



Diana Pastora Carson, M.Ed.  
www.AbilityAwareness.com

# Inclusion

*"Beyond awareness, in action,  
creating futures without fences"*



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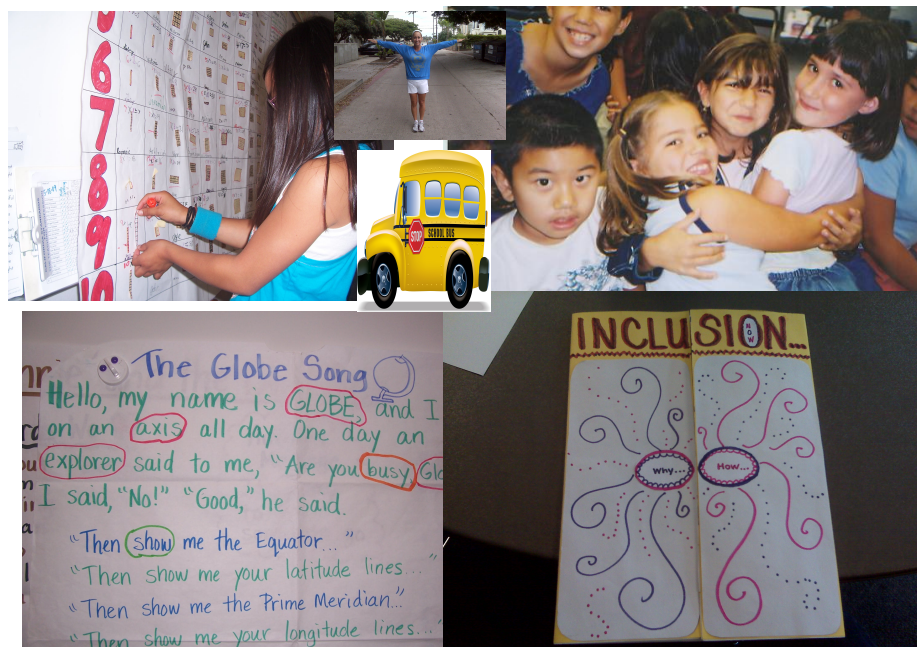
## How It All Began

Once upon a time in a land not too far away, there lived a brother and a sister who loved each other very much. Each day, the sister went to school and learned many new things. But her brother was not allowed to go to school because he had a disability. This saddened the girl very much. Until one day, a new law was passed that said that all little boys and girls could go to school, even if they had a disability. This made the girl very happy.

A little yellow bus picked up her brother for his first day of school. At school, the little girl could hardly sit still until it was time for recess. She ran to her brother's playground, eager to play with him. But when she got there, she was stopped by a big metal fence.

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"Esteeming each person as vastly valuable, seeds their peaceful self."

-Peyton Goddard

Belonging Creates Access.  
Access Creates Life Quality.  
Education can powerfully  
provide all of these.

-Diana Pastora Carson

## Inclusive Instructional Strategies & Accommodations Trainings

Teacher burnout, lack of special education credentials, lack of experience, lack of support...we hear this all the time, right? Would you like to learn simple strategies that actually empower teachers to engage all learners? Even students who have significant disabilities? Diana's "Inclusive Instructional Strategies & Accommodations" workshop can help you achieve your goals in the classroom.

Even the best of teachers can find diversity of learning abilities in the classroom to be a challenge. But simple strategies involving rhythm, music, movement, interactive visual aids, collaborative projects, and alternatives to worksheets can make inclusion work in your classroom.

You will learn how to make learning environments and curricular **content accessible** to a full range of students, both through **attitudinal supports** and **instructional strategies**, thus creating a sense of **belonging** and **appreciation for all**.

**students** within your classroom community, and empowering **confidence, motivation, and achievement**.

Through inclusive ideas we learn how creativity and commitment can facilitate a positive learning experience for all, including teachers and staff. **Discover how inclusion can transform your life and the lives of your students in a powerful and fun way!**

"I got numerous ideas for modifying instruction, lots of movement activities, and a renewed sense of commitment." -Elizabeth Finch, Kumeyaay Elementary

"This was great!" I have "a different mindset, and hope for my students. I'm going to start singing tomorrow!" - Mary May, San Diego Unified School District

"Diana is a fantastic presenter and, by far, this was one of the best presentations I've attended in a long time. I really appreciated the activities shared -great ideas I can immediately use." -Tracy Johnston, Teacher, Bell Middle School

"I'm beginning to feel a little more comfortable with the ability to acquire more skills to meet the needs of all students." -Anonymous



## What are people saying about Diana's Ability Awareness in Action trainings and resulting events?

*"I LOVED your training...it just brought to the forefront of thinking to remember to treat everyone with complete dignity, and refuse to limit ability. We'll stay in touch with what we're doing to promote "ability awareness"... As I said in the training, we are a work in progress, and we're excited to create an atmosphere that promotes wonderment for all children..."*

-Tressie Armstrong, Principal,  
Kelly Elementary School

*"All I can say is thank you, Diana, for doing what we all aspired to do when we became educators. You are making a difference with your dedication, your inspiration, and your commitment to educating our students. Awesome!"*

-Jorge Mora, Principal,  
McMillin Elementary School

*"YOU are amazing. Ability Awareness was so smooth and educational, as always. Thank you for doing this and having the guest speakers come to our rooms. It is so important that our kids understand HOW to love and accept others; not just that they should."*

Jil Thompson, 4<sup>th</sup> Grade  
Teacher, McMillin Elementary

## Ability Awareness in Action Trainings

- Tired of the old disability awareness simulation activities that produce pity, fear, apathy, and stereotypes?
- Want to teach students about disability as a part of diversity?
- Want to teach students about the disability experience from a perspective based in disability research?
- Want to dazzle your learning community with an engaging, transformational, and well-organized ability awareness event?

Diana's Ability Awareness in Action workshop is just what you need!

**By teaching today's children and youth about disability from a perspective of dignity, respect, appreciation, and inclusion, we will create future generations that honor and appreciate differences and offer respectful opportunities and supports to people so that they are included within their communities.**

This training is perfect for teachers and community members who want their efforts to make a real difference in the lives of people who have disabilities. Participants will walk away with:

- Historical and cultural background of disability issues
- An understanding of respectful and responsible disability awareness
- An understanding of the Fundamentals of Ability Awareness
- An understanding of respectful language choices
- A step-by-step, practical guide to creating an Ability Awareness culture
- A step-by-step, practical guide to creating an Ability Awareness Celebration
- Ideas for how to incorporate Ability Awareness into existing programs and curricula







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The teacher stood on the other side of the fence with the girl's brother and told her that she had to go to her own playground. The girl asked if her brother could come with her to her playground. But that wasn't allowed either.

That experience planted a seed of desire for creating a world where all people truly have the same opportunities. Today, Diana Pastora Carson is a teacher, author, disability rights advocate, and a consultant and speaker specializing in inclusion, and diversity as it relates to disability. And just as she did as a child, Diana seeks to include her brother, and everyone, in our world.

Joaquin Carson has survived segregated education, social isolation, and lack of understanding amidst his communication attempts. The experience of being disabled by his environment, more than his autism, continues to inspire the work of his sister. Joaquin has lived in a state institution twice in his lifetime due to mistaken judgments about his personhood and lack of dignifying responses to his existence.

Diana combines these experiences along with her experiences as an educator to help teachers, administrators, students, and other community members realize the great possibilities that exist for us all.



## Speaking

Diana Pastora Carson, M.Ed., educates and inspires groups of parents, educators, students, and community members. Her talks include discussions of inclusion, diversity, societal attitudes and how they affect people who experience disability, as well as her personal accounts of life with her brother, Joaquin.

- 1 Visit Diana's website,  
[www.AbilityAwareness.com](http://www.AbilityAwareness.com),  
to find out more.
- 2 Questions? Send Diana an email.  
[Diana@AbilityAwareness.com](mailto:Diana@AbilityAwareness.com)
- 3 Book Now! Spaces fill up well in advance. Get your year planned now.

## Past Speaking Engagements & Consultations

San Diego Unified School District\*  
North Coastal Consortium for Special Education\*  
California Supported Living Network\*  
Kids Included Together, Inc.\*  
California State PTA\*  
CalTASH  
Supported Life Institute  
Golden Gate Self-Advocacy Conference  
University of San Diego Autism Institute\*  
San Diego State University\*  
Coronado School District  
Kids for Peace  
Interactions for Peace  
Administrative Law Judges Training California  
Point Loma Nazarene  
UCLA\*  
Fiesta Educativa Parent Conference  
Involved Exceptional Parents Day Conference  
Noah Homes Symposium  
Brandman University

\* repeat appearances

## Additional Topics & Keynotes

(Conferences, Assemblies, Professional Development)  
Diversity and Disability  
A Walk with Joaquin: Journey to Inclusion  
Life Quality: Where It Begins  
Advocacy from the Eyes of a Spanish-Italian  
Etc.

## Community Involvement

Board Member Disability Rights California  
Board Member CalTASH  
Member San Diego County Peace Coalition

## Writings

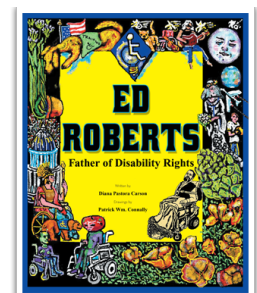
Foundations for Ability Awareness

Beyond Awareness: Teaching Diversity Appreciation to  
Children and Youth

Ed Roberts: Father of Disability Rights

All the Muchos in the World: A Story about Love

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# Inclusion vs. Institutional Mindset

“An institutional mindset begins with “us” vs. “them.” When we believe that there is little or no human and spiritual commonality between us and them; when we believe that we are normal and they are not; when we believe that they must become like us in order to gain our acceptance, respect, and appreciation; then we have an institutional mindset. If we believe this way, then we undoubtedly deny them opportunities to be valued members of our community...of their community.” –Diana Pastora Carson, *Foundations for Ability Awareness*

“To strive for acceptance is unacceptable. It is complete and unconditional appreciation and inclusion that we desire.”  
– Diana Pastora Carson

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