

Information about people with disabilities, stigma and disability inclusion



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 **20th Helpdesk Evidence Digest**. It focuses on stigma and disability inclusion.



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, stigma and disability inclusion



We spoke to Maria Zuurmond who has over 30 years working in **international development**.



She told us that **stigma** is a complicated thing.



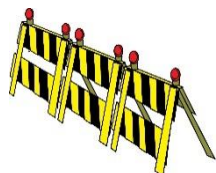
External **stigma** is when someone can experience **discrimination** because of **prejudice**.



Internalised **stigma** is when someone believes the **discrimination** about themselves.



It is hard to help people well unless you address **stigma**.



Stigma acts as a barrier for people to get help.



In some countries, there is a **stigma** around having a child with a disability.



It's important that everyone feels confident that they can be an active part of **society**.



Sometimes a **stigma** can be small, but has a big effect on people.



We can do **surveys** about **attitudes**, but it is hard to measure **stigma**.



There is not much **evidence** about what works to tackle **social stigma**.

Having good **research** or a **framework** can help tackle **stigma**.



Safe spaces can help people build **confidence** around their **stigma**.



If people with disabilities are seen more in **society**, this helps reduce the **stigma** around them.



It is good to engage with leaders in **society** to help make changes.



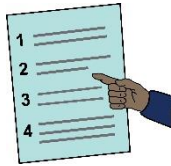
Maria told us what she thinks are important steps to reduce **social stigma**.



She said we should include adults and children with disabilities in **planning** during **projects**.



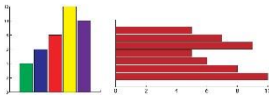
She said we need to address **power dynamics**.



She said we need to take a **systematic** approach to addressing **stigma**.



She said we need to do clear **reporting** on **stigma** in **projects**.

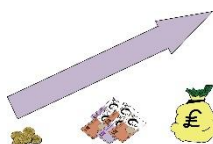


Evidence and guidance on people with disabilities, stigma and disability inclusion



Our **research** looked at effective **strategies** to reduce **stigma**.

The **research** gave recommendations around:



- **Investing**
- **National level actions**
- **Monitoring, learning and evaluating.**



The **research** found that people think differently about people with **visible** and **invisible** disabilities.



The **research** also found that found people with disabilities in Zimbabwe face **discrimination** because of **stigma** and need more support in education and work.



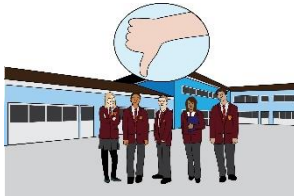
A **blog** was written that told a story about a person with **paralysis** who was **excluded** from **society**.



It talks about how he worked hard to make sure universities were **accessible** for people with disabilities.



Research was published about children with **physical** disabilities in Ethiopia.



It found they face bullying and **exclusion** at home and school because of **stigma**.



The **research** suggests more disability **awareness** and better support are needed.



A **review** was published about changing **attitudes** towards people with disabilities.



It looked at different types of **interventions** and **policies** in Australia.



The review found that using various methods and **policies** is needed to see real change.



A **report** was published about the challenges faced by people with disabilities during **emergencies**.



It said we need to avoid negative stereotypes and improve **planning** for **emergencies** to include everyone.



An **event** was held in Pakistan to address issues faced by women with disabilities.



It discussed their **exclusion** from education and jobs, and the **abuse** they experience.



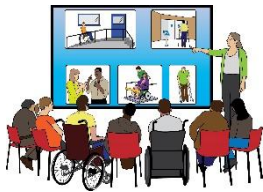
The event highlighted the need for better policies, infrastructure, job support, and inclusion of women with disabilities in **decision-making**.



An **infographic** was made to address **stigma** against people with disabilities in Ukraine.



It shared tips on **respectful communication** to help with acceptance and inclusion and tackle **stigma**.



A **project report** was published about ending **stigma** in Tanzania's training **institutions** and workplaces.



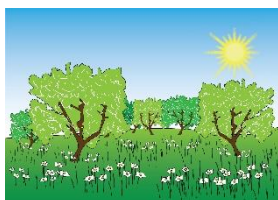
The **project** developed tools to improve disability inclusion and looked at areas for improvement.



It also worked with partners to create **guidelines** for better **accommodations** for people with disabilities.



A **blog** was published about a **project** in Ghana helping people with disabilities.



The program involves them in farming projects, which improves **food security** and reduces **stigma**.



This has increased their respect in the community and their role in making decisions.



A **report** was published about improving **reproductive healthcare** for people with disabilities.



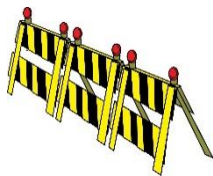
The **report** found that they face barriers like **discrimination**, and lack of **inclusive policies**.



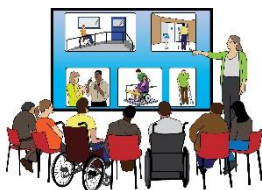
It stressed the need for **community dialogue** and training for healthcare providers to address **biases**.



A **guide** was published about education for **refugee** and **displaced** children with disabilities.



It focussed on **stigma** as a barrier to education.



The guide suggests **community involvement**, **awareness**, teacher training, and special **equipment**.



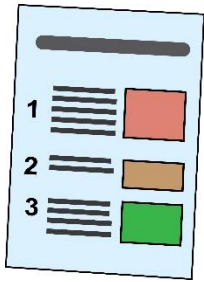
UNICEF published training on measuring attempts to reduce **stigma** and **discrimination** against children with disabilities.



The training provides **tools** to measure social and behaviour change initiatives.



It helps people create more **inclusive environments** for children with disabilities.



What do these words mean?



Accessible means something that is easy to reach, use, or get to, especially for people with disabilities.



Accommodations are changes or adjustments made to help people with different needs or abilities.



Attitudes are the way someone thinks or feels about something.



Awareness means knowing about something.



Biases are unfair views that affect how we judge or treat people or situations.



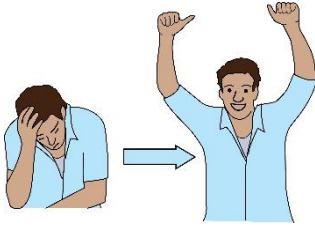
A **blog** is an online piece of writing where someone shares their thoughts, ideas, or updates in a personal or conversational way.



A **community** is a group of people who live in the same area or share common interests and activities.



Community dialogue is when people in a community talk together to share ideas, discuss issues, and find solutions.



Confidence is the feeling of being sure about yourself and your abilities, believing you can handle things well.



Decision-making is the process of choosing what to do.



Discrimination is when someone is treated unfairly or differently because of who they are, like their race, gender, or disability



Displaced means being forced to leave your home or usual place because of problems like conflict or disaster



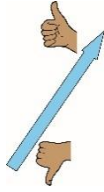
Emergencies are urgent situations that need attention and action right away.



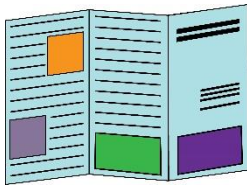
Environments are the places or settings where people, animals, or plants live and operate.



Equipment refers to the tools or devices needed for a purpose or activity.



Evaluating means looking at something carefully to see how good or effective it is.



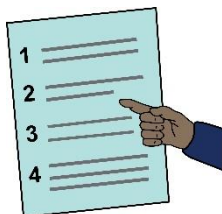
Evidence is information or facts that help prove something is true or supports an idea.



Exclusion means being left out or not allowed to be part of something.



Food security means having reliable access to enough food to stay healthy.



A **framework** is a basic structure or system that helps organise and support ideas or actions to achieve a goal.



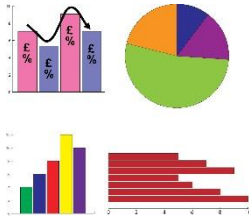
A **guide** is a person or tool that helps show the way or provide useful information.



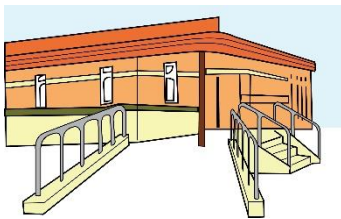
Guidelines are recommended rules or instructions on how to do something properly.



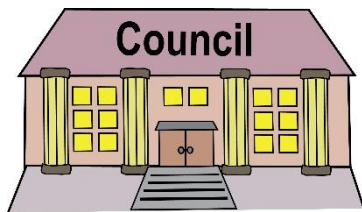
Inclusive means including everyone and making sure all people are welcome and able to participate.



An **infographic** is a way to show information using pictures and charts to make it easier to understand.



Infrastructure is the basic systems and structures that support a community.



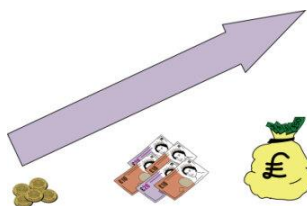
Institutions are organised groups or places, like schools, hospitals, or banks, that serve specific purposes.



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



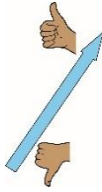
Interventions are actions or steps taken to improve a situation or solve a problem.



Investing means putting money into something to make more money later on.



Invisible means something you can't see.



Monitoring means keeping an eye on something to check how it's going or if it's working well



Paralysis is when you can't move part of your body.



Physical means relating to the body or something you can touch and see.



Planning is the process of thinking ahead and organising steps to achieve a goal or complete a task.



Power dynamics refer to how power is shared between people or groups.



Prejudice is when someone has an unfair or negative opinion about a person or group of people without really knowing them.



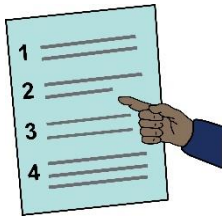
Projects are tasks or activities that have specific goals, a set plan, and a deadline for completion.



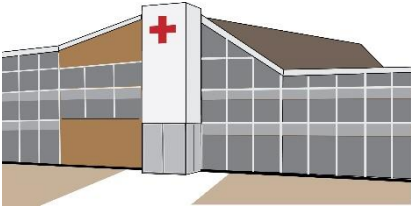
A **refugee** is a person who has to leave their home country because of danger and seeks safety in another place.



A **report** is a document that provides information about something, like an event, a problem, or findings from research.



Reporting means telling someone or writing about something that has happened or something you know.



Reproductive healthcare refers to medical services and support related to pregnancy, childbirth, and sexual health.



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



Respectful communication means speaking and listening to others in a polite and considerate way.



Social stigma is when people have negative beliefs or attitudes about a person or group, leading to poor treatment in society.



A **review** is looking at something and giving an opinion about it.



Social stigma is when people have negative beliefs or attitudes about a person or group, leading to poor treatment in society.



Society is a group of people who live together in a community, sharing rules and ways of life.



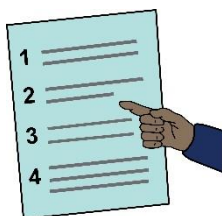
Stigma is a negative or unfair belief about someone or a group of people, often leading to them being treated differently or unfairly.



Strategies are plans for achieving a goal or solving a problem.



Surveys are questions asked to a group of people to get information or opinions about a topic.



Systematic means following a step-by-step process to achieve something.



Tools are objects or devices used to help you do a specific job or task.



UNICEF is a global organisation that helps children around the world by providing support in areas like health, education, and protection.



Visible means something you can see easily.

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

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The full version of this document is called **Evidence Digest: Stigma and Disability Inclusion**