

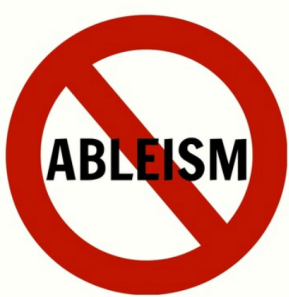
Ableism in Pediatric Care

Promoting Health Equity, Inclusion and Anti-Ableism

What is Ableism?

It is beliefs, prejudice and discrimination against people with disabilities. Ableism is based on the assumption that people with disabilities need to be "fixed", due to the many limiting beliefs about disability and the assumption that being able-bodied is inherently "superior". It can manifest at both the individual and systemic level.

The word ableism with a red crossed out line over it



Pediatric Care

In pediatrics, ableism presents as a continuous pattern and impacts the assumptions healthcare providers make about the patients abilities. In many of these actions, the practitioner does not see the person, and instead sees the disability first. These biases and actions can influence quality of care and impact the health and well-being of the patient.

Medical vs. Social Model of Disability

Healthcare focuses on a medical model of disability that frames disability as an individual problem. In contrast to the social model, which recognizes the mismatch between individual and societal interactions, which is what causes subsequent limitations.



Inclusion & Accessibility

Addressing anti-ableism and promoting equity starts by education, addressing any implicit biases and correcting ableist language or actions. This begins at the individual practitioner level and extends beyond to institutional and systemic changes that promote health equity.

Anti-Ableism Toolkit

1. **Educate:** learn about disability rights, attend anti-ableism training, and create strategies for your daily practice to prevent ableism.
2. **Challenge:** with your knowledge, speak up about ableist culture, challenge your assumptions and your co-workers about disabilities.
3. **Recognize:** reflect on your own privilege as "able-bodied" and how it impacts your thinking and actions, this is a continuous process.
4. **Tailor Care:** recognize differences and ensure your care is accessible and inclusive to all of your patients regardless of ability.

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