



MoMs

# 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.

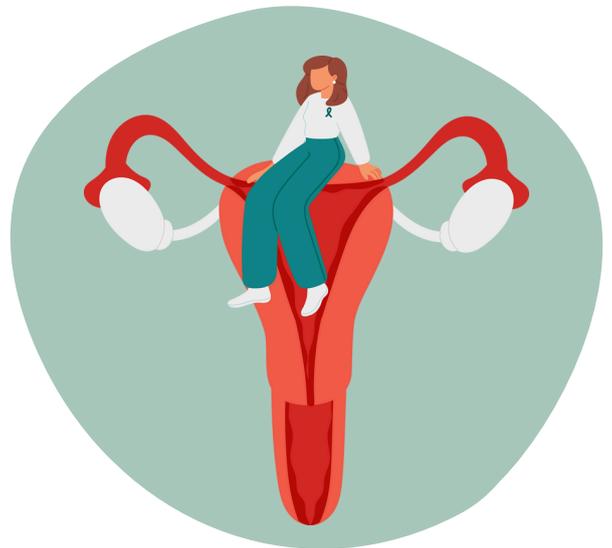
### - WELL BEING -

#### PHYSICAL WELL-BEING: PERIODICAL CONTROLS



Physical well-being is a fundamental pillar for a healthy life, especially for women with disabilities (WwD), who face additional challenges in accessing regular medical check-ups. Menopause, for instance, brings hormonal changes that can affect bone density and increase the risk of osteoporosis, which is particularly concerning for those with motor disabilities, such as cerebral palsy.

However, studies have shown that this population group receives fewer health check-ups compared to women without disabilities, which may be due to physical barriers in health centres, lack of adequate equipment, or lack of awareness among healthcare professionals (Narasimhan & Allotey, 2024).



[momsproject.eu](http://momsproject.eu)



Mother Matters



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



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

Equitable access to **periodic screenings** is crucial for preventing and treating diseases in their early stages. In particular, women with disabilities have lower screening rates for breast and cervical cancer (WHO, 2021), negatively impacting their prognosis and quality of life. To reduce this gap, it is necessary to implement accessibility strategies in healthcare services, including adapted telemedicine and specialised training for healthcare professionals in inclusive care (WHO & ITU, 2024).

**Physical activity** also plays a crucial role in the health of women with disabilities. According to the WHO, regular exercise contributes to improved bone density, mobility, and cardiovascular health (WHO, 2018). However, access to adapted physical activity programmes remains limited,

highlighting the need for policies that promote the inclusion of this group in sports and recreational initiatives. Additionally, it is recommended to integrate physical activity into daily life, whether through assisted walks, aquatic therapy, or low-impact exercises (WHO, 2018).

The development of **accessible digital tools** is a key solution for improving healthcare access. The WHO and ITU have promoted the use of telemedicine as a means to guarantee the right to health for people with disabilities (WHO & ITU, 2024). These platforms must be designed according to universal accessibility principles, with intuitive interfaces, voice assistance options, and compatibility with assistive devices. Moreover, healthcare systems must ensure the coverage of virtual medical consultations for monitoring chronic conditions and preventing diseases.

To advance towards an inclusive healthcare model, it is essential to implement awareness programmes aimed at both the general population and healthcare professionals. Training in differentiated care and the elimination of architectural and attitudinal barriers in health centres are crucial steps to ensure that all women, regardless of their physical condition, receive the medical attention they need (WHO, 2021).

Ultimately, promoting physical well-being in WwD requires a combination of strategies: equitable access to medical check-ups, promotion of adapted physical activity, development of accessible technologies, and specialised training for healthcare professionals.

