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MoMs

MOTHER MATTERS

The right of women with disabilities to motherhood

Erasmus plus project number 2023-1-IT02-KA220-ADU-000153664

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.

- HOW TO... -

...welcome blind people

Blind and visually impaired people face many barriers in their daily lives, but small adjustments can make a big difference. Providing proper support is not just an ethical responsibility, but also an opportunity to build more inclusive communities that respect everyone's rights. Here are some simple and practical guidelines for making spaces truly accessible.

- Clear and direct communication
 - Always introduce yourself, it's not a given that a person will recognize you from your voice.
 - Avoid gestures that may not be perceived.



momsproject.eu



Mother Matters



moms.mothersmatters



MoMs_MotherMatters

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- Orientation and mobility
 - Offer your arm as a guide. Don't touch or take the person without asking first.
 - Describe the surrounding environment, pointing out obstacles or changes in surface. Keep spaces free from obstacles and well-organized.
 - If a place is unfamiliar, provide a brief verbal tour to help them understand the environment.
- Assistive technology and communication
 - Use Braille signage and high-contrast, large print text.
 - Provide devices like audio guides, tactile maps, or screen reading software. If the person has its own devices: ensure digital tools and websites are compatible with screen readers.
- Respect and sensitivity
 - Never grab a white cane or guide dog without permission.
 - Don't worry if you instinctively say things like "see you tomorrow". Even blind and visually impaired people use these phrases.
 - Listen to and respect personal preferences for guidance.

Welcoming blind and visually impaired people means giving them the opportunity to fully participate in social, cultural, and professional life. Small gestures can make a big difference in their everyday experiences.

