

DISABILITY AWARENESS CALENDAR 2018

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Source: <https://brailleworks.com/world-braille-day/>

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 <i>World Braille Day was created to commemorate Louis Braille</i>	4 World Braille Day	5	6	7 <i>Untreated, leprosy can cause permanent damage to the nerves, limbs, and eyes</i>
8	9	10 <i>Braille is not a language - it's a tactile alphabet</i>	11	12	13	14 <i>Leprosy is curable with multidrug therapy</i>
15	16	17 <i>Braille started out as a military code called "night writing."</i>	18	19 <i>Braille was invented by Louis Braille</i>	20	21 <i>Leprosy is transmitted via droplets,</i>
22	23	24 Moebius Syndrome Awareness Day	25	26	27	28 World Leprosy Day
29	30	31 <i>Braille is traditionally written with embossed paper</i>	Challenge of the month: See what changes you can suggest in the workplace or school to make it more accessible for persons with visual impairments			

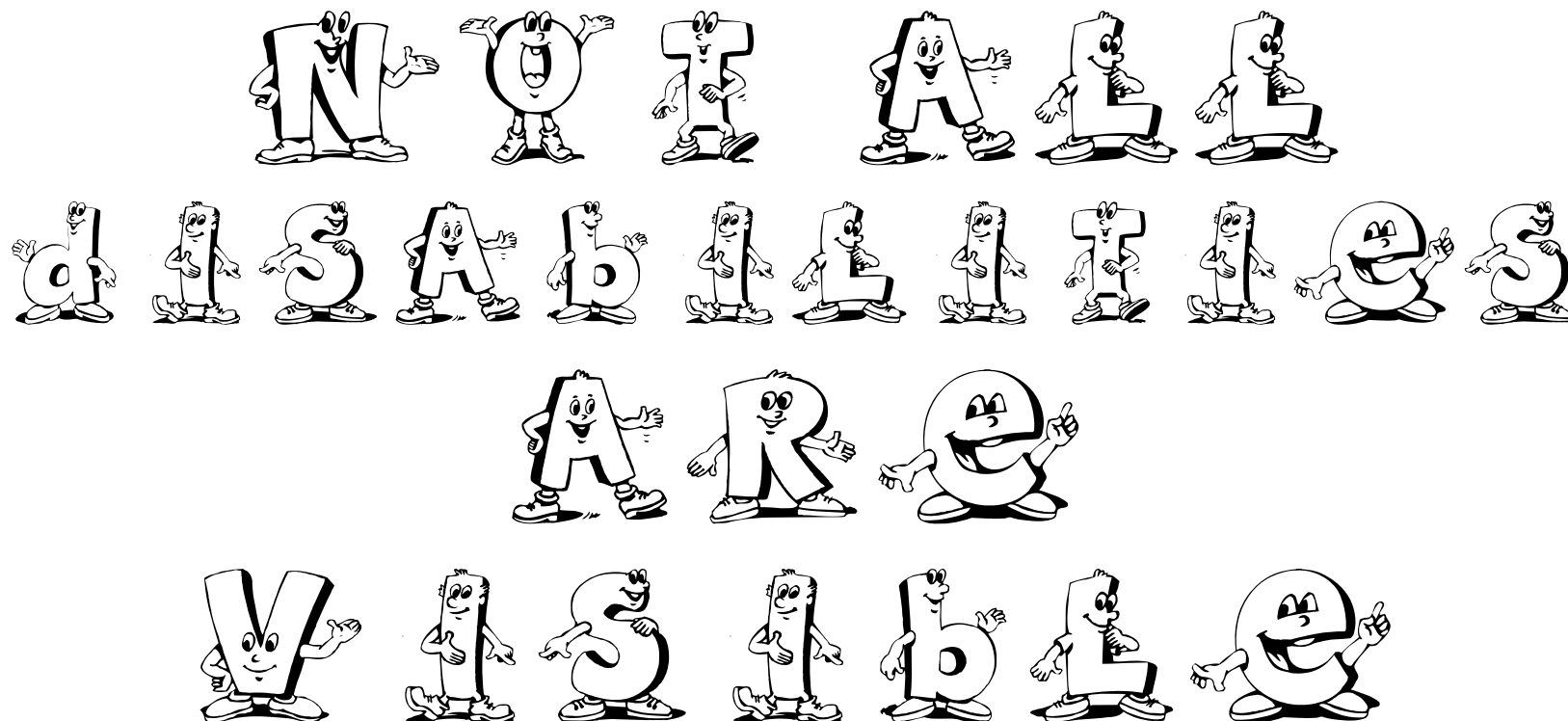
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february

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <i>You can't swallow your tongue during a seizure.</i>	2 World Rheumatoid Arthritis Awareness Day	3	4 <i>You should NEVER force something into the mouth of someone having a seizure.</i>
5	6	7	8 <i>Most people with epilepsy CAN DO the same things that people without epilepsy can do. However, some people with frequent seizures may have problems in some parts of their life.</i>	9	10	11 <i>Always stay with the person until the seizure is over.</i>
12 World Epilepsy Day	13	14	15 International Angelman Syndrome Day	16	17	18 <i>Pay attention to the length of the seizure, if it is more than five minutes, call emergency health services</i>
19	20	21	22 <i>There are over 40 different types of seizure.</i>	23	24	25 <i>Prevent injury by moving nearby objects out of the way</i>
26	27 Anosmia awareness day	28 <i>Epilepsy is NOT contagious.</i>	Challenge of the month: Familiarise yourself with what to do when someone has an epileptic attack.			

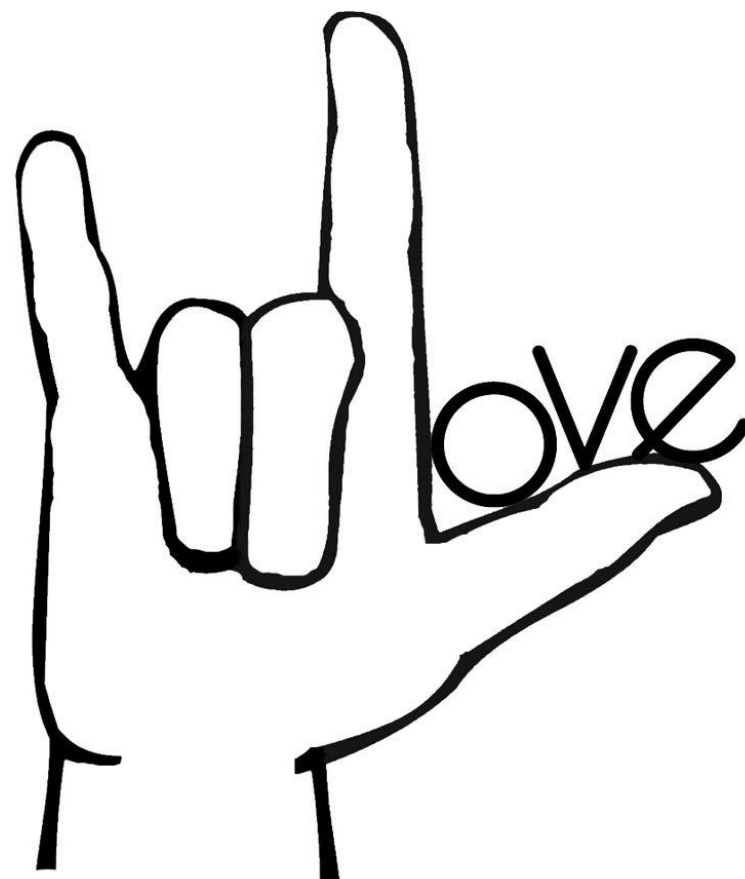
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March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 International Wheelchair Day	2 <i>Sign language varies from country to country. Most of the country have their own sign language or share a certain sign language but, with a different dialect.</i>	3 World Hearing Day	4 <i>Sign language doesn't only use signs to communicate. It uses facial expression, hand movement and position, gestures and body language to communicate.</i>
5	6	7 <i>Babies can communicate using sign language 6-8 months prior to communicating verbally.</i>	8	9	10 World Fibromyalgia Day	11 <i>Sign languages have their own grammar and syntax.</i>
12	13 <i>Deaf History Month is observed from March 13th to April 15th every year</i>	14	15	16 Global brain Injury awareness day	17	18 <i>Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21.</i>
19 <i>Down syndrome is the most commonly occurring chromosomal condition.</i>	20	21 World Down Syndrome Day	22	23	24	25 <i>Life expectancy for people with Down syndrome has increased dramatically in recent decades - from 25 in 1983 to 60 today</i>
26 <i>While behaviour, mental ability, and physical development varies from person to person, many individuals with Down syndrome grow up to hold jobs, live independently, and enjoy normal recreational activities</i>	27	28	29	30	31 Challenge of the month: Learn to say "hello" in sign language.	

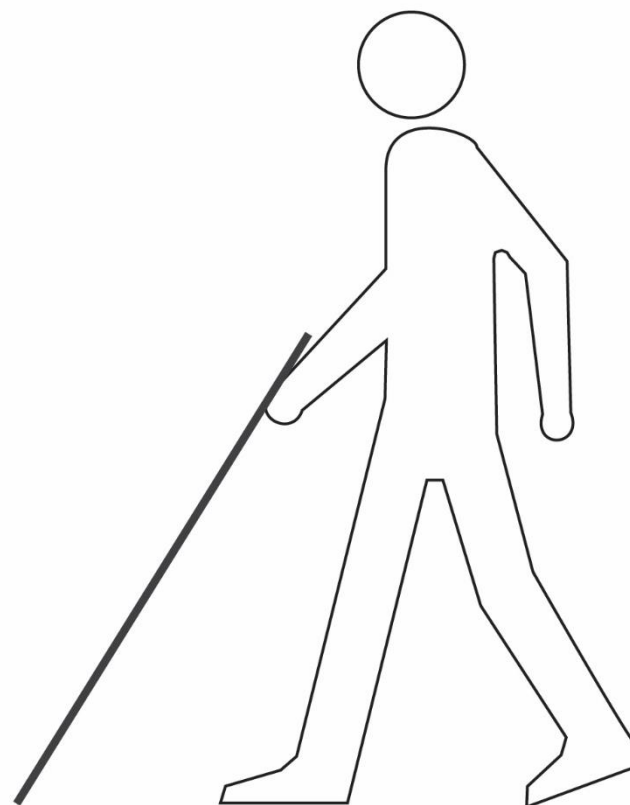
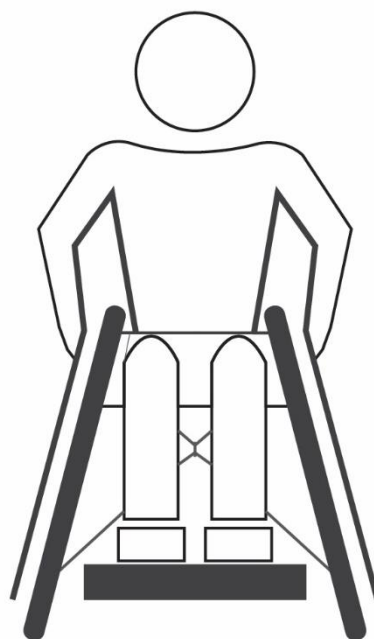
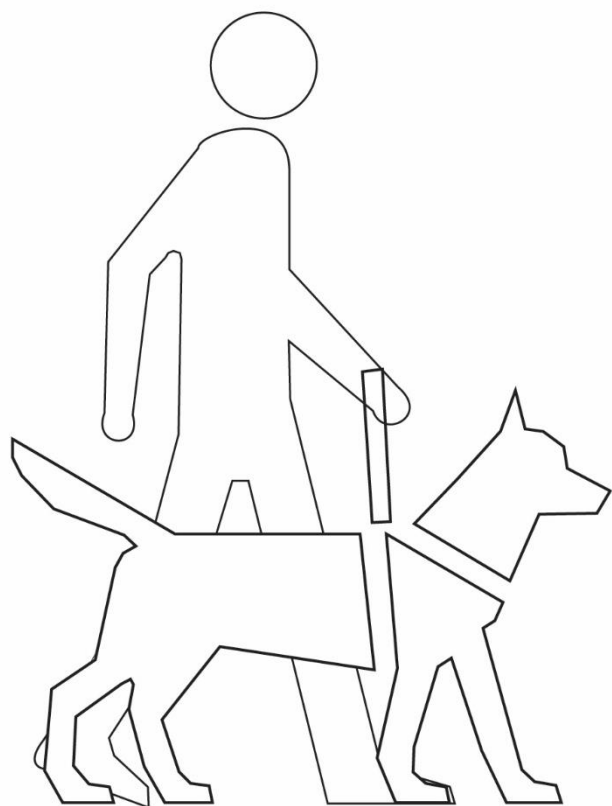
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April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <i>Autism now affects 1 in 68 children</i>
2 World Autism Day	3	4 <i>Every nine minutes someone is diagnosed with Parkinson's disease.</i>	5	6 International Bohring-Opitz Syndrome Day	7 World Health Day	8 <i>Over 1 billion people live with some form of disability</i>
9	10	11 World Parkinson's Disease Day	12	13 International Functional Neurological Disorder (FND) Awareness Day	14	15 <i>Parkinson's disease is the second most common neurodegenerative disorders after Alzheimer's disease.</i>
16	17 <i>The tulip is the international symbol of Parkinson's disease. The symmetrical petals represent the two sides of the brain. The bright colours represent hope and strength.</i>	18	19	20	21	22 <i>Autism greatly varies from person to person.</i>
23	24	25 <i>The rate of autism has steadily grown over the last twenty years</i>	26	27	28	29 <i>Children with autism do progress – early intervention is key</i>
30	<p>Challenge of the month:</p> <p>Familiarise yourself with your local disability organisations' events</p>					

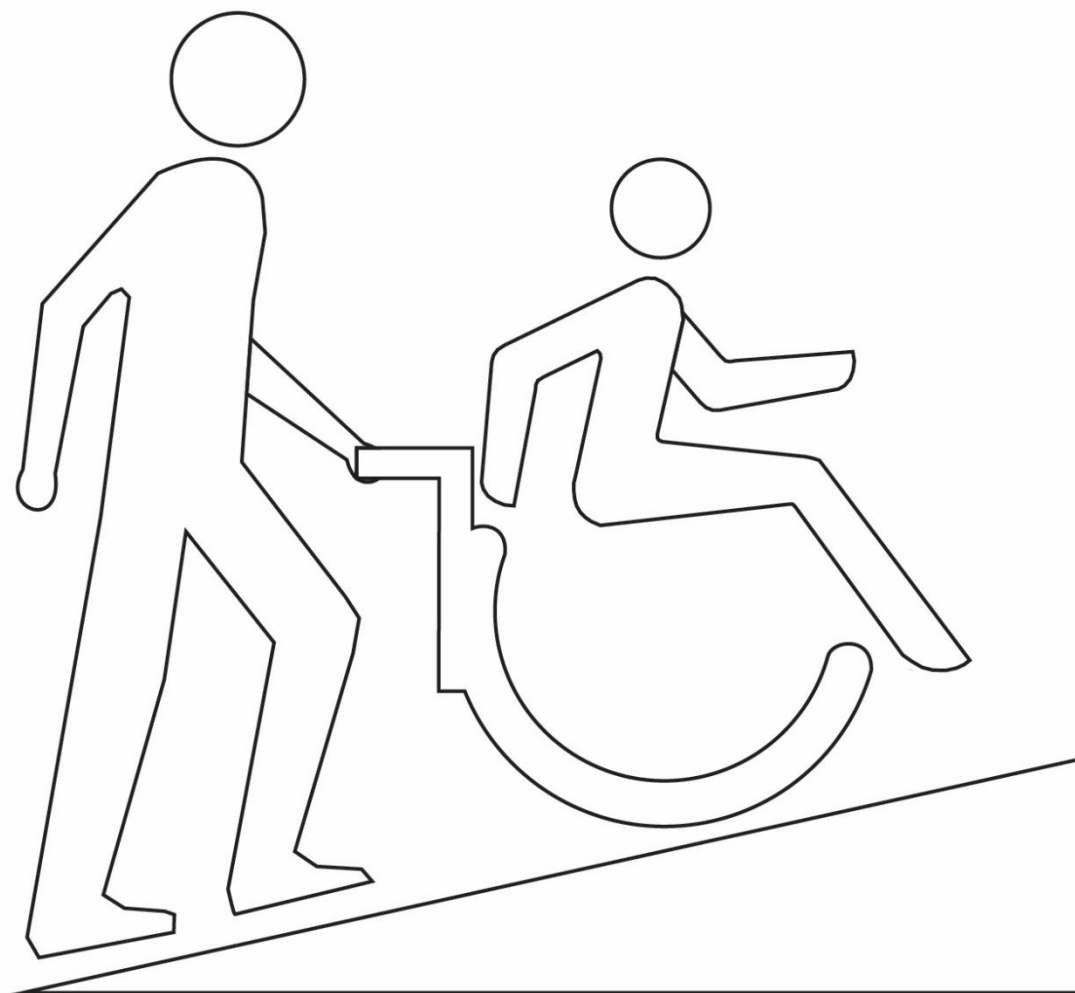
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MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <i>The use of strobe lights can induce epileptic fits, migraines etc.</i>	2	3 <i>Dimming lights causes problems for those with sight impairments and for the hearing impaired it may make lip reading impossible.</i>	4	5	6 International Awareness Day for Osteogenesis Imperfecta (Brittle Bones)
7	8	9	10 <i>Assistive technology is vital to more than a third of people with disabilities being able to take care of themselves at home.</i>	11	12	13 <i>In some countries, up to a quarter of disabilities result from injuries and violence.</i>
14	15	16	17 Global Accessibility Awareness Day	18	19	20 <i>The majority of people with disabilities acquire their disability later in life.</i>
21	22	23	24 <i>Article 32 of the Convention on the Rights of Persons with Disabilities requires that all actions within the framework of international cooperation are inclusive and accessible to people with disabilities.</i>	25	26	27 <i>In October 2010 the United Nations Development Group (UNDG) endorsed a "Guidance note on integrating the rights of persons with disabilities in United Nations programming at the country level" that explains how to mainstream disability in the United Nations Development Assistance Framework (UNDAF).</i>
28	29	30 World Multiple Sclerosis Day	31 <i>International Disability Alliance (IDA) works to mainstream the rights of persons with disabilities throughout the United Nations system</i>	Challenge of the month: Look for ways to ensure that your work-place and home is accessible to persons with physical disabilities.		

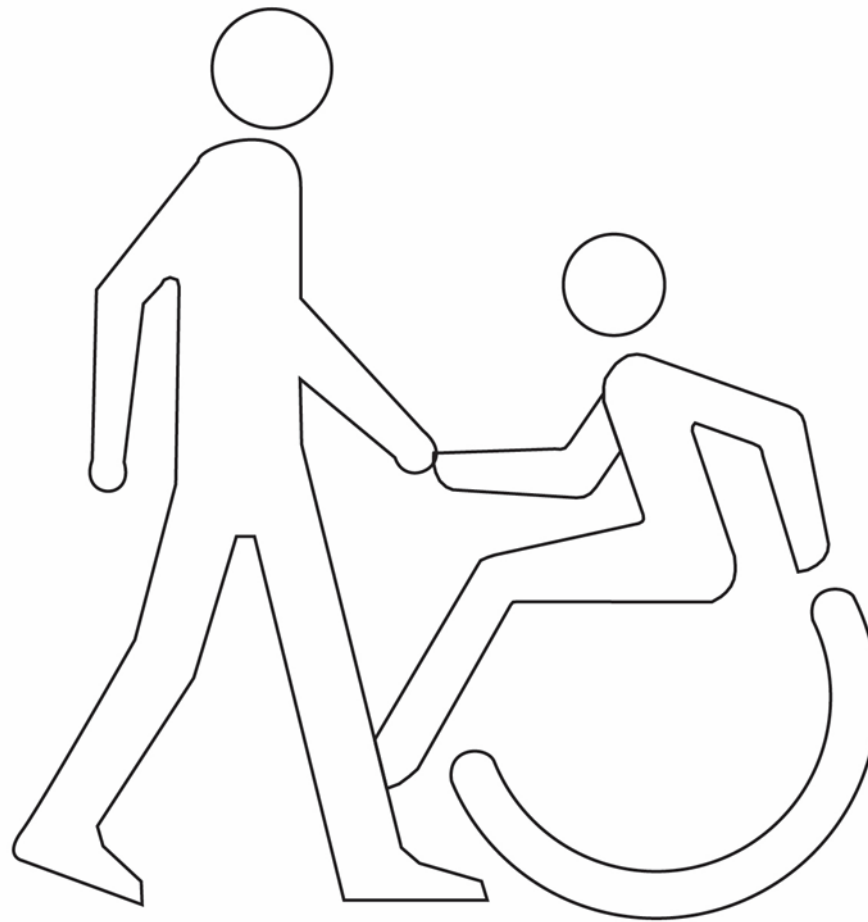
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JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 World Clubfoot Day
4	5	6 <i>One in 100 children have some form of Tourette Syndrome (TS).</i>	7 World Tourettes Awareness Day	8	9	10 <i>TS is an inherited neurological disorder named after Gilles De La Tourette</i>
11	12	13 <i>Around the world, 150,000 - 200,000 babies with clubfoot are born each year. Up to 160,000 of them will be born in developing countries.</i>	14	15	16	17 <i>There are two types of tics, motor and vocal.</i>
18	19	20 <i>Recent research has shown that the Ponseti Method is effective for children as old as ten, even in cases of failed surgery.</i>	21	22	23	24 <i>The excessive and uncontrollable use of foul or obscene language, known as coprolalia, only affects 10% of individuals with TS.</i>
25	26	27 <i>While stress can worsen the symptoms of TS for certain individuals, it is not the cause of TS.</i>	28	29	30	Challenge of the month: Donate goods to a care centre for children with special needs

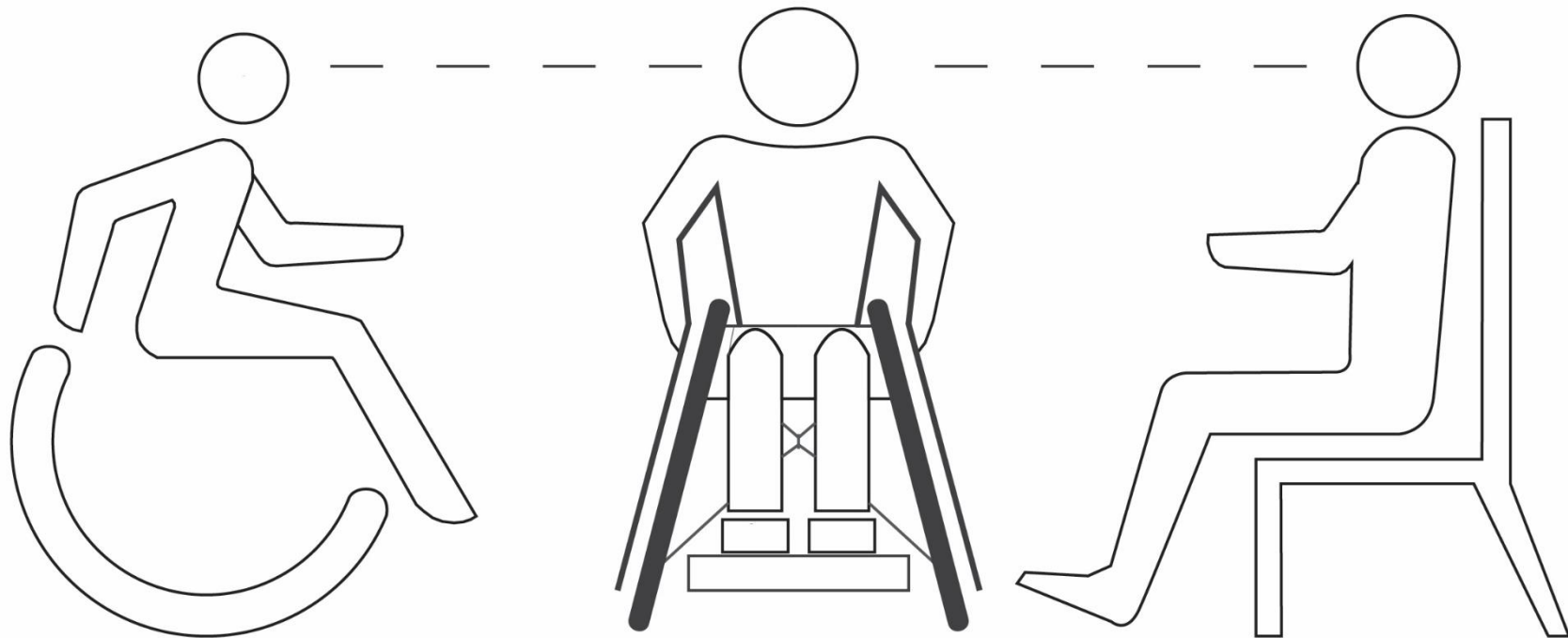
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July

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						1 <i>Moebius syndrome is a rare congenital (present at birth) condition that results from underdevelopment of the facial nerves that control some of the eye movements and facial expressions.</i>
2	3	4 <i>Stephen Hawking is one of the most well-known physicists in the world, and he was able to achieve that in spite of being diagnosed with ALS when he was 21.</i>	5	6	7	8 <i>The majority of individuals affected by intellectual disabilities show only mild symptoms and, with the right support, can greatly improve, learn, and develop.</i>
9	10	11 <i>Despite being deaf, Beethoven turned out to be one of the biggest composers of all time.</i>	12	13	14	15 <i>Intellectual disability (sometimes called "cognitive disability") is not a disease or a contagious condition.</i>
16	17	18 <i>Daniel Radcliffe has lived with a mild case of dyspraxia for his entire life. Dyspraxia is a common neurological disorder that affects motor skill development.</i>	19	20	21	22 <i>Approximately 85% of the mentally disabled population is in the mildly disabled category. Their IQ score ranges from 50-75</i>
23	24	25	26	27	28	29
30	31	Challenge of the month: Share an article on intellectual disabilities				

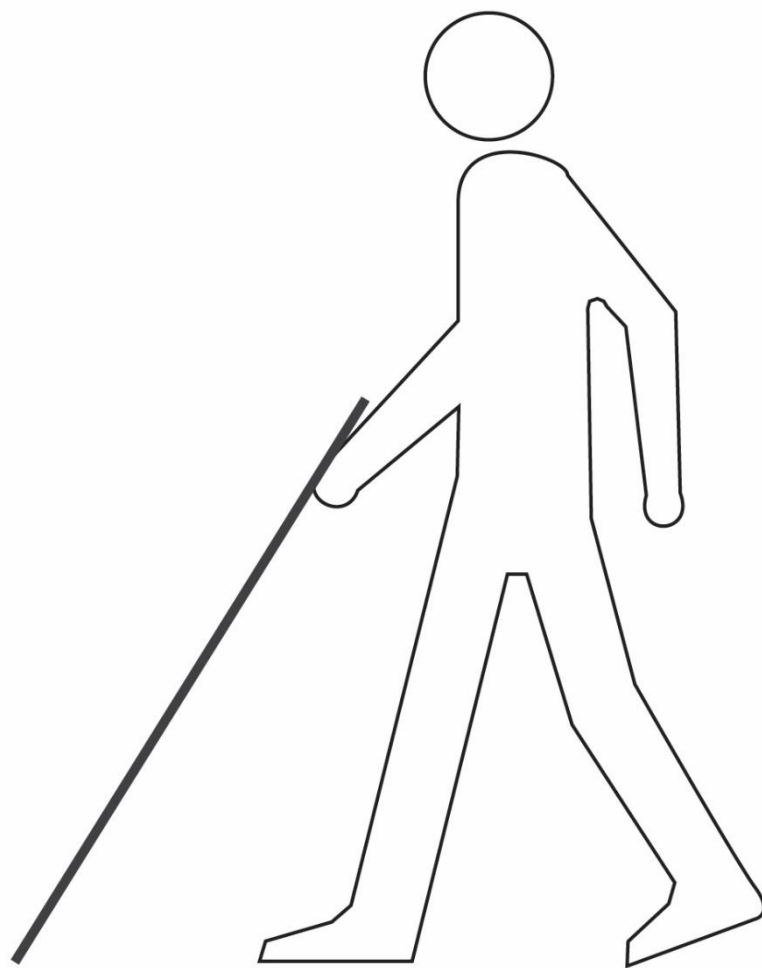
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August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5 <i>Angelman syndrome is a genetic disorder that affects the nervous system and causes severe physical and intellectual disability.</i>
6	7	8	9	10	11	12 <i>Bohring-Opitz Syndrome is RARE – fewer than 60 children are published in medical articles since 1999.</i>
13	14	15 <i>President Franklin Delano Roosevelt is considered a great president and the entire time he was in office and was also a wheelchair-user due polio.</i>	16	17	18	19 <i>Guillain-Barré syndrome (GBS) is a disorder in which the body's immune system attacks part of the peripheral nervous system.</i>
20	21	22 <i>Entrepreneur, billionaire, and "The only person in the world to have built eight billion-dollar companies from scratch in eight different countries", Richard Branson has dyslexia and as a child his teachers simply labeled him as lazy or "not very clever."</i>	23	24	25	26 <i>Bohring-Opitz syndrome is a rare genetic condition characterized by intrauterine growth restriction (IUGR), developmental delay, flexion of the elbows and wrists and distinctive facial features.</i>
27	28	29	30	31	<p>Challenge of the month:</p> <p>Share an inspirational story on Facebook about a person with a disability</p>	

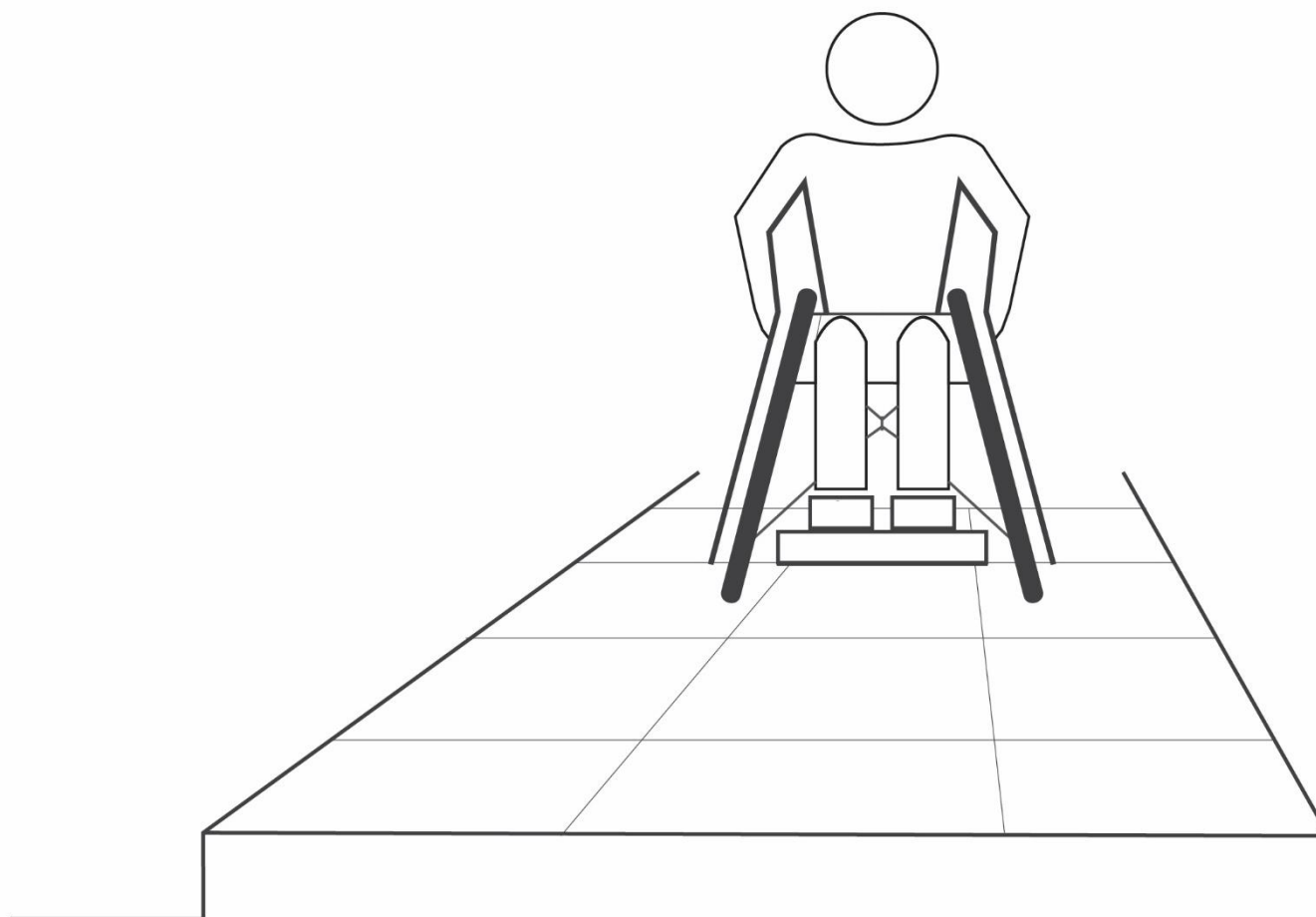
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September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Challenge of the month:</p> <p>Share awareness on prevention of FAS</p>					1	2 <i>Foetal Alcohol Syndrome (FAS) is a caused by alcohol consumption by the pregnant mother.</i>
3	4	5 World Spinal Cord Injury Day	6	7	8	9 International Foetal Alcohol Spectrum Disorders Day
10	11	12 <i>The prevalence of FAS in the De Aar (South Africa) is 122 per 1 000 school-entry children, thus 12.2%. This is officially the highest frequency yet reported in one population anywhere in the world.</i>	13	14	15	16 <i>FAS is not only a childhood disorder; exposure to alcohol as a foetus can cause a vast range of lifelong mental and physical disabilities.</i>
17	18	19 <i>Foetal Alcohol Spectrum Disorders (FASD) is a term that includes both Foetal Alcohol Syndrome (FAS) and Alcohol Related Neurodevelopmental Disorder (ARND).</i>	20	21	22	23 <i>The FAS Knot symbolizes a loving community that works together to help eliminate FASD. The cord is tied in a reef knot. The knot is stronger than the cord itself, and cannot be broken or snapped.</i>
24	25 International Ataxia Awareness Day	26	27	28 <i>The effects of prenatal exposure to alcohol last a lifetime.</i>	29	30 <i>FAS can be TOTALLY PREVENTED.</i>

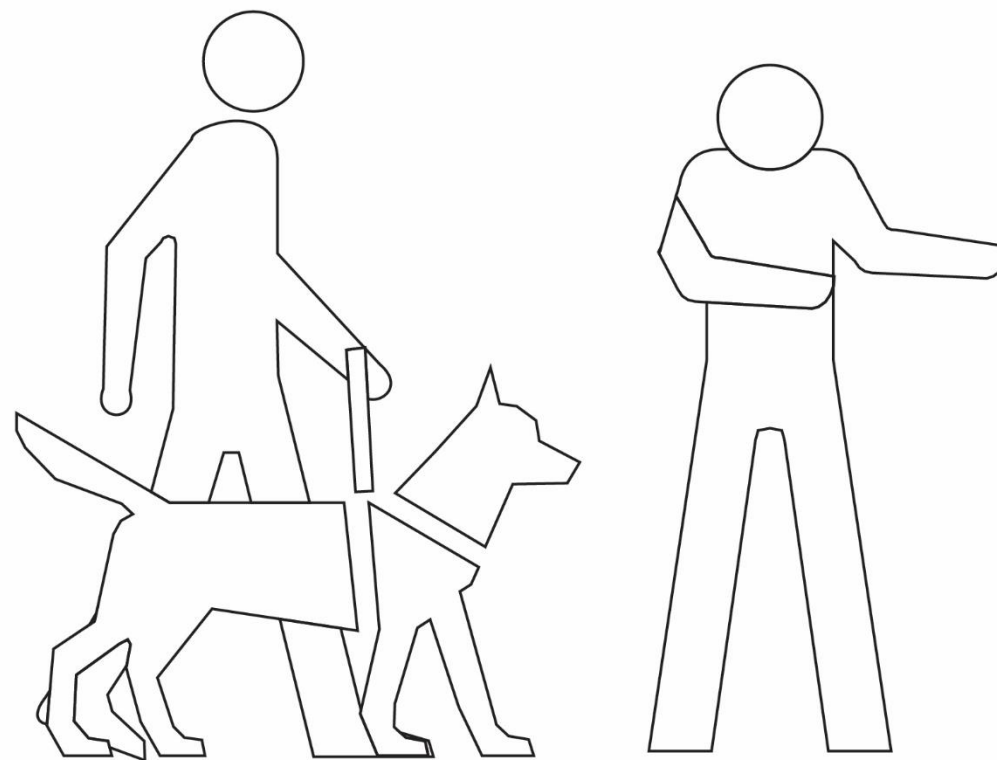
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OCTOBER

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1	2	3 <i>One in 200 Polio infections leads to irreversible paralysis (usually in the legs).</i>	4	5	6 World Cerebral Palsy Day	7 <i>The global effort to eradicate polio is the largest public-private partnership for public health.</i>
8	9	10 World Mental Health Day	11 World Sight Day	12	13	14 <i>Spina Bifida is one of the most frequently occurring permanently disabling birth defects.</i>
15	16	17  inform@bility	18 <i>Spina bifida is a neural tube birth defect (NTD) which occurs within the first four weeks of pregnancy.</i>	19	20	21 <i>Research has shown that Spina Bifida patients have the potential to become allergic (to some degree) to latex.</i>
22 International Stammering Awareness Day	23	24 World Polio Day	25 World Spina Bifida and Hydrocephalus Day	26	27	28 <i>There are three forms of Spina Bifida: Occulta, Meningocele and Myelomeningocele. In Myelomeningocele, the most severe form of Spina Bifida, the spinal cord and surrounding membranes are open to the skin surface.</i>
29 World Stroke Day	30	31 <i>High blood pressure is the leading cause of stroke and the most significant controllable risk factor for stroke.</i>	<p>Challenge of the month:</p> <p>Raise awareness of possible prevention of strokes and Spina Bifida..</p>			

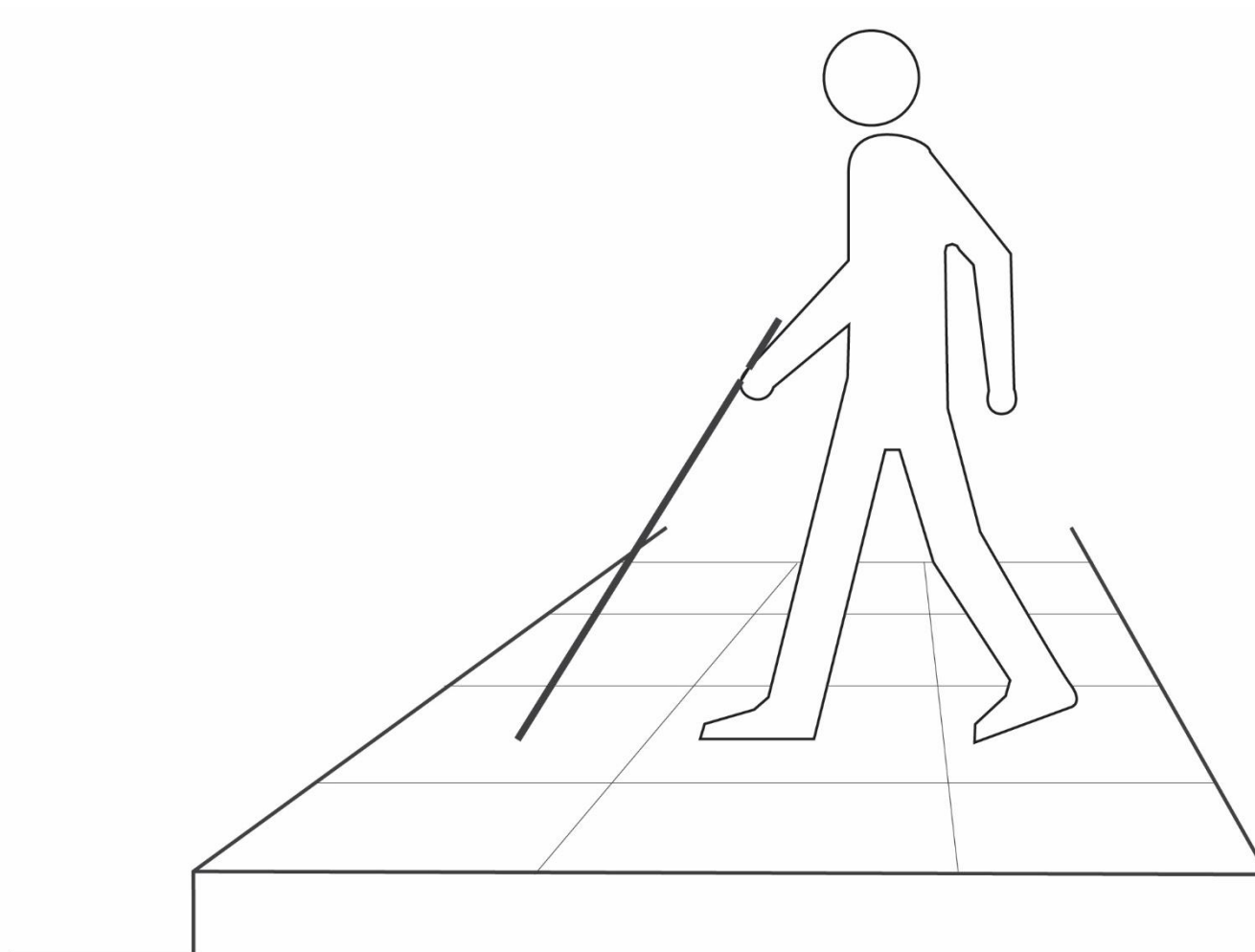
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November

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			1	2	3	4 <i>Globally, approximately 17 million people have cerebral palsy.</i>
5	6 <i>Recent studies have found that taking 400 micrograms of the B-vitamin folic acid prior to and during the first weeks of pregnancy may reduce the risk of neural tube defects, including Spina Bifida by as much as 70%.</i>	7	8	9	10	11 <i>Over half (about 50%-60%) of children with CP can walk independently.</i>
12	13	14	15 World Ohtahara Syndrome Awareness Day	16	17	18 <i>Ohtahara Syndrome (OS) is a rare epilepsy syndrome seen in neonates/infants.</i>
19	20 <i>Tommy Hilfiger has a range of adaptive clothing with magnetic buttons and one-handed zippers.</i>	21	22	23	24	25 <i>Parents play a vital role in helping their child by managing the speaking and listening environment to reduce the impact of the stammer.</i>
26	27	28	29	30	Challenge of the month Prepare to form part of something in celebration of World Day of Persons with Disabilities on 3 December.	

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DECEMBER

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					1	2 <i>The awareness ribbon colour for disability, disabilities and disability rights awareness is silver.</i>
3 International Day of Persons with Disabilities	4	5	6	7	8	9
10	11	12	13	14	15	16 <i>Nawaal Akram is Qatar's first disabled model with muscular dystrophy.</i>
17	18	19	20 <i>A sculpture to commemorate soldiers who were blinded in gas attacks during World War One is on display at the Blind Veterans centre in Llandudno.</i>	21	22	23
24	25	26	27	28	29	30
31	<p>Challenge of the month:</p> <p>Celebrate World Day of Persons with Disabilities on 3 December.</p>					