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## Common Disability Myths

**Myth:** All disabled people need help all the time.

**Fact:** Many disabled individuals lead independent lives and may only need assistance in certain contexts or tasks.

**Myth:** Disability is always visible.

**Fact:** Many disabilities are invisible (e.g., chronic pain, mental health conditions, autoimmune diseases).

**Myth:** Disabled people can't lead fulfilling or successful lives.

**Fact:** Disabled people can have rich, fulfilling lives, and many succeed in a variety of fields, with the right support and accommodations.

**Myth:** Disabilities are always severe and debilitating.

**Fact:** Disabilities exist on a spectrum, and many people with disabilities experience only moderate impacts.

## YETI Insights

People assume I need help with everything, but that's not true. I live independently, work full-time, and only need support in certain situations. Just because I have a disability doesn't mean I'm incapable.

I've lost count of how many times people have told me, 'You don't look disabled.' My condition isn't visible, but that doesn't make it any less real. Just because you can't see it doesn't mean it doesn't exist.

Some think a disability means a life of limitations, but I'm proof that's not the case. With the right support and accommodations, I've built a career I love and a life full of joy, adventure, and success.

People assume disability always means extreme limitations, but that's not my reality. My condition affects me, some days I need my mobility aid, other days I don't. With the right support, I navigate life just like anyone else—capable, independent, and thriving.