

A Health Handbook for **Women with Disabilities**

Jane Maxwell, Julia Watts Belser, and Darlena David



Berkeley, California, USA

Hesperian Foundation and the contributors to *A Health Handbook for Women with Disabilities* do not assume liability for the use of information it contains. If you are not sure what to do about a problem, get advice and help from people with more experience or from local medical or health authorities.

This book provides basic information to help women with disabilities stay healthy, and will also help those who assist women with disabilities to provide good care. You can help us improve this health guide. So, if you are a woman with a disability, a caregiver, or anyone with ideas or suggestions about how to improve this book and the health of women with disabilities, please write to us. We would like to hear about your experiences and practices.

Copyright © 2007 by Hesperian Foundation. All rights reserved.

First edition: February 2007

Printed in the USA

ISBN: 978-0-942364-50-7 paper

Library of Congress Cataloging-in-Publication Data

Maxwell, Jane, 1941-

A health handbook for women with disabilities / Jane Maxwell, Julia Watts Belser, and Darlena David.

p. cm.

Includes index.

ISBN 0-942364-50-3

1. Women with disabilities--Health and hygiene. 2. Women with disabilities--Medical care. I. Belser, Julia Watts, 1978- II. David, Darlena. III. Title.

RA654.88.M39 2006

613'.04244--dc22

2006049246

Hesperian Foundation encourages others to copy, reproduce, or adapt to meet local needs any or all parts of this book, including the illustrations, provided that the parts reproduced are distributed free or at cost—not for profit. Any organization or person who wishes to copy, reproduce, or adapt any or all parts of this book for commercial purposes must obtain permission from Hesperian Foundation.

Before beginning any translation or adaptation of this book or its contents, please contact Hesperian Foundation for suggestions, for updates on the information it contains, and to avoid duplication of efforts. Please send Hesperian a copy of any materials in which text or illustrations from this book have been used.



1919 Addison Street, #304
Berkeley, California 94704, USA

CREDITS

Art coordination:

Jane Maxwell

Community review coordination:

Jane Maxwell and Sarah Constantine

Project support:

Soo Jung Choi, Michelle Funkhauser,
Tawnia Queen, Heather Rickard,
Karen Wu

Design and production:

Jacob Goolkasian, Shu Ping Guan,
Christine Sienkiewicz,
Sarah Wallis

Cover design:

Iñaki Fernández de Retana,
Jacob Goolkasian, Sarah Wallis

Additional writing:

Pam Fadem, Judith Rogers,
Edith Friedman

Copy editing:

Kathleen Vickery, Todd Jailer

Indexing:

Victoria Baker

Proofreading:

Sunah Cherwin

Medical review:

Lynne Coen, Suzy Kim, Melissa Smith,
Susan Sykes, Sandra Welner

Editorial management:

Darlana David

Editorial oversight:

Sarah Shannon

Production management:

Todd Jailer

Artists:

Namrata Bali, Sara Boore, Heidi Broner,
May Florence Cadiante, Barbara Carter,
Gil Corral, Regina Faul-Doyle, Sandy
Frank, Shu Ping Guan, Jesse Hamm,
Haris Ichwan, Anna Kallis, Delphine
Kenze, Joyce Knezevitch, Sacha Maxwell,
Naoko Miyamoto, Lori Nadaskay,
Mabel Negrete, Gabriela Nuñez, Connie
Panzarini, Kate Peatman, Petra Röhr-
Rouendaal, Carolyn Shapiro, Ryan
Sweere, Sarah Wallis, Lihua Wang, David
Werner, Mary Ann Zapalac

Cover photo locations and photographers (left to right, counter-clockwise):

Uganda, Jan Sing
World Bank/Cambodia, Masaru Goto
Mexico, Suzanne C. Levine
India, Amy Sherts
Bulgaria, Sean Sprague/SpraguePhoto.com
World Bank/Uzbekistan, Anatoliy
Rakhimbayev

Back cover

Uganda, UMCOR-ACT International,
Paul Jeffrey
Bangladesh, Jean Sack/ICDDR, B,
Courtesy of Photoshare

Permissions:

We thank the following organizations
for permission to use their illustrations:
*Breast Health Access for Women with
Disabilities* at the Alta Bates Summit
Medical Center (for a drawing on page
130); Pearl S. Buck International, Vietnam
(for sign language drawings on pages
369-370); Sahaya International, USA (for
sign language illustrations drawn from
photographs in *The Kenyan's Deaf Peer
Education Manual*, on pages 369-370); and
Jun Hui Yang (for Chinese Sign Language
illustrations on pages 369-370).

THANKS

It is impossible to adequately thank all the people who helped make *A Health Handbook for Women with Disabilities* a reality. It started 10 years ago as a good idea shared by 2 women, and grew into a remarkable international collaboration between women with disabilities and their friends in more than 40 countries.

Listing a person's name does not begin to say how much her efforts and ideas helped create this book. Every staff member, intern, and volunteer here at Hesperian also helped bring this book into the world, including those who raise funds, manage finances, publicize our materials, and pack and ship them around the world.

Along with our tireless medical editors, we called on a few reviewers over and over again, and they deserve a special mention and our sincerest thanks: Naomi Ruth Esiaba, Kathy Martinez, Gail McSweeney, Janet Price, Judith Rogers, Andrea Shettle, Ekaete Judith Umoh, and Veda Zachariah.

Many thanks to the following groups of people with disabilities who contributed so much of their hearts, time, and personal experience to help us make sure the material in this book would be useful to women with disabilities all over the world:

Afghanistan: the National Association of Women with Disabilities of Afghanistan (NAWDA)

Cambodia: the Women with Disabilities Committee of the Disability Action Council

China: MSI Professional Services

Colombia: the Colombian Association for Disabled Peoples (ASCOPAR)

El Salvador: La Asociación Cooperativa de Grupo Independiente Pro Rehabilitación Integral (ACOGIPRI)

Fiji: the Support Group for Women with Disabilities

Finland: the Abilis Foundation, and The National Council on Disability

Republic of Georgia: the Gori Disabled Club

India: the Amar Jyoti Charitable Trust, Blind People Association, Catholic Relief Services (CRS), Disabled People's International, Humane Trust, and Sanjeevini Trust

Jamaica: Combined Disabilities Association

Kenya: The Bob Sehero Memorial Project, and Hope

Laos: the Lao Disabled People's Association, and the Lao Disabled Women Development Center

Lebanon: the Arab Organization of Disabled People, and the National Association for the rights of Disabled People Lebanon (NARD)

Lesotho: the Lesotho National Federation of Organizations of Disabled

Mauritius: the Association of Women with Disability

Nepal: the Nepal Disabled Women Society, and Rural Health Education Services Trust (RHEST)

Nigeria: the Family-Centered Initiative for Challenged Persons (FACICP)

Palau: the Organization of People with Disabilities (Omekasang)

Philippines: Differently Abled Women's Network (DAWN), Disabled People's International (DPI), and KAMPI

Russia: Perspektiva (the Regional Society of Disabled People)

South Korea: Korean Differently Abled Women United

Tanzania: The National Council for People with Disabilities

Thailand: Disabled People's International-Asia Pacific

Trinidad/Tobago: the Tobago School for the Deaf, Speech and Language Impaired

Uganda: the Disabled Women's Network and Resource Organisation (DWNRO), Mobility Appliances by Disabled Women Entrepreneurs (MADE), and the National Union of Disabled Persons of Uganda

USA: Mobility International USA (MIUSA), Through the Looking Glass, Women Pushing Forward, and the World Institute on Disability (WID)

Vietnam: the Vietnam Veterans of America Foundation

Yemen: the Arab Human Rights Foundation

Zimbabwe: Disabled Women Africa (DIWA), the National Council on Disabled Persons of Zimbabwe, the Southern Africa Federation of the Disabled (SAFOD), and Women with Disabilities Development (ZWIDE)

Our heartfelt gratitude to everyone who gave so generously of their time and knowledge. Your commitment to health care for women with disabilities brought this book into the world.

Caroline Agwanda	Roshni Devi	Deborah Kaplan	Winifred Mujesia	Rosemary Segero
Fatuma Akan	Tara Dikeman	Manali Kasbekar	Frank Mulcahy	Lonny Shavelson
Firoz Ali	Lori Dobeus	Susan Kaur	Irene Busolo	Maya Shaw
Janet Connatser	Pamela Dudzik	Christie Keith	Mwenesi	Julia Shelby
Allem	Shalini Eddens	Jennifer Kern	Dorothy	A.Shivasanthakumar
Eric Anderson	Sana Ali El-Saadi	Jahda Abou Khalil	Musakanya	Caroline Signore
Soc Balingit	Jennifer Fahnbulleh	Jackie	James Mwanda	Meenu Sikand
Florence Baingana	Nancy Ferreyra	Ndona Kingolo	Safia Nalule	Julia Simonova
Monica Bartley	Anne Finger	Pat Kirkpatrick	Sucheta Narang	Kathy Simpson
Denise Bergez	Lee Gallery	Kristi L. Kirschner	Kanika Sophak	Jan Sing
Rosangela Berman-	Monica Gandhi	Justine Kiwanuka	Nguon	Judith Smith
Bieler	Katherine Gergen	Mari Koistinen	Papa Djibril Niang	Florence Nayiga
Kim Best	Anita Ghai	Kathleen Lankasky	Cathy Noble	Ssekabira
Bimala Sharma	Eileen Girón Batres	BA Laris	Corbett O'Toole	Yvette Swan
Bhandari	Nora Groce	Ye Ja Lee	Deborah	Susan Sygall
Michael Blake	Heba Hagrass	Anne Leitch	Ottenheimer	Michael Tan
Cheri Blauwet	Maria Harkins	Cindy Lewis	Judy Panko Reis	Supatraporn
Joan Bobb-Alleyne	Phyllis Harshaw	Gertrude Likopo	Lauri Paolinetti	"Mai" Tanatikom
Claire Borkert	Sari Heifetz	Lesoetsa	Rafael Peck	Carolyn
Tina Bregvadze	Karen Heinicke-	Rebecca C. Lim	Elizabeth Pearl	Thompson
Ron Brouillette	Motsch	Hoang Cam Linh	Penumaka	Uma Tuli
Arlene Calinao	Taija Heinonen	Sari Loijas	KP Perkins	Meldah B.
Cynthia	Susan Heller	Lizzie Longshaw	Minh Hang Pham	Tumukunde
Carmichael	Kevin Henderson	Josephine Lyengi	Allison Phillips	Doralee Uchel
Susan Canas	Judith Heumann	Annie Malinga	Judith Pollack	James Ullman
Silvia Casey	Rachael Holloway	Peggy Martinez	Jureeratana	Nance Upham
Phonesavanh	Rob Horvath	Rajaa Masabi	Pongpaew	Aruna Uprety
Chandavong	Ralf Hotchkiss	Melissa May	Zohra Rajah	Elizabeth Valitchka
Sivila Chanpheng	Honora Hunter	Katherine	Barbara Ridley	Koen Van Rompay
Sujith J. Chandy	Venus Ilagan	McLaughlin	Pia Rockhold	Jyoti Chandulal
Gladys Charowa	Namita Jacob	Joan McNeil	Denise Roza	Vidhani
Farai Cherala	Lisa Jensen	Lemnis Geraldo	Laura Ruttner	Zainab K. Wabede
Rosemary Ciotti	Usha Jesudasan	Mendez	Mariana Ruybalid	Jessica Mak Wei-E
Alicia Contreras	Kathy Al Ju'beh	Ruth Miller	Robert Sampana	Ann Whitfield
Ann Cupola	Rachel Kachaje	Linda D. Misk-	Beatriz Elena	Amy Wilson
Freeman	James G. Kahn	Falkoff	Satizabal	Dayna Wolfe
John Day	Wendy Kahn	Sruti Mohaptra	Marsha Saxton	Lin Yan
Kathryn Day		Linda Mona	Estelle Schneider	

We also want to thank and remember the following women who contributed so much, not only to this book, but to the community of women with disabilities around the world. Sadly, they died before the book was published: Hellen Winifred Akot, Tanis Doe, Ana Malena Alvarado, Connie Panzarini, Nanette Tver, Barbara Waxman-Fiduccia, and Sandra Welner.

We also thank the following foundations and individuals for their generosity in financially supporting this project: Alexandra Fund; Chaim Tovim Tzedakah Fund of the Shefa Fund; Christopher Reeve Paralysis Foundation; Displaced Children and Orphans Fund/ Leahy War Victims Fund, U.S. Agency for International Development (under terms of JHPIEGO contract no. 06-TSC-022); Flora Family Foundation; Ford Foundation; Global Fund for Women; James R. Dougherty Jr. Foundation; Jennifer Kern; Kadoorie Charitable Foundation; Margaret Schink; Marguerite Craig; Marji Greenhut; May and Stanley Smith Charitable Trust; Norwegian-Dutch Trust Fund for Gender Mainstreaming/World Bank; Swedish International Development Agency; and the West Foundation.

CONTENTS

Introduction: Why a book about health for women with disabilities?.....1

1. Disability and the community5

What is disability?.....	6	Wrong ideas about disability	15
Causes of disability.....	10	Working for change	16

2. Organizing for disability-friendly health care29

Root causes of problems.....	31	Learning about disability.....	41
Health care is a human right for all.....	33	Helping women with particular disabilities	43
Making health services easier to use.....	35	Working for change	44
Make buildings easier to use.....	38		

3. Mental health49

Challenges to mental health.....	50	Serious mental illness (psychosis)	59
Depression.....	54	Working towards mental health	60
Trauma.....	56	Forming support groups.....	65

4. Understanding your body.....71

When a girl's body starts to change (puberty).....	71	A woman's reproductive system	77
Monthly bleeding (menstruation)	74	Infertility	81
		Creating a family through adoption	83

5. Taking care of your body85

Eat well for good health	86	Monthly bleeding	109
Keep your body moving.....	88	Infections caused by yeast.....	111
Contractures.....	94	Pressure sores	114
Preventing common problems	96	Dysreflexia.....	117
Bladder control.....	101	Managing pain	120
Urinary infections	105	Working for change	121
Bowel control	107	Easier to use toilets and latrines	123

6. Health exams.....125

What regular health exams can tell you.....	126	The pelvic exam	130
The breast exam	128	Other exams to stay healthy	135
		Working for change	136

7. Sexuality139

Harmful beliefs about disabled women's sexuality	140	Different ways of having sex.....	147
Learning about sexuality.....	142	Possible problems during sex	151
		Working for change	154

8. Sexual health: preventing sexually transmitted infections including HIV/AIDS157

Trichomonas.....	159	What is HIV/AIDS.....	169
Gonorrhea and chlamydia	160	Treatment for HIV/AIDS	176
Sores on the genitals.....	163	Preventing infection at home	179
Genital herpes and genital warts	165	Safer sex.....	180
Hepatitis	167	Working for change	182

9. Family planning	185
How family planning works	187
Barrier methods	189
Intra-Uterine Devices (IUDs)	195
Hormonal methods	196
Birth control pills.....	197
Breastfeeding.....	199
Natural family planning	200
Sterilization.....	203
Emergency methods	205
Abortion	207
10. Pregnancy.....	209
Planning for pregnancy and birth.....	213
Staying healthy	215
The 9 months of pregnancy	217
Discomfort during pregnancy	220
Movement and balance	222
Muscle cramps	225
Aches and pains in the joints	228
Common health problems.....	230
Toxemia of pregnancy	232
Working for change	233
11. Labor and Birth.....	235
How to tell you are in labor	236
How to make labor easier	240
Birth by operation (Cesarean)	244
Danger signs during labor.....	245
Danger signs after birth	247
Care for a new mother.....	249
Care for a new baby.....	250
Working for change	251
12. Caring for Your Baby	253
Breastfeeding.....	255
Feeding an older baby	265
Comforting the baby	266
Changing and dressing the baby	268
Cleaning the baby	269
Carrying and moving the baby.....	271
Protecting children's health.....	274
Immunizations	276
13. Growing older with a disability	277
Health problems caused by aging	278
Find new ways to do things	281
When monthly bleeding stops.....	282
Live an active life	285
14. Abuse, violence, and self-defense.....	287
Emotional abuse	290
Physical abuse	294
Preventing abuse.....	295
Leaving violent partners.....	297
Sexual abuse.....	298
Health problems caused by rape	302
Abuse in institutions	306
Self-defense	308
15. Support for Caregivers.....	313
Value caregivers.....	315
Caregivers need help too.....	317
Take care of yourself.....	319
Start a caregiver's group	321
Green Pages.....	327
How to take medicines safely	327
Taking other medicines with your disability medicines	328
Kinds of medicine.....	330
Problem List	331
Oral contraceptives	355
Emergency family planning	357
Medicines for AIDS (ART)	358
Appendix A: Take care of your equipment	363
Hearing aids	363
Using a stick to get around.....	365
Taking care of your wheelchair.....	366
Appendix B: Sign language for health	369
List of difficult words	372
To learn more	375
Index.....	385

Start by marking "A Health Handbook for Women with Disabilities" as Want to Read: Want to Read savingâ€¦; Want to Read. Currently Reading. Read. A Health Handbook for by Jane Maxwell. Other editions. Weâ€™d love your help. Let us know whatâ€™s wrong with this preview of A Health Handbook for Women with Disabilities by Jane Maxwell. Problem: Itâ€™s the wrong book Itâ€™s the wrong edition Other. Details (if other): Cancel. Thanks for telling us about the problem. Return to Book Page. Not the book youâ€™re looking for? Preview "A Health Handbook for Women with Disabilities by Jane Maxwell. A Health Handbook for Women with Disabilities. by. Jane Maxwell. A_Health_Handbook_for_Women_with_Disabilities. Identifier-ark. ark:/13960/t0101664k. DAISY download. For print-disabled users. download 1 file. EPUB download. Family planning for women with disabilities (and their partners whether able-bodied or disabled) must be made available. As is the case with the inclusion of persons with disabilities for all Millennium Development Goals, general reproductive health disabilities. Finally, women with disabilities face additional concerns that must be anticipated in Millennium Development Goal programming: (a) Contrary to the goals and principles of all the human rights conventions, women with disabilities and girls as young as 7 and 8 are often sterilized against their knowledge or will; (b) In some communities, women (and men) with disabilities who have children face the prospect. of having their children taken from them because the parents have a disability.

She worked as the Womens Health Editor at Hesperian Health Guides, and has supervised or contributed to several of its books, including Where There Is No Doctor, Where Women Have no Doctor, A Health Handbook for Women with Disabilities, and