

# Philippe helps people grow

Because his university accommodated him and his employer recognized his skills, Philippe, who has a visual impairment, has been working as a psychologist for five years now.



**TOGETHER,  
LET'S BUILD A MORE  
INCLUSIVE SOCIETY**

Semaine québécoise  
des personnes handicapées

**June 1 to 7**



# LITTLE THINGS BIG RESULTS

No matter what your role in society, you can do little things to increase the social participation of people with disabilities. That way, you can help make our society a richer, more inclusive one.

You travel by foot?	Offer your help to a person with a disability who seems to be experiencing problems getting on or off a sidewalk, crossing at a traffic light, etc.
You eat at the restaurant?	Use the available comment card or suggestion box to signal accessibility problems concerning the terrace, the rest rooms or any other specific section of the restaurant.
You run a website?	Make sure everything you put online is accessible to people with disabilities, especially those with visual impairments (consult the Quebec government Web Accessibility Standards).
You are a graphic artist?	Use contrasting colours or eloquent pictograms on your posters and other visual identification items destined to the general public.

[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)

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