



MOTHER MATTERS

The right of women with disabilities to motherhood

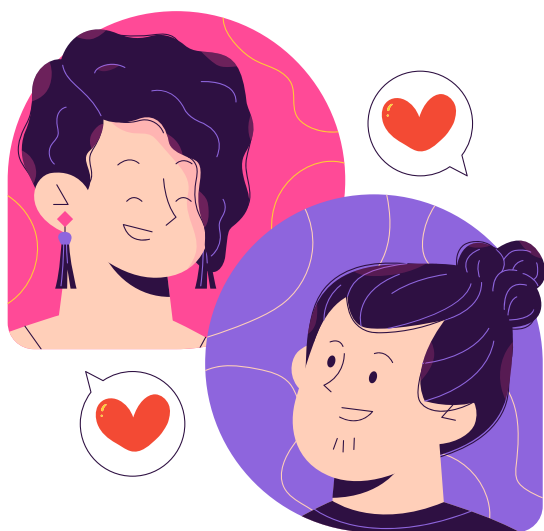
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INFORMATIVE PILLS

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.

- RELATIONSHIPS -

FALL IN LOVE



Ableism is the discrimination of people with disabilities based on the belief that they can't live typical abilities, also those related to emotions and sexuality. Disability is seen as a defect rather than an aspect of human variety.

Falling in love is beautiful and fearful at the same time for all. For a person with disability there may be more barriers due in practical things to disability (for example the possibility to meet people), but also psychological blocks.

REMEMBER >> *Having a desire for a romantic relationship is everyone's right!*



momsproject.eu



Mother Matters



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



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

When we meet someone we like from an emotional point of view, we don't have at first to exchange gestures of kindness and friendship for reciprocated love. If you have any doubt about what the other person feels for you, just ask! It is the best way to establish a clear friendship or love relationship.

If the person doesn't feel the same way about you, don't panic or get angry. Everyone is free to feel how they do, and it's important to respect the other person's feelings. Rejection is always painful, but it is very important to respect the other person's feelings and desires.

Here some tips we want to share with you:

- Engage in social activities and network
- Focus and look for emotional connection. Take your time
- Be honest and transparent about your desires, your strengths and weaknesses. Do not suppress your feelings and needs
- Use accessible dating platforms
- Do not settle for unhealthy relationships - identify red flags and trust your instinct



Dating apps empower individuals by offering tailored features like profile customization to share their story, filters to find compatible matches, and messaging tools for gradual, pressure-free communication. They foster trust-building through accessible options like video calls and detailed bios, allowing users to connect on shared values and interests.

There are apps designed specifically for people with disabilities in order to ensure inclusivity and understanding, helping users rebuild confidence after unsuccessful relationships or navigate dating for the first time.

Here we list some of:

- ♥ [Dinderclub](#)
- ♥ [Capido](#)
- ♥ [Dateabilityapp](#)

