

National Resources

Bisexuality-Aware Professionals Directory
bizone.org/bap/

The GLBT National Help Center Hotline
1-888-843-4564

The Trevor Project Lifeline (for youth ages 13-24)
1-866-488-7386

Learn More

Bisexual Resource Center

Brochures, links to research, find bi+ groups:
biresource.org

Bisexual+ Health Awareness Month

Learn about bi+ health disparities at
bihealthmonth.org

Bi Women Quarterly

Read essays, fiction, poems, and see visual art from
bi+ women around the world:
biwomenquarterly.org

Still Bisexual

Watch videos of people telling their own bi+ stories:
stillbisexual.com

Bisexual Organizing Project

Hosts the BECAUSE conference and hosts groups
in Minneapolis/St. Paul, MN:
bisexualorganizingproject.org

American Institute of Bisexuality

bisexuality.org

Who We Are

The Bisexual Resource Center works to connect the bi+ community and help its members thrive through resources, support, and celebration. We envision an empowered, visible, and inclusive global community for bi+ people. Find out more at biresource.org.

What is Bi+?

The BRC uses “bisexual” and “bi+” as umbrella terms for people who recognize and honor their potential for sexual and emotional attraction to more than one gender (bisexual, pansexual, omnisexual, fluid, queer, asexual, and other freeidentifiers). We celebrate and affirm the diversity of identity and expression regardless of labels. Read more about definitions and labels at biresource.org/what-is-bisexuality.

How to Support Us

The BRC is primarily funded through the generosity of our donors. There are many ways you can give. Find out more at biresource.org/donate.

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The Bisexual Resource Center is a nonprofit 501(c)(3) educational organization incorporated in the Commonwealth of Massachusetts.

bi+ intersections

**bisexuality
&
disability**



It has been found that more LGB folks have disabilities than their heterosexual counterparts.

What is a disability?

A disability is “a physical or mental impairment that substantially limits one or more major life activity” (adata.org). When people hear the word, they have different ideas about what it means in a social context, and there can be a lot of confusion and misunderstanding.

People with disabilities may use different labels to describe themselves, such as “disabled,” “a person with a disability,” or “differently abled.” Whatever terminology a person uses, only they, and perhaps their medical professionals, can say if they have a disability or not. Physical illnesses, mental illnesses, injuries, and chronic pain can all potentially result in both visible and invisible disabilities, and all should be accommodated in the bisexual+ community.

Inclusivity, Exclusion, & Accommodations

Unfortunately, ableism exists in the bi+ community just like in other parts of society. Thankfully, it is often unintentional and most folks are open to learning how to be better. Thinking about how to accommodate folks with disabilities is a great place to start.

To make your community accessible, consider the following:

- Ensure your website and social media pages include alt-text or image descriptions for images and GIFs
- Find venues that can be accessed without stairs and that have wheelchair-accessible bathrooms.



Photo by Kate Estrop

- For events with speakers or performers, get a sign-language interpreter.
- Provide seating at all events.
- Include accessibility information in your event listings, and provide contact information so people can get more information.
- Request that all attendees avoid wearing perfume or other scented items to events.
- If you organize multiple events, include a variety of venues and activities. Someone who cannot attend one event may be able to attend another.
- Ask your participants what they need.
- Provide an open, accepting environment where people feel comfortable requesting accommodations.

If you are in need of accommodations, consider the following:

- Contacting organizers to ask about accessibility at their events, and/or request specific accommodations.
- Making your own accommodations in order to attend gatherings.
- Asking friends and acquaintances to assist you in getting accommodations.
- Choosing not to discuss your disability. It's ok to not discuss it if you prefer not to.
- Giving this pamphlet to your local organizers.
- Volunteering to help make spaces more accessible.
- Practicing self-care by taking breaks from advocacy work, even self-advocacy.
- Organizing your own accessible events.

If you aren't able to attend gatherings and events, consider the following:

- Reaching out to online groups of bi+ and/or disabled folks to find community there.
- Inviting friends to your home to socialize.
- Hanging out with friends via video chat.
- Organizing an event you feel able to attend.

Creating your own small community takes time and effort. Start small and build from there.