



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **Barriers to Gender Affirming Health Care**

**Part 6: Why is healthcare hard  
for transgender and nonbinary  
people with disabilities?**

# Why is healthcare hard for transgender and nonbinary people with disabilities?

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Some transgender and nonbinary people have disabilities.



They face more barriers to gender affirming care than people without disabilities.



People with disabilities have to deal with ableism.



Ableism is treating someone badly because they have a disability.



Transgender and nonbinary people have to deal with transphobia.



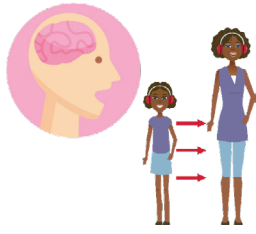
Transphobia is treating someone badly because they are transgender or nonbinary.



Transgender and nonbinary people with disabilities deal with transphobia.



Transgender and nonbinary people with disabilities deal with ableism.



Some transgender and nonbinary people have intellectual and developmental disabilities (IDD).



They face different barriers to gender affirming care.



Many people believe that people with IDD cannot be transgender or nonbinary.



This makes it hard for people with IDD to get gender affirming care.



Transgender and nonbinary people with IDD have to prove they know what gender is.

Transphobia and ableism against transgender and nonbinary people with IDD disabilities can look like:



- Thinking people with IDD cannot understand what gender is.



- Thinking people with IDD cannot know what our own genders are.



- Thinking people with IDD cannot make choices about gender affirming care ourselves.



- Thinking people with IDD are being tricked into thinking we are transgender or nonbinary.



- Thinking people with IDD are just confused about who we are.



The idea that people with IDD cannot understand gender is ableist.



The idea that people with IDD cannot be transgender or nonbinary is wrong.

These ideas make it harder for transgender and nonbinary people with IDD to:



- Get gender affirming care.



- Find community with other LGBTQ+ people.



- Find community with other people with disabilities.



- Get the kinds of support services we need.



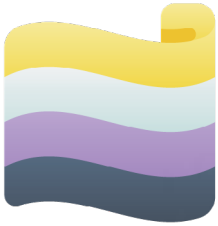
- Go about our daily lives without facing discrimination.



Transgender and nonbinary people with IDD should not have to convince people they are really transgender or nonbinary.



For example:



Laika is nonbinary.



Laika has an intellectual disability.



Laika wants to ask other transgender and nonbinary people what doctors they trust.



Laika wants to go to the local transgender support group's monthly meeting.



Laika asks their friend Kayla to come with them to the meeting as support.



At the meeting, most of the people there do not talk to Laika.



Even if they ask Laika a question, they say it to Kayla.



Kayla tells them to talk to Laika themselves.



But people still keep talking to Kayla.



They think Laika does not know what being transgender is.



They keep explaining what being transgender is when Laika asks them about doctors.



They do not answer Laika's questions.



Laika does not have fun meeting new people at the meeting.



Instead Laika spends a lot of time answering rude questions.



People at the meeting are ableist.



Laika does not find community at that transgender support group.



Laika does not find out which doctors are good for gender affirming care.



Transgender and nonbinary people with IDD can have a hard time finding community.

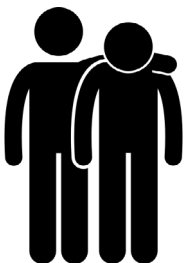


Community can be very important for getting gender affirming care.

Knowing other transgender and nonbinary people can help you:



- Make choices about doctors.



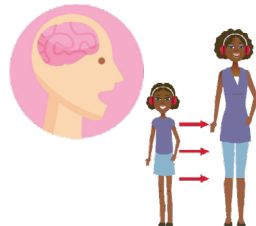
- Get emotional support when people discriminate against you.



Not having a community can make getting gender affirming care feel harder.



Transgender and nonbinary people with IDD face both transphobia and ableism.



Transgender and nonbinary people with IDD can face transphobia from cisgender people with IDD.

Cisgender people with IDD:



- May not believe transgender and nonbinary people with IDD that they are transgender or nonbinary.



- May believe bad things about transgender and nonbinary people.



- May not care about the barriers transgender and nonbinary people with IDD face.



- May make mean comments and jokes about transgender and nonbinary people.



Transgender and nonbinary people with IDD can face ableism from transgender and nonbinary people without IDD.

Transgender and nonbinary people without IDD may not:



- Understand what it is like to have a disability.



- Believe that people with disabilities can be transgender or nonbinary.



- Respect the choices of people with IDD.





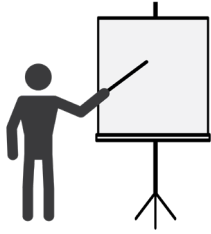
- Believe that people with IDD can make their own choices.



Transgender and nonbinary people with IDD can face ableism from cisgender people without IDD.



And, transgender and nonbinary people with IDD can face transphobia from cisgender people without IDD.



Transgender and nonbinary people with IDD may have to do a lot of teaching.

Transgender and nonbinary people with IDD may have to teach:



- Their disabled community about transgender and nonbinary people.



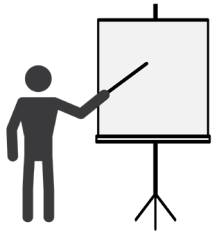
- Their transgender and nonbinary community about disabled people.



- Their support workers about transgender and nonbinary people.



- Their doctors about transgender and nonbinary people with intellectual and developmental disabilities.



Teaching so many people about who you are is a lot of advocacy work.



Self-advocacy work is hard.



Self-advocacy work is tiring.



All this self-advocacy work can slow down getting gender affirming care.