

Integrated Digital Training in Emergency Management

Workshop #2:

People with Disabilities and the Elderly



SAMARITERBUND



With the support of the
Erasmus+ Programme
of the European Union



How to approach people with disabilities



How to approach people with disabilities



VIDEO



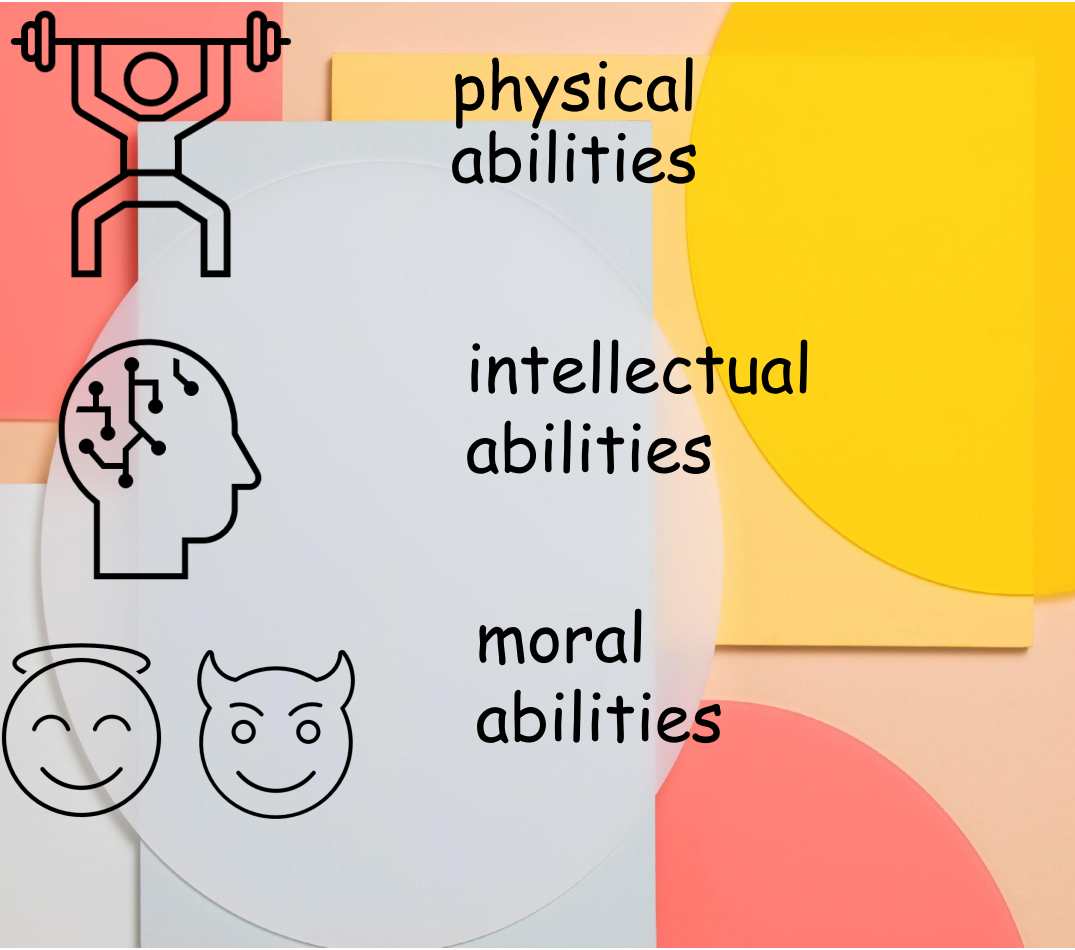
You can watch the video here: <https://www.youtube.com/watch?v=sMFtfzli7KM>



A genuine healthy relationship in the assisting profession, especially when working with people with disabilities, must be based on the utmost respect for his personality.



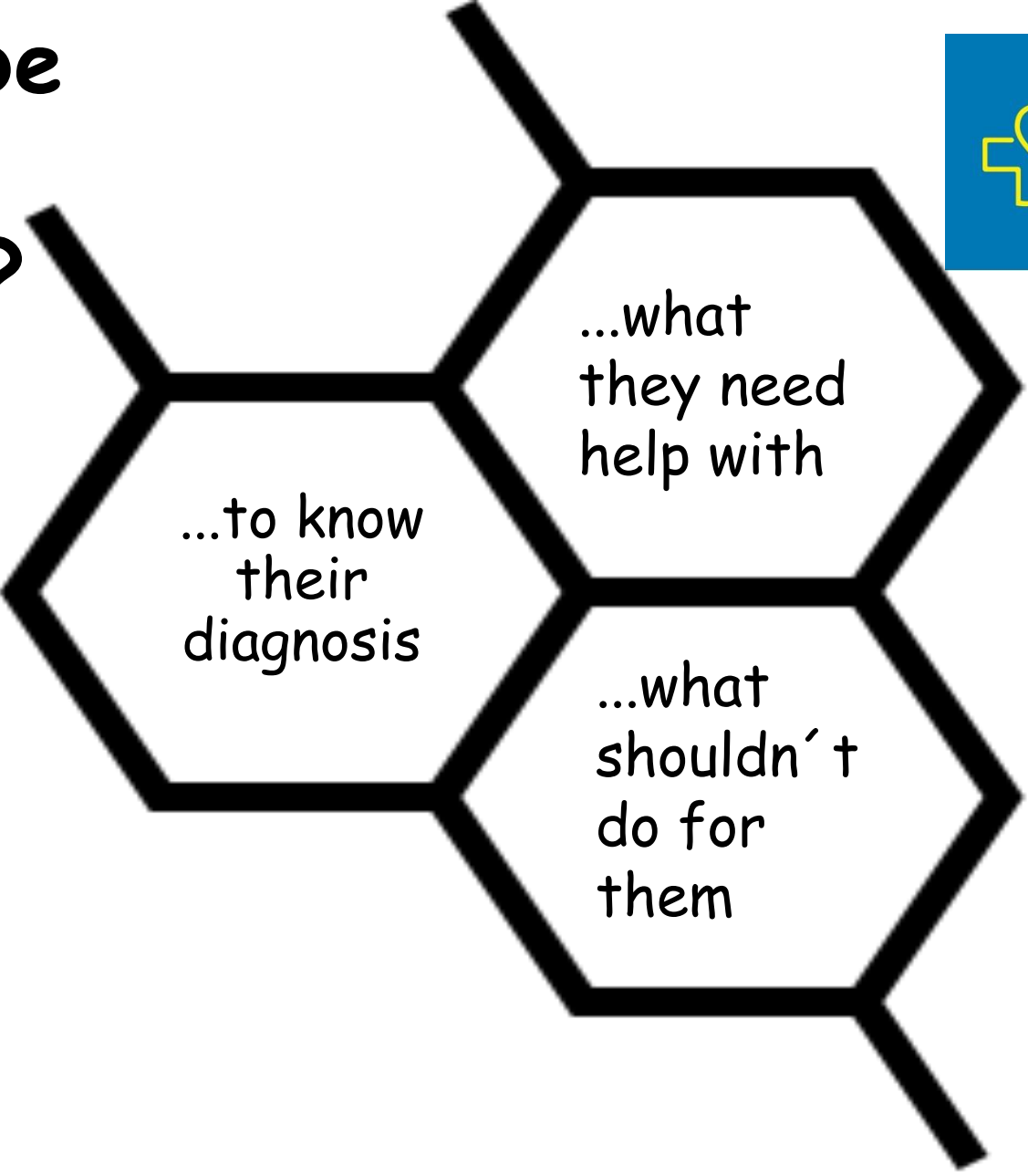
What does it take to be well prepared to help people with disabilities?

A diagram illustrating three types of abilities. It features a grey circle on a background of overlapping yellow, orange, and red shapes. To the left of the circle are three icons: a person lifting a barbell, a head with circuitry, and two smiling faces. To the right of the circle are the labels "physical abilities", "intellectual abilities", and "moral abilities".

physical abilities

intellectual abilities

moral abilities



Simple ways to empower a person with disability



See the person first, not disability



- They all have their own individual identity
- They feel the same emotions as we do
- They will have personal interests and hobbies
- They will experience romantic relationships
- They will have goals, dreams and desires

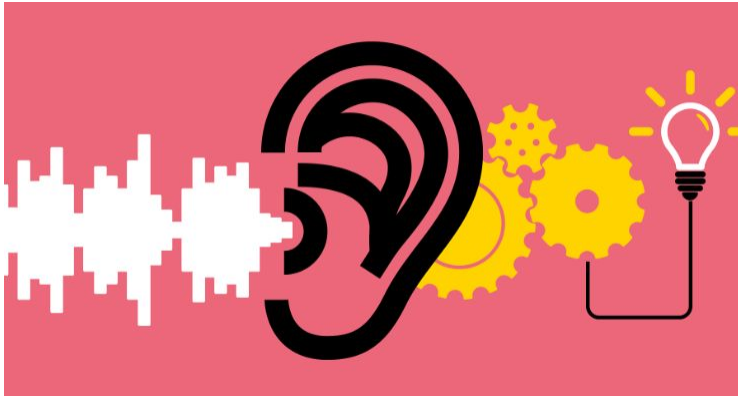
- Speak at your usual pace, volume and tone
- Use person-first language
- Relax and just be yourself

Ask Questions to Learn About the Person Behind the Disability



1. What makes them smile?
2. What they used to do that they can't do anymore?
3. What would make their day happier?

Listen to the Person Behind the Disability



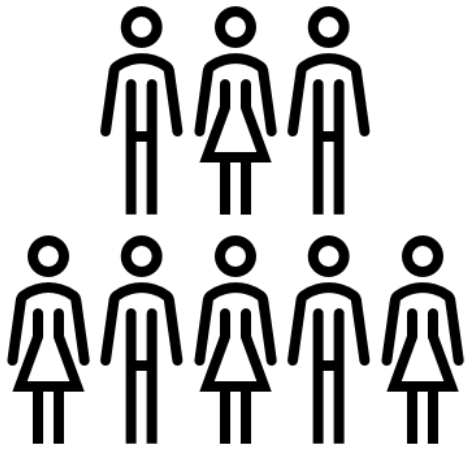
- Active listening techniques
- Look at them directly
- Show them you are listening through non-verbal reactions (eg. nodding)
- Defer any judgements you might have
- Respond when it is appropriate
- Encourage them to elaborate
- Urge clarification if required
- Accept that we are all vulnerable
- Separate the criticisms you might hold (even if they are unintentional)

Encourage Decision Making to Promote Independence for People with Disabilities



- What to wear
- When and what to eat and drink
- What to do during the day, including work
- Who to spend time with, such as friends and family
- How to spend leisure time, including travel
- When to shower, when to go to bed
- Where they live
- Consenting to medical and dental treatment
- What health care they receive
- How their finances are managed
- Who and if they marry
- Helping them weigh up their options
- Consider the risks
- Consider the benefits
- Defer from making a decision if more information is required from an expert

Promote Disability Inclusivity



- Avoid asking personal questions about someone's disability. If they want to share their story with you, they will.
- Be polite and patient when offering assistance, and wait until your offer is accepted. Listen or ask for specific instructions. Be prepared for your offer to be refused.
- Shake hands even if the person has limited hand use or wears an artificial limb. A left-hand shake is acceptable. If the person cannot shake hands, acknowledge them with a smile and a spoken greeting.

- When planning a meeting or other event, think about specific accommodations a person with a disability might need. If a barrier cannot be avoided, let the person know ahead of time.
- Don't patronise or talk down to people with disabilities. Treat people with respect and dignity.



The NEEDS of PwD



Social services:

Day care center
Free transportation
Personal assistance



Professional service:

Speech therapy
Physiotherapy
Rehabilitation



Meaningful spending of time:

Employment in a sheltered workshop
Spending time in a small group with a similar problem
Integration into life
Walks



Opportunity for education:

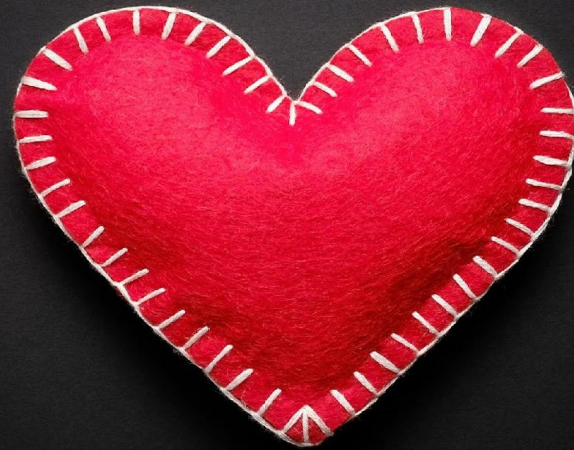
Personal assistant



Why is it important for people with a disability to participate in community?



Increased community participation can lead to improved health, wellbeing and quality of life outcomes for people living with a disability.



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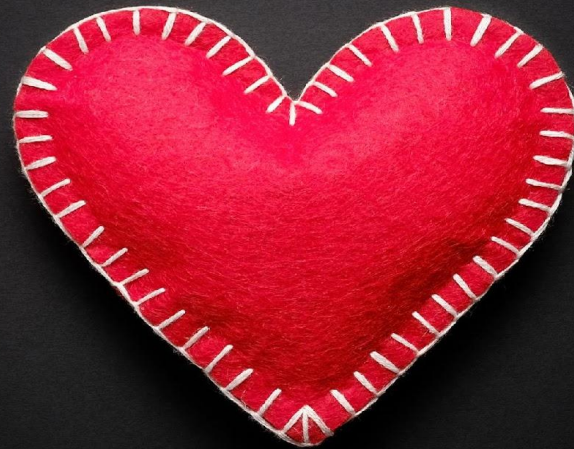
Equal access to rights

The same rights and same responsibility

Right to dignity

Independent living

Full participation in society



RESOURCES



<https://www.themobilityresource.com/blog/post/10-correct-ways-to-interact-with-people-with-disabilities/>

<https://www.wikihow.com/Interact-With-People-Who-Have-Disabilities>

<http://uiaccess.com/accessucd/interact.html>

<https://www.dhs.state.il.us/page.aspx?item=32276>

<https://www.wikihow.com/Talk-to-Someone-with-an-Intellectual-Disability>

<https://www.enableme.ke/en/article/10-reasons-why-we-need-to-empower-people-with-disabilities-1275>

<https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html>



thank
you