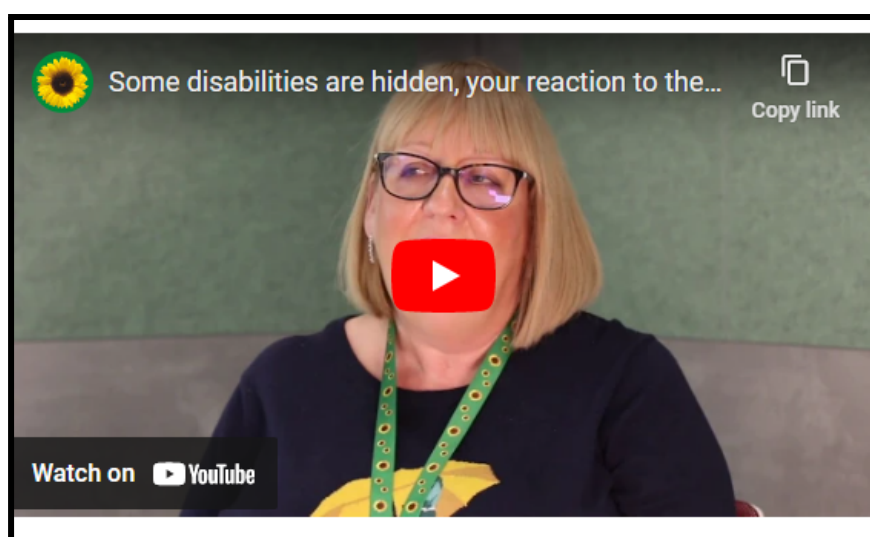


Hidden disabilities and what we need to know!

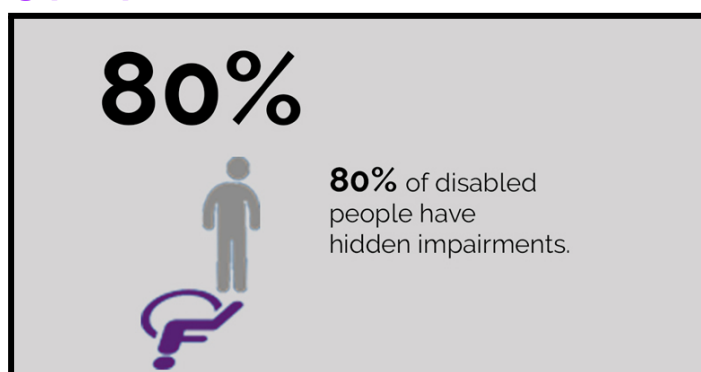
How do you define a Hidden Disability?

Some disabilities don't have physical signs so we cannot always tell if someone has one. Hidden disabilities include autism, mental health, acquired/traumatic brain injury, sensory processing, multiple sclerosis, epilepsy, partial sight and hearing loss.



Some disabilities are hidden, your reaction to them isn't.

Disabilities aren't always visible and people suffer from disabilities that are hidden. As it highlights in the picture below 80% have hidden disabilities showing how highly common it is among people.



In the Uk we have the Equality Act of 2010 which is meant to protect those under discrimination and unfair justice but society shows that it is a problem that is increasing.

In society we have a lot of improvements to make about ensuring that Hidden disabilities are brought to light and people understand and learn about them as they affect a wide range of people that vary in all different ages. We should accept that and make sure as a society we are inclusive and respect all differences.



The main Symptoms of hidden disabilities

ADHD

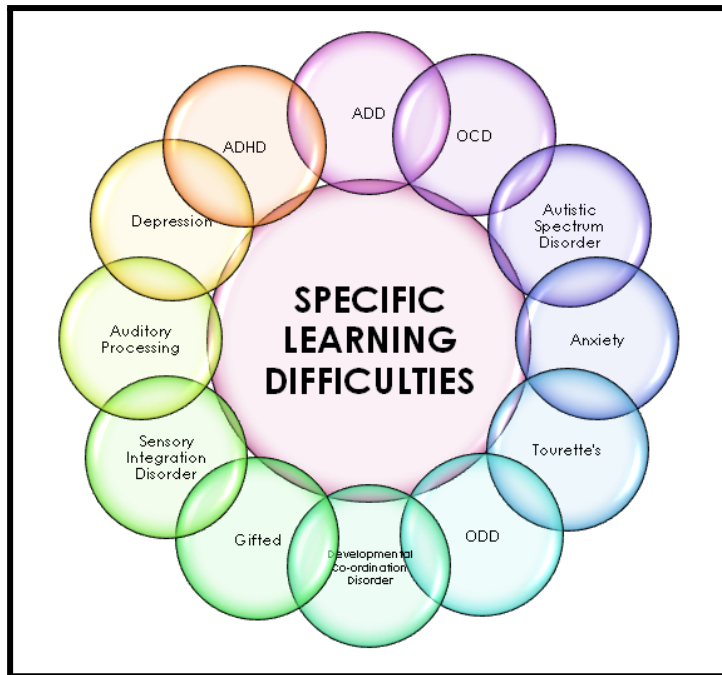
- being unable to sit still, especially in calm or quiet surroundings.
- constantly fidgeting.
- being unable to concentrate on tasks.
- excessive physical movement.

Dyslexia

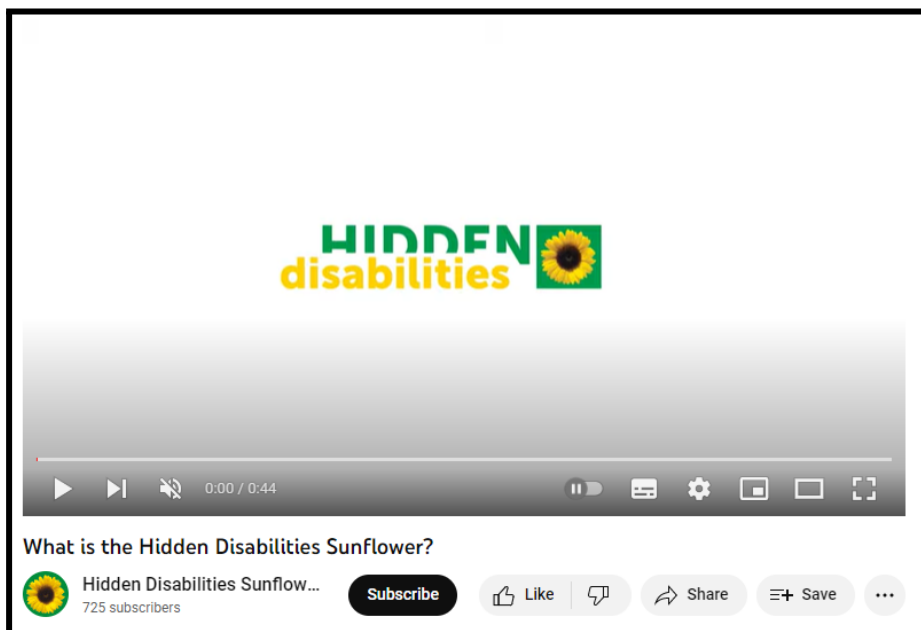
- Late talking.
- Learning new words slowly.
- Problems forming words correctly, such as reversing sounds in words or confusing words that sound alike.
- Problems remembering or naming letters, numbers and colours

Autism .

- Delayed language skills.
- Delayed movement skills.
- Delayed cognitive or learning skills.
- Hyperactive, impulsive, and/or inattentive behaviour



An overview of Hidden Disabilities:



What is the Hidden Disabilities Sunflower? - YouTube