

International Day of Persons With Disabilities

3rd December

"In our differences
we find magic.
Together we strive
for inclusion."



International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on **3rd December**.

Of the one billion population of persons with disabilities, 80% live in developing countries. An estimated 46% of older people aged 60 years and over are people with disabilities.

One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.

The theme for this year is "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future." This theme recognizes the important role that persons with disabilities play in creating a more inclusive and sustainable world for all. It also emphasizes the importance of the participation of persons with disabilities in decision-making processes that affect their lives.



Empowering Change: Focus Areas & Initiatives

- Promoting the leadership of persons with disabilities in all areas of life.
- Ensuring the inclusion of persons with disabilities in all aspects of society.
- Increasing the participation of persons with disabilities in decision-making processes.
- Raising awareness of the rights of persons with disabilities.
- Celebrating the achievements of persons with disabilities.

- A disability is any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions).
- An estimated 1.3 billion people – or 1 in 6 people worldwide – experience significant disability. . This number is increasing due in part to population ageing and an increase in the prevalence of noncommunicable diseases.
- Persons with disabilities die earlier, have poorer health, and experience more limitations in everyday functioning than the rest of the population due to health inequities.
- These health inequities arise from unfair conditions that affect persons with disabilities disproportionately, including stigma, discrimination, poverty, exclusion from education and employment, and barriers faced in the health system itself.

Celebrating abilities, breaking barriers.



Compared to persons without disabilities, some persons with disabilities:

- die up to 20 years earlier;
- have more than a double risk of developing comorbid conditions such as depression, asthma, diabetes, stroke, obesity or poor oral health;
- find inaccessible health facilities up to 6 times more hindering; and,
- are up to 15 times more limited by inaccessible and unaffordable transportation.
- It is a state obligation, through the health sector in coordination with other sectors, to address existing health inequities so that persons with disabilities can enjoy their inherent right to the highest attainable standard of health.
- Disability inclusion is critical to achieving the Sustainable Development Goals and global health priorities of universal health coverage, protection in health emergencies and healthier populations. Acting to achieve health equity for persons with disabilities is acting to achieve Health for All

Every ability has the power to inspire.



Here are ten practical ways for a person with disability to overcome disability barriers:

- Be polite and remain calm around obnoxious people .When someone provokes you through jokes, observe your dignity by avoiding confrontation.
- Accept your disability For most individuals, this proves to be the most difficult and dispiriting. Individuals are compelled to come to terms with their condition and work to find new ways to enjoy life with their disability. If treatment and therapy can improve your condition, you are encouraged to take the opportunity and push yourself to a better life.
- Give your best. It is better to focus on the easy wins and on being better, rather than constantly obsessing over your failures or challenges.

- Grieve and accept all the five stages of grief due to disability. It is highly recommended to pursue guidance from counsellors, therapists, close confidants, and close family members.
- Avoid comparisons and celebrate your accomplishments.
- Increase Persons With Disabilities representation in politics
- Incorporate disability etiquette in the school curriculum
- Recruit more actors with disabilities in mainstream media
- Make air travel universally accessible for Persons With Disabilities
- Acknowledge that persons with disabilities are human too



*Together, let's empower abilities,
embrace diversity, and create
a truly inclusive world.*

