



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.

- RISKS and SUPPORT -

Recognize double discrimination

Gender and Disability Discrimination can take many forms. Double discrimination is when more than one form of discrimination is directed at an individual. It is estimated that about one in five women live with a disability. Women with disabilities experience various types of impairments, including physical, psychosocial, intellectual, and sensory conditions, that may or may not come with functional limitations. When women face with this type of discrimination, she can take measures that help her to cope alone or with her family or closest friends.





Talk with a trusted partner or friend is recommendable for every woman that scared any form of discrimination. If she still wondering, whether it's affecting her life, talking to someone about her experience can clarify the issue. The woman might turn to her parents, relatives, or counselors to confirm is there some kind of discrimination, to process all concerns, and find support.

It should be noted that women often face prejudice of all kinds. Joining a support group that understands what double discrimination is and allows participants to share their experiences with others who have experienced similar treatment is a good option. There are many online and offline groups that can offer guidance and advice. This is suitable for women with disabilities who have mobility difficulties or for those who are embarrassed to talk face to face about their problems.

An advocate/advisor can be found who has experience working in communities that need additional support. This could be a social worker, lawyer, doctor, counselor, etc. There are companies that collaborate in finding people with the right experience, who have even personally struggled to find the care they need for their condition.

Sharing know-how and exchanging promising practices in different groups on social media can also be a tool for recognizing double discrimination. Talking to people who are in the same situation helps to identify whether or not there is discrimination, what advice they would give, what decision they made in a similar situation, what was the result of it. This informal exchange of good practices is easy and accessible.

