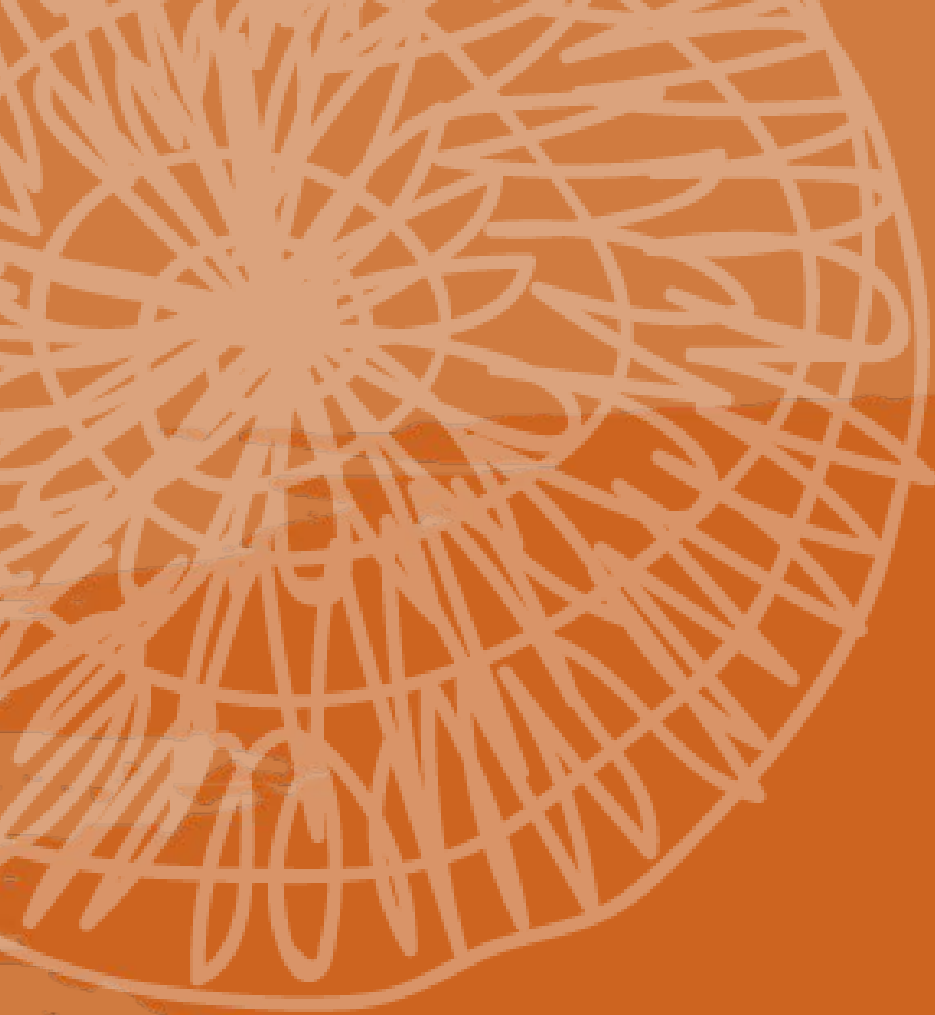




UPSTREAM ARTS

The Art of Access

April 2025



Intros




Slide for Caleb video in presentation

A man with a beard, wearing a red suit and a dark tie, is holding a young boy with dark hair. The boy is wearing a blue and white checkered shirt. They are standing in front of a backdrop that features the 'Mainstream Arts' logo, which includes a stylized white figure and the text 'Mainstream Arts' in a bold, serif font. Below the logo, the text 'Moving Against The' is visible. The background is a light-colored wall with large windows in the distance, showing silhouettes of people and trees.

MAINSTREAM ARTS

Moving Against The


Shawn Giddry
Executive Director



OUR BIG IDEA

THE PROBLEM:

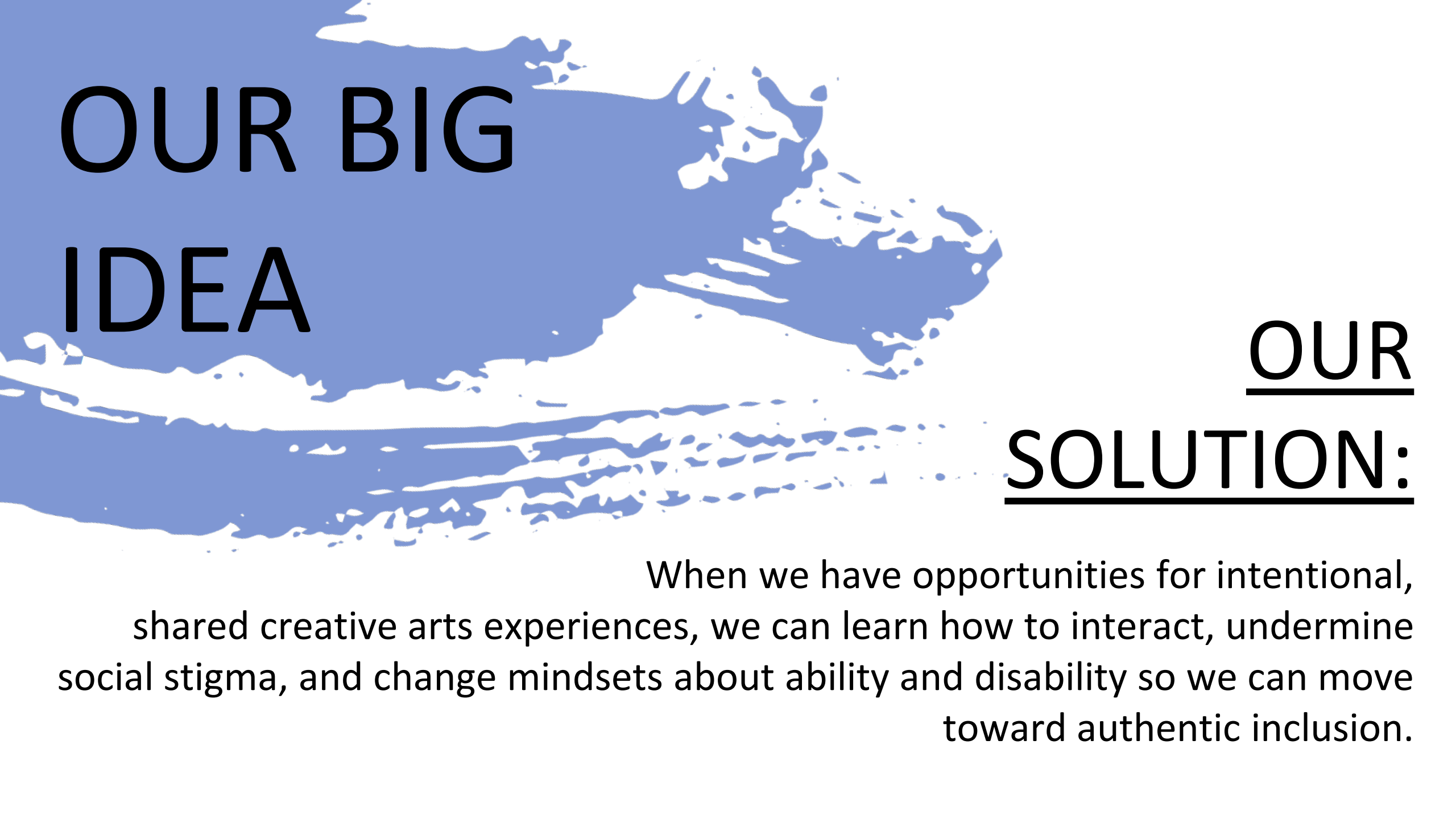
The continued segregation between people with and without disabilities deprives us all of opportunities for meaningful interaction.



OUR BIG IDEA

WHAT HAPPENS:

We feel discomfort around one another
and lack the social skills needed to be in community.



OUR BIG IDEA

OUR SOLUTION:

When we have opportunities for intentional, shared creative arts experiences, we can learn how to interact, undermine social stigma, and change mindsets about ability and disability so we can move toward authentic inclusion.



OUR MISSION

Upstream Arts uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities.

OUR APPROACH

Theatre, Dance, Music,
Poetry, Visual Arts
as a
Tool for Communication



OUR WORK

- Residencies
- Events & Performances
- Professional Development



Slide for video in presentation



TODAY!

- Disability Rights, Justice & History
- Universal Design
- Reflection time
- Active Time



GUIDELINES

- Choice
- Support
- Risk



Intros



Hi my name is...
and one choice I made today was...

Assume Ability.

101

Access is an
Attitude.

101

Prior to the Disability Rights Movement of the 1960's

people with disabilities were:

- institutionalized
- sterilized
- criticized
- and demoralized.

History + Movement + Rights + Justice

Civil Rights Movement



The Disability Rights Movement was a part of the 1960's Civil Rights Movement.

History + Movement + Rights + Justice

1973 Rehabilitation Act

It helped establish the 1973 Rehabilitation Act which *prohibits discrimination against an individual with a disability solely by reason of disability in any program or activity receiving federal financial assistance...*



History + Movement + Rights + Justice

The Education of the Handicapped Act of 1975

The Education of the Handicapped Act of 1975 guaranteed a free, appropriate public education to each child with a disability in every state and locality across the country.

This law was later renamed the Individuals with Disabilities Education Act, 1990. or IDEA





History + Movement + Rights + Justice

The Americans with Disabilities Act

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990.



History + Movement + Rights + Justice

Supreme Court's decision in Olmstead v. L.C.,

In 2009, the Civil Rights Division launched an effort to enforce the Supreme Court's decision in Olmstead v. L.C., a ruling that requires states to eliminate unnecessary segregation of persons with disabilities ensuring that persons with disabilities receive services in the most integrated setting



History + Movement + Rights + Justice

Access is an
Attitude.



Ableism

“Society is designed for and supportive of abled-bodied people alone. From inaccessible buildings and modes of communication to pervasive employment discrimination...modern societies have been built in ways that often systematically oppress, discriminate against, and stigmatize those who are not able bodied.

There is a word for this: ableism.”

Joel Michael Reynolds, PhD
AMA J Ethics. 2018

People with a disability want or need
to be cured.



Myths

If you live with a disability, you are sick,
have a disease, are in pain and/or are
suffering



Myths

If you live with a disability, you are a-
sexual
and/or uninterested in relationships and
intimacy



Myths

Living with a disability makes you a
hero



Myths

An iceberg floating in the ocean. The tip of the iceberg, which is above the water line, represents 'Apparent disabilities'. The much larger part of the iceberg, which is submerged below the water line, represents 'Hidden Disabilities'.

Apparent disabilities

Mobility Impairments

Visual Impairments/Blindness

Hearing Impairments/Deafness

Hidden Disabilities $\frac{2}{3}$

Learning Disabilities

Attention Deficit Disorder (ADD/ADHD)

Autism Spectrum Disorder

Traumatic Brain Injury (TBI)

Post Traumatic Stress Disorder (PTSD)

Mental Illness

Apparent v. Hidden Disability







Arthur Erickson, Architect
Vancouver, B.C. Canada





UNIVERSAL DESIGN is...

- Practical, elegant and effective
- Planning before anyone comes in the room...
- ...and once they are there, being creative and flexible.





CREATIVITY

the ability to transcend traditional ideas, rules, patterns, relationships, or the like, and to create meaningful new ideas, forms, methods, interpretations

Question:

What soft skills are needed
for successful employment?



Elastic Stretching



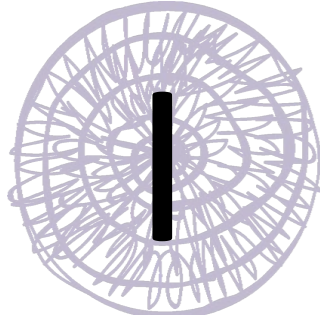
SENSORY

Lighting,
Noise Space
layout Visual
landscape



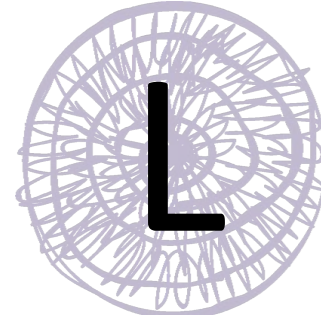
MOVEMENT

Into the space
Through the
space
Opportunities
to move



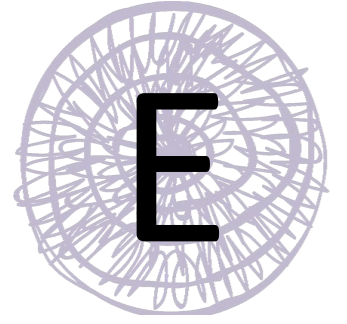
IDENTITY & INTERSECTIONALITY

We are more
than one story
We are not
defined by our
labels



LANGUAGE

Verbal, Visual.
Physical,
Auditory.
Kinesthetic.
Images.
Symbols



EXPERIENCE

Intentional
invitations,
Energy. Pacing.
Rhythm.
PRACTICE.
CHOICE.

Sensory

- Physical Space
- Light
- Sound
- Temperature
- Sight
- Smells
- Tactile





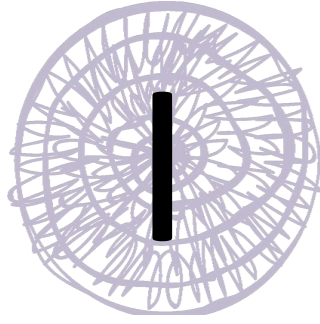
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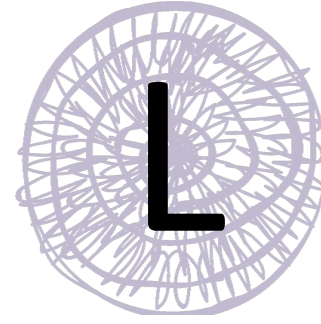
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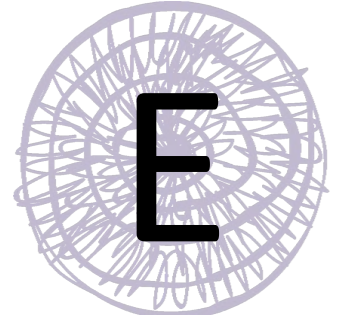
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Movement

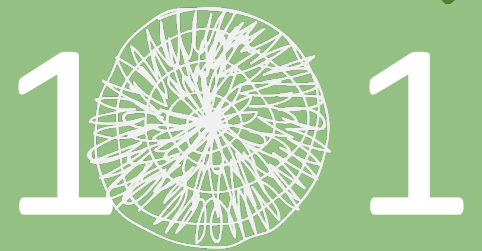
- How people move into the space
- How people move through the space
- How people are given the opportunity to move



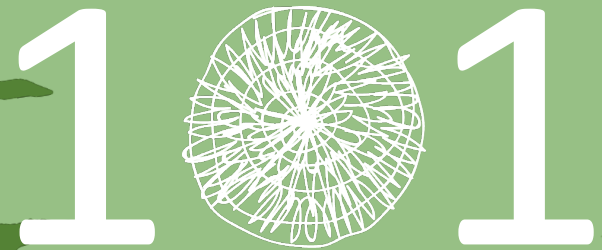
Question:

What do you need to feel
comfortable in your work space?

Notice how physical and social structures are set up without people with disabilities in mind.



A person's wheelchair/walker/cane
are an extension of that person;
before you touch, lean on or
push, ask permission.





Mirroring



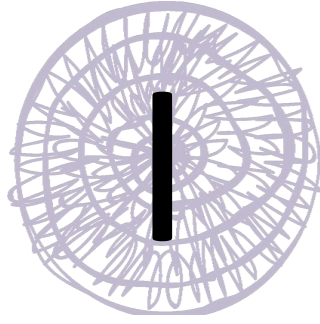
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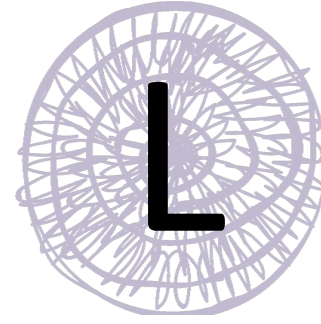
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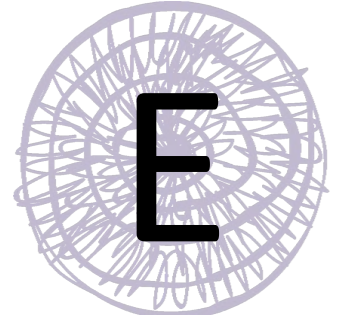
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A man with a beard, wearing a red velvet suit jacket, a white shirt, and a dark blue tie, is holding a young boy with dark, curly hair. The boy is wearing a blue and white checkered shirt. They are standing in front of a backdrop that features the 'LIFESTREAM ARTS' logo. The logo consists of a large, stylized white arrow pointing to the right, with the words 'LIFESTREAM' and 'ARTS' in a bold, white, serif font. Below the main text, the phrase 'Moving Against The' is visible in a smaller font. The background is a light-colored wall with large windows in the distance, through which some silhouettes of people can be seen.

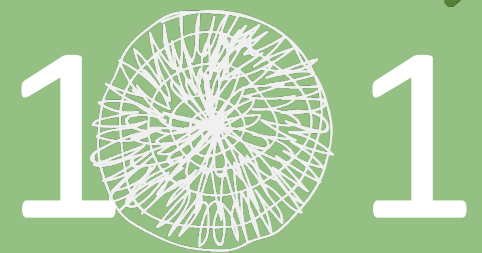
LIFESTREAM ARTS

Moving Against The

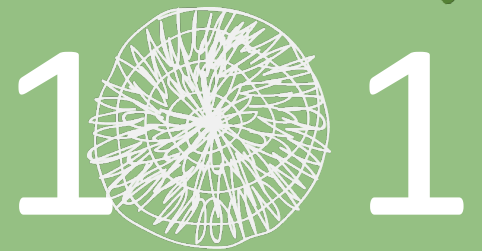
Steve Gundry
Executive Director



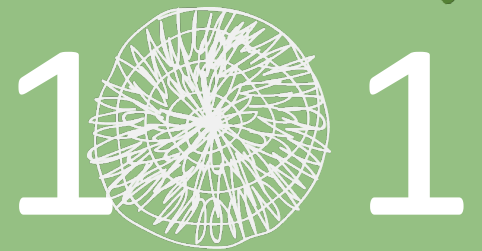
We are all more than one story



We all change and grow
over time



We are not defined by the labels
society gives us





Identity Poem

Question

What do you have in place that allows for people to show/share who they are, and to ask for what they need?



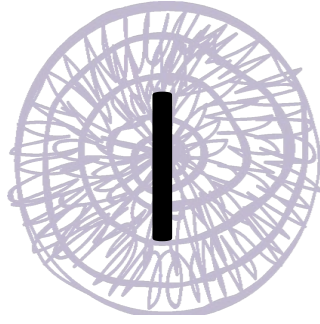
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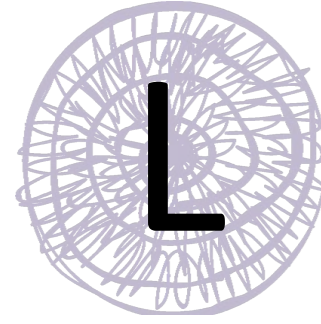
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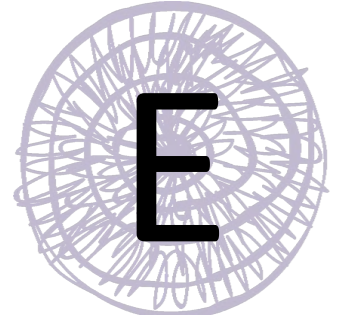
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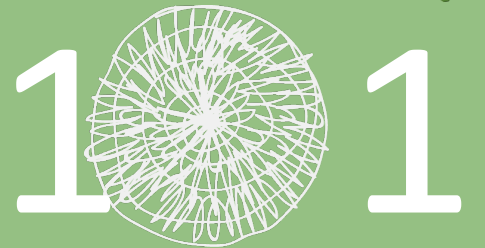
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Language

- Verbal
- Visual
- Auditory
- Kinesthetic
- Body Language
- Gestures
- Written Word
- Eye Movement
- Sounds
- Technology




Don't assume that if someone is
non verbal, or a non-traditional
communicator, they do not
understand.



Remember: there are different forms of communication, and different ways people take in information.



Provide information in multiple
formats - visual, spoken, written

1  1



Intros



Hi my name is...
and today I'm feeling...



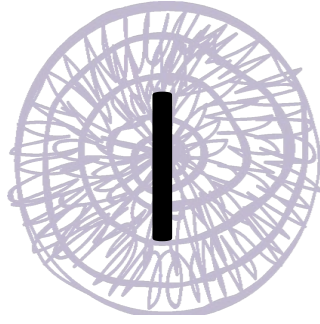
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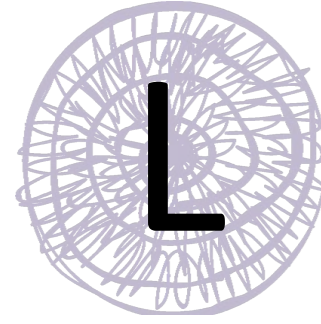
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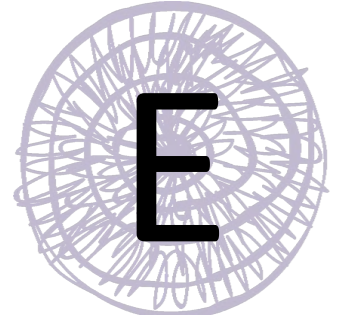
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OUR BIG IDEA

THE PROBLEM:

The continued segregation between people with and without disabilities deprives us all of opportunities for meaningful interaction.

Experience

- Sensory, Movement, Identity, Language.
- Welcoming / Inviting
- Pacing / Energy levels
- Choice / Multiple ways to engage



Reflect on the following:

What are one or two strategies from SMILE that you can use in your work tomorrow?







Access is an
Attitude



ART is Advocacy

101



Assume Ability

101

How will you
S.M.I.L.E.?









UPSTREAM ARTS

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Program Director
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