

Escape. Connect. Relate.

Equalities & Diversity - Health, Disability & Accessibility

Health refers to a person's mental, physical, and social wellbeing. A person's state of health will vary throughout their life, and can be impacted by illness or disability. A disability is "any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them" (CDC). About 15% of the global population live with some form of disability and this number is increasing (WHO). Some people disagree on the correct usage of the term 'disability'.

Accessibility means that people are not excluded from using something (e.g. a service, a physical space, a website etc.) on the basis of their state of health, illness, or disability. It is important that the world becomes more accessible, so that all people are given equitable treatment and can thrive.





ECR Suggested Reads

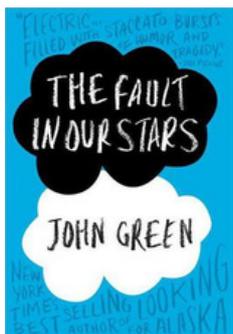
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



One, by Sarah Crossan

Grace and Tippi are conjoined twins, joined at the waist, defying the odds of survival for sixteen years. They share everything, and they are everything to each other. They would never imagine being apart. For them, that would be the real tragedy. But something is happening to them. Something they hoped would never happen. And Grace doesn't want to admit it. Not even to Tippi.

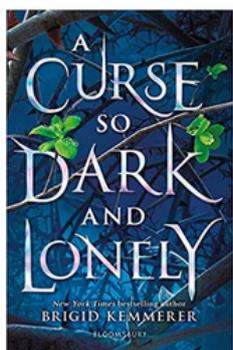
S3+, Conjoined Twins



The Fault in Our Stars, by John Green

Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

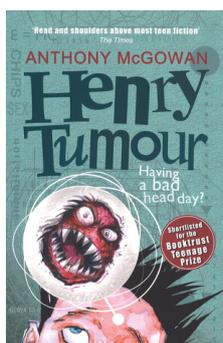
S3+, Cancer



A Curse So Dark and Lonely, by Brigid Kemmerer

Nothing has ever been easy for Harper. With her father long gone, her mother dying, and her brother constantly underestimating her because of her cerebral palsy, Harper has learned to be tough enough to survive. When she tries to save a stranger on the streets of Washington, DC, she's pulled into a magical world.

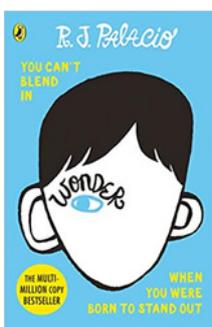
S3+, Cerebral Palsy, Series



Henry Tumour, by Anthony McGowan

As if school bullies and his mum's tofu sandwiches weren't enough for Hector Brunty, he now has another dilemma: a talking brain tumour. Henry Tumour turns out to be the perfect alter-ego, advising Hector on haircuts and high-fashion, but soon Henry Tumour is trying to make more decisions about Hector's life than he'd like.

S3+, Cancer



Wonder, by R. J. Palacio

August Pullman was born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face.

S1+, Facial Difference



Farewell Tour of a Terminal Optimist, by John Young

Quick-witted, sharp-tongued Connor Lambert won't take it any longer: the bullying, the secrets, the sympathy. He's been dying from cancer for years, but he's not dead yet. He's going down fighting. But Connor's left two things behind - the medication he needs to keep him alive, and the girl who makes living bearable.

S3+, Cancer

Picture Books & Graphic Novels

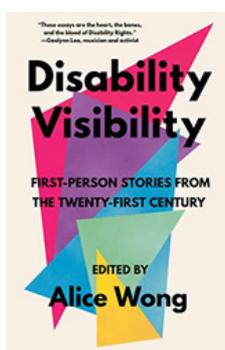


El Deafo, by Cece Bell

Starting at a new school is scary, even more so with a giant hearing aid strapped to your chest! At her old school, everyone in Cece's class was deaf. Here she is different. She is sure the kids are staring at the Phonic Ear, the powerful aid that will help her hear her teacher. Too bad it seems certain to repel potential friends.

S1+, D/deafness

Information Books



Disability Visibility, by Alex Wong

A groundbreaking collection of first-person writing on the joys and challenges of the modern disability experience: Disability Visibility brings together the voices of activists, authors, lawyers, politicians, artists, and everyday people whose daily lives are, in the words of playwright Neil Marcus, “an art...an ingenious way to live.”

S3+, Disability



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Disability Rights UK

Charity representing the needs and expectations of disabled people in the UK.

<https://www.disabilityrightsuk.org/>

Disability Information Scotland

Provides reliable, accurate and accessible information for people living with disability in Scotland

<https://www.disabilityscot.org.uk/>

Teenage Cancer Trust

Seeks to improve the cancer experience of young people aged 13–24.

<https://www.teenagecancertrust.org/>

National Deaf Children's Society

The leading charity for D/deaf children.

<https://www.ndcs.org.uk/>

Disability Equality Scotland

Working to achieve full access and inclusion for every disabled person in Scotland

<https://disabilityequality.scot/young-membership/>

Brainwave

Helping children with disabilities and additional needs to achieve greater independence.

<https://www.brainwave.org.uk/>