# Inclusive Futures
## Promoting disability inclusion

## UKaid
from the British people

# Information about people with disabilities and health

**Easy read booklet Issue**

Easy
Read

# 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 **21st Helpdesk Evidence Digest.** It focuses on health.

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 health

We spoke to Andrea Pregel, who works for Sightsavers, about health and **Artificial Intelligence (AI).**

She said that people with disabilities need more **healthcare** but often get worse outcomes.

Where they live and grow up can make it harder for people with disabilities.

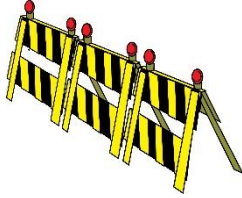Unhealthy habits, like smoking and poor diet, increase health risks.

Poor **healthcare systems** and **stigma** make it harder to access care.

People with disabilities are at higher risk of health problems and shorter life expectancy.

People with disabilities can get **infections** more often and use more **medicine**, raising the risk of **resistance** to the **medicine**.

**Barriers** prevent people with disabilities from getting **preventive care**.

**Health plans** often ignore disability inclusion, making it hard to track **medicine resistance**.

**AI** can help improve **accessibility** and help people with disabilities

**AI** can also be **biased** and **unfair**.

**AI** can **violate privacy** and create unfair treatment for people with disabilities.

**AI** must include the voices of people with disabilities to avoid unfair practices.

**COVID-19** showed gaps in care for people with disabilities, leading to new **World Health Organisation reports**.

The **World Health Organisation** Global report outlines plans to make health systems more **inclusive** of disabilities.

**Sightsavers** is working with countries to include disability in health **policies**, but more help is needed.

**Donors** like **FCDO** can help by increasing support for health of people with disabilities.

Including people with disabilities in **health systems** is important to reach global targets by 2030.

# Evidence and guidance on people with disabilities and health
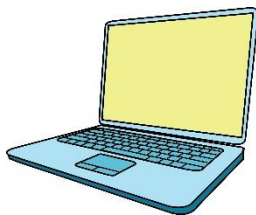
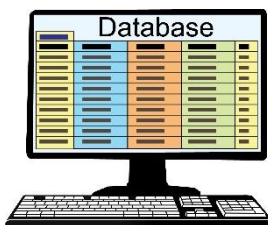**Medicine resistance** affects people with disabilities more.

It's important to include disability in **healthcare strategies**.

A **study** found that **health facilities** in Nepal need better training to stop **infections**. **Quality checks** can help.

**AI** helps predict **COVID-19** for people with **intellectual disabilities** and identifies **risks**.

**AI** can help better understand disabilities and improve care by using health **data**.

**AI** tools help make **public services** easier for people with disabilities by improving **accessibility**.

**Digital** health tools and **AI** can help people with **intellectual disabilities** live safely and communicate better.

**COVID-19** made life harder for people with disabilities, with job losses, lack of support, and poor access to education.

Fewer people with disabilities in **Bangladesh** got the **COVID-19 vaccine**, showing a need for better access in the future.

Disabled people in **Gaza** faced many challenges during **COVID-19**, with little support in education, health, and work.

In **Nigeria**, children with disabilities lack access to care despite **laws** supporting them.

Families in **Fiji** face challenges getting support for children with disabilities.

**Communities** in **Zimbabwe** are helping children with disabilities despite low **funding**.

Carers of children with **cerebral palsy** in **Ethiopia** have low quality of life.

A **review** shows low-cost ways to support preschoolers with disabilities in poor areas, focusing on **community-led interventions** and **inclusive** education.

In **Colombia**, older women live for longer than men. Poor health, education, and lack of care harm health. Better education and healthcare can help older adults.

A study says that people with **young-onset dementia** need more help. It talks about therapies and using **technology** to provide better care.

In **Ethiopia**, older adults struggle with daily tasks. Health, money problems, and not enough activity

make it harder. More support can help them.

**Humanity and Inclusion** shared stories of people in **conflict zones** who need better **assistive technology**.
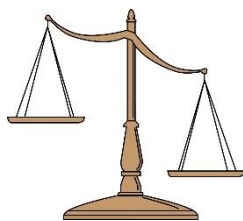
They asked for more help from **governments** and **organisations** to meet these needs.

**Relief Web** shared that people in **Syria** with disabilities were helped by health support. Lots of people were helped **directly**, with even more helped **indirectly**.
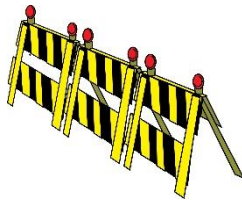
People with disabilities in **Tanzania** have higher **HIV** rates. They know their status more often, but men struggle with **treatment**. More **inclusive** care is needed.
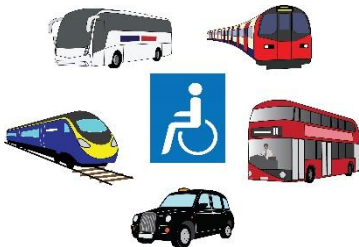
A **review** was done on health **inequalities** for disabled people and shared examples of ways to reduce these gaps.

A **study** was done on disabilities in six countries. It found strong links between difficulties in seeing, hearing, walking, and thinking, especially between hearing and thinking.

The study suggests these links may cause **barriers** to healthcare for disabled people.

 **review** was done of **barriers** to healthcare for disabled people in **Latin America** and the **Caribbean**. It highlighted issues like poor access to information and limited **transportation**.

The study called for better training for healthcare workers and more **accessible** healthcare **facilities**.

A **study** was done on healthcare access for deaf people in **Ecuador**. It found that most participants faced **communication barriers**.

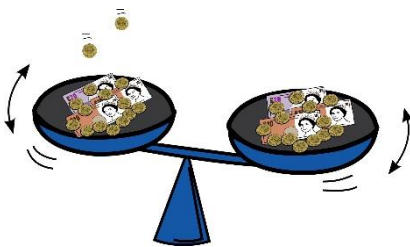Many preferred using **interpreters**, which improved happiness with healthcare **services**.

A **study** was done on why parents in **rural Bangladesh** don't seek eye care for their children.
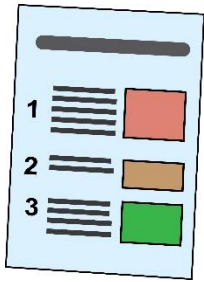
Less than half of parents sought help for children's eye problems, with **richer** families more likely to.

A study was done on **dental care** for disabled people in **Brazil**.
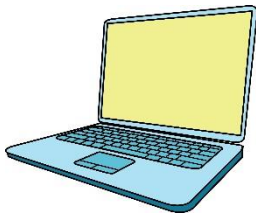
It found large differences in **dental care** between **regions**, with **poorer** areas having worse access and outcomes.

# What do these words mean?

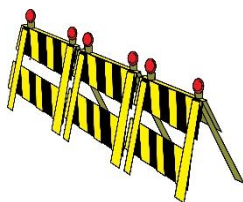**Accessible** means something that is easy to reach, use, or understand.

**Artificial Intelligence (AI)** is technology that helps machines or computers think and learn like humans.

**Assistive** refers to tools or devices that help people with disabilities do things they might find difficult.

**Bangladesh** is a country in South Asia.

**Barriers** are things that make it hard for people to do something or get what they need.

**Biased** means treating someone or something unfairly because of personal opinions or preferences.

**Brazil** is a large country in South America.

**Caribbean** refers to a group of islands and countries in the sea between North and South America.

**Cerebral palsy** is a condition that affects movement and muscle control, often from birth.

**Colombia** is a country in South America.

**Communities** are groups of people who live in the same area or share something important, like beliefs or goals.

**Community-led** means that actions or decisions are guided by the people living in a certain area.
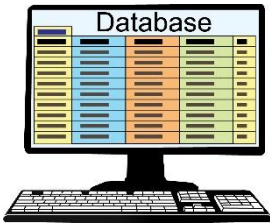
**Communication** is sharing information, thoughts, or feelings with others.

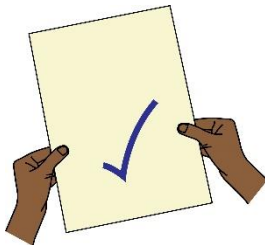**Conflict zones** are areas where there is fighting or war.

**COVID-19** is a disease caused by a virus that spread around the world starting in 2019.

**Data** is information or facts collected to help understand or decide something.

**Dental care** is the practice of looking after teeth and gums to keep them healthy.

**Directly** means happening or being done without anything or anyone in between.

**Digital** refers to using computers, the internet, or electronic devices.

**Donors** are people or groups who give money, supplies, or help to others.

**Ecuador** is a country in South America.

**Ethiopia** is a country in East Africa.

**Facilities** are buildings or places that provide a service, like hospitals or schools.

**FCDO** stands for the UK's Foreign, Commonwealth & Development Office, which helps other countries with development and aid.

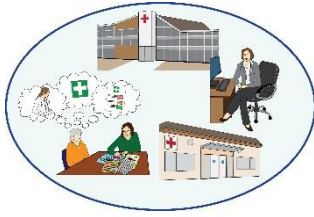**Fiji** is a group of islands in the South Pacific Ocean.

**Funding** is money given to support a project, organisation, or activity.

**Gaza** is a small area near the Mediterranean Sea, often in the news because of conflicts.

**Governments** are groups of people who run a country or area.

**Healthcare** refers to services that help people stay healthy or treat them when they are sick.

**Health plans** are plans to keep people healthy or provide medical care.

**HIV** is a virus that can weaken the immune system if untreated.

**Humanity and Inclusion** is an organisation that helps people with disabilities and those affected by conflict.

**Inclusive** means making sure everyone is involved or can take part, no matter their abilities or background.

**Inequalities** happen when some people have more opportunities, money, or resources than others.

**Infections** are illnesses caused by bacteria, viruses, or other germs.

**Intellectual disabilities** are conditions that make it harder for someone to learn, think, or communicate.

**Interpreters** are people who change spoken or signed language into another language to help others understand.

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

**Laws** are rules made by governments that people must follow.

**Latin America** refers to countries in Central and South America where people often speak Spanish or Portuguese.

**Medicine** is any drug or treatment that helps people get better when they are sick.
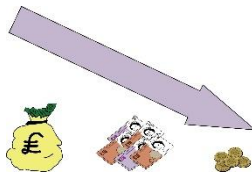
**Nigeria** is a country in West Africa.

**Organisations** are groups of people working together for a purpose, like businesses or charities.

**Policies** are plans or rules made by a government or organisation.
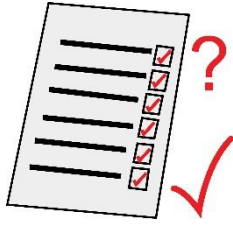
**Poorer** means having less money or resources.

**Preventive care** is health care focused on stopping problems before they happen.

**Privacy** means keeping personal information secret or safe.

**Public services** are services provided by the government for everyone, like schools or transportation.

**Quality checks** are processes for looking at something carefully to make sure it is good and works well.

**Regions** are large areas of a country or the world.

**Relief Web** is a website that shares information about emergencies and humanitarian aid.
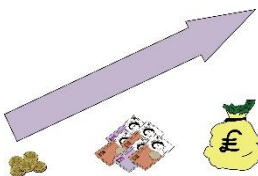
**Reports** are written or spoken pieces of information about something that has happened or been studied.

**Resistance** happens when something does not respond or work as it should, like bacteria resisting medicine.

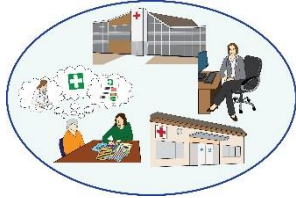**Review** means looking at something carefully to check or improve it.

**Richer** means having more money or resources.

**Risks** are things that might cause harm or problems.

**Rural** refers to areas outside cities, often in the countryside.

**Services** are helpful activities or work provided for people.

**Sightsavers** is an organisation that works to prevent blindness and help people with disabilities.

**Stigma** is a negative attitude or belief about someone based on something like illness or disability.

**Strategies** are plans for how to do something successfully.

**Study** means learning about or researching something carefully.
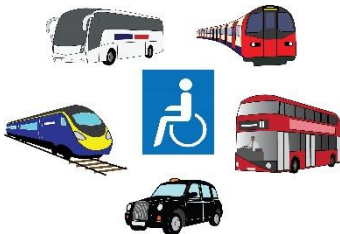
**Syria** is a country in the Middle East.

**Systems** are groups of connected parts working together, like a healthcare system.



**Tanzania** is a country in East Africa.



**Technology** refers to tools, machines, or methods used to make work easier or solve problems.
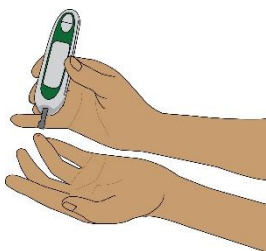


**Transportation** means ways to move people or things from one place to another.



**Treatment** is medical care to make someone better when they are sick.



**Unfair** means not treating everyone equally.



**Vaccine** is a medicine that protects people from getting certain diseases.

**World Health Organisation** is a global organisation that works to improve health around the world.

**Young-onset dementia** is a condition that causes memory and thinking problems in younger adults.

# 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

The full version of this document is called **Evidence Digest: Health**