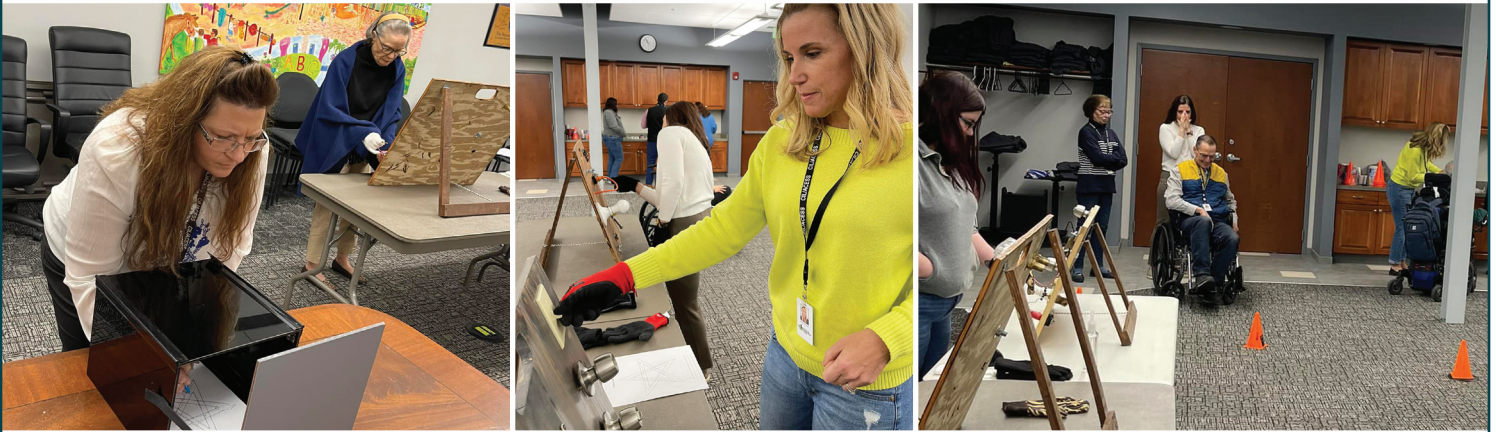


Project ABLE

Acceptance By Learning Experience

MyCIL.org



Project ABLE is based on learning and understanding by doing. During this interactive program, you'll experience firsthand what having a disability can be like as you move through our interactive stations.

At each station, which simulates a different disability, you'll face some of the barriers that people with disabilities encounter in everyday life.

You'll discover how important supports are for people with disabilities and why removing barriers is key to independent living.

Disability Awareness Stations

Mobility Loss

To simulate mobility loss from a stroke, you'll sit in a manual wheelchair and attempt to maneuver through obstacles (cones) using only your non-dominant arm and leg.

Manual Dexterity Challenges

To simulate challenges of dexterity, you'll wear a glove that significantly restricts the use of your hands and fingers while trying to operate a series of locks and other commonly used items.

Visual Disabilities

To simulate low vision, you'll attempt to pour water into a cup while wearing vision-restricting glasses.

Learning Differences

To simulate dyslexia, you'll try to trace a star by looking through a mirrored box. One of the mirror boxes will also have headphones connected to a device that will magnify the sounds in the room. With the background noise magnified, you will not be able to clearly hear or understand verbal instructions, which simulates ADD or ADHD.

Typical Project ABLE Agenda

Project ABLE is recommended for ages 11 and above and is held in large spaces, such as a gym or cafeteria. The agenda below is based on approximately 50 participants. Timing will be adjusted based on actual group size.

Introduction & Program Overview (15 Minutes)

Participants are divided into four groups.

Stations (45 minutes)

Participants rotate when instructed through the four different interactive stations.

Conclusion (15 minutes)

Participants reconvene into the large group to discuss their experiences with the stations as well as the *Person First Language* worksheet handout.



We can be **independent** when we do it **together**



Contact Keith Loughney, Outreach Coordinator, to Learn More.
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