

SOWK 322 Week 05

Stages of Acceptance

of a Learning Disability

Heritage University Spring 2024

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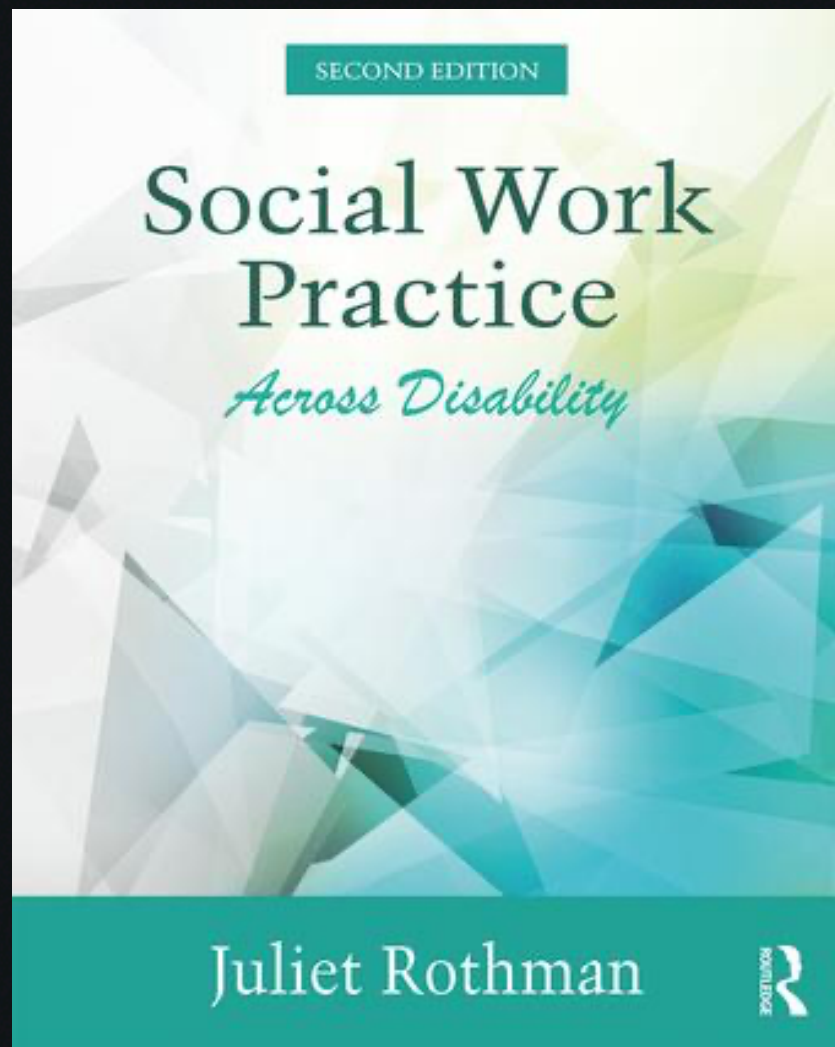
Plan for Week Five Lecture

A Short Video

Week 5 tasks

Stages of Acceptance of a Learning Disability

Tasks For Week Five



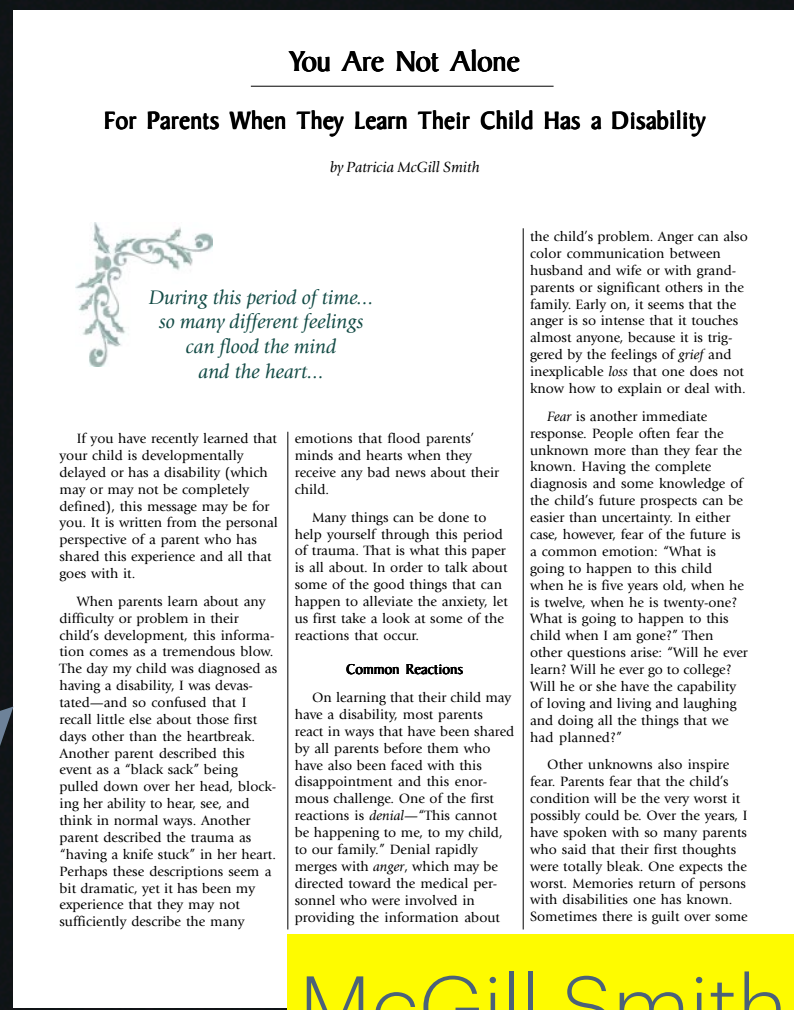
Rothman (2018)
Chapter Eight

Understanding the
Lived Experience:
Onset, Course, and
Outcome

Read

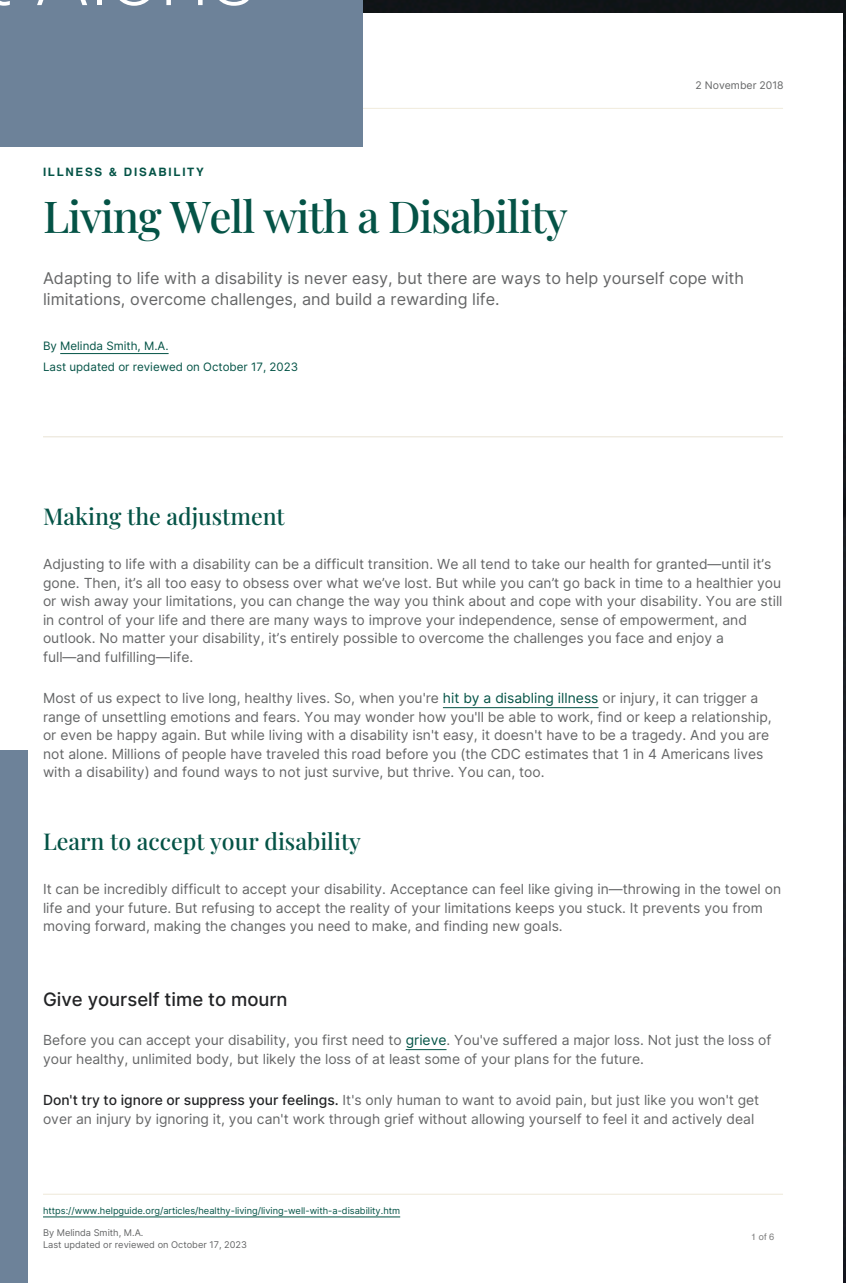
Smith (2023)

Illness and Disability:
Living Well with a
Disability



McGill Smith (n.d.)

You Are Not Alone



Living Well with a Disability

Adapting to life with a disability is never easy, but there are ways to help yourself cope with limitations, overcome challenges, and build a rewarding life.

By Melinda Smith, M.A.
Last updated or reviewed on October 17, 2023

Making the adjustment

Adjusting to life with a disability can be a difficult transition. We all tend to take our health for granted—until it's gone. Then, it's all too easy to obsess over what we've lost. But while you can't go back in time to a healthier you or wish away your limitations, you can change the way you think about and cope with your disability. You are still in control of your life and there are many ways to improve your independence, sense of empowerment, and outlook. No matter your disability, it's entirely possible to overcome the challenges you face and enjoy a full—and fulfilling—life.

Most of us expect to live long, healthy lives. So, when you're hit by a disabling illness or injury, it can trigger a range of unsettling emotions and fears. You may wonder how you'll be able to work, find or keep a relationship, or even be happy again. But while living with a disability isn't easy, it doesn't have to be a tragedy. And you are not alone. Millions of people have traveled this road before you (the CDC estimates that 1 in 4 Americans lives with a disability) and found ways to not just survive, but thrive. You can, too.

Learn to accept your disability

It can be incredibly difficult to accept your disability. Acceptance can feel like giving in—throwing in the towel on life and your future. But refusing to accept the reality of your limitations keeps you stuck. It prevents you from moving forward, making the changes you need to make, and finding new goals.

Give yourself time to mourn

Before you can accept your disability, you first need to grieve. You've suffered a major loss. Not just the loss of your healthy, unlimited body, but likely the loss of at least some of your plans for the future.

Don't try to ignore or suppress your feelings. It's only human to want to avoid pain, but just like you won't get over an injury by ignoring it, you can't work through grief without allowing yourself to feel it and actively deal

<https://www.healthguide.org/articles/healthy-living-well-with-a-disability.htm>
By Melinda Smith, M.A.
Last updated or reviewed on October 17, 2023

Watch



Epler (2018)

3 Ways to be a Better
Ally in the Workplace

Reply

Three Replies Across and
of the Five Forums

- Chapter 8 Reading Discussion Topics
- Reflecting on Articles about Supports
- Onset of a Disability
- During the Course of a Disability
- Developing Acceptance Related to Outcome

Stages of Acceptance of a Learning Disability

Higgins et al. (2002)

- Stage One: Awareness of a Difference
- Stage Two: The Labeling Event
- Stage Three: Understanding/Negotiating the Label
- Stage Four: Compartmentalization
- Stage Five: Transformation

Student Example

Him learning to
understand his
needs and
prepare for life



Reference

- Epler, M. B. (2018). 3 ways to be a better ally in the workplace [Video]. *TED*. https://www.ted.com/talks/melinda_briana_epler_3_ways_to_be_a_better_ally_in_the_workplace
- Higgins, E. L., Raskind, M. H., Goldberg, R. J., & Herman, K. L. (2002). Stages of acceptance of a learning disability: The impact of labeling. *Learning Disability Quarterly, 25*(1), 3-18. <https://doi.org/10.2307/1511187>
- McGill Smith, P. (n.d.). You are not alone: For parents when they learn that their child has a disability. *Center for Parent Information & Resources*. <https://www.parentcenterhub.org/notalone/>
- Rothman, J. (2018). *Social work practice across disability* (2nd ed.). Routledge.
- Smith, M. (2023, October 17). Illness and disability: Living well with a disability. *HelpGuide*. <https://www.helpguide.org/articles/healthy-living/living-well-with-a-disability.htm>