



About A Life Worth Living

Our mission

A Life Worth Living exists for the purpose of educating and sensitizing people throughout North America about living with disabilities by developing and disseminating communication resources.

Values

- **Inclusion:** Promoting active participation of individuals with disabilities in all aspects of society.
- **Support:** Offering comprehensive resources and guidance to individuals with disabilities and their support networks.
- **Inspiration:** Sharing real-life stories to inspire hope and resilience.
- **Practical Guidance:** Providing actionable advice and solutions for everyday challenges faced by individuals with disabilities.

The need

The need for A Life Worth Living arose from the realization that individuals with disabilities and their families often lack accessible and comprehensive resources. This need extends to:

- Understanding how to adapt to new disabilities.
- Finding practical solutions for daily challenges.
- Accessing inspirational stories and experiences of others who have navigated similar paths.
- Providing support networks with the information they need to offer effective help.

Meeting that need

Since its founding in 1994, A Life Worth Living has focused on sharing the life stories of people with disabilities and their families and employers through various media channels. These personal narratives offer:

- Life-changing answers to pressing questions.
- Practical guidance for overcoming obstacles.
- Hope and inspiration for those facing similar challenges.