

Resource List

For Self-Learning and Self-Education



Books

Demystifying Disability

by Emily Ladau

Being Heumann

by Judith Heumann & Kristen Joiner

Sitting Pretty

by Rebekah Taussig

Disability Visibility

by Alice Wong

If at Birth You Don't Succeed

Zach Anner

A Disability History of the United States

by Kim Neilsen



Children's & YA Books

What Happened to You

by James Catchpole

I Am Not a Label

by Cerrie Bernell

Rolling Warrior

by Judith Heumann &
Kristen Joiner

Not So Different

by Shane Burcaw

A Kid's Book About Disabilities

by Kirstine Napper



Podcasts



The Heumann Perspective

Hosted by Judith Heumann



The Accessible Stall

Hosted by Kyle Khachadurian & Emily Ladau



Disability Visibility Project

Hosted by Alice Wong



Social Media

@disabilityreframed
@theheumannperspective
@fidgets.and.fries
@realchelseabear
@emilyladau
@diversability
@vasu_sojitra
@nina_tame
@alexwegman
@sitting_pretty
@keah_maria
@imtiffanyyu
@barryleeart
@thesineadburke
@alexandraayyy
@travelingthelunaverse
@playspark
@shaneburcaw
@zachanner

Resources for disability representation

Books featuring disabled characters or authored by a disabled person

- What Happened to You? – James Catchpole & Karen George
- Mama Zooms – Jane Cowan
- A Kids Book About Disabilities – Kristine Napper
- I Am Not a Label – Cerrie Bernell
- Awesomely Emma – Amy Webb
- When Charley Met Emma – Amy Webb
- El Deafo – CeCe Bell
- Just Like Me – Louise Gooding
- Do You Want to Play? Making Friends with an Autistic Kid – Daniel Share-Storm
- Not So Different – Shane Burcaw

Resources for disability representation

Children's TV shows featuring disabled characters

- Daniel Tiger's Neighborhood (Chrissie & Max)
- Sesame Street (Julia)
- Goldie & Bear (Goldie's mother)
- Madagascar: A Little Wild (Dave & Pickles)
- Llama Llama (Audrey Antelope)
- Paprika (Stan)
- Avatar the Last Airbender (Toph & Tao)
- Speechless (AJ)

Resources for disability representation

Digital resources for parents (& older children/teens!)

Activists on Instagram:

- @thehuemannperspective
- @alexwegman
- @feedingtube.fitness
- @emilyladau
- @the.accessiblestall
- @the.autisticats
- @realchelseabear
- @lifewithelliiegirl
- @iamtiffanyyu

More activists on Instagram:

- @tristathebarista
- @ablesimistrash
- @barryleeart
- @shaneburcaw
- @vasu_sojitra
- @sitting_pretty
- @nina_tame

Organizations:

- @rootedinrights
- @positiveexposure
- @diversability
- @disability_visibility
- @autismandinnovation
- @workinclusively