

BE SOCIALLY ENABLED

Tip 1:
**Stand
Normally**

When talking to a wheelchair user, stand normally or pull up a chair to sit. Don't crouch or get into uncomfortable positions. It's awkward for the person you're speaking to.

**Be yourself around persons with disabilities.
Be Socially Enabled.**

Yip Pin Xiu,
Team Singapore
Paralympic Swimmer



For more tips on interacting with persons with disabilities, visit ncss.gov.sg/sociallyenable.

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Identify yourself before making contact
with persons with visual impairment.
**Speak face to face and talk normally
without using visual references.
Be Socially Enabled.**

**BE
SOCIALLY
ENABLED**

Tip 2:
**Identify
Yourself**



**Muhammad Hidayat Bin
Mohamad Yaakob,**
Team Singapore Goalball Player

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BE SOCIALLY ENABLED

How would you feel if someone touched your bag before asking? Ask before helping a person with a disability or touching their personal belongings.

**Don't make assumptions when helping persons with disabilities.
Be Socially Enabled.**

Tip 3:
**Ask
Before
Helping**

Aishah Bte Samad,
Team Singapore
Para-Shooter



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BE SOCIALLY ENABLED

If you're able to, use the
escalator or stairs.

**Give way to people who need the
lift more. Be Socially Enabled.**

Tip 4:
**Elevate with
Graciousness**

Jovin Tan,
Team Singapore
Paralympic Sailor

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