



Inclusive Futures

Promoting disability inclusion



UKaid
from the British people

Information about people with disabilities and sexual and reproductive health and rights



Easy read booklet Issue



Who we are



We are Social Development Direct.



We give advice to people working on **International Development** on how to include all people, such as women and people with disabilities

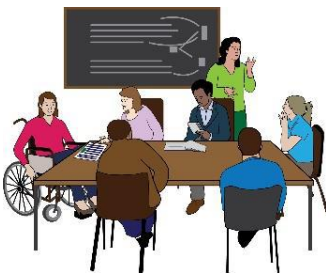


International Development

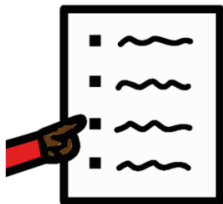
supports people around the world who do not have enough access to the things they need.



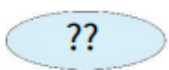
We work with other groups to run the Disability Inclusion Helpdesk.



This booklet is part of the **13th Helpdesk Evidence Digest**. It focuses on sexual and reproductive health and rights and people with disabilities.



Please look at the full report for links to documents or for more information.



Sometimes we need to use new or difficult words. These words are in **bold**. There is a list of what they mean at the end of the document

Discussion about people with disabilities and sexual and reproductive health and rights



Lois Auta-Udonkanta leads the the Network of Women with Disabilities in Nigeria, an **organisation of people with disabilities**.



She sees her disability as an opportunity to change the world.

She talked about the rights of women and girls with disabilities to do with their bodies, sex, relationships and giving birth to children.



This is called **sexual and reproductive health and rights**.



Women with disabilities want to make their own choices about their bodies, sex life, relationships and having children.



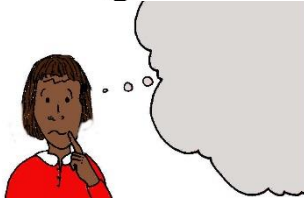
Some people don't think that women with disabilities can make these decisions.



These bad attitudes can stop women with disabilities accessing information and services.



Health centres and hospitals can be difficult for women with disabilities to get into.



Information can be hard for women with disabilities to get hold of or understand.



Sign language interpretation or braille materials is not always available.



Laws and government policies sometimes don't mention women with disabilities.



Lois is attending a big meeting on **sexual and reproductive health and rights** in Thailand in November.



She will talk about the needs, challenges and things that women with disabilities want.

Evidence and guidance on people with disabilities and sexual and reproductive health and rights



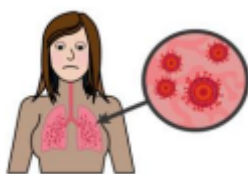
A new law on disability in Uganda made it easier for people with disabilities to get services.



Research on health services worldwide found that the attitudes of health workers is important for people with disabilities.



There is not enough data and **research** on how to support people with disabilities to access **sexual and reproductive health services**.



The **COVID-19 pandemic** made it more difficult for women and girls with disabilities to access **sexual and reproductive health** information and services.



Pregnant women with disabilities can have a worse time than women who don't have a disability.



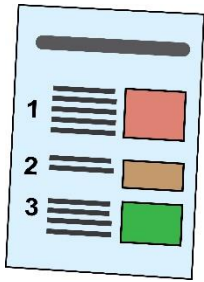
Health services might have the wrong equipment, like beds, for women and girls with disabilities.



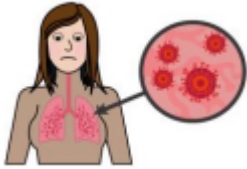
Some organisations have produced guides to help people with disabilities understand their rights.



Some organisations have produced guides to help health workers treat people with disabilities better.



What do these words mean?



COVID-19 is a virus that has made lots of people around the world ill.

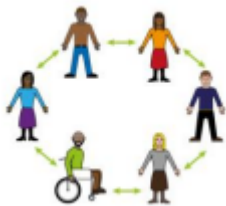


Data is information about the number of different things, such as the number of people with a disability.



International Development

supports people around the world who do not have enough access to the things they need.



Organisations of people with disabilities work around the world and support people with disabilities to live good lives.



Research is about finding lots of information about a specific thing and bringing it all together.



Sexual and reproductive health and rights is about rights to do with bodies, sex, relationships, health, and giving birth to children.

Contact us



If you want to talk to us send an email to this address
enquiries@disabilityinclusion.org.uk

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**People
First**



Images used in this document come from the People First (Self Advocacy) Picture Bank

Disability Inclusion Helpline, February 2021	
Evidence digest focus issue: Social Protection and Disability Inclusion	
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The full version of this document is called **Evidence Digest: Disability Inclusion and Sexual and Reproductive Health and Rights**