

What is Invisible Disability?

Invisible disabilities are often-times considered hidden disabilities. People usually assume disabilities to be physical or visible, when in actuality a lot of disabilities are not apparent. Some examples of hidden disabilities include: HIV, Dyslexia, Sickle-cell Anemia and Multiple Sclerosis.

It is important for people to understanding that invisible disabilities impact a person's day-to-day life and persons should not be quick to judge why certain accommodations have been put in place. For example, a person may hold an Accessible Parking permit and appear to have no need for the close-proximity parking. However, here are just a few invisible reasons why a person may require an accessible parking space: back or brain injury, chronic illness, chronic pain, heart condition, muscular or neurological disorders, chronic injuries, oxygen impairment, complications due to pregnancy, prosthetic, or surgery.

What Can I Do?

- Don't judge by appearances.
- Avoid saying things like "but you look so good". This kind of statement can come across as judgmental, and you would have no way of knowing how the person feels as they may be experiencing pain, lethargy, etc.
- Ask how you can help.

Understanding that invisible disabilities are real and impact persons' day-to-day lives, helps with de-stigmatization. Just because the disability is not readily apparent, doesn't mean it's not real. For more information, please visit: the [Invisible Disabilities Association](#).

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