

EMPOWERING OURSELVES

In this newsletter we are featuring some of our new website initiatives. We are delighted to announce that the cartoonist, Valerie Ward, has agreed to work with us to illustrate common challenges that we face – thus *making the invisible visible*. You will see the first one below. Please send us ideas for other cartoons and let us know if you have local newsletters that would like permission to reproduce the cartoon.

Together we can make a difference!

Encourage New Members!

We can advocate more effectively the larger our Alliance is.

Invite friends and family to join!

Action Kits

Change happens because we reach out to people we know to share our experiences and ask for specific actions. To help you advocate, we have added a website section called **Action Kits** that has specific steps, with a sample email, for:

- Designers of public spaces
- Disability advocates
- Educators
- Healthy /walkable / livable cities planners
- Media
- Policy makers
- Providers of services
- Organizers of public activities and events
- Researchers
- Seniors / active aging advocates
- Transportation services



Often there is no pain-free option!

Educate others!

Visual cues are excellent

for self-advocacy & to educate others. Order [Hannah's HMD](#)

www.HiddenMobilityDisabilities.com
alliance@hiddenmobilitydisabilities.com

12 Core Members
95 Supporting Members