Adults with Disabilities: Ethnicity and Race

When it comes to the health of people with disabilities, it’s important to know the health differences among racial and ethnic groups.

Approximate number of adults with a disability by ethnicity and race

<table>
<thead>
<tr>
<th>Ethnicity and Race</th>
<th>Disability Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian Alaska Native</td>
<td>3 in 10</td>
</tr>
<tr>
<td>Black</td>
<td>1 in 4</td>
</tr>
<tr>
<td>White</td>
<td>1 in 5</td>
</tr>
<tr>
<td>Native Hawaiian Pacific Islander</td>
<td>1 in 6</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1 in 6</td>
</tr>
<tr>
<td>Asian</td>
<td>1 in 10</td>
</tr>
</tbody>
</table>
CULTURAL STIGMA

- Taboo subject
- Something to hide, be ashamed of or to get rid of through finding a possible cure
- Traditional views often rely on superstitions that disability is a form of punishment
  - Karma
  - Shame and Blame
Individualistic – Collectivistic Cultures

The concept of Face-Saving

Meyer, The Culture Map; Breaking through the Invisible Boundaries of Global Business
RECOMMENDATIONS

- Provide resources for Asian Americans on how to have conversations about disability with their families and in their community.
- Train staff to be culturally sensitive when interacting with disabled Asian Americans.
- Make handouts and readings accessible in the person’s desired language.
- Conduct more research on the unique struggles of disabled Asian Americans as a product of both disability and Asian American identities.

RESOURCES

- [Asian Americans with Disabilities Initiative](https://aadi.org) (AADI)
- [Asians and Pacific Islanders with Disabilities of California](https://apidc.org) (APIDC)
- [Asian Center Southeast Michigan](https://asiancenterseemichigan.org) (AC-SE MI).