

2. APA Citation:

- Irene, Christina. (2019) Talking Splat: Communicating about our Hidden Disabilities.

3. Goal of the chapter or book

- This book looks at invisible disabilities that people have and share. The author has had an invisible disability for years and expresses a lot of different viewpoints about invisible disabilities.

4. Main ideas

- Hidden disabilities are conditions that include cognitive difficulties, mental health disorders, learning differences, physical pain, fatigue or other physical conditions that are not apparent to the onlooker but significantly impact one's daily activities.
- Most times people with invisible disabilities have a hard time talking about them or connecting to people about them. Since they are not physical issues that can be seen, people overlook them.
- Most times, people with invisible disabilities are changing day to day, the "Moving Target" affect
- People with hidden disabilities sometimes don't share because of the stigma associated with the disability
- People with hidden disabilities are often times sick of talking about their disability
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5. Other sources I would like to look at:

N/A