

# Understanding the Disability Pride Flag

The Disability Pride Flag, designed by disabled activist Ann Magill in 2019 and updated in 2021 for greater accessibility, is a powerful symbol of the disability community's strength and diversity.

## Design Elements:

**Black Background:** Represents mourning and rage for disabled individuals who have experienced ableist violence, neglect, and death.

**Diagonal Band:** Symbolises the creative and innovative ways disabled people navigate barriers in society.

## Colour Stripes:

**Red:** Physical disabilities.

**Gold:** Intellectual and cognitive disabilities.

**White:** Non-visible and undiagnosed disabilities.

**Blue:** Psychiatric disabilities.

**Green:** Sensory disabilities.

This flag serves as a unifying emblem, celebrating the myriad experiences within the disability community and promoting pride and solidarity.



At GRANN, we celebrate the disability pride every in our actions. This means being neuro-affirming and honouring the full spectrum of Autistic and Neurodivergent experience - including the messy, nonlinear, and beautiful ways we exist in the world.

It means knowing that skill regression isn't failure, that rest is resistance, and that our needs don't have to be explained to be valid.

By being community-led, meaning our stories, insights, and supports come from us - not handed down from systems that never fully see us.

From stim kits in desk drawers to snack trays on hard days, every strategy we share is born from lived experience and shared survival.

And by being proudly disabled, meaning we don't wait for the world to celebrate us. We celebrate ourselves - loudly, quietly, creatively - in our own time and in our own ways.

Disability Pride isn't just parades and posters. It's the spark of your glimmers. It's the joy of a favourite stim. It's unmasking in small, safe ways. It's stepping away from the world when the noise gets too much.



# Community-Led: Built by Us, for Us

So much of the disability, Autistic and Neurodivergent experience has been shaped by people speaking about us, instead of with us or alongside us.

At GRANN, we flip that script. This space is community-led:

Our perspectives, our rhythms, our priorities. Every resource we create, every event we run, every body doubling session or stim-safe workshop we offer, it all begins with community. With listening. With lived experience.

Because you are the expert in your own bodymind.

*When we say community-led, we mean:*

- We believe in co-creation, not top-down services.
- We share decision-making, rather than hoarding it. We do not bend the knee to hierarchies.
- We centre marginalised perspectives within the Autistic, Neurodivergent and disabled community, including Black, Blak, queer, trans, chronically ill, and low-income experiences.

We don't need to fight for a seat at someone else's table.  
We are more than comfortable sitting at our own table.



# What does it mean to be neuro-affirming?

It means we don't view Autism and Neurodivergence as something broken to be fixed, but as a valid and valuable way of being in the world.

It means recognising that stimming can be communication, regulation, or sensory.

That burnout is not laziness.

That needing support does not make us less.

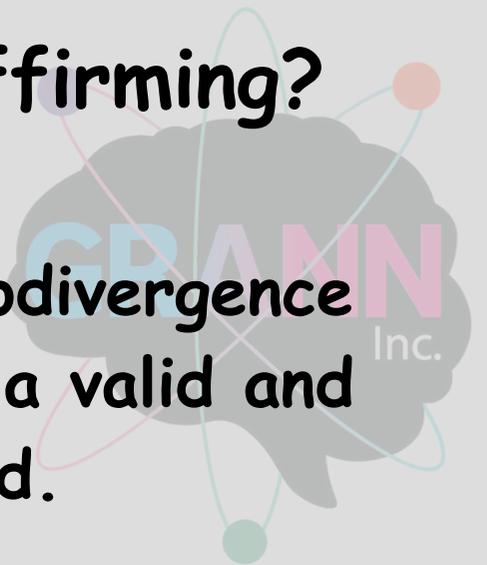
It means holding space for ourselves and each other in ways that feel soft, spacious, and real.

To affirm Neurodivergence is to say:

"You don't need to pass as anything other than yourself to belong here."

It's not performative inclusion.

It's rewriting the whole script on true belonging.



# Proudly Disabled

Disability Pride doesn't always look like a parade (though we love those too!).

It can be quiet. Gentle. Internal.

It can be found in slow mornings, in noise-cancelling headphones, in crafting the perfect sensory corner. It's in saying no. In resting unapologetically. In asking for what we need without guilt.

To be proudly disabled is to reject the shame that was never ours to carry. It means knowing our value exists whether or not we are productive. Whether or not we "overcome." Whether or not we mask. It means celebrating the ways our bodies and minds adapt, connect, survive, resist, thrive, in a world that wasn't built for us.

It is forgiving ourselves for the days we can not show up. It is showing up with our last spoon when we do. It is accepting ourselves and each other, wholly and fully as ourselves.

We are not less-than. We are not burdens. We are culture. We are change-makers. We are worthy, just as we are.



Throughout Disability Pride Month, and every day:



- ✨ Be neuro-affirming, toward yourself and others
- ✨ Honour community wisdom and care
- ✨ Claim your space with pride, however that looks for you
- ✨ Call out ableism in yourself and others

There is no one way to be disabled.  
There is no one way to celebrate pride.  
You don't have to be "out and loud" to be proud.

Your softness is not a weakness.

It's a revolution.

Created by Ann  
Magill





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Gold represents Cognitive and Intellectual Disabilities

Red represents Physical Disabilities

Yellow represents Sensory Disabilities

Blue represents Psychiatric Disabilities

Green represents Sensory Disabilities

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