

# Disabilities & Livelihoods: A Journey



## WHAT IS THE JOURNEY?

The journey is how someone may make day-to-day decisions in order to make a living and a life

The journey shown here is only one such example of how the **Disabilities & Livelihoods Framework** can support our understandings of how people with disabilities in Canada make decisions to survive and thrive



### Meet Winnie

Winnie is a 27 year-old Black woman living in Montreal. She is a second-generation Canadian. Winnie is married to a man, and they have a 6 year-old child together

Winnie has a learning disability which influences her ability to understand and express language, in both spoken and written form



### Goals

Winnie has been employed as a part-time hotel housekeeper for three years

However, she is feeling unsatisfied with her current job. She is considering pursuing a new career, and would also like to dedicate time to her passion, baking



### Perceptions of Possibilities

Winnie feels that she has more free time to write job applications as her child is now in elementary school full-time

However, after many applications, she only received one interview and was unsuccessful

Winnie is feeling less certain about pursuing a new career. She is also uncertain about pursuing a diploma due to limited finances and concerns about how her learning disability may impact her studies

## WINNIE'S JOURNEY

### Outcomes

Winnie decides to stay at her current job to maintain regular income while she continues to look for a new job with her newly edited resume

She books an appointment to speak with a college admissions advisor to speak about diploma options further

She also plans to stop by the Student Accessibility Services office at the college to learn about potential learning supports

She uses her free time to bake for family and friends

### Choices & Strategies

Winnie decides to look for employment support services to receive feedback on her written resume and to develop interview skills

She decides to share her goal of pursuing a new career with her social networks as well to find out about more opportunities

Winnie begins to research diplomas available at a nearby college and the supports that are available for students with disabilities

