

LET'S LEARN STEP UP AND SPEAK OUT!

Module 5 – Stand Up for Disability and Chronic Disease

What's the issue?



Health and well-being can be seen as a pre-requisite to peace and prosperity. In other words, we cannot do well if we don't feel well. Chronic disease and disabilities can be due to genetics, infection or lifestyle choices.

People who experience challenges of illness and disability are not always treated as equals in our society.

What do we already know?

Explore these questions to find out what the students already know and to share impressions. Take time to explore these questions over several meetings.

- Do you know someone who is disabled? Tell us about them.
- Do disabled students attend your school? Do you know them by name?
- Are any of your family members living with a chronic disease?
- What kind of diseases can children have that are not "caught"?
- Can all illnesses be cured? Why not?
- Can you always see if a person is sick or disabled?
- Can you name some diseases that are genetic in nature?
- Can you name some diseases which are caused by lifestyle?

Facts and Words to Know about Disability and Chronic Disease

3.3% of children in California live with a major disability. 26% of adults in the US have some type of disability (mobility, cognition, independent living, hearing, vision, self-care). 6 in 10 adults in the US have a chronic disease such as heart disease, cancer, chronic lung disease, stroke, Alzheimer's, diabetes and chronic kidney disease.

The key lifestyle risks for chronic disease are tobacco use, poor nutrition, lack of physical activity and excessive alcohol use.

Words to learn:

- NCD (non-communicable disease)
- Infection
- Chronic
- Ableism
- Lifestyle; habits

Experience disability and chronic illness:

Revisit some of the experiences in Module 3. How does it feel to be unable to walk without pain, to see or to hear clearly?

Visit someone who is living with a chronic disease and learn about their daily challenges.

Watch a positive video of a person living with a disability. Look up Nick Vujicic or Cerrie Burnell.

Be inspired by watching an event at the Special Olympics online.

What are the 2 Feet of Love in Action?

When someone needs our help, we use both of our feet to be love in action. The **charity** step is to help with immediate needs (attention, food, medication), the **justice** step is to find the root of the problem and work to make change.

Resources

www.fordfoundation.org

Disability and Health Issues
<https://www.cdc.gov/ncbddd/disabilityandhealth/index.html>

Chronic Disease Issues
<https://www.cdc.gov/chronicdiseases/resources/infographic/chronic-diseases.htm>



First Foot Acts of Charity

Ideas for Charity

Make tie die pillowcases and deliver to a Ronald MacDonald House or a recovery center. Call ahead to arrange.

Learn how to help when someone is sick.

- Ask them what they would like you to do.
- Bring a handwritten note or a picture to share how you feel about them.
- Send a care package with magazines, games and puzzles.

Second Foot Acts of Justice

Ideas for Justice

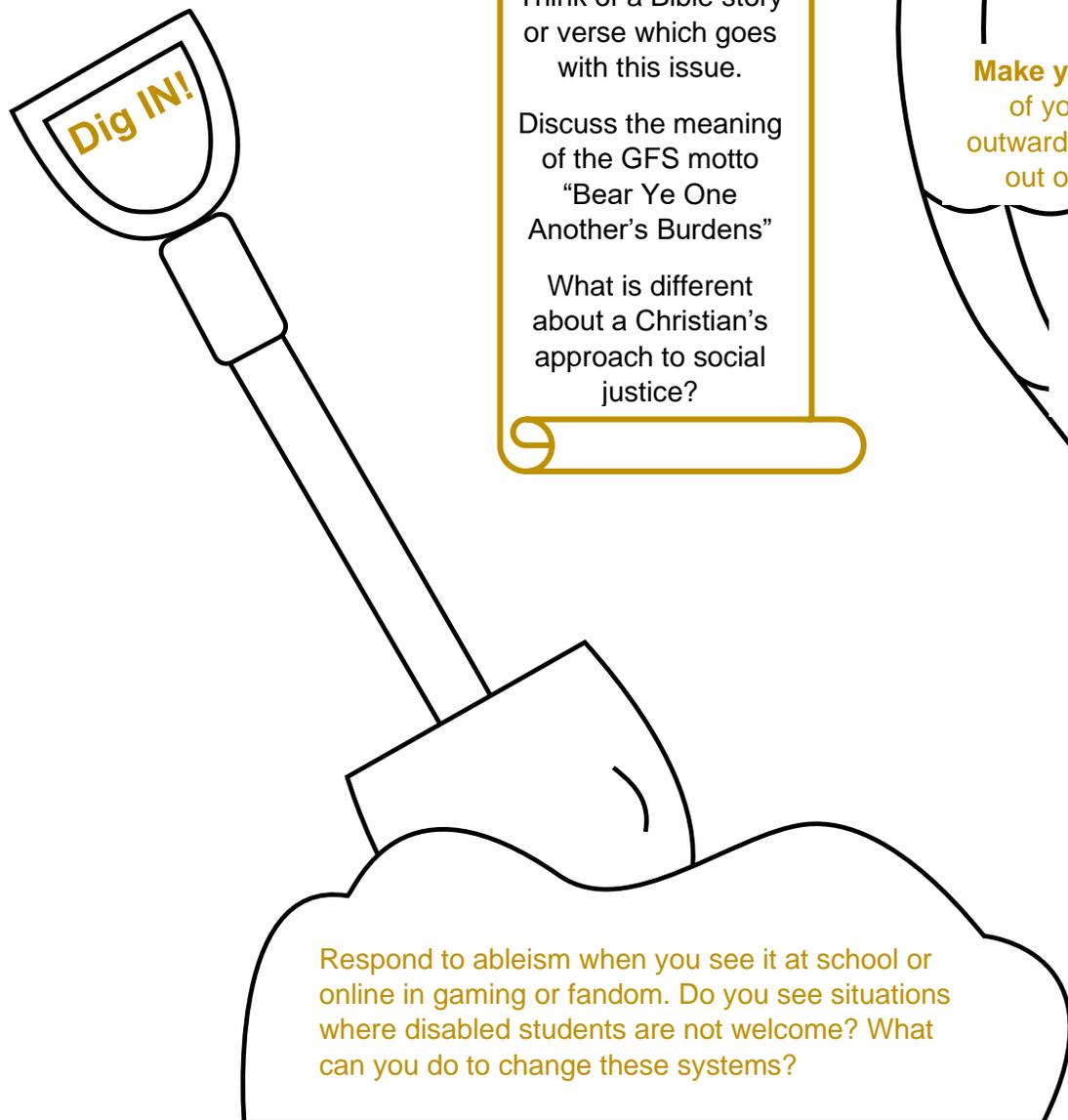
Avoid using words such as lame, insane, dumb. These terms label people with disabilities as deficient and inferior. This undermines our collective work toward justice for all.

What happens when we value people without disabilities over those with disabilities? What choices can you make to insure full inclusion of those with disabilities?

How can you encourage your community to make healthy lifestyle choices to avoid chronic disease?

What's next?

You can Dig Deeper or Lighten it Up!



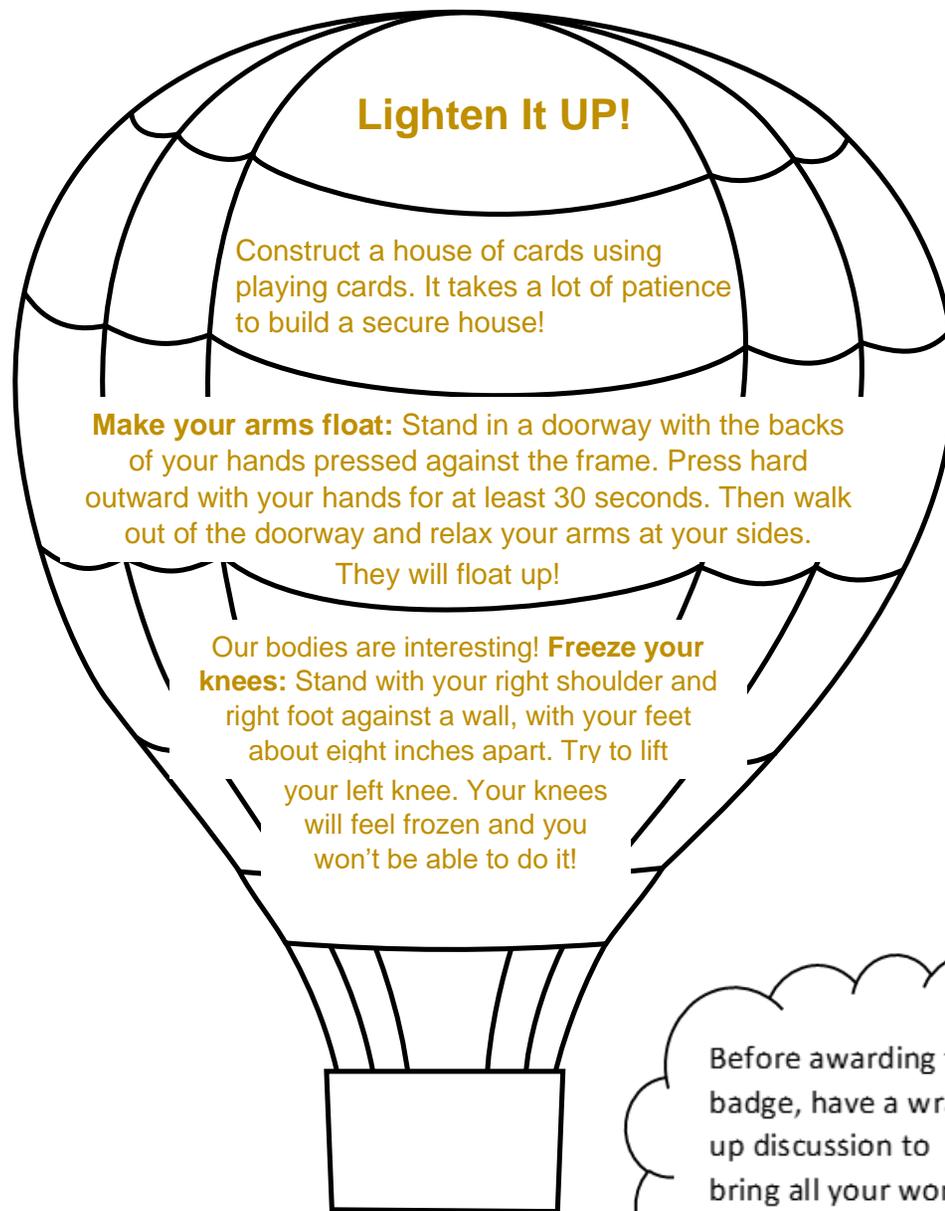
Faith Connections

Think of a Bible story or verse which goes with this issue.

Discuss the meaning of the GFS motto "Bear Ye One Another's Burdens"

What is different about a Christian's approach to social justice?

Respond to ableism when you see it at school or online in gaming or fandom. Do you see situations where disabled students are not welcome? What can you do to change these systems?



Lighten It UP!

Construct a house of cards using playing cards. It takes a lot of patience to build a secure house!

Make your arms float: Stand in a doorway with the backs of your hands pressed against the frame. Press hard outward with your hands for at least 30 seconds. Then walk out of the doorway and relax your arms at your sides. They will float up!

Our bodies are interesting! **Freeze your knees:** Stand with your right shoulder and right foot against a wall, with your feet about eight inches apart. Try to lift your left knee. Your knees will feel frozen and you won't be able to do it!

Before awarding the badge, have a wrap-up discussion to bring all your work together!

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