



# 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.

### - RELATIONSHIPS -

#### FRIENDSHIP



**"Friendship is a single soul dwelling in two bodies"**  
**Aristotle**

Aristotle's quote beautifully resonates with the principles of Self-Determination Theory (SDT). This psychological framework emphasizes the importance of three core needs: autonomy, competence, and relatedness.

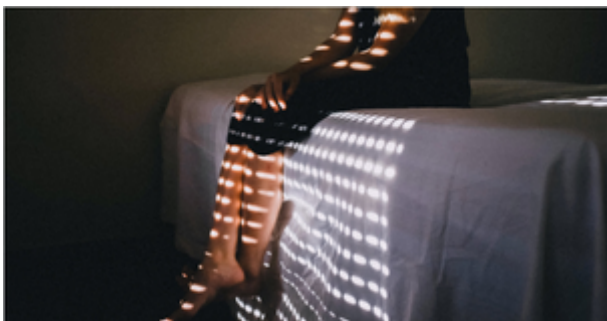
For people with disabilities, these needs can sometimes be more challenging to meet due to societal barriers and misconceptions.

However, friendships play a crucial role in fulfilling these needs. Here are some tips on how to build and maintain strong friendships:

- **Celebrate Strengths** - focus on your strengths and accomplishments. Share your successes with friends who celebrate your abilities and achievements, fostering a sense of competence.



- **Fight for Inclusion** - Advocate for your right to participate in social activities. True friends will support your inclusion and adapt events to be more accessible. For example, suggest alternative locations or activities that are tailored to your abilities and will guarantee a nice and productive time.
- **Embrace Vulnerability** - It's okay to show vulnerability. Openly sharing your fears and anxieties can deepen connections, as it allows friends to offer genuine support and empathy and validation. For example, open up about the challenges you face and seek practical advice from friends.
- **Join Communities** - Participate in support groups or online communities where you can connect with others who share similar experiences. This fosters a sense of belonging. We suggest you our tool in order to connect with others: [moms' forum](#) you can look for it on Facebook!
- **Volunteer** - Volunteering for causes you care about can be incredibly rewarding. It not only allows you to give back to the community but also helps you develop new skills and expand your social network. For example, you can volunteer in community clean-ups or tree planting activities with an environmental conservation group. This will not only broaden your social connections but will also provide a sense of fulfillment and connection.



#### What I Learned About My Friendships When I Became Disabled

Louise Jensen struggled to keep her friendships going after a car accident. Here's what she wants you to know.

Refinery29 / Dec 3, 2021

*Louise Jensen discusses the challenges she faced in maintaining friendships after becoming disabled due to a car accident. Jensen emphasises that despite the challenges posed by her disability, she was able to cultivate and maintain strong friendships. Jensen also highlights the importance of open communication. She found that being honest about her feelings and limitations allowed her friends to better understand her needs and continue to be there for her.*

