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★ Invisible Disabilities: List & Information

What are Invisible Disabilities

Invisible Disability, or hidden disability, is an umbrella term that captures a whole spectrum of hidden disabilities or challenges that are primarily neurological in nature.

Do people sometimes have difficulty understanding how your symptoms such as extreme fatigue, dizziness, pain, and cognitive impairments can be so debilitating to you but can even be met with hostility by society at large

People with some kinds of invisible disabilities, such as chronic pain or some kind of sleep disorder, are often accused of faking or imagining their disabilities. These symptoms can occur due to chronic illness, chronic pain, injury, birth disorders, etc. and are not always obvious to the onlooker.

Invisible Disabilities are certain kinds of disabilities that are not immediately apparent to others. It is estimated that 10% of people in the U.S. have a medical condition which could be considered a type of invisible disability.

Nearly one in two people in the U.S. has a chronic medical condition of one kind or another, but most of these people are not considered to be disabled, as their medical conditions do not impair their normal everyday activities. These people do not use an assistive device and most look and act perfectly healthy.

According to the Americans with Disabilities Act of 1990 (ADA) an individual with a disability is a person who: Has a physical or mental impairment that substantially limits one or more major life activities; has a record of such an impairment; or is regarded as having such an impairment.

Generally seeing a person in a wheelchair, wearing a hearing aid, or carrying a white cane tells us a person may be disabled. But what about invisible disabilities that make daily living a bit more

difficult for many people worldwide

Invisible disabilities can include chronic illnesses such as renal failure, diabetes, and sleep disorders if those diseases significantly impair normal activities of daily living.

For example there are people with visual or auditory impairments who do not wear hearing aids or eye glasses so they may not seem to be obviously impaired. Those with joint conditions or problems who suffer chronic pain may not use any type of mobility aids on good days, or ever.

Another example is Fibromyalgia which is now understood to be the most common cause of chronic musculoskeletal pain. Sources estimate between 3 and 26 million Americans suffer from this hidden condition.

Other Types of Invisible Disabilities:

Chronic Pain: A variety of conditions may cause chronic pain. A few of those reasons may be back problems, bone disease, physical injuries, and any number of other reasons. Chronic pain may not be noticeable to people who do not understand the victims specific medical condition.

Chronic Fatigue: This type of disability refers to an individual who constantly feels tired. This can be extremely debilitating and affect every aspect of a persons every day life.

Mental Illness: There are many mental illnesses that do qualify for disability benefits. Some examples are depression, attention deficit disorder, schizophrenia, agoraphobia, and many others. These diseases can also be completely debilitating to the victim, and can make performing everyday tasks extremely difficult, if not impossible.

Chronic Dizziness: Often associated with problems of the inner ear, chronic dizziness can lead to impairment when walking, driving, working, sleeping, and other common tasks.

People with psychiatric disabilities make up a large segment of the invisibly-disabled population covered under the Americans with Disabilities Act of 1990.

Invisible disabilities can also include chronic illnesses such as renal failure, diabetes, and sleep disorders if those diseases significantly impair normal activities of daily living. If a medical condition does not impair normal activities, then it is not considered a disability.

96% of people with chronic medical conditions live with an illness that is invisible.

Many people living with a hidden physical disability or mental challenge are still able to be active in their hobbies, work and be active in sports. On the other hand, some struggle just to get through their day at work and some cannot work at all.

List of SOME disabilities considered invisible disabilities:

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[Anxiety disorders](#)

[Allergies](#)

[Arachnoiditis](#)

[Asperger Syndrome](#)

[Asthma](#)

[Autism](#)

[Bipolar disorder](#)

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Schnitzler's Syndrome

[Schizophrenia](#)

[Scleroderma](#)

[Sjagren's syndrome](#)

[Temporomandibular joint disorder](#)

Transverse Myelitis

[Ulcerative Colitis](#)

Publication List:

 [The Invisibility of Disability in the U.K.](#) - *Published (2015-04-13)*

 [Invisible Disability and Etiquette](#) - *Published (2012-08-09)*

 [How to Adapt the Workplace for Employees with Number Blindness Caused by Dyscalculia](#) - *Published (2011-04-19)*

 [Higher Health Care Costs for Metabolic Syndrome Risk](#) - *Published (2009-09-17)*

 [What Does Disability Look Like](#) - *Published (2009-01-14)*

 [Anosmia: Having No Sense of Smell](#) - *Published (2009-01-14)*

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Awareness: Invisible (Hidden) Disability Awareness

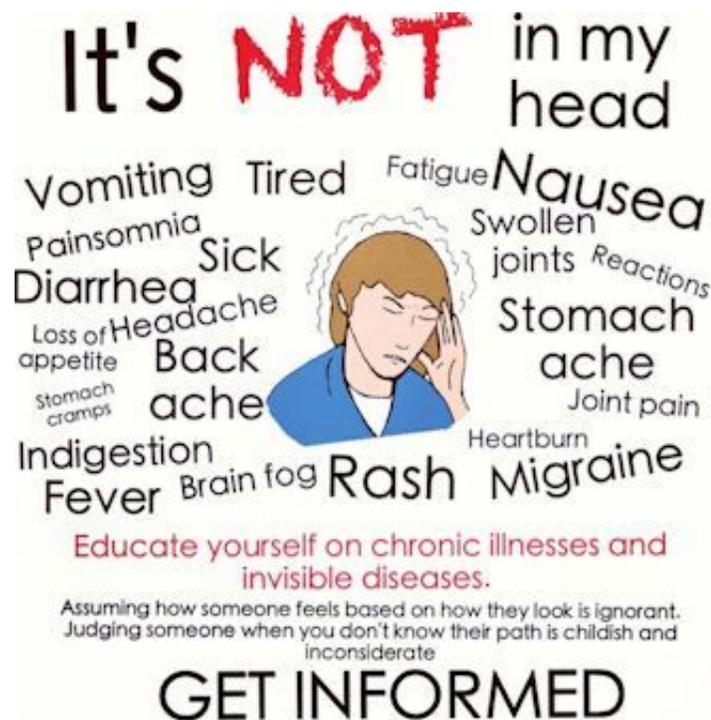
Invisible Illness Week for **2015 is Sept 28 to Oct 4**, a time to increase awareness of these hidden conditions. If you live with an invisible illness you are one of over 100 million. You are someone. You matter.

Video: Invisible Disability & Education



Invisible Disabilities Postsecondary Education - A video focusing on how to accommodate students whose disabilities are not readily apparent, also called invisible disabilities. Invisible Disabilities are certain kinds of disabilities that are not immediately apparent to others. It is estimated that 10% of people in the U.S. have a medical condition which could be considered a type of invisible disability.

Picture: Related Image



Invisible Disabilities

Definition: Invisible Disability (Hidden Disability)

Invisible Disability (Hidden Disability)

Invisible disability, or hidden disability, are defined as disabilities that are not immediately apparent. Some people with visual or auditory disabilities who do not wear glasses or hearing aids, or discreet hearing aids, may not be obviously disabled. Some people who have vision loss may wear contacts. A sitting disability is another category of invisible impairments; sitting problems are usually caused by **chronic back pain**. Those with joint problems or chronic pain may not use mobility aids on some days, or at all. Although the disability creates a challenge for the person who has it, the reality of the disability can be difficult for others to recognize or acknowledge. Others may not understand the cause of the problem, if they cannot see evidence of it in a visible way.

Facts: Invisible Disability in Society

Invisible disabilities are the most common type of disability among college students. For example, students with learning disabilities, Attention Deficit Hyperactivity Disorder and/or psychiatric disabilities may request accommodations even though they do not appear to have a disability. There are numerous other hidden or invisible disabilities such as heart condition, Chronic Fatigue Syndrome, Fibromyalgia, and Seizure Disorder.

A growing number of organizations, governments, and institutions are implementing policies and regulations to accommodate persons with invisible disabilities. Governments and school boards have implemented screening tests to identify students with learning disabilities, as well as other invisible disabilities, such as vision or hearing difficulties, or problems in cognitive ability, motor skills, or social or emotional development. If a hidden disability is identified, resources can be used to place a child in a special education program that will help them progress in school.

Statistics: Invisible Disabilities

About 10% of Americans have a medical condition which could be considered an invisible disability. 96% of people with chronic medical conditions live with a condition that is invisible. These people do not use a cane or any assistive device and act as if they didn't have a medical condition. About 25% of them have some type of activity limitation, ranging from mild to severe; the remaining 75% are not disabled by their chronic conditions.

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