



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

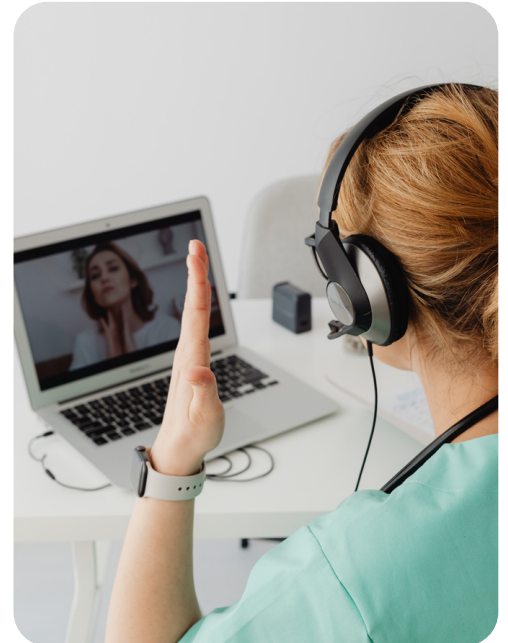
Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- ACCESSIBILITY -

Linguistic

Linguistic accessibility is essential for professionals across healthcare and rehabilitation fields, including clinical examinations, psychology, ergotherapy, occupational therapy, speech therapy, physiotherapy, social work, and medical care. Effective communication ensures that individuals, regardless of language proficiency, literacy level, or communication ability, can access the services they need.

One of the **basic requirements** of linguistic accessibility in professional health-care and educational environments when working with PWDs is to include video-remote or in-house interpreter(s), alternative notification for deaf and blind **patients** (i.e. vibrating alarms, appointment buzzers) and accessible signage (ADA Compliant: size, font, contrast, tactile characters, pictograms, etc.), Videos with **Sign Language** interpretation and subtitles for **deaf** individuals are extremely useful especially in virtual/online appointments.



Cognitive Load Theory (Sweller, 1988): Simplifying complex medical information for patients with cognitive disabilities.

Health professionals often present information using complicated language (health-specific terms, medical jargon). According to the Cognitive Load Theory, learning is much more effective when the cognitive load is minimized by using **clear, well-structured and concise information** which requires less complex processing by the receiver. This is extremely useful when working with PWDs. **Avoid medical jargon** when explaining procedures and break them down into **easily comprehensible chunks of information**. Where necessary you can ask patients to repeat the information they were given to check their understanding. If you are a mental-health provider do not overwhelm your clients with details which might not be important for them. Prefer (practical) **examples** where applicable.

Summing up:

- Use of Dual Coding (words + pictures/gestures)
- Repeat key information
- Provide clear instructions, examples
- Use visual, auditory, and hands-on learning methods (e.g., role-playing, real-world scenarios, assistive technology) to enhance retention and application of new skills.

By applying Cognitive Load Theory, professionals can enhance comprehension, improve retention, and reduce frustration for individuals with disabilities, making therapy more constructive.

