



THE PARTNERSHIP

FOR INCLUSIVE DISASTER STRATEGIES

Definition of Disability under the Americans with Disabilities Act (ADA)

Under the ADA, you have a disability if you have a hard time (are substantially limited) in doing a thing (major life activity) that most people can do.

Major Life Activities under the ADA

[Major life activities](#) can be:

- Caring for oneself,
- Performing manual tasks,
- Seeing,
- Hearing,
- Eating,
- Sleeping,
- Walking,
- Standing,
- Lifting,
- Bending,
- Speaking,
- Breathing,
- Learning,
- Reading,
- Concentrating,
- Thinking,
- Communicating, and
- Working.

Major Bodily Functions under the ADA

You have a disability if your [major bodily functions](#) are substantially limited.

Major Bodily Functions include:

- Functions of the immune system (examples: HIV/AIDS, MS),
- Normal cell growth (example: cancer),
- Digestive functions,
- Bowel functions (Crohn's disease),



- Functions of the bladder,
- Neurological functions (cerebral palsy, ADHD, autism),
- Brain functions,
- Functions of the respiratory system (examples: asthma, COPD),
- Functions of the circulatory system,
- Functions of the endocrine system (diabetes), and
- Functions of the reproductive system.