

# Neuro and Physical Diversity Definitions and Key Questions

Look up the meaning of these words and write your own definitions. Follow your interests and reputable sources to learn more about food and nutrition in your community.

A **disability** is a physical or mental condition that limits a person's movements, senses, or activities.

**Special needs** are particular educational requirements resulting from learning difficulties, physical disability, or emotional and behavioral challenges.

**Physical disability** is the long-term loss or impairment of part of a person's body function, resulting in a limitation of physical functioning, mobility, dexterity, or stamina.

**impairment:** an absence of or significant difference in a person's body structure or function or mental functioning

**diversity:** the variety of characteristics in a group of people; these characteristics are things that make people unique, such as skills, personality, race, cultural background, gender, religion, and sexual orientation

**inclusivity:** the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those having physical or mental disabilities or belonging to other minority groups

**ableism:** discrimination in favor of able-bodied people

**developmental disabilities:** a group of conditions due to impairment in physical, learning, language, or behavior areas that begin during the developmental period of a child's life

## Key Questions

- Where in your community have you seen a lack of inclusive services such as wheelchair accessibility, interpreters, etc.?
- How can you change your everyday language to be more inclusive?
- Why is it important to have organizations such as the Special Olympics?
- Does your community have resources, such as special education programming? How do these resources help the community?
- What is the impact of offensive or insensitive language on those who have a physical or mental disability?
- Contact a local nonprofit and ask what they do and their needs. What are some things you or others can do to support their work?

