



# 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 -

#### COMMUNICATE WITH MY LANGUAGE



Effective communication is key to quality healthcare. Women with disabilities often face barriers that limit their access to care. Healthcare professionals must adopt inclusive strategies to foster understanding, trust, and patient-centered interactions. Some research highlights that **communication barriers** contribute to health disparities, limiting access to necessary services and treatments (Iezzoni et al., 2015). Women with disabilities experience unique challenges, especially when communication is not adapted to their needs.



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



Mother Matters



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



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



The World Health Organization (WHO, 2021) emphasises that not all disabilities are visible, and some require alternative approaches. Providers should ask about **preferred communication methods, whether spoken language, sign language, written formats, or assistive technology**. Avoiding medical jargon and using plain language ensures clarity, and written materials should be available in formats such as braille, large print, or digital screen-reader-compatible versions (ASHA, 2020).

For women who are Deaf or hard of hearing, access to sign language interpreters is essential. Real-time captioning and speech-to-text apps can serve as alternatives when interpreters are unavailable (National Association of the Deaf, 2022). Non-verbal communication, including body language, gestures, and facial expressions, is also crucial. Maintaining eye contact and positioning at the patient's level fosters engagement and respect (Cameron & Gignac, 2008). Women with intellectual disabilities face additional difficulties in understanding medical information, making decisions, and expressing concerns. Simplified language, visual aids, and step-by-step explanations help them grasp healthcare instructions (McColl et al., 2019). Support persons can assist in communication while ensuring the woman's autonomy. Healthcare providers should be trained to recognize cognitive barriers and adapt their communication styles accordingly (Shakespeare et al., 2018).

Assistive technologies enhance communication. Text-to-speech and voice recognition software facilitate dialogue, and accessible telehealth solutions benefit those with mobility challenges. Regular training for healthcare providers on disability communication best practices improves care and reduces biases, equipping professionals with the skills to interact effectively with all patients.

