



Your 2026 Disability Justice Grounding Guide

Grounding, Protection, and Collective Care for Black, Brown, Queer, Immigrant Disabled Communities

This guide was created for a moment like this one. As 2026 unfolds, many disabled people—especially Black, brown, queer, and immigrant disabled folks—are navigating layered uncertainty shaped by policy shifts, economic pressure, and cultural narratives that devalue our lives. This guide is not about panic or prediction. It is about grounding, preparation, and collective care rooted in Disability Justice.

Use this guide as a reflection tool, a grounding resource, or a starting point for conversation and action within your community.



Your 2026 Disability Justice Grounding Guide

This guide is

- A Disability Justice–rooted grounding resource
- Centered on collective care, not individual “resilience”
- Designed for reflection, grounding, and action
- Built with the understanding that sustainability looks different for everyone

This guide is not

- A checklist for “doing activism right”
- A one-size-fits-all solution
- A replacement for community, care networks, or lived expertise



Your 2026 Disability Justice Grounding Guide

Grounding in Disability Justice

Disability Justice reminds us that:

- Our lives are not disposable
- Interdependence is strength, not failure
- Access, care, and rest are political
- Those most impacted must lead the way

Before moving into action, pause here.

Reflection Prompts

- What helps you feel grounded when systems feel unstable?
- Who or what do you return to when you need clarity or care?



Your 2026 Disability Justice Grounding Guide

Safety & Systemic Accountability

Safety is more than physical protection—it includes emotional, medical, economic, and communal safety.

What This Looks Like in Practice

- Knowing your rights around healthcare, housing, and benefits

Safety & Systemic Accountability

- Naming harm when systems fail or policies cause risk
- Documenting barriers without internalizing blame
- Identifying trusted people or organizations to turn to



Your 2026 Disability Justice Grounding Guide

Safety & Systemic Accountability

Reflection Prompt

- Where do you currently feel safest? Where do you feel most vulnerable?
- What systems in your life require accountability—not endurance?

Intersectional Justice

Disability does not exist in isolation. Race, gender identity, immigration status, class, and queerness shape how disability is experienced and how harm is distributed.



Your 2026 Disability Justice Grounding Guide

Intersectional Justice

Grounding Questions

- Whose experiences are being centered in disability conversations you're part of?
- Who is being left out—and why?
- How do your identities shape the support you need right now?

Intersectional Justice

Reminder

You are not “too complicated.”
Systems are inadequate.



Your 2026 Disability Justice Grounding Guide

Economic Justice

Economic stability is a core Disability Justice issue.

Gentle Reality Check

Sustainability is harder when income is unstable, benefits are threatened, or housing and food access are uncertain. None of this reflects a personal failure.

Economic Justice

Supportive Practices

- Keep a simple list of benefits, services, or supports you rely on
- Identify one trusted person or organization you could reach out to if something changes
- Release shame around needing help—interdependence is central to Disability Justice



Your 2026 Disability Justice Grounding Guide

Economic Justice

Reflection Prompt

- What resources help you meet your basic needs?
- What support would make your life more sustainable right now?

Collective Care Over Burnout

You are not required to be informed about everything, respond to everything, or fix everything.

Permission Slips

- You can log off
- You can rest
- You can say “not right now”
- You can protect your energy

Collective Care Ideas

- Share information instead of carrying it alone
- Rotate responsibilities within your community
- Normalize asking for help without explanation