



What effective approaches are there to ensure equitable access of people with disabilities to sexual and reproductive health (SRHR), and specifically family planning?

All sexual and reproductive health and rights (SRHR) services, including family planning services, need to be inclusive and accessible for people with disabilities as part of the global commitment to Universal Health Coverage. Sexual and reproductive health and rights are human rights. They are not only an integral part of the right to health but are necessary for the enjoyment of many other human rights, including the rights to life, information and freedom from discrimination.

The goal of [Inclusive Futures](#) is to develop innovative solutions to increase disability inclusion in mainstream development and humanitarian programmes – including sexual and reproductive health.

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inclusivefutures.org/SRHR



Inclusive Futures
Promoting disability inclusion



Practical steps to inclusion in SRHR programmes

- Commitments and programmes should include raising awareness of the sexual and reproductive health and rights of all people with disabilities, emphasising their sexual autonomy and decision-making capacity and the multiple and intersectional discrimination faced in claiming their rights. Donors and NGOs working on SRHR should aim to set a target percentage of programmes to be marked as disability inclusive using the DAC marker
- Donors, civil society and other development stakeholder should collect and support national governments to collect disability disaggregated data to inform the provision of sexual and reproductive health information and services
- Donors should set targets that focus on access rather than use as these are less likely to lead to women and girls with disabilities being pressured into 'accepting' contraceptives in order for targets to be met. Women and girls' right to bodily autonomy must be put at the centre
- Focus should be put on ensuring that health workers are given adequate training, including through the curricula of health training and continuous professional development, to improve disability awareness and ensure that sexual and reproductive information, goods and services are provided to people with disabilities without discrimination or stigma
- Global health stakeholders should focus on meaningfully engaging people with disabilities and their representative organisations when designing, implementing and monitoring SRHR projects
- SRHR services, facilities and information need to be inclusive and fully accessible to people with disabilities in all their diversity
- Social and behaviour change campaigns must be designed to be inclusive and accessible, and tackle disability stigma and discrimination at all levels of society



▶▶ It is important that persons with disabilities are not left behind if we are to achieve the Sustainable Development Goals (SDGs). The danger is that if we neglect this group of people then achieving the SDGs will almost be impossible. ◀◀

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