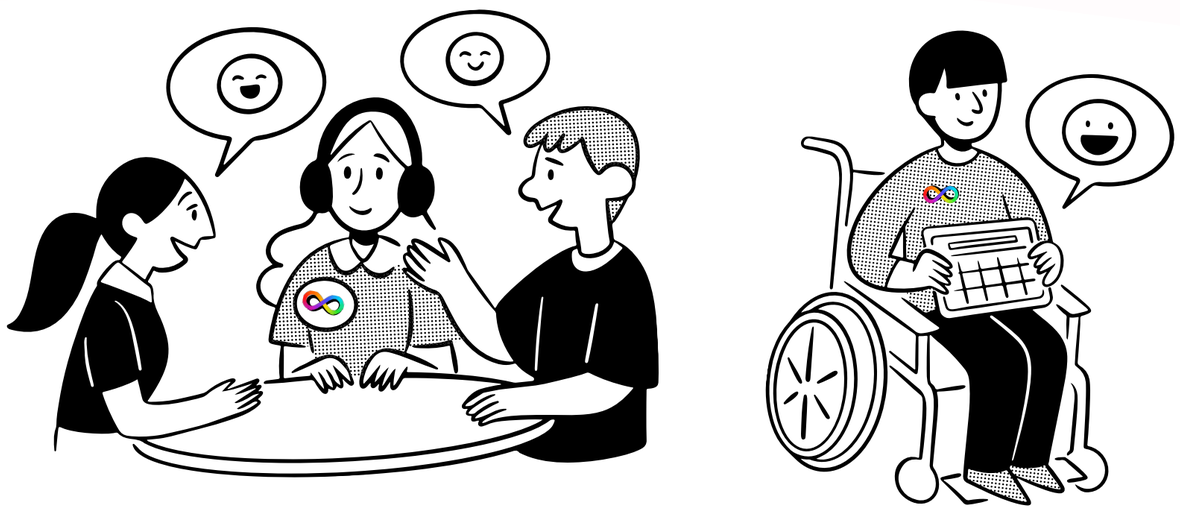
DISABILITIES

According to the CDC, a disability is a physical or mental condition that makes it harder for a person to do certain activities or take part in their work or social settings.

A disability may impact:

- Communication
- Hearing
- Learning
- Memory
- Mental health
- Movement
- Relationships
- Thinking
- Vision



Examples:

- Attention-deficit/hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Blind or visually impaired
- Deaf or hearing impaired
- Emotional disturbances such as anxiety disorder, depression, bipolar, or other mood disorder
- Epilepsy, Tourette syndrome
- Intellectual or cognitive disability such as Down syndrome
- Orthopedic impairment such as cerebral palsy, spina bifida, degenerative diseases, or other musculoskeletal disorder
- Sickle cell anemia
- Specific learning disability, including dyslexia, dysgraphia, and dyscalculia
- Speech or language impairment

What is considered a "significant" disability?

Significant disability:

Limits one or two functional capabilities related to daily living skills (examples: getting dressed, feeding self, going to the bathroom), communication, and/or social skills.

Requires a high level of care.

Lasts or is expected to last for 12 months or longer.

Find support and learn more:

Living with a disability or supporting someone who does can present unique challenges, but you are not alone. There are many resources available to provide guidance, help, and community support.

Need help finding or connecting with services?

Contact *Well Badger*!

If you have questions or need support, we're here for you:

- Call 1-800-642-7837
- Text “WB” to 608-360-9328
- Email help@wellbadger.org

Together, we can build a more inclusive and accessible world.

Sources:

Centers for Disease Control and Prevention. (n.d.). *Disability and health promotion*. https://www.cdc.gov/disability-and-health/

UWisconsin Department of Health Services. (2025, September 23). *Disability Determination Bureau: Disability determination process FAQs*. https://www.dhs.wisconsin.gov/ddb/faq.htm