



# Planning for Success:

## Advocating for your daughter or son with a disability

This work is made possible by:



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# Thank you-Coca-Cola Foundation



***“When we ensure that Latinx kids with disabilities have access to the same opportunities as everybody else, not only they win but society as whole wins” - Vincenzo Piscopo, Community & Stakeholder Relations Director***



Vincenzo Piscopo is surrounded by RespectAbility Fellows: Daniela Nieves, Mannela Iparraguirre, Christina Revilla Chacon, Rachel Walloga and Steve Bobadilla as well as Jennifer Mizrahi and Elizabeth Jones from RespectAbility's Staff.

# Thank You-NY Women's Foundation

**THE  
NEW YORK  
WOMEN'S  
FOUNDATION**  
**Radical generosity.**

The responsibility of caregiving for a disabled family member falls disproportionately on women; 20% of all female workers in the US are family caregivers. The “average” U.S. caregiver spends nearly 20 hours per week, the equivalent of another part-time job, providing unpaid care for nearly five years. Of course, informal (family) caregiving is not paid. **Latinas are disproportionately involved in the caregiving industry, as well as taking care of their own loved ones as a family role.**

# Acknowledgments

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## National Leadership Fellows:

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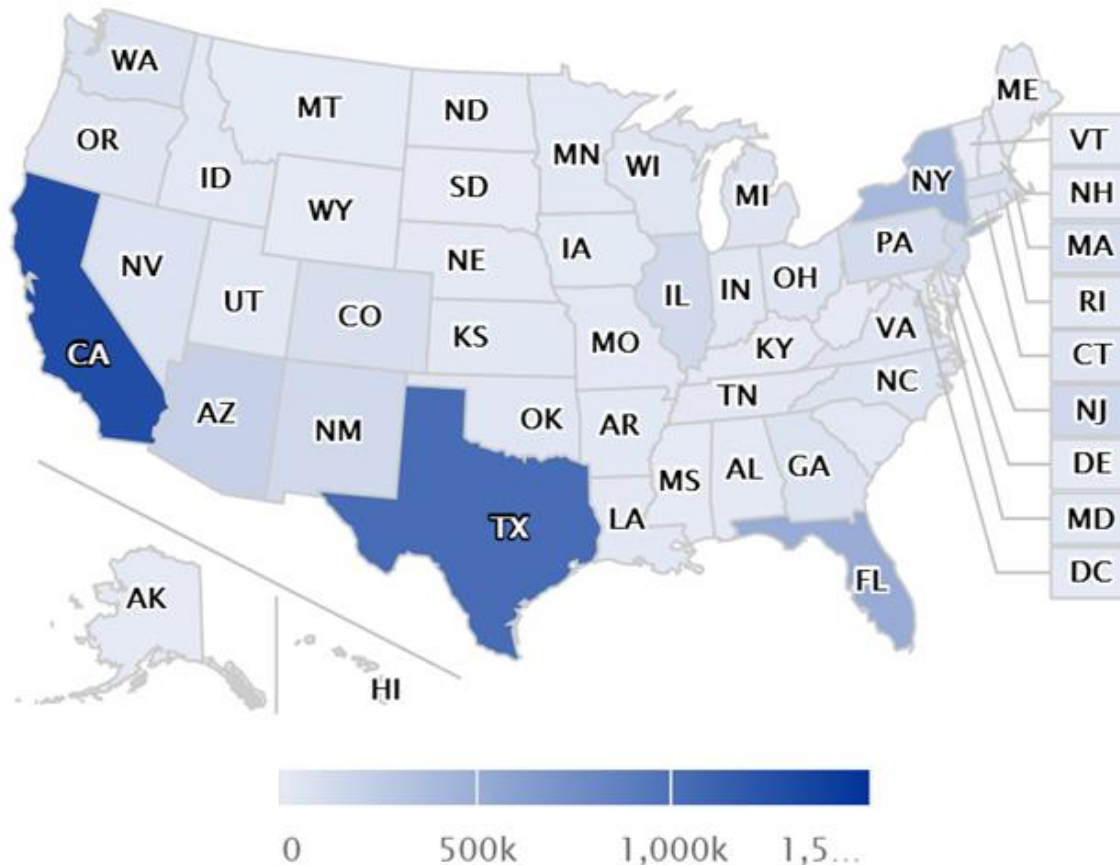
# Latinx with Disabilities – Statistics



- ❖ 9.1% of Latinx living in the US reports they have a disability (numbers are likely much larger)
- ❖ Number and percentage of Latinx with disabilities by disability type:
  - ❖ Visual: 1,253,400
  - ❖ Hearing: 1,186,200
  - ❖ Ambulatory: 2,477,900
  - ❖ Cognitive: 2,230,800
  - ❖ Self-care: 1,119,400
  - ❖ Independent Living: 1,786,400

# Latinx Disability Employment Rate

The number of non-institutionalized, male or female, all ages, all races, hispanic, with all education levels in the United States reported a disability in 2016.



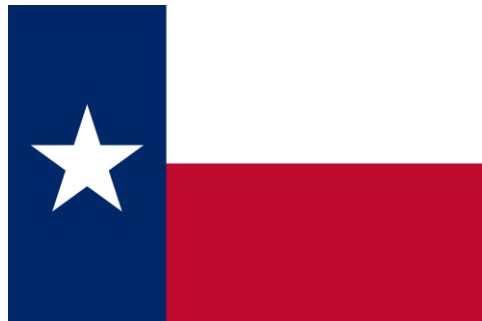
**The employment  
rate of working-  
age (18-64)  
Latinx with  
disabilities is  
37.5%**

# States and Latinx with Disabilities



CA, TX, FL and NY are the states with highest number of Latinx with disabilities:

- ❖ There are 1,279,500 Latinx Californians with disabilities.
- ❖ There are 1,027,600 Latinx Texans with disabilities.
- ❖ There are 511,400 Latinx Floridians with disabilities.
- ❖ There are 417,100 Latinx New Yorkers with disabilities.



# Latinx Students with Disabilities

- ❖ Latinx students with disabilities account for 12% of all students being served under the Individuals with Disabilities Education Act (IDEA).
- ❖ 42% of Latinx students with disabilities were receiving services for a specific learning disability.
- ❖ Latinx students with disabilities have a high school graduation rate of 59%



Student with a disability stands in front of Long Beach Unified School District bus.

# Latinx Students by Disability Type

- ❖ In total there are 1,586,009 Latinx students with disabilities enrolled in our nation's public schools. Note that most of them are INVISIBLE disabilities, thus harder to diagnose.
  - There are 128,023 Latinx students with Autism.
  - There are 320 Latinx students with Deaf-blindness.
  - There are 28,946 Latinx students with Developmental delays.
  - There are 57,891 Latinx students with Emotional disturbances.
  - There are 20,403 Latinx students with Hearing impairments.
  - There are 104,387 Latinx students with intellectual disabilities.
  - There are 10,469 Latinx students with Orthopedic impairments.
  - There are 736,053 Latinx students with Specific learning disabilities.
  - There are 278,568 Latinx students with Speech or language impairments.
  - There are 4,851 Latinx students with Traumatic brain injuries.
  - There are 6,141 Latinx students with Visual impairments.

# Co-authors/partners



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[http://worldenab  
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# Defining Disability

- [Attention Deficit Disorder Hyperactivity Disorder \(ADHD\)/Attention Deficit Disorder](#)
- [Amputation/Amputee](#)
- [Autism/Autism Spectrum Disorder \(ASD\)](#)
- [Blind/Vision Loss](#)
- [Cerebral Palsy](#)
- [Deaf/Hard of Hearing](#)
- [Down Syndrome](#)



[Michelle Rodriguez](#), *Fast and Furious* / ADD



[Cristina Sanz](#), *Born this Way* / Down Syndrome



[Jeison Aristizabal](#), Nonprofit Founder / Cerebral Palsy

## Defining Disability Part 2

- [Dyslexia and Other Learning Disabilities](#)
- [Epilepsy](#)
- [Little People/Dwarfism](#)
- [Mental Illness](#)
- [Mobility Impairments Requiring the Use of a Wheelchair](#)
- [Obsessive Compulsive Disorder \(OCD\)](#)



[Salma Hayek](#), *Frida*, *Ugly Betty*, / Dyslexia



[Gina Rodriguez](#), *Jane the Virgin*, / Anxiety and Hashimoto's Disease



Dr. [Victor Pineda](#), founder of World Enabled, scholar, activist / Muscular Dystrophy

# Michelle Rodriguez, Actress / ADD

- ❖ [Rodriguez](#) has Attention Deficit Disorder (ADD), which led her to being expelled from five schools
- ❖ “I want to write and direct, but it’s not easy with ADD. I have a hard time focusing when I’m alone. I’m a scatterbrain, but I’m nervous of taking medication, I don’t really want to depend on anything to control my brain.”



# Gina Rodriguez, Actress / Anxiety

- ❖ [Rodriguez](#) has Anxiety and Hashimoto's Disease.
- ❖ "I suffer from anxiety. And watching this clip I could see how anxious I was but I empathize with myself. I wanted to protect her and tell her it's ok to be anxious, there is nothing different or strange about having anxiety and I will prevail."



# Selena Gomez, Lupus

- ❖ [Gomez](#) has Lupus, a chronic autoimmune disease that causes the body to attack itself, unable to differentiate between its own healthy tissue and invaders.
- ❖ “It is an autoimmune disease; I will have it forever and you just have to take care of yourself.”



# Frida Kahlo, Artist / Polio

- ❖ [Frida Kahlo](#), a Mexican woman who had multiple disabilities including polio as a child and spinal and pelvis damage from a car accident, became a world-renowned self-portrait painter.
- ❖ Throughout her life, Kahlo came face-to-face with her disabilities and turned them into art. She has many paintings depicting her disabilities.



## 1. Recognize children with disabilities are capable and can change the world

- ❖ It's important to have high expectations for your child because all children have the ability to learn and grow.
- ❖ Don't let the negative views of others define them.
- ❖ Recognize their talents and potential to contribute to their communities.
- ❖ With a support network, available resources, mentors and the love of their family, your daughter or son can achieve their highest potential.



Students with disabilities learn jobs skills at a Long Beach Unified High School in Southern California.

## 2. Create a network of support

- ❖ Think about the resources at your disposal to ensure that your child can use his or her potential without barriers.
- ❖ Create a community around you that can support you as your neighbors, other parents of children with disabilities, and support groups for parents and people with disabilities.
- ❖ With a strong support network that understands the services present in the community and the accessibility of those services for people with disabilities, you will better understand how to take advantage of the opportunities for your child.



Family photo of a newly enrolled family at the Harbor Regional Center in Torrance, CA.

### 3. Promote your child's independence

- ❖ By leaning in the community and using technology, you can help strengthen their independence without fully disconnecting from you.
- ❖ Talk with your child to understand their wishes and interests. Support their independence and help them find and form their own identity.
- ❖ If your child requires personal assistance, reach out to your community and other experts to get more information about programs and support services for independent living



This student smiles wide while walking outside of her school.

## 4. Meet with teachers to create a success plan for your child

- ❖ Teachers and student counselors can be great advocates and resources for the success of your child.
- ❖ Have a relationship with the teachers in the school, to support your child.
- ❖ Together, with your child, you can create an educational success plan.



Students with disabilities pose for a group photo in the hallway of a Long Beach Unified School District high school.

## 5. Be involved in your child's learning

- ❖ Keep up with your child's curriculum and school activities to identify opportunities for more school achievements.
- ❖ Talk with your child about their studies to see if they have any difficulty participating in their class.
- ❖ Talk to the teachers so that they are aware of the way your child learns best.
- ❖ Review schoolwork with your child or find out if there is a tutor or program at school who can work with your son or daughter to review what they have learned during the day



A young student with a disability poses in front of a Yellow School Bus.

## 6. Know your rights and fight for them

- ❖ There are three important laws that protect students with disabilities.
  - 1) The Individuals with Disabilities Education Act (IDEA)
  - 2) The American Rehabilitation Act
  - 3) Americans with Disabilities Act.
- ❖ IDEA requires schools to support students with disabilities and helps your children get the support they need.
- ❖ The Americans with Disabilities Act and the Rehabilitation Act prohibit discrimination against people with disabilities.



A slight smile from this Long Beach student with a disability.

- ❖ **Know your rights contd.**
- ❖ Learn the differences between IEP and 504 plans and which would be right for your child.
- ❖ IEP: a blueprint or plan for a child's special education experience at school.
  - Includes only [13 specific disabilities](#) listed in [IDEA](#).
  - The disability must affect the child's educational performance and/or ability to learn and benefit from the [general education curriculum](#), leading to the need for specialized instruction.
- ❖ 504: a plan for access needs at school
  - A child has a disability - not restricted.
  - The disability must substantially limit one or more basic life activities, such as learning.



This student smiles at the camera in a school hallway.

## 7. Learn more about the resources and experts that can support your child

- ❖ Find experts such as child psychologists, therapists, and personal assistants in your community. Speak with and maintain a relationship with these experts, who can help you identify solutions and support your child in school.
- ❖ They will know how to advise you about the resources that exist for your child in the school environment.
- ❖ Remember the phrase: "Nothing About Us Without Us!" This is the motto of the disability community. Talk to your child about the resources you have found - their perspective is the most important.



This student with a disability rolls down his high school's hallway delivering mail and practicing job skills.

## 8. Be involved in your child's extracurricular activities

- ❖ It is important that you are present so that you learn more about the interests of your child and the network of people with whom they have placed their trust.
- ❖ Your presence does not have to be and should not be one that watches everything. Your child has to have a space to grow and learn without always having you stuck by his or her side.
- ❖ Do not worry - your children, although they will not always tell you, want to feel that you support them and that you are present in their life.



This student with a disability is out in the sun, doing work on the sunlit campus of his Long Beach, CA high school.

## 9. Nurture a positive disability identity

- ❖ Find mentors, and exemplary people in your community who can be role models for your child..
- ❖ Look for positive stories from leaders of people with disabilities. Your child can learn that they are part of a strong community and can continue to create a better world for everyone, including people with disabilities. Learn more about activists like Judy Heumann and other activists that fought for the passage of the Americans with Disabilities Act (ADA) in 1990.



This energetic young man with Down Syndrome is framed in the coolly lit hallway of his Long Beach high school.

## 10. Recognize challenges and celebrate successes

- ❖ Recognize the challenges not simply as barriers, but rather as opportunities to be creative and to change things.
- ❖ Work with a support team to find solutions and remove the barriers that limit or exclude the full participation of your child in their school and family community.
- ❖ Each achievement is a step forward. Success comes step by step.



These Long Beach high school students sit down with their job coach to talk about applying for summer jobs in the community.

# Resources / Contact Info

- ❖ National Rehabilitation Information Center - <https://www.naric.com/?q=en/content/spanish-language-resources>
- ❖ Learning Disabilities online <http://www.ldonline.org/espanol?lang=en>
- ❖ Web Accessibility and Disability Resources in Spanish - <http://www.icdri.org/hispanic/Hispanic.htm>
- ❖ Pacer Center Spanish Resources <http://www.pacer.org/publications/spanish.asp>
- ❖ Colorin Colorado - <http://www.colorincolorado.org/>
- ❖ Understood.org - <https://www.understood.org/es-mx>
- ❖ Recursos para personas con discapacidades - <https://www.benefits.gov/es/newsroom/news-and-updates/article/238>
- ❖ Discapnet El Portal de las Personas con Discapacidad - <https://www.discapnet.es/>
- ❖ ADA Guide Spanish - [https://www.ada.gov/cguide\\_spanish.htm](https://www.ada.gov/cguide_spanish.htm)
- ❖ Servicio de Información sobre Discapacidad - <http://sid.usal.es/default.aspx>
- ❖ FESOCE Federación Española de Sordoceguera - <https://fesoce.org/>
- ❖ Center for Parent Information and Resources - <https://www.parentcenterhub.org/recursos-en-espanol/>
- ❖ Fundación CADAH TDAH: Guías para educadores - <https://www.fundacioncadah.org/web/articulo/tdah-guias-para-educadores.html>
- ❖ Fundación CADAH TDAH: Guías para padres y educadores - <https://www.fundacioncadah.org/web/articulo/tdah-guias-para-padres-y-educadores.html>
- ❖ World Enabled - <http://worldenabled.org/>
- ❖ Fiesta Educativa - <http://fiestaeducativa.org/>
- ❖ Coca-Cola Foundation - <https://www.coca-colacompany.com/our-company/the-coca-cola-foundation>