



# Shangri-La

Enriching Lives Together

## 2023 Yellow Napkin Project Messages Preview

### Yellow Napkin Project

KNOWLEDGE + ACTION =  
Inclusive and Accessible Communities  
FOR PEOPLE WITH DISABILITIES

**No matter how significant a disability is, a person with disabilities can still learn, think, and feel. With the right support, people with disabilities can express themselves, participate in their community, and make their own decisions.**

*No importa lo grave que sea una discapacidad: una persona con discapacidad puede aprender, pensar y sentir. Con el apoyo adecuado, las personas con discapacidad pueden expresarse, participar en su comunidad y tomar sus propias decisiones*

The Yellow Napkin Project is brought to you by this business in partnership with



Marion County  
OREGON  
Health & Human Services

[www.shangrilaoregon.org](http://www.shangrilaoregon.org)

### Yellow Napkin Project

KNOWLEDGE + ACTION =  
Inclusive and Accessible Communities  
FOR PEOPLE WITH DISABILITIES

**Make eye contact and speak directly to a person with disabilities, not their companion, aide, or interpreter. If communication assistance is needed, then the support person can help facilitate.**

*Mantén el contacto visual y habla directamente a la persona con discapacidad, no a su acompañante, ayudante o intérprete. Si se necesita ayuda para comunicarse, la persona de apoyo puede ayudar a facilitarla.*

The Yellow Napkin Project is brought to you by this business in partnership with



Marion County  
OREGON  
Health & Human Services

[www.shangrilaoregon.org](http://www.shangrilaoregon.org)

### Yellow Napkin Project

KNOWLEDGE + ACTION =  
Inclusive and Accessible Communities  
FOR PEOPLE WITH DISABILITIES

**Not all disabilities are visible. In fact, the majority of disabilities are invisible. As such, it is best to skip assumptions about what disability 'looks like' and focus on incorporating disability etiquette and prioritizing accessibility in all interactions.**

*No todas las discapacidades son visibles. De hecho, la mayoría son invisibles. Por ello, lo mejor es evitar las suposiciones sobre el "aspecto" de la discapacidad y centrarse en incorporar educación sobre la discapacidad y dar prioridad a la accesibilidad en todas las interacciones.*

The Yellow Napkin Project is brought to you by this business in partnership with



Marion County  
OREGON  
Health & Human Services

[www.shangrilaoregon.org](http://www.shangrilaoregon.org)

### Yellow Napkin Project

KNOWLEDGE + ACTION =  
Inclusive and Accessible Communities  
FOR PEOPLE WITH DISABILITIES

**Avoid outdated terms like retarded, crippled, challenged, and handicapped. 'Person or people with disabilities', 'disabled person or people', 'disability community' tend to be the more preferred language.**

*Evita términos anticuados como retrasado, lisiado, o minusválido. El lenguaje preferido suele ser "persona o personas con discapacidad", "persona o personas discapacitadas" o "comunidad de discapacitados".*

The Yellow Napkin Project is brought to you by this business in partnership with



Marion County  
OREGON  
Health & Human Services

[www.shangrilaoregon.org](http://www.shangrilaoregon.org)

### Yellow Napkin Project

KNOWLEDGE + ACTION =  
Inclusive and Accessible Communities  
FOR PEOPLE WITH DISABILITIES

**Always presume competence. Don't assume people with disabilities are incapable. Always ask before providing help. Helping without permission might do more harm than good. If you are unsure of how to help, just ask.**

*Siempre hay que suponer competencia. No des por hecho que las personas con discapacidad son incapaces. Pregunte siempre antes de ayudar. Ayudar sin permiso puede hacer más mal que bien. Si no estás seguro de cómo ayudar, pregunta.*

The Yellow Napkin Project is brought to you by this business in partnership with



Marion County  
OREGON  
Health & Human Services

[www.shangrilaoregon.org](http://www.shangrilaoregon.org)