



Living Independently for Today & Tomorrow  
1241 Crawford Drive, Billings, MT 59102 • (406) 259-5181  
120 South Kendrick • P.O. Box 1387 Glendive, MT 59330 • (406) 948-8500  
<http://www.liftt.org>

## **From the Desk of the Executive Director: Motherhood, Disability, and the Quiet Architecture of Resilience**



Motherhood has always been a story of improvisation, courage, and unseen labor. But when disability intersects with motherhood — whether in the mother herself, her child, or her community — the story becomes even



Living Independently for Today & Tomorrow  
1241 Crawford Drive, Billings, MT 59102 • (406) 259-5181  
120 South Kendrick • P.O. Box 1387 Glendive, MT 59330 • (406) 948-8500  
<http://www.liftt.org>

richer, more intricate, more demanding of the kind of perseverance that builds legacies in silence.

As we approach Mother's Day, it's important to acknowledge a truth often overlooked: that many mothers in our communities are engaged daily in a form of strategic living.

They are not only caregivers.

They are advocates.

They are navigators of invisible systems.

They are builders of possibility in landscapes shaped by inaccessibility, misunderstanding, and, too often, indifference.

For mothers living with disabilities, the world often demands more than should ever be asked. They must raise families while educating schools, employers, policymakers, and even strangers, about their worth and their needs. They must plan, adapt, negotiate, and sometimes fight, simply to have the same opportunities that others take for granted.

For mothers raising children with disabilities, every small victory — an accessible playground, a supportive teacher, a working elevator — feels monumental. The work is not just at the bedside or the breakfast table; it is also in the letters written, the meetings attended, the systems challenged, and the dreams defended, day after day.

These mothers are tacticians of resilience.

They know how to reimagine plans on a moment's notice.

They know how to endure when endurance feels impossible.



Living Independently for Today & Tomorrow  
1241 Crawford Drive, Billings, MT 59102 • (406) 259-5181  
120 South Kendrick • P.O. Box 1387 Glendive, MT 59330 • (406) 948-8500  
<http://www.liftt.org>

They know how to celebrate every achievement, however small, with a joy sharpened by the effort it required.

At LIFTT, we understand that independence is not a solo journey — it is a collective act, sustained by communities, families, and, very often, by the strategic wisdom of mothers who refuse to give up on a future where all people can belong, thrive, and lead.

This Mother's Day, we honor these architects of hope. We celebrate their quiet rebellions against barriers, their fierce defense of dignity, and their relentless shaping of spaces where independence is not a dream but a right.

Their work is not always visible.

But it is everywhere — in every ramp built, every opportunity opened, every life lifted higher.

Happy Mother's Day to all who mother, to all who nurture resilience, and to all who believe in a world made more inclusive by love and perseverance.

With deep gratitude and respect,

Carlos Ramalho, Executive Director

Email [carlosr@liftt.org](mailto:carlosr@liftt.org)

Telephone (406) 259-5181

Facsimile (406) 259-5259

Direct (406) 294-5190

*LIFTT is a Montana 501(c)(3) nonprofit Center for Independent Living (CIL) with offices in Billings and Glendive, providing services to aging and disabled individuals in 18 counties across South and Central Eastern Montana: Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield,*



Living Independently for Today & Tomorrow  
1241 Crawford Drive, Billings, MT 59102 • (406) 259-5181  
120 South Kendrick • P.O. Box 1387 Glendive, MT 59330 • (406) 948-8500  
<http://www.liftt.org>

*Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Rosebud, Stillwater, Treasure, Wibaux, and Yellowstone.*

Our Vision: Empowering aging and disabled individuals to LIFTT themselves above the barriers of life.

Our Mission: Living Independently for Today and Tomorrow – LIFTT's mission is to empower aging and disabled individuals to live independently through education, support, and opportunities.

Download our mobile app: [Apple St](#)