

# Challenges of Living with a Disability

RTIRN regional workshop on Road Safety  
Sept 30<sup>th</sup> - 1<sup>st</sup> Oct 2012  
Wellington - NZ

NOLA, DPO - Samoa (PDF Member)



# Challenges;

- 1. Psychological trauma**
- 2. Social exclusion & discrimination**
- 3. Health-risks**
- 4. Insecurity & Poverty**
- 5. Remedial response**

# Psychological Traumas

- **Very low self-esteem (lack of hope)...**
- **Ashamed: (hide from people)**
- **Regret living & blaming self**

# psy-traumas

- **Isolation:** (barely find any friends around)
- **Dependency:** (extra work, taking other people times, constant care...)

# psy-traumas

- **Unattractive: (overweight, sloppiness, look old**
- **Making fun & mockery**
- **Inability to contribute**

# Social Exclusion & Discrimination:

- Self denial & lack of confidence
- Loose ownership of self
- No say in decision making

# exclusion & discr.

- Lack of education
- Unemployed
- Unwanted in sports
- Lack of interest in clubbing/partying...

# exclusion & discr.

- Lack of services addressing disability needs
- Disability unfriendly environment/infrastructures



# Health-risks:

- **Low immune system**
- **Vulnerability to health complications**
- **Dysfunctional reproductive life**

# h-risks

- **Natural disaster**
- **Violence or fight**
- **Poverty & begging**
- **Constant medical reliance**

# h-risks:

- **Unhygienic**
- **Further incidents to occur and involve with**
- **Constant medical reliance**

# Insecurity & Poverty:

- Inability to counter-violence
- Helpless at natural disaster
- Limited chance of survival in catastrophic incidences
- Poorest amongst the poor

# **insecr. & poverty**

- **living in slump conditions**
- **Inability to get food and proper clothing**
- **Begging at public places**
- **Homeless**

# **insecr. & poverty**

- **Abusive and neglected frequently**
- **Subjected to constant stigma and oppressive behaviour**
- **Label as trouble maker**

# Remedies

- **Positive approach/mindset**
- **Opportunities development**
- **Awareness programmes**
- **Inclusive services**
- **Hab/rehab programmes**



Thank You For Your  
Attention