

# Ways you can support kids and youth with disabilities reach their goals

## Understand

that disability is part of life and should not be viewed as inherently tragic or inspirational.

## Expect a lot

from kids and youth with disabilities when helping them create good lives.

## Listen

and actively seek input from kids and youth with disabilities in goal setting and decision making.

## Encourage

kids and youth with disabilities to take calculated risks to achieve their goals.

### ONLINE RESOURCES

[Key behaviour tipsheet for health-care providers](#)

[Best practices peer support toolkit](#)

## Plan

examination and treatment spaces to accommodate supportive equipment.

## Discuss

with kids and youth with disabilities what they like to do and incorporate those activities in their treatment and home programs.

## Support

a healthy balance between therapeutic goals and other life goals.

## Help

kids and youth learn how to communicate with others about their disability and advocate for their needs and goals when they choose.

## Build

on strengths and goals rather than focusing exclusively on disability.

## Celebrate

our differences!



Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where every child and youth belongs. In partnership with our clients and families, we call on everybody to take action to end stigma of children and youth with disabilities.

Each person with a disability is unique and some of these actions may need to be adjusted to best support individual needs and wants.