

People First of Nebraska, Inc.

Advocacy for and by People with Disabilities

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Nebraskans with disabilities offer the following advice to our friends and neighbors in the community:

Don't be afraid of me **Put me first, not my disability**
Support and advise me, but know that I make the choices about me

Listen to me and respect my opinion **I am an adult, please treat me like one.**

Wait to be asked *Be friendly*

A change in my health may be the reason for a change in me

Don't use the "R" word. *Ever.*

Assume Ability **Don't touch my wheelchair, service animal, or other assistive tools without my permission**

I am not a mistake or a burden,
Invite me along, I'm fun!

Challenge me, don't stereotype me **I am a person. My behavior may be telling you something I can't**

Talk to me, not just the people with me

Remember that everyone has bad days *Not all disabilities*

I'm probably interested in some of the same things you are. Ask! *are visible*

Don't be afraid to make a mistake.

No one is perfect!