



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

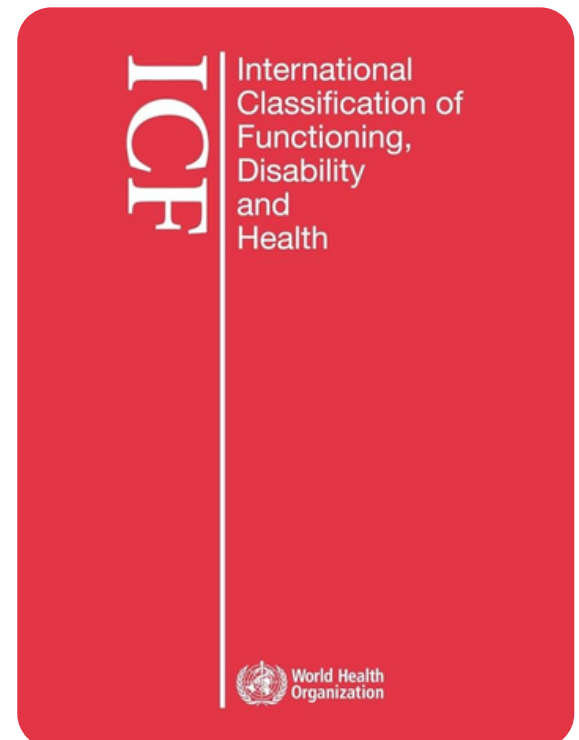
Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- RIGHTS OF PWDS -

ICF and ICD-10

To provide inclusive and effective care to women with disabilities, professionals need to understand the frameworks that shape how disability is defined and addressed. Two key tools developed by the World Health Organisation (WHO) are the **International Classification of Functioning, Disability and Health (ICF)** and the **International Classification of Diseases (ICD-10)**. Though both are widely used in healthcare, they serve very different purposes and reflect different perspectives on disability.

The **ICD-10** is a diagnostic tool that classifies diseases, disorders, and health conditions.



momsproject.eu



Mother Matters



[moms.mothermatters](https://www.instagram.com/moms.mothermatters)



[MoMs_MotherMatters](https://www.youtube.com/MoMs_MotherMatters)

It is used mainly for medical diagnosis and statistical purposes. While helpful in identifying specific health conditions, the ICD-10 takes a largely biomedical approach, which may overlook the broader social, environmental, and personal factors affecting an individual's life. When used alone, it can contribute to a narrow view of disability, focusing on impairments rather than capabilities.

In contrast, the **ICF** represents a biopsychosocial model. It recognises disability as the outcome of the interaction between a person's health condition and the contextual factors that influence their ability to function and participate in society. These factors include physical environment, social attitudes, and access to resources. The ICF focuses not just on limitations, but on how to **remove barriers** and **enhance participation**.

For healthcare professionals working with mothers with disabilities, integrating both models is essential. Diagnosis (ICD-10) remains important, but it must be complemented by a functional and contextual assessment (ICF). This ensures that care plans consider **personal goals, environmental support, and social participation**, not just clinical symptoms.

Ultimately, using the ICF alongside the ICD-10 fosters a more holistic, person-centered approach. It aligns with international human rights standards and helps professionals support women with disabilities in realising their full potential as mothers.

