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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 people intellectual disabilities

The possibility of accessing health services in an appropriate, respectful and comprehensible manner must be provided, removing any communicative, physical and cognitive barriers.

This includes, among other things, clear and simple communication, the use of supportive tools (e.g. pictures, symbols), flexible appointments and the possibility of being accompanied by trusted persons.



momsproject.eu



Mother Matters



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



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

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Professionals can accompany the person in the preparation of visits through

- Alternative Augmentative Communication strategies: an approach that aims to offer people with complex communicative needs the possibility of interacting through channels that complement the verbal one;
- video modelling: a behavioural technique consisting of showing the patient a video of a person performing a certain action with the aim of encouraging the learning of new practical, social and communication skills;
- 'social stories': texts written according to specific criteria that clearly, concisely and precisely describe a situation, a skill, an achievement or a concept; they enable people with autism to better understand the situations they encounter in their lives;
- simulation of the exam to be taken.

In fact, knowledge and understanding of the examination you will undergo reduces anxiety levels and improves compliance with it.

It is important to give special attention to the communication and psychological needs of people with intellectual disabilities because it can significantly improve their quality of life.

