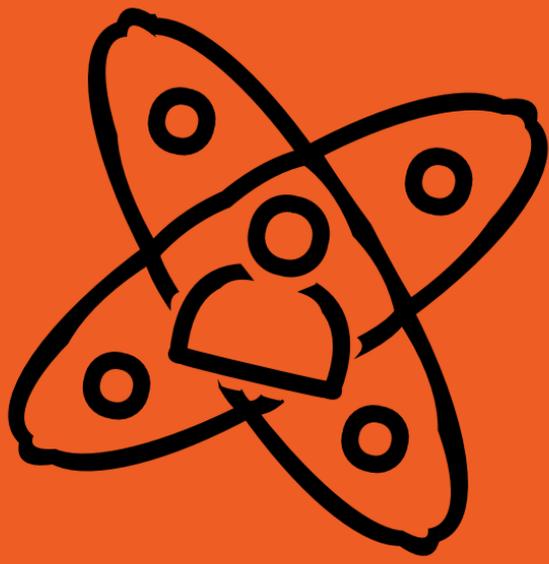


This printable PDF consists of:

- a graphic for the back of the cards, if two-sided printing is available;
- 22 cards with initial information about each ability; and
- a QR code situated in the centre top of each card which links to a website offering more information.



**ABILITY CARDS**



## **ADD/ADHD**

- a chronic difference that includes very high energy levels, difficulty maintaining attention, and impulsivity
- people with ADD/ADHD are often more creative and spontaneous than their peers
- those with ADD/ADHD may have difficulty following instructions and organizing tasks or activities

### **notes**

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## DYSLEXIA

- people with dyslexia are often unusually spatially aware and creative, and make compelling public speakers
- signs of dyslexia include trouble reading, writing, and spelling
- people with dyslexia may experience difficulty learning foreign languages and have poor handwriting

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## DYSCALCULIA

- those with dyscalculia may have trouble reading analog clocks, working with budgets and timelines, performing basic math skills, and differentiating between numbers and values
- struggling with algebraic matrices or flunking calculus don't necessarily suggest dyscalculia, which complicates basic math functions like simple addition
- people with dyscalculia are often highly strategic and intuitive thinkers, have advanced language skills, and can approach problem-solving with creative and practical verve

### notes

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## DYSGRAPHIA

- dysgraphia affects children and adults, and interferes with most writing processes including spelling, legibility, word spacing and sizing, and expression
- people with dysgraphia have trouble forming letter shapes and may have a tight, awkward, or painful grip on pen or pencil; they often thrive with keyboarding
- advanced listening, story-telling, and memorization skills can make those with dysgraphia notably more comfortable and engaging in social contexts than their peers

### notes

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## DEAFNESS

- The World Health Organization estimates that over 1 billion young adults are at risk of permanent, avoidable hearing loss from unsafe listening practices
- people with hearing loss or who are 'hard of hearing' usually communicate with spoken language; 'deaf' people have very little or no hearing and often sign to communicate
- SL emerged as a language in the American School for the Deaf, founded in 1817; it brought together Old French Sign Language, various village sign languages, and home sign systems

### notes

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## TOURETTE'S SYNDROME

- a nervous system condition that causes the individual to make involuntary sounds and movements called 'tics'
- some people with Tourette's have a gift for hyper-focusing, exhibit greater cognitive control over other motor impulses, and benefit from increased humour and creativity
- Tourette's is characterized by multiple motor tics and at least one vocal (phonic) tic

### notes

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## SLEEP APNEA

- sleep apnea causes breathing pauses or shallow breathing during sleep, as well as loud snoring
- this common and often chronic condition disrupts deep sleep and can make people tired during the day
- many treatments are available for sleep apnea, like OTC sleeping pills or sinus medication for mild cases; CPAP machines can help clear airways to reduce sleep apnea disruptions

### notes

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## AMPUTEE

- an amputee is someone who has partially or entirely lost one or more limbs
- reasons for amputation can include severe injuries, cancerous tumours, acute infections, thickening of nerve tissue, and frostbite
- amputees can use artificial limbs and assistive devices to live fully without missing limb(s), including creating new artistic forms and learning opportunities for and with other amputees

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## **HYPERTHYMESIA**

- the condition of possessing an extremely detailed autobiographical memory of a vast number of life experiences
- people with hyperthymesia spend large amounts of time thinking about their pasts and may recall almost every day of their lives in near perfect detail
- minute access to their past can help people boost their mood by accessing happy memories, keep them from repeating mistakes, and nurture compassion and forgiveness for others

### **notes**

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## ANXIETY

- if not too intense, anxiety can improve performance and conscientiousness, increase empathy, alert people to danger, and help people work or study more sustainably
- most people experience anxiety at some point but it can become a disorder, of which generalized anxiety disorder is the most common
- anxiety is experienced widely, for many reasons; it can manifest as fatigue, lack of focus, panic attacks, sleeping trouble, and GI issues

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## DOWN SYNDROME

- a congenital difference including lower than average intellectual capacity and physical variations like short stature and broad facial profile
- Down syndrome babies now have a life expectancy (in the west) of 50-60 years and Downs adults are building careers in various artistic sectors like acting and modelling
- people with Down syndrome are often more nurturing and have greater well-being than their non-Down syndrome peers

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## DWARFISM

- a condition that causes slow growth, affecting individuals' heights and resulting in short stature
- the terms 'dwarf', 'little person', 'LP', and 'person of short stature' are now generally considered acceptable by most people affected by this condition
- people with dwarfism often struggle with social prejudice due to their height, as well as difficulties in day-to-day tasks such as driving

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## ARTHRITIS

- painful inflammation and stiffness of the joints that becomes more common with age
- arthritis can decrease one's range of motion, making it difficult to complete daily tasks
- symptoms may be alleviated with low-impact exercise like swimming and healthy diet, as both increase general well-being

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## NARCOLEPSY

- narcoleptics can often sleep anywhere and anytime, resulting in effective power naps and minimal jet lag from long-distance travel
- people with narcolepsy may feel drowsy and excessive daytime fatigue, and fall asleep at undesirable times
- those with this difference experience disturbed sleep routines which can negatively impact daily activities like work or school but may help them more easily adapt to shift work (as in hospitals)

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## **EPILEPSY**

- epilepsy is abnormal brain cell activity resulting in unprovoked seizures
- this condition can lead to non-pharmacological euphoria and significantly increased creativity
- symptoms may include temporary confusion, staring spells, unintentional jerking movements, and loss of consciousness or awareness

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## **BLINDNESS**

- the condition of poor visual perception or complete vision loss
- blind persons often find their other senses are much more finely honed than their fully sighted peers' senses
- people with this difference may use various tools to enhance daily life, such as guide dogs, canes, and smartphones

### **notes**

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## DEPRESSION

- depression disrupts a person's daily functional abilities but seems often to correlate to intellectual and creative genius
- depression can induce people to be overly critical and they may seem incapable of having fun
- people with depression can feel hopeless, sad, irritable, and lack energy and self-esteem

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## AMNESIA

- amnesia is whole or partial memory loss resulting from injury, illness, or other causes
- people with this difference can learn new information but may not remember the act of learning new information
- memory loss ranges from specific inputs and facts, to an inability to transfer information into long-term memory

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## **ANOSMIA**

- anosmia is the complete absence of the sense of smell and may be either temporary or permanent
- it may not prevent one from becoming a global ice cream mag-nate—both Ben and Jerry reportedly have anosmia
- it can affect appetite, smell memory, and libido

### **notes**

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## AUTISM

- people with autism have a range of intelligence levels but many test well above average
- autistic people often have a particularly keen interest in specific items or information, with a matching ability to focus
- people with autism sometimes react strongly to stimuli

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## AGEUSIA

- ageusia is the inability to detect tastes, such as sweetness, sourness, bitterness, saltiness, and umami
- this loss of taste can be caused by neurological damage, endocrine system problems, tobacco use, and aging—some simple lifestyle changes may revive the ability to taste
- the tongue can only sense texture and tastes, so most of what is perceived as taste is derived from smell

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## SYNESTHESIA

- a crossing of neurological pathways where stimuli that usually affect one sense involuntarily and simultaneously trigger another; synesthetes may get exhausted from sensory overload
- a common form of synesthesia causes individuals to perceive numbers and letters as intrinsically coloured
- it may confer sensory enhancements, such as making synesthetes better able to distinguish between smells and between colours; most seem to enjoy their amplified and elegantly combined senses

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