

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



[More Information on Disability Pride Month Disability Pride Toolkit and Resource Guide \(ncil.org\)](#)

[Why and How to Celebrate Disability Pride Month - The Arc](#)

July Awareness Spotlight: Disability Pride Month



It's once again time for the July KeepItPushing.org newsletter and I'm recognizing Disability Pride Month. This celebration, which is worldwide and takes place in July, honors the Disability community's history, achievements, experiences and struggles. It originated in the United States in 1990 to commemorate the signing of the Americans with Disabilities Act into law. On July 26th the first Disability Pride Day was held in Boston that same year.

In 2015 the first official Disability Pride Month was celebrated to mark the 25th anniversary of the signing. The disability pride flag, designed by writer Ann Magil, represents a powerful message. Its charcoal-colored background symbolizes the many disabled individuals who have faced challenges due to ableism, suicide, neglect, and other issues. The flag features several colored stripes: **Taupe** represents physical disability. **Gold** symbolizes neurodiversity. **White** stands for invisible or undiagnosed disability and **Blue** acknowledges emotional disability.

Organizations for the Betterment of Mental Health

Magil, who celebrates cerebral palsy, designed the flag with the intention of increasing the visibility for the disability community during Disability Pride Month. The goal is to spread awareness to a broader global community and highlights the need to recognize and support those who have often felt marginalized due to their disabilities. The flag also promotes unity, support, and inclusion. Understanding that many environments we live in don't always provide the services, accessibility, and acceptance of any or all forms of disability, which are essential for fostering unity and inclusion. Oppression, exclusion, and discrimination are unacceptable; this is why legislation like the Americans with Disabilities Act and celebration like Disability Pride Month plays a crucial role in empowering disabled individuals and fostering pride. Thank you to all our supporters, and until next month, this is Gilbert J. for KeepItPushing.org.