

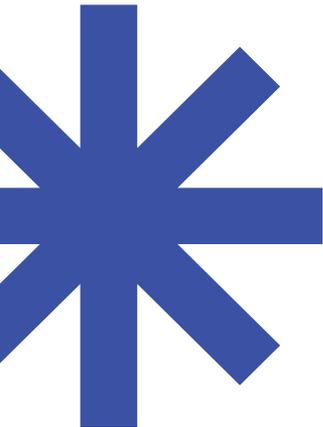
We are here, proud, strong, and Hmong with disability



WE BELONG
WE CAN DREAM BIG



United Hmong
with Disabilities



We Are Here: Proud, Strong, and Hmong with Disabilities

Hmong people with disabilities don't just exist, we lead, grow, and dream big. We are not invisible and we are not new.

We lead with love, pride, and purpose from traditions to activism, caregiving to changemaking.

We uplift disabled Hmong voices, including those who are queer, trans, neurodivergent, or face barriers.

We are claiming space and creating a future where disability is not a barrier but a source of strength, pride, and connection.



our stories matter - our leaders

“Be kind and authentic to yourself, as your identity is a superpower that no one can take away from you.” —*Maychee*



“Before I found UHD, I never imagined feeling safe, understood, or like I belonged in the Hmong community.”
—*Mao*

Disability Justice Best Practices Everyone Should Know

Disability doesn't limit leadership: Disability is not a flaw. It's part of the diversity of human life. Disabled people lead, work, have a family, care for others, and create change every day.

Harmful Hmong words can hurt: Words like “ruam” (stupid/slow) have been used to shame disabled people, causing lasting harm to their confidence and sense of belonging. We must shift toward language that honors and affirms their dignity.

Support starts at home: When families and clans understand and accept disability, it creates a stronger foundation for disabled individuals to be seen, included, and supported. Belonging starts with us, families and clans.

hip matters . our dreams matter



What Is Ableism:

Ableism is the belief that disabled people are less capable or need “fixing.” It shows up in our words, actions, systems and it excludes people with disabilities.

Accessibility vs. Accommodation:

Accessibility means planning ahead designing spaces and systems that include everyone from the start. Accommodation means responding when someone asks for support. We need both to create true inclusion.

Medical vs. Social Model of Disability:

The Medical Model sees disability as a problem to fix. The Social Model sees barriers in society as the problem. True inclusion means changing systems not the person.



**United Among
with Disabilities**

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