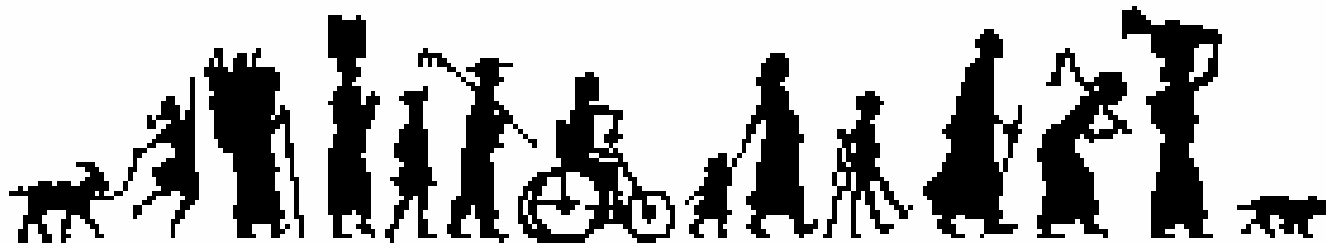
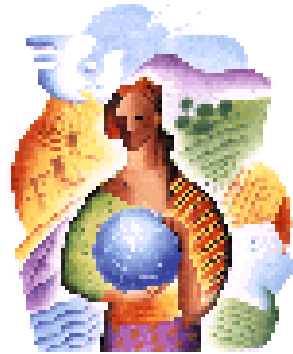


Hesperian

Hesperian's mission is to publish books and other educational materials that enable poor communities to take greater control over their health and their lives. Our manuals are used by millions of families worldwide who have little or no access to medical care.





Fourth World Conference on Women

Beijing, China - September 1995

Women with disabilities understand their health needs better than anyone else . . .

My friend Ruth from Fiji has scars from burns. People laughed at her when she tried to get condoms at an HIV/AIDS awareness campaign.

Beatrix from Colombia has a speech impairment and missing fingers from a birth defect. Manuel always seems afraid of her and act as though her disability is contagious.

Sara in Lebanon is blind. She gets embarrassed because she always has to ask someone to read sexual and reproductive health information to her. It's never available in Braille.

Maria in Russia has a spinal-cord injury. Doctors would say if her injury will affect her sexuality or ability to have children.

Melodie in Uganda has paralyzed legs from polio. Doctors always ask her about her disability, even when she's sick with malaria.

Janice from Malaysia is deaf. She almost died because no one at the hospital could understand her when she was sick.



. . . so why aren't they full and equal participants in all health and development programmes?

WORLD BANK

INTERNATIONAL DEVELOPMENT ASSOCIATION
INTERNATIONAL FINANCE CORPORATION
INTERNATIONAL LABOUR ORGANIZATION

UNITED NATIONS DEVELOPMENT PROGRAMME
UNITED NATIONS FUND FOR POPULATION
UNITED NATIONS WOMEN

WORLD HEALTH ORGANIZATION
WORLD VISION



What the book does NOT cover:

- Disease-related disabilities, such as diabetes and lupus.
- Physical therapy
- Medical management of individual disabilities

What the book DOES cover:

- Information for women with disabilities
- Information for caregivers, families, and others who assist women with disabilities
- Information for health and medical workers

- **Afghanistan**
- **Argentina**
- **Australia**
- **Bermuda**
- **Cambodia**
- **Canada**
- **China**
- **Colombia**
- **DR Congo**
- **Dominican Republic**
- **Egypt**
- **El Salvador**
- **Fiji Islands**
- **Finland**
- **Rep.of Georgia**
- **Ghana**
- **Hong Kong**
- **India**
- **Jamaica**
- **Kenya**
- **Laos**
- **Lebanon**
- **Lesotho**
- **Malawi**
- **Malaysia**
- **Mauritius**
- **Mexico**
- **Nigeria**
- **Palau**
- **Philippines**
- **Russia**
- **South Korea**
- **Tanzania**
- **Thailand**
- **Tobago**
- **Uganda**
- **United Kingdom**
- **United States**
- **Vietnam**
- **Yemen**
- **Zambia**
- **Zimbabwe**

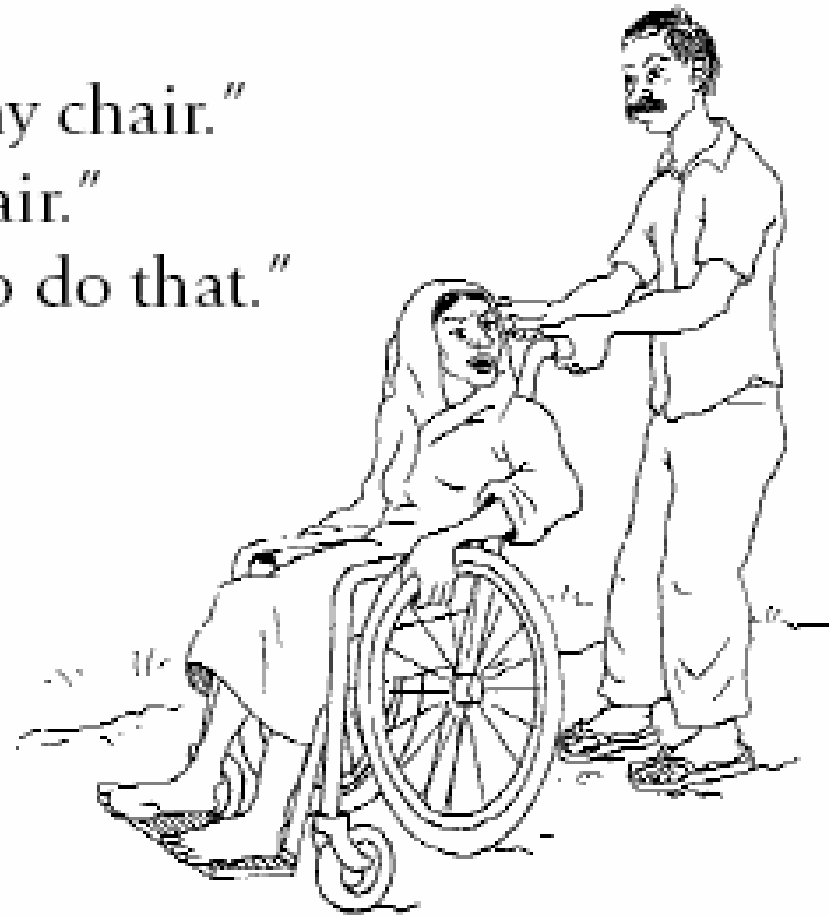


If you are often bent forward...

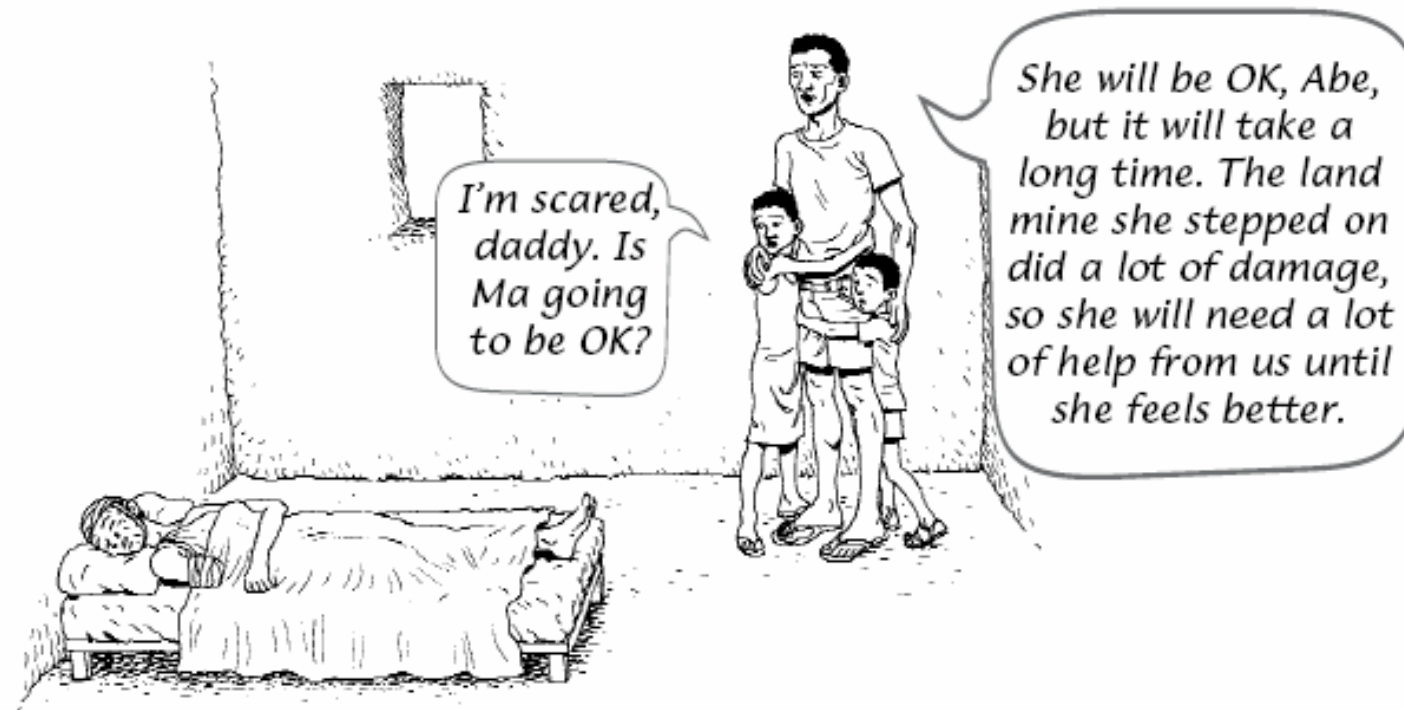


...try to stretch the muscles in your chest.

"You are pushing my chair."
"Don't push my chair."
"I don't want you to do that."



A sudden disability affects the whole family



When someone close to you becomes disabled suddenly, because of an accident or an illness, everyone gets injured in a way. The unexpected change in your life can be frightening, and can cause you and other family members to feel very sad or angry.

People First makes easy-to-understand health booklets

In 1997, several women with learning difficulties started a women's group, called People First Liverpool, so they could learn more about women's health care. They worked with a women's health clinic to produce several booklets that would make health exams easier to understand. To find out more about these booklets, see page 381.

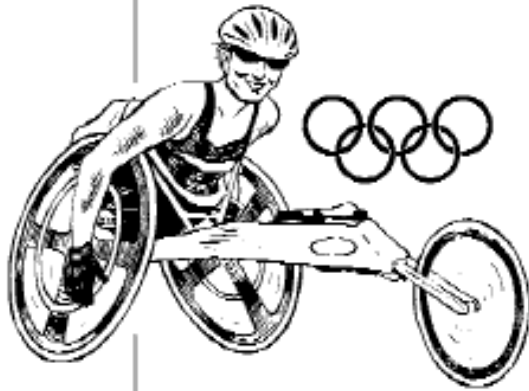


Providing resources for change in Uganda

The Uganda Disabled Women's Association maintains a revolving loan program for disabled women to start their own businesses, provides education and mobility aids, and runs a drama group to raise public awareness about disabled women. They strive to increase



disabled women's rights and well-being, to advocate for better education for disabled children, to teach independent living skills, to share reproductive health information, and "to fight poverty, ignorance, social differences, and disease."



Olympic-level athletes

An increasing number of women are taking part in the Paralympic Games, an international sporting competition for athletes with disabilities including mobility disabilities, amputations, visual disabilities, and cerebral palsy. The Paralympic Games are held every 4 years, following the Olympic Games. It is an eye-opener for many people to see women with disabilities compete with confidence and skill.

I wonder if those chapters (family planning, sexuality) have already been adapted to the Afghan context. Because I am concerned that those chapters are going a bit too far in what Afghanistan can cope with. Many things can be discussed openly with women nowadays in Afghanistan, but printing and disseminating this material is another huge step that I see as potentially being too ambitious at the moment. It might create unwanted side effects, such as shuras, elders, or husbands reacting strongly to such details – especially birth control techniques. I think we have to be cautious with the pictures too.

-- *Firoz Alizada,*

National Association of Women with Disabilities of Afghanistan

Nagarathna and Shobha expressed that they could not participate this time due to their prior commitments. I managed to get Madhu (who is visually impaired), Jaya (who has bilateral polio), and Dorothy (who is in a wheelchair) to come to Mobility India and discuss the chapters. This process took half a day, but in the end they were satisfied, happy and are eagerly looking forward to the book.

I must mention that there were some typing errors, which I am sure you will attend to.

--- Dr. Veda Zachariah, Bangalore, INDIA

Information about self-defence is very full.
It's O.K.

Sorry to say, but we are interested if some one can use these methods in real life. Violators are not stupid and they are strong. Violators are very careful and often they are not alone.

Chapter 12

Our comment on this chapter one can say in a sentence. Your information includes everything. We can only add - disabled woman is not a handicapped woman, she has only disabilities. We do not want anyone to treat us as a child. Only respect and help.

- ① the associations of and for the people with disabilities.
- ② NSO working concerned disabled people.
- ③ Governmental Offices working for disabled people.

3, Certainly, disabilities affect the lives of girls. Disabilities make them miss the opportunities to have education, jobs and marriage. This book can help them get more supportive if it is translated into their mother's tongue language.

4, In my community, they get information about good care for women with disabilities from health workers, village health care volunteers and printed materials from hospitals, and health care centers.

- 5, In Thailand my country, women become disabled by
- accidents from traffic and working in factories.
 - illness
 - wrong position while they are injected when they are children.
 - mal-nutrition.

6, They want to know about the problems and needs of women with disabilities concerning their health that they can get their information from women with disabilities themselves.

Let women make their own choices

Some women choose to have a baby whether or not they will have support. They may choose to have a baby even when they know the baby will have serious health or disability problems. Many pregnant women say: "I want THIS child!" and are determined to find ways to manage, whatever the difficulties.

For some women, the conditions of their lives or health make having a child a bad choice, and they decide to have an abortion. They may make this decision because they know they will not have enough support to care for the child. Or because they know the baby will have a disability or a serious health problem. Or they may find the idea of having a child, with or without a disability, too difficult to deal with.

Deciding to have a baby is a personal choice all women should be able to make. Whatever your own beliefs, try not to judge a woman if she does something you do not agree with. Care for her with compassion and treat her as you would want yourself or your daughter to be treated.



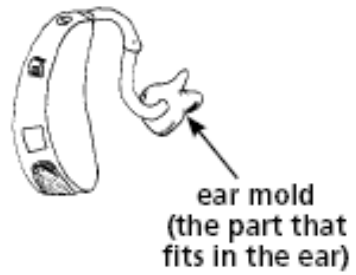


The best length for a stick is one that reaches from the ground to halfway between your waist and shoulders.



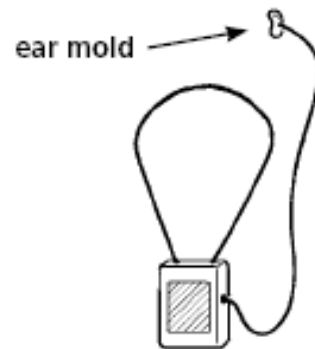
Women with disabilities have much the same concerns as other women who are pregnant. We want to have a healthy pregnancy and give birth to a healthy baby.

Behind-the-ear (BTE) aid



This is how
a BTE aid is
worn.

Body aid



This is how
a body aid is
worn.

Vagina

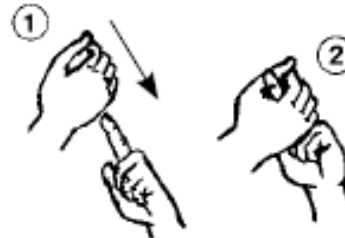


from Vietnam



from Kenya

Condom



from Vietnam



from Kenya

**Monthly
bleeding
(menstruation)**



from Vietnam



from Great Britain



from Kenya

Translations

Bangla
Chinese
Farsi
Khmer
Laotian
Nepali
Spanish
Telugu
Vietnamese

A Health Handbook for Women with Disabilities



Jane Maxwell
Julia Watts Belser
Darlena David

from the publisher of
Where Women Have No Doctor