



LISTEN TO DIS'

COMMUNITY AND ART

Enabling Art. Enabling Access. Enabling Agency

Listen to Dis' Disability Declaration

Listen to Dis' Community & Art Organization is Saskatchewan's first and only disability-led disability arts organization. We equip and enable people with and without disabilities to create and participate in art, for the betterment of their health, for recreation, and for the development of themselves as emerging and professional artists. Through intimately accessible somatic practices, we encourage each other to nurture a healthier relationship to body, mind, and creative spirit, while holding safe space for the disabled and non-disabled, to come together and participate in the arts.

Listen to Dis' Community & Art Organization serves people of all ages, from adolescents through elders, who live with a range of disabilities, including psychiatric disabilities; cognitive and learning disabilities; physical disabilities; addictions; environmental sensitivities; sickness, chronic pain, or disease; neurodivergence; and physical, mental, and/or emotional disabilities from the adverse impacts of medication.

In the beginning we brought community members together to make art. Now we are making art that brings the community together. In the end, it all comes from compassionate creative action.

We truly see a world that belongs to all. Through art, advocacy, and education, we have built communities of open intimate access in which disabled people can, at last, claim full agency over their lives and bring their fullest expression into the world.

Finally, we are seen as ambassadors of disability culture in the “fly over province” which is how Saskatchewan is viewed in the k/crip art and cultural world. As Julie Williams said, “the term Crip extends beyond the inclusion of all disabilities and encompasses members of other diverse groups historically invisible and ignored, such as disabled persons of color, disabled members with LGBTQIA identities, those who are both disabled and linguistically diverse, and many other intersecting identities.”

In closing, LTD' is committed to having the voice of people living with disability represented through art and programming that is imagined, created, and facilitated by people living with disability.

To learn more or join our circle of support visit us at www.listentodis.com or like us on our social media sites.

Soft vs. Rigid Scheduling

Feature	Soft Schedule (Routine-Based)	Rigid Schedule (Time-Bound)
Core Focus	Flow, adaptability, and task order	Punctuality, specific times, and deadlines
Structure	General time blocks (e.g., "Morning Creative Work")	Hourly or minute-by-minute slots (e.g., "9:00–9:45 AM")
Handling Interruptions	Easy; tasks shift naturally without ruining the day	Difficult; a delay can cause a stressful domino effect
Best For	Creative work, unpredictable days, parenting, open-ended projects	High-volume tasks, strict deadlines, client meetings, deep discipline
Pros	Reduces anxiety, allows for deep focus, adapts to energy levels	Highly efficient, eliminates decision fatigue, ensures tasks get done
Cons	Easy to procrastinate, can lack accountability	Can cause burnout, leaves little room for unexpected events

12 Essential Reasons to Yawn - From "How God Changes Your Brain" by Andrew Newberg, M.D. and Mark Robert Waldman

1. **Stimulates alertness and concentration**
2. **Optimizes brain activity and metabolism.**
3. **Improves cognitive function.**
4. **Increases memory recall.**
5. **Enhances consciousness and introspection.**
6. **Lowers stress.**
7. **Relaxes every part of your body.**
8. **Improves voluntary muscle control.**
9. **Enhances athletic skills.**
10. **Fine-tunes your sense of time.**
11. **Increases empathy and social awareness**
12. **Enhances pleasure and sensuality.**

The Future of Accessibility...

1. **Embrace D/disability Culture as a process**
2. **Learn to regulate your nervous system.**
3. **Integrate health and wellbeing as a priority in accessibility.**
4. **Implement soft scheduling.**
5. **Become comfortable with awkwardness and discomfort.**
6. **Move at the speed of trust.**
7. **Go with the slow. Or go slow to go fast.**
8. **Acknowledge the presence of ableism in everyone and everything.**
9. **Learn about the nervous system and how it functions.**
10. **Be patient with yourself and others.**