

HMD Alliance Newsletter

WELCOME . . .

to the first Newsletter of the Hidden Mobility Disabilities Alliance (HMDA), and thank you for your support. Please help by getting others to join and/or take the Survey. **Together we can make a difference!**

Staying Mobile

Staying independently mobile is a critical part of managing hidden mobility disabilities. We need to stay moving in order to maintain flexibility and strengthen joint musculature for support & stability. Yet if we move or exercise too much, we can experience intense pain from pressure on vulnerable joints and/or inflammation that is debilitating. So we need (if possible) to move/walk daily, but only as far as is comfortable. Make sure your daily movement is within your personal limits, but do move!

Self-Care Tips

The effects of HMD are variable from day to day. Assess yourself each morning:

- * What is your pain level, & will you need to avoid snapping at people?
- * How far can you walk comfortably (how many school buses), & do you need to make arrangements to avoid walking too far?
- * How long can you stand comfortably, & do you need to take a seat cane with you if you will need to stand for long?
- * Will this be a day when you need to consciously avoid overdoing, or one where you need to stay home & cancel commitments?

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April Challenge

Picture yourself wanting to use exercise facilities that are close to handicapped parking, but you first need to walk across a 150 foot lobby to check-in (300 feet round trip). Your comfortable distance to walk, without sitting down to rest, is 50 feet.

What action could you take so that you could use the exercise facility but not walk too far?

Send in your suggested actions and we will publish them in May.

Advocacy

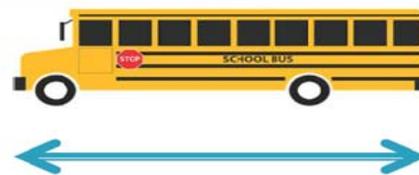
We are called an Alliance because we want to collaborate with other disability groups on the issue of “walkable distance.”

Are you a member of another disability group? **If so, would you be willing to be a liaison between the two groups? Contact us.**

Do you know of a disability education or advocacy group that HMDA could join? **If so, please contact us and let us know.**

Understanding HMD

While HMD is personal, it is the result of the interaction between having a physical limitation (like not being able to walk far without pain) & society’s assumptions about what is a “walkable” distance. A smart person knows what a “comfortable distance” is for them & resists being forced to walk further.



35 ft. or 10.7 m is a comfortable “short distance” for most with HMD

Invite friends & family to join the HMD Alliance.
Help us collect more data – get others to take the [Survey!](#)

Member Q&A

Send in questions, & we will post answers in the May Newsletter.

Help us identify all possible HMD access barriers. **Send us any distance barriers you find.**

Educate others!

Visual cues are excellent for self-advocacy & to educate others.

Order [Hannah’s HMD buttons & key cards.](#)

**10 Core Members
81 Supporting Members**