

Glossary

These are the meanings of some keywords that were used in the videos.

Advocacy: Deciding what is most important to you and working with others to make it happen

Advocacy strategies: Ways you can make something you want or need happen

American Sign Language (ASL): A language that is not spoken where someone uses their hands to communicate. It is used primarily in the United States.

Anxiety: An emotion that makes you feel very nervous, afraid, or uncomfortable that lasts for a long time and does not go away easily

ASL interpreter: A professional who can translate between ASL and English

Augmentative and Alternative Communication (AAC) device: Tools that help a person communicate. They can include phones, tablets, and communication boards with pictures and letters.

Backup (person): Another person who can do the job if the first person you asked isn't able to

Booster (COVID-19): A shot you get months after your vaccine shots, to keep you safe from COVID-19

Brainstorming: Thinking of solutions to a problem without deciding if the solution is good or bad

Center for Independent Living (CIL): An organization run by disabled people that helps disabled people live independently in their own homes

Chair exercise: An exercise you can do while sitting in a chair. This could include yoga or aerobics.

Communication: Telling someone what you need. You can communicate by speaking, writing, using a device, or by pointing, moving around or making faces (body language).

COVID-19: A disease that is very easy to catch and has quickly spread around the world

COVID-19 vaccine: A shot that helps you not get as sick from COVID-19

Disability accommodation: A change in the way things are done so a person with a disability can have the same experience as people without a disability

Disaster: An emergency that requires more help than you already have. Help is needed to protect people and property. Examples of disasters are if your house is destroyed in a fire, people are dying from a heatwave, or there is no baby formula to buy in the store.

Disaster services: Services available to people during a disaster. They can be having food and water available, making a specific place to go for help with transportation, or helping people find out how to get what they need.

Direct Support Professional (DSP): Someone who works with people who have intellectual or developmental disabilities to help them to do things independently

Emergency: An event that needs someone to do something right away to protect people and property. An example of an emergency is if your house has a fire, if your state is having a heat wave, or if there is a small supply of baby formula in the stores.

Effective: When something works

Emergency: An event that needs someone to do something right away to protect people and property. An example of an emergency is if your house has a fire, if your state is having a heat wave, or if there is a small supply of baby formula in the stores.

Emergency management department: the government agency that is responsible for emergency or disaster planning

Healthcare: Work to keep or make physical, mental, or emotional health better. It is given by doctors, dentists, nurses, physical therapists, or others

Healthcare provider: A person who provides healthcare, such as a doctor, nurse, or pharmacist

Immunity: Your body's ability to fight off a disease or illness

Immunocompromised: When someone's body is not as effective at fighting disease

Independence: Making your own choices and living life how you want

Legal right: Something you can do or protection you have because of the law

Medical professional: A person who is qualified to give medical advice, such as a doctor, nurse, or pharmacist

Organization: A group of people that work together for a common purpose

Paid Time Off (PTO): Time you can take off of work and still get paid

Paratransit: Vans with lifts that come to your house

Personal Care Assistant (PCA): Also known as Personal Care Attendants or Personal Assistants. Someone who helps you with activities of daily living, like bathing, cooking, or getting groceries

Place of worship: A place to pray, like temples, churches, mosques, or synagogues

Policy: A plan to do something that a government agency, organization, or other group agrees upon beforehand

Prepare: Get ready before something happens

Property: Things that you own

Public health department: A part of town, city, county or state government that is responsible for a healthy community

Resources: Things that you have to maintain your independence. This can be information, time, money, people who can help you, or other things that you need.

Rights: Laws that protect people

Screen readers: Devices or software (an app) that reads electronic text out loud

Service animal: A dog or miniature horse that is trained to do work for a person with a disability

Side effects: A reaction to a vaccine or medicine, like feeling sick

Support network: A group of people who can help you stay independent. They include friends, with and without disabilities; family members, your personal care assistants (PCA), direct support professional (DSP) or other staff; or people from Centers for Independent Living (CILs).

Vaccine: A shot to help a body fight a disease

Vaccine / Booster plan: A plan that covers all of the things that you need to do when you get a vaccine or booster