

FAMOUS AMERICANS WITH DISABILITIES

Franklin Roosevelt, *U.S. President*
Physical Disability

Marlee Matlin, *Actress*
Deaf

Terrance Parkin, *Olympic Swimmer*
Deaf

Jim Abbott, *Professional Baseball Player*
Amputee

Magic Johnson, *Retired NBA Player*
HIV Positive

Ray Charles, *Musician*
Blind

Chris Burke, *Actor*
Down's Syndrome

**For more information on the Internet
about services for people with disabilities,
please visit:**

www.disabilityinfo.gov



Information for this brochure was developed from:

U.S. Department of Commerce

*Economics and Statistics Administration
U.S. Census Bureau*

The National Women's Health Information Center

*U.S. Department of Health and Human Services
Office on Women's Health*

*This brochure was developed with funding from the
Department of Health and Human Services Office
of Refugee Resettlement.*

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Living with Disabilities in the United States



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WHAT ARE THE SIGNS OF DISABILITIES?

People with disabilities may have a physical or mental condition that makes it more difficult for them to do certain things.

These conditions may affect a person's:

- learning,
- hearing,
- speaking,
- breathing,
- walking,
- seeing, and
- self-care.

LIVING WITH DISABILITY IN THE UNITED STATES

There are many good things about living in the United States. One of the best things is that Americans believe people with disabilities can be active and work, but will need help.

There are more than 50 million people living with disabilities in the United States. Nearly half of people with disabilities work.

Americans may view people with disabilities differently than people in your home country. This brochure will help you learn about disability services in the United States.

In the United States, people with disabilities may:

- go to school,
- marry or become parents,
- work,
- drive,
- play sports, and
- become a professional.

There are laws in the United States that help people with disabilities live a happy and productive life.

CHILDREN WITH DISABILITIES

Some children are born with, or develop disabilities. Often there is no one at fault. You may be used to caring for your child alone, but in the United States, there is help for you. It is okay to ask for and receive help.

Children with disabilities may go to a local school and receive extra help called "special education". Teachers and school staff will create individual education programs that are designed to meet the special needs of each child with a disability.

SUPPORT SERVICES

There are also private groups and organizations that teach people with disabilities to:

- learn to read, or use a cane,
- learn how to take care of themselves,
- learn new job skills, and find a job,
- learn to travel in the city or use a bank,
- learn to cook for themselves, and
- learn to use a wheelchair.

Those caring for people with disabilities should talk to their caseworker to find the services in their communities and how to use them.

CARING FOR PEOPLE WITH DISABILITIES

It can be very hard to care for people with disabilities. In the United States, there are resources available to help someone care for a family member with a disability. Some people with disabilities live with their families, or in special homes. Ask your caseworker about resources available for families of people with disabilities.

Caregivers need to take care of themselves. Here are several ways to care for yourself:

- find time to exercise,
- learn about community resources,
- ask for and appreciate help,
- eat healthy,
- get enough rest,
- find a support system,
- take time to relax, and
- take time for you.