5. I can turn on the television and see people of my ability level widely and accurately represented.
6. I am not called upon to speak as the token person for people of my ability level.
7. I can advocate for my children in their schools without my ability level being blamed for my children's performance or behaviour.
8. I can do well in a challenging situation without being told what an inspiration I am.
9. If I ask to speak to someone "in charge", I can be relatively assured that the person will speak directly to me and not treat me like I am stupid.
10. I can belong to an organization/class/workplace and not feel that others resent my membership because of my ability level.
11. I do not have to fear being assaulted because of my ability status.
12. I can be reasonably assured that I won't be late for meetings due to mobility barriers.
13. As I grow up from childhood I will not feel that my body is inferior or undesirable, and that it should be "fixed", allowing me to feel confident in my current and future relationships.
14. When speaking with medical professionals, I can expect them to understand how my body works, to answer my questions, and respect my decisions.
15. My neighborhood allows me to move about on sidewalks, into stores, and into friends' homes without difficulty.
16. People do not tell me that my ability level means I should not have children. They will be happy for me when I become pregnant, and I can easily find supportive medical professionals and parents like me.

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17. I can be reasonably sure that my ability level will not discourage employers from hiring me
18. I know that my income can increase based on my performance, and I can seek new and better employment if I choose; I do not have to face a court battle to get an increase in my income.
19. I can choose to share my life with someone without it being seen as a disadvantage to them.
20. If people like me have been discriminated against in history, I can likely expect to learn about it in school, and how that discrimination was overcome.
21. I can assume that police officers will not become alarmed at my natural body language and find it necessary to subdue me in advance of any wrongdoing.
22. I am not considered more dangerous and more likely to commit a crime because of my ability status.
23. People of my ability status are not generally considered burdensome to our families or to tax-payers.
24. I do not have to fear that important decisions about my life will be made by others who are considered more qualified based on their ability status.
25. I can ask for technical or social support in school or on the job without being seen as a burden, troublemaker, or charity case.
26. People do not automatically assume that the best place for me to live is an institution.
27. No one sees my ability status as being in need of elimination or cure.
28. People do not suggest that groups that are made for the benefit of people of my ability status be led and ruled by people of a different ability status, because mine is seen as inherently incapable.
29. If I am an adult, I can be a sexual being without the assumption that any partner attracted to me must be a predator or pedophile.
30. I am never told that I should not have children lest I pass on the genes that cause them to share my ability status.
31. People do not assume that living in the same household as me is inherently “tragic” or “devastating,” or that my family, friends and partner will need a support group to deal with living with me.
32. I will not be asked to leave a public place, or to change where I live, because people are uncomfortable with my ability status.
33. If I am unhappy, people do not automatically assume my unhappiness is the result of me being who I am.
34. I expect people to presume intellect and competence with me.

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35. If I fail, most will encourage me by telling me that I will ultimately succeed.
36. The definitions of normative social behavior were developed by and for people with my ability status.
37. It is considered good for people who are not like me to try to act more like me.
38. My natural movements and traits are not used by my peers to ridicule others, either jokingly or maliciously.
39. All people like me are seen as living lives that are worth living.