

In the United States, 12-16% of women aged 20 to 65 have a recognized disability.

1. Use technology to help automate routine/time consuming tasks
 - a. Stream deck app (buttons on phone or bar on your desk to automate certain computer tasks)
 - b. Macros for editing
 - c. Text expander
 - d. Talk to text function in Word, your phone, etc.
 - e. Shortcuts
 - f. Specialized apps
 - g. <https://www.csescienceeditor.org/article/publishing-accessible-content/>
2. Free resources and mentoring
 - a. <https://www.sba.gov/local-assistance/resource-partners/womens-business-centers> (find local center, focused on women)
 - b. <https://www.score.org/> (virtual and real-time assistance, mentorship and webinars, templates for business plans etc)
 - c. <https://askjan.org/topics/Entrepreneurship.cfm> (specific for people with disabilities interested in starting own business)
 - d. <https://www.dol.gov/agencies/odep/program-areas/employers/self-employment-entrepreneurship>
 - e. <https://invisible disabilities.org/>
3. Funding
 - a. <https://ambergrantsforwomen.com/get-an-amber-grant/apply-now/> (simple application, could be used for startup funds)
 - b. <https://www.halcyonhouse.org/about/>
 - c. <https://backstagecapital.com/for-founders/>
 - d. SBIR/STTR grants
 - e. <https://www.nidcd.nih.gov/directory/national-institute-disability-and-rehabilitation-research-office-special-education-and>
4. Professional Organizations
 - a. <https://nawbo.org/>
 - b. <https://wise-stem.org/about-us/>
 - c. Women in Bio
 - d. AMWA (American Medical Writers Association)
5. Articles of interest and Podcasts
 - a. <https://www.forbes.com/sites/serenitygibbons/2024/02/20/how-more-equality-can-be-brought-to-women-in-stem-fields/>
 - b. <https://www.inc.com/author/project-entrepreneur>
 - c. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8292768/>
 - d. <https://communitycentricfundraising.org/2023/11/13/its-time-to-throw-away-the-spoons-employers-dont-get-it/>

- e. <https://www.forbes.com/sites/gusalexiou/2021/11/28/disabled-entrepreneurs-speak-out-on-the-choice-to-go-it-alone-and-be-your-own-boss/?sh=41d3f85e1431>
 - f. <https://benderconsult.com/insights/disability-matters-podcast/#recent-episodes>
6. Job opportunities
- a. <https://www.wearecapable.org/>
 - b. <https://disabilityin.org/who-we-are/about/>

Key Points to Help With Starting Your Own Business

1. Flexibility in how things are done (building setup/schedule setup)--accommodations
2. Access to support and work environments
3. Having role models and support networks