

This is a summary of a research article. It tells you about the everyday harm that people with disability experience. It talks about how this harm affects people.

Introduction

Everyone experiences everyday harm. People with disability experience everyday harm often. Sometimes people think it is not worth mentioning this kind of harm because it happens often. But it is serious.

What is everyday harm?

Everyday harm is the negative impact on a person when someone does or does not do something. These things happen in daily life. Everyday harm can include things like ignoring another person, talking badly about them behind their back, or not acting on their choices. There are many other examples.

Everyday harm can happen from the things people do or don't do. It can happen on purpose or by accident. Even when people do not mean to cause this harm, it still affects people.

How did we do the research?

To learn more about everyday harm, we talked to people with disability and their support workers. We asked what they know and feel about everyday harm. We listened to their experiences.

What did we find?

We found that people know what everyday harm is. They have felt it before in their head, heart, and gut. Sometimes people did not know what words to use to describe everyday harm. They needed help to name it. The harm they experienced came from actions like mean jokes or poor communication.

We found that everyday harm can affect many parts of a person's life:

- **Their emotions.** Sometimes people feel sad, upset, offended, or embarrassed.
- **Their mental health.** It can lower their confidence and self-respect.
- **Their physical health.** People's health needs might be ignored.
- **How they can grow and learn.** It can stop people from building skills or confidence.
- **Their relationships with other people.** It can mean people feel uncared for, disrespected, and not valued.
- **Their reputation.** It can mean other people view them badly or don't take them seriously.

What is important to learn from this research?

We want people to learn that everyday harm is serious. Everyday harm builds up. It can impact someone for a long time. We want people to learn that because everyday harm is serious, it is important to respond to it. In other research articles, we talk about how we can prevent and address everyday harm. We call this taking **everyday steps**.

Want to read more? You can find the full research article here [\[LINK\]](#)

Robinson, S., Ikaheimo, H., Fisher, K.R., Idle, J., Cresciani, R. & Smyth, C. (2026) Understanding everyday harm between young people with cognitive disability and support workers. *Disability and Society*.