

7. Spiritual Wellness

Limited Opportunities for Spiritual Engagement and Ignored Religious Preferences.

Transportation challenges often hinder access to religious services for people with disabilities. Assumptions about their faith can exclude them from spiritual communities, overlooking the vibrant spiritual lives they lead and their desire for connection.

🔗 [Explore Your Values.](#)

8. Environmental Wellness

Limited Resources & Accessibility in Public Spaces.

Many public areas, buildings, and parks lack proper accessibility features, making it difficult for individuals with disabilities to navigate safely. Insufficient availability of adaptive tools or resources in the environment can hinder participation in outdoor or community activities.

🔗 [Understand How Your Surroundings Impact Your Well-Being.](#)

A Message from Erin

“My mission is to use the definition for wellness to drive changes in the system. I will do this by leading a campaign called Wellness For All that includes fact sheets, a presentation, flyers, and video work that can spread the word of wellness accessibility. I want to build awareness, so people understand the barriers to wellness people with disabilities face and work to remove those barriers. To do this, I will share information in a way that helps leaders make system changes.”

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Accessibility of Wellness Project

Breaking Down Barriers:
Ensuring Wellness Access for All!

8 Areas of Wellness Lacking Accessibility



Physical



Emotional



Vocational



Financial



Social



Intellectual



Spiritual



Environmental

Examples of Obstacles to Wellness Accessibility for People with Disabilities

1. Physical Wellness

Limited Medical Research. Poor Insurance Coverage.

Doctors don't always understand how disabled bodies work, and medical research often doesn't include people with disabilities. It's important to understand how your body works, as this knowledge can help bridge gaps in medical understanding and advocate for better inclusion in medical research.

🗨️ [Advocate for Medical Inclusion & Increased Asset Limits.](#)

2. Emotional Wellness

Seclusion & Restraint Enforcement in Schools. Disability Rights Ignored.

Restraint and seclusion in schools can lead to trauma, stigmas, and hindered educational opportunities for students. These practices often disproportionately affect students with disabilities, creating unsafe and unwelcoming learning environments.

🗨️ [Speak Up & Speak Out Against Restraint & Seclusion. Know Your Rights.](#)

3. Vocational Wellness

Insufficient Quality in Post-Secondary Transition Planning.

Schools may fall short in providing quality post-secondary education and employment planning, making it difficult for students to access higher education and careers that match their strengths and interests.

🗨️ [Empower Yourself with Knowledge About College & Career Services & Vocational Services.](#)

4. Financial Wellness

Financial Asset Limits Prevent Savings Safety Nets.

Medicaid asset limits create significant challenges for achieving financial wellness, while Social Security asset limits have only increased by \$500 since 1972. It's nearly impossible to sustain a living on a budget that hasn't kept pace with inflation for so long.

🗨️ [Empower Yourself with Knowledge About Budgeting, Credit, Banking, Savings Accounts, ABLE Accounts, etc.](#)

5. Social Wellness

Segregated settings lead to isolation, inequitable Resources, & Stigmas.

When students are separated based on ability, it limits social connections and reduces opportunities for social inclusion. Inclusive education fosters stronger, more unified & equitable communities.

🗨️ [Empower Yourself to Connect with Both Disabled & Non-Disabled Peers.](#)

6. Intellectual Wellness

IQ Testing & Test Scores Create Restricted Learning Environments & Promote Ableism.

Schools often use IQ testing to segregate students with disabilities, restricting their access to meaningful education. Standardized tests like the SAT further hinder college opportunities for students with intellectual disabilities.

🗨️ [Champion Inclusivity and Equality.](#)