

Able-bodied privilege checklist

This list is based on Peggy McIntosh's article on white privilege. These dynamics are but a few examples of the privilege which able-bodied people have.

On a daily basis as an able-bodied person...

1. I can easily arrange to be in the company of people of my physical ability.
2. If I need to move, I can easily be assured of purchasing housing I can get access to easily - accessibility is one thing I do not need to make a special point of looking for.
3. I can be assured that my entire neighborhood will be accessible to me.
4. I can assume that I can go shopping alone, and they will always have appropriate accommodations to make this experience hassle-free.
5. I can turn on the television or open a newspaper and see people of my physical ability represented.
6. When I learned about history, people of my physical ability were well represented.
7. I was given curricular material which showed people like me as a role model.
8. I can be assured that assumptions about my mental capabilities will not be made based on my physical status.
9. I can swear, dress sloppily, or even be in a bad mood without people attributing it to my physical disability.
10. I can do well in challenging situations very often without being told what an inspiration I must be to other able-bodied people.
11. I have been asked to speak for all physically challenged people.
12. Almost always, when asking to speak to the person in charge, will find someone of the same physical status.

13. I can buy posters, postcards, picture books, greeting cards, dolls, toys, children's magazines featuring people of the same physical status.

14. I can take a job with an affirmative action employer without having someone suspect I got my job because of my disability.

15. If I am fired, not given a raise, or not hired, I do not have to question whether it had anything to do with my appearing physically incompetent..