

Video 21.2 [Speaker 1, Jeff Tiessen]: Ableism makes its presence known in four different ways: enlightened ableism, unconscious ableism, mundane ableism, and then there is outright disablism. Where ableism favours able-bodied people and prioritizes people without disabilities, disablism is flat out discrimination against people with disabilities.

[Speaker 2, Maureen Connolly]: I mean, I look at ableism and disablism, right? So disablism is outright discrimination because you're disabled. You're disabled, we're going to discriminate against you. Disablism. In a lot of ways that's simpler because it's like any other ism, right? Sexism, you're a woman, you're not capable, that sexism. Disablism, you're disabled, you're not capable. Sort of easier and more straightforward. Ableism is the valuing of a non-disabled body and that that's the most and most preferred way of being in the world and that we should be striving for that standard regardless of the bodies we have. So it's more insidious in a lot of ways than over disablism, because you can look enlightened with ableism. You can look like you're well meaning, you can say, well, there's, there's nothing wrong with encouraging people to get back on their feet again. No, okay, there's nothing wrong with it. But if that's the only valuable way of being in the world, then people who really need to become better wheelchair users are gonna stay on their feet longer than necessary and be in loads of pain longer than necessary because they're trying to maintain this upright standard because it's what's valued.

[Speaker 3, LeeAnn Cayer]: I'm terrified of being truly seen, and yet I hate being invisible. My fear is of my own power ultimately of being sort of most vulnerable and authentic. And ableism is a, kind of uses shame as a motivator, you know? And so I'm always feeling that I must, you know, push on, push harder, make it look good, and, you know, with ease and grace no matter what the internal sort of experience is, and that's a pressure I think that is, comes from, you know, the outside environment as much as my own internal ways.

[Speaker 2, Maureen Connolly]: So, that becomes the value that the culture then expects regardless of the body that you find yourself in, the body that you find yourself inhabiting. And so I find that insidious. It's insidious because any one of us can enter disability culture at any time. It's the existential possibility for everybody. And unless we all like die quickly, disability awaits us all because we live in a culture that's inherently disabling because it values excessive productivity, ceaseless energy, endless youth, normalized standards of attractiveness. And, and I think that's what I find insidious about ableism, how it's interconnected with these other systems of productivity. Those things kind of interconnecting, create large systems that are difficult to push back against. And so, it's easier to cooperate and devalue yourself than it is to say, this is just as legitimate a way to solve this problem as that.