

Defining Ableism

23.04.2026

Was ist Ableismus?

We envision a just world where **all people**, with and without disabilities, live full, joyful, pleasurable lives free of discrimination and oppression.

Join Us in the Continued Fight Against Cuts to Healthcare, Basic Needs, Supports & Services

We are collecting stories to share as we meet with officials in Washington, DC, and in California, and to amplify on social media.

[Tell your story](#) 

„Ableism is rooted in bias.“

(S. 34)

„We need only to look at the design of society to realise that Disabled people are treated less favourably.“

(S. 37)

https://www.ted.com/talks/stella_young_i_m_not_your_inspiration_thank_you_very_much

„Ableism is systemic.“

(S. 43)

Spoon Theory (Christine Miserandino)

How to use Spoon Theory



- Imagine starting the day with 12 spoons.
- Different activities use up different amounts of spoons.
- Once your spoons are all used up, you will need to rest/recover to get some spoons back.



**KUNST
FÜHLEN
WIR. ALLE. ZUSAMMEN.**

10.05. – 07.09.2025