

Sign and Dine

Communicating with those who are Deaf or hard of hearing Resources



Links from the presentation:

[Disability Sensitivity Training Video](https://www.youtube.com/watch?v=Gv1aDEFIXq8)- <https://www.youtube.com/watch?v=Gv1aDEFIXq8>

[Office of Disability Employment Policy](https://www.dol.gov/odep/)- <https://www.dol.gov/odep/>

[Office of Personnel Management Disability Employment](https://www.opm.gov/policy-data-oversight/disability-employment/)- <https://www.opm.gov/policy-data-oversight/disability-employment/>

[Job Accommodation Network](https://askjan.org/)- <https://askjan.org/>

[Federal Emergency Management Agency \(FEMA\): Office of Disability Integration & Coordination](https://www.fema.gov/office-disability-integration-and-coordination)- <https://www.fema.gov/office-disability-integration-and-coordination>

[U. S. Access Board ADA Guidelines](https://www.access-board.gov/)- <https://www.access-board.gov/>

[United Spinal Association's Disability Etiquette Tips](https://www.unitedspinal.org/disability-etiquette/)- <https://www.unitedspinal.org/disability-etiquette/>

[Signing Savvy](https://www.signingsavvy.com/)- <https://www.signingsavvy.com/>

[Lifeprint](http://www.lifeprint.com/)- <http://www.lifeprint.com/>

[Handspeak](https://www.handspeak.com/)- <https://www.handspeak.com/>

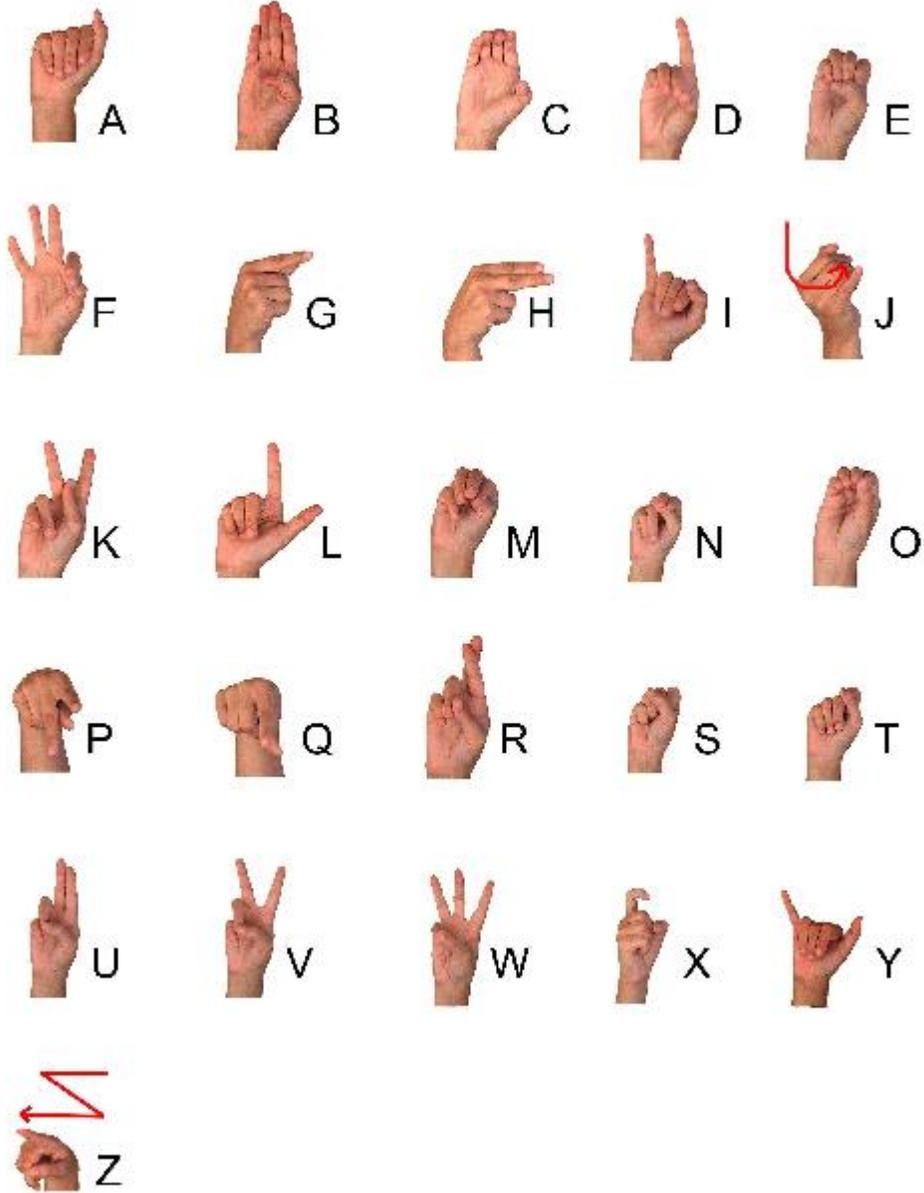
[ASL Pro](http://aslpro.com/)- <http://aslpro.com/>

[Start ASL](https://www.startasl.com/)- <https://www.startasl.com/>

[Bill Vicars' YouTube Channel](https://www.youtube.com/user/billvicars)- <https://www.youtube.com/user/billvicars>



American Sign Language Alphabet



AMERICAN SIGN LANGUAGE ALPHABET AND NUMBERS

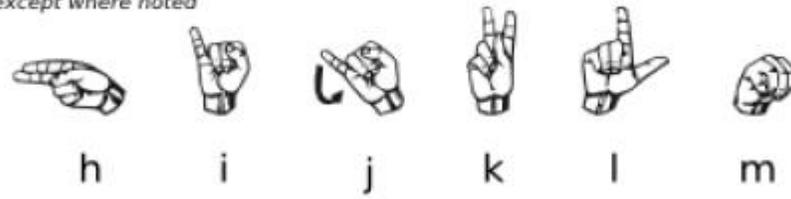


palm forward
thumb bent out

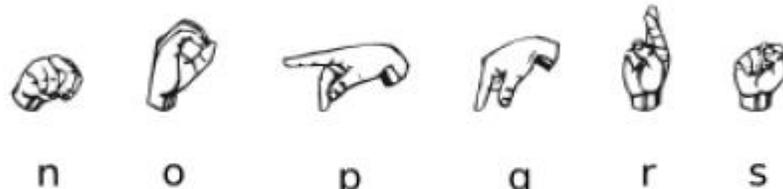
thumb also often
lower (like a claw)

palm in

*palm is always forward
except where noted*



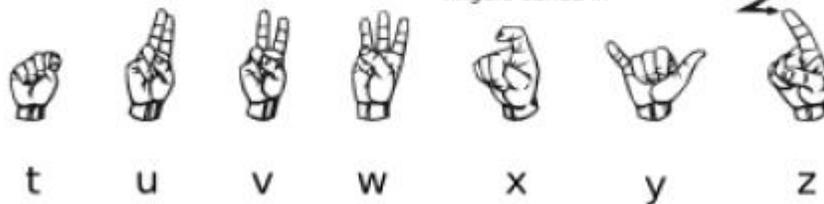
palm in



palm faces opposite
side of body

index finger
points out

like p but points
down and unseen
fingers curled in



palm forward
thumb can be over fingers
whole palm can be
slanted to side away from body

