

Invisible Disabilities Awareness Week

October 19-25, 2025

Invisible Disabilities Awareness Week is a time to recognize that not all disabilities are immediately apparent. Conditions such as chronic pain, mental health disorders, autoimmune diseases, and neurological differences often show no visible signs. They can still significantly affect a person's daily life and work experience.

This observance encourages understanding, compassion, and inclusion for individuals living with disabilities that aren't always seen. It reminds us that accessibility is not only about physical accommodations, but also about creating workplaces and communities where people feel safe to share their needs and be supported when they do.



We believe acceptance begins with awareness. By educating ourselves and practicing empathy, we can break down stereotypes and foster environments where everyone has the opportunity to thrive – regardless of if their disability is visible or not.

