



**FIRSTRAND**  
FOUNDATION

**DISABILITY MAINSTREAMING RESOURCE KIT**

**FOR**

**THE FIRSTRAND FOUNDATION  
ENVIRONMENTAL PROGRAMME PARTNERS**



**DEVELOPED BY:  
UKUBA MANAGEMENT CC  
JUNE 2016**

# TABLE OF CONTENTS

ITEM	PAGE
List of Abbreviations and Acronyms	5
Introduction	6
<b>PART ONE: UNDERSTANDING DISABILITY</b>	<b>8-26</b>
1.1 What is Disability	9
1.2 Types/Categories of Disability	10
1.3 Understanding the Past and Present Perspectives of Disability in SA	12
1.3.1 Disability under Apartheid Rule	13
1.3.2 Disability under Democratic Governance	14
1.4 Understanding the Discrimination, Stigma, Negative Perceptions and Negative Attitudes about persons with disabilities	15
1.5 Addressing negative perceptions and attitudes about persons with disabilities	19
1.6 Interacting with persons with disabilities	20
1.6.1 Always engage directly / 'one-on-one'	20
1.6.2 Always use appropriate disability language	24
1.6.3 Always be sensitive to issues of disclosure and identification of disability status	25
<b>PART TWO: UNDERSTANDING DISABILITY MAINSTREAMING</b>	<b>27-43</b>
2.1 Understanding Disability Mainstreaming	28
2.2 Understanding and Addressing Barriers to Disability Mainstreaming	31
2.2.1 Adapting buildings and facilities	33
2.2.2 Use of adaptive techniques, technologies, tools and equipment	34
2.3 General Guidelines for Mainstreaming Disability	35
2.4 Identifying entry points for Disability Mainstreaming	36
2.5 Co-ordination and co-operation amongst role-players for successful disability mainstreaming	38
2.6 Community Approaches to including persons with disabilities	40
2.7 Some disability mainstreaming activities and proposals from FRF PP's	41
<b>PART THREE: MAINSTREAMING DISABILITY IN YOUR ORGANISATION</b>	<b>44-55</b>
3.1 Including persons with disabilities in your organisations	45
3.2 Focused Disability Mainstreaming capacity	46
3.3 Activities to mainstream disability within organisations	47
3.4 Inclusive workplace recruitment and selection guidelines	49
3.5 Conducting quick physical access audits	50
3.6 Reasonable Workplace Accommodation	51
3.7 Inclusive Organisational Policies	55
3.8 Costing and Budgeting	55

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

<b>PART FOUR: MAINSTREAMING DISABILITY IN ENVIRONMENTAL PROGRAMMES</b>	57-71
4.1 The link between environmental issues, poverty and disability	58
4.2 Improving the lives of persons with disabilities through environmental programmes	59
4.3 Mainstreaming in Environment Programmes	60
4.3.1 Key Barriers to mainstreaming disability in the Environment sector	61
4.3.2 Examples of including people with disabilities in environment programmes	62
4.4 Adapting Environment Programmes	65
4.4.1 Adaptations made by FRF environment sector PP's	65
4.5 Best Practice Lessons from FRF Environment PP's	65
4.6 Lessons learnt from International Organisations	70
4.6.1 Programme for Hunters and Anglers with disabilities in New York	70
<b>PART FIVE: PRACTICAL RESOURCES</b>	72 – 137

## LIST OF TABLES

ITEM	PAGE NUMBER
Table 1: Types/Categories of Persons with Disabilities	11
Table 2: Myths about persons with disabilities	18
Table 3: Specific Guidelines for Interacting with Persons with various Types of Disabilities	21
Table 4: Examples of Inappropriate and Appropriate disability terminology	24
Table 5: Addressing Barriers to Disability Mainstreaming	31
Table 6: Accessibility of Facilities	50
Table 7: Reasonable Workplace Accommodation	51

## LIST OF RESOURCES

ITEM	PAGE NUMBER
RESOURCE 1: Disability terminology and their meanings	81
RESOURCE 2: Prevalence and Facts on Disability in South Africa	88

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

RESOURCE 3: Different models of disability	92
RESOURCE 4: Reflection on Perceptions and Attitudes about Persons with Disabilities	97
RESOURCE 5: Definitions of Disability Mainstreaming	100
RESOURCE 6: Differences between Special Disability Programmes and Disability Mainstreaming	101
RESOURCE 7: Guidelines for removing barriers to Disability Mainstreaming	103
RESOURCE 8: Template for identification and development of entry points for disability mainstreaming in policies and programmes	106
RESOURCE 9: The key steps of disability mainstreaming	107
RESOURCE 10: Checklist for assessing progress on disability mainstreaming	111
RESOURCE 11: Checklist for assessing the current status of disability mainstreaming	112
RESOURCE 12: Template for list of needs and challenges experienced by persons with disabilities	113
RESOURCE 13: Templates for developing an Action Plan	114
RESOURCE 14: Developing M & E and Disability Indicators	117
RESOURCE 15: Organising Disability Inclusive Training, Meetings and Events	119
RESOURCE 16: Roles and responsibilities of role-players in disability mainstreaming	127
RESOURCE 17: List of possible Disability Mainstreaming partners	132
RESOURCE 18: List of activities to start mainstreaming disability in Programmes and Projects	135

## LIST OF ABBREVIATIONS AND ACRONYMS

AIDS:	Acquired Immune Deficiency Syndrome
AT:	Assistive Technology
CBR	Community Based Rehabilitation Programme
CEE:	Commission for Employment Equity
DPO:	Disabled People's Organisation
DPSA:	Disable People South Africa
EAP:	Economically Active Population
FAO:	Food and Agriculture Organisation
FRF	First Rand Foundation
HIV:	Human Immune Deficiency Virus
INDS:	Integrated National Disability Strategy
FSALP	Food Security and Agricultural Livelihoods Programme
M & E:	Monitoring and Evaluation
NGO:	Non-Governmental Organisation
PPs:	Programme Partners
UN	United Nations
WPRPD	White Paper on the Rights of Persons with Disabilities

# INTRODUCTION

This Resource Kit, developed by the FirstRand Foundation (FRF), is intended to assist and guide its Programme Partners (PPs) to mainstream disability at an organisational, policy and programme/project level. The multiple levels of mainstreaming mean that PP's will be including persons with disabilities both as programme implementers and as beneficiaries. This Kit is intended to be a permanent resource for FRF PP's. However, it is important to note that it reflects the policies, programme and approaches to addressing disability matters at the time of writing, i.e. May 2016.

## THE FRF'S COMMITMENT TO MAINSTREAMING DISABILITY

The FRF's decision to support the mainstreaming of disability across its PPs is rooted in:

- a) South Africa's progressive Constitution and policies that strongly advocates the inclusion of persons with disabilities in mainstream society and the honouring of their human, social, economic and political rights as equals with all other able-bodied persons;
- b) Its belief that PPs can directly improve the socio-economic conditions and quality of lives of persons with disabilities; and
- c) Its understanding of the link between their programmes, poverty and disability.

## THE DESIGN OF THE KIT

The Resource Kit is designed to give you:

- ◆ A general understanding of disability including the different types of disabilities, the specific needs of each type of disability, the different models for addressing disability issues, negative perceptions and attitudes towards persons with disabilities and how to address these, and interacting with persons with disabilities. (PART ONE).
- ◆ A general understanding of what disability mainstreaming means and guide you on where, how and when you can mainstream disability/include persons with disabilities as beneficiaries of your projects. (PART TWO).
- ◆ General guidelines on how you can mainstream disability/include persons with disabilities in your organisation. (PART THREE).

<b>FRF DISABILITY MAINSTREAMING RESOURCE KIT FOR IT'S FSALP PARTNERS</b>
--

- ◆ Specific ideas and best practice examples of disability mainstreaming in the Food Security and Agricultural Livelihoods (PART FOUR).
- ◆ Practical resources on the above (PART FIVE).

A distinguishing feature of this Resource Kit is the inclusion of lessons learnt from FRF's Programme Partners' (PPs) experiences of mainstreaming disability, as well as their views on the type of guidelines they need to mainstream effectively within their projects.

Based on the needs of the PPs, this Resource Kit focuses more on mainstreaming disability within projects. However, guidelines on mainstreaming within the organisations are included in the latter part of the Resource Kit. The Resource Kit also contains a number of more detailed information "resources" for those who want to develop a more in-depth knowledge of disability and the mainstreaming thereof. The "resources" include 'templates' and 'forms' that can be used for certain mainstreaming tasks.

The FRF is confident that this Resource Kit will enable the FRF and all its PPs to tangibly contribute to making the inclusion of persons with disabilities in mainstream society a reality and a norm!

Although this Resource Kit is primarily intended for the FRF's PPs, it could be useful for other role players and organisations involved in, and wanting to mainstream disability in community level developmental programmes and projects.

# PART ONE

## UNDERSTANDING DISABILITY



## 1.1 WHAT IS DISABILITY?

A broad definition of disability refers to **the loss or elimination of opportunities to take part in the life of the community, equitably with others, that is encountered by persons having physical, sensory, psychological, developmental, learning, neurological or other impairments which may be permanent, temporary or episodic in nature, thereby causing activity limitations and participation restriction with the mainstream society.**



- There are various definitions of disability.
- All the definitions share certain common elements even if they emphasise or express these differently (see info table below).
- The current definition of disability has evolved over time, and reflects a more progressive view of disability than was the case in the past.
- The occurrence or presence of disability varies. In some instances, disabilities are present from birth and in others they occur during a person's lifetime.
- Disabilities can be permanent, temporary or episodic.
- Understanding disability terminology and their meanings will deepen your knowledge of disability matters.

***RESOURCE 1 IN PART 5 OF THIS RESOURCE KIT PROVIDES SOME OF THE DIFFERENT DISABILITY TERMINOLOGY AND THEIR MEANINGS. THIS WILL ENHANCE YOUR UNDERSTANDING OF DISABILITY.***



The **common elements** in the various definitions of disability are:

- Physical, mental, intellectual or sensory impairments.
- Internal and external limitations or barriers to full and equal participation.
- Loss or lack of access to opportunities due to environmental barriers and/or negative perceptions and attitudes of society.

The **key message that emerges from all definitions** is that while we need to acknowledge the limitations of persons with disabilities, we **MUST** always focus on the abilities of the person and the extent to which we/society can create an environment that enables full expression of their abilities.

As expressed in a statement by the Food and Agriculture Organisation (FAO) of the United Nations (UN):

**“DISABILITY IS NOT INABILITY!”**

(FOA Working in Support of Persons with Disabilities, 2006)


## 1.2 TYPES/CATEGORIES OF DISABILITY

There are different types or categories of disability as well as different levels of impairment within a disability category. For example, the hearing impairment disability category includes persons who are totally deaf as well as persons with partial hearing abilities.

Each type of disability has its own special needs. It is important to fully understand each type of disability and the special needs associated with each type. The following table shows the most common categories of disability in South Africa; how each is defined and what its key

characteristics are. Statistics on the prevalence of the different types of disabilities in South Africa is contained in Resource 2 in Part 8 of this Kit.

**Table 1: Types/Categories of Disabilities**



CATEGORY OF DISABILITY	GENERAL DEFINITION	KEY CHARACTERISTICS
<b>Physical Disability:</b> <b>1. Paraplegia</b> <b>2. Quadriplegia</b> <b>3. Hemiplegia</b> <b>4. Cerebral Palsy</b> <b>5. Post-Polio Paralysis</b>	Refers to conditions caused by damaged muscles, nerves, skin or bones that results in general weakness or long-lasting pain. There are at least 5 sub-categories of physical disabilities.	Mobility or ability to perform daily activities such as dressing, eating and bathing is impeded. 1. Substantial loss of function in the lower body. 2. Substantial loss of function in all four limbs. 3. Substantial loss of function on one side of the body (arm and leg), often due to a stroke. 4. Damage to the brain that causes muscular un-coordination. 5. Weakness in some muscles and under-development of some limbs.
<b>Hearing Disability</b>	Refers to the total or partial loss of hearing. It can be mild, severe or total.	A person with a hearing disability often has difficulty learning spoken languages, hearing warning signals and following verbal instructions. Hearing loss can lead to behavioural problems due to frustration, and it is sometimes difficult for a person with a hearing disability to make friends.

<b>Visual Disability</b>	Visual Impairment refers to the total or partial loss of sight. Blind refers to total loss of sight.	A person who is blind experiences difficulty moving around and knowing where things are, as well as doing certain daily activities such as writing, reading and following visual signs/commands.
<b>Mental Disability:</b> <b>1. Intellectual disability</b> <b>2. Psychiatric disability</b>	Refers to a range of conditions including cognitive, psychiatric and learning disabilities. An example of intellectual disability is Down's Syndrome. Epilepsy itself is not a disability. Rather, it is a disorder characterised by a sudden disturbance of the brain resulting in a seizure, which could result in a physical or mental disability.	A person with an intellectual disability has difficulty learning or retaining new information, and often struggles to adapt to new situations. People with a psychiatric or mental illness often experience difficulty perceiving or interpreting reality, coping with daily life, forming and maintaining relationships, and dealing with difficult feelings and fears. They often see and hear things that do not exist. Medication taken to reduce symptoms can cause other symptoms, which in turn may present themselves as further signs of mental illness.
<b>Multiple Disability</b>	Means having two or more disabilities. For example, having a physical and intellectual disability.	

## **1.3 UNDERSTANDING THE PAST AND PRESENT PERSPECTIVES OF DISABILITY IN SOUTH AFRICA**

There is a vast difference in the way disability was perceived and addressed under apartheid rule in South Africa and the way it is viewed under our democratic dispensation. It is important to understand these different perspectives because it provides the context of some of the challenges we currently experience with mainstreaming disability as well as the framework for full and equal inclusion of persons with disabilities in the mainstream of social and economic life.

*RESOURCE 2 IN PART 5 PROVIDES SOME BASIC DATA ON THE PREVALENCE OF DISABILITY IN SOUTH AFRICA, INCLUDING ON THE PREVALENCE OF DIFFERENT TYPES OF DISABILITIES.*

### **1.3.1 DISABILITY UNDER APARTHEID RULE**

Prior to 1994, the then apartheid government addressed disability as a social welfare and medical concern. The term used for this approach is the “medical model”.

The focus of the medical model is on providing social grants and some very basic and rudimentary social services, such as rehabilitation services, to persons with disabilities. This means that persons with disabilities are assessed, and their position and status in society is defined by their medical condition and the limitations these conditions impose on their mobility and ability.

The medical model does not in any way acknowledge the human, social, political and economic rights of persons with disabilities, and it certainly does not advocate for full inclusion and integration of persons with disabilities into mainstream society. Nor does the model consider or acknowledge the abilities of persons with disabilities.

Apartheid was a system of governance that emphasised and legalised differences between the country’s racial groups. The vast majority of black citizens, particularly women, children and youth were placed at the lowest rung of the socio-economic ladder, as were people living in rural areas. The Apartheid government’s racial policies resulted in the existence of large-scale poverty, unemployment and general inequalities in the lives of the country’s black citizens in general.

The racial policies found expression even in the services that were provided for persons with disabilities. Persons with disabilities from the white race group received far more, and better services than their black counterparts. The patriarchal nature of Apartheid South Africa compounded the situation for women with disabilities, again more so for black women with disabilities.

Thus the pervasive racial policies of the Apartheid era translated into a status quo that resulted in black persons with disabilities becoming one of the most marginalized sectors of our society - experiencing extreme levels of exclusion, prejudice, isolation and denial and/or lack of access to fundamental rights and services. South Africa’s 2015 White Paper on the Rights of Persons with Disabilities addresses this legacy of Apartheid in respect of persons with disabilities.

### **1.3.2 DISABILITY UNDER DEMOCRATIC GOVERNANCE**

Post 1994, the country's democratically elected government developed and has been implementing in earnest, a transformation agenda aimed at building a just and equitable society for all. It is an agenda that includes all previously marginalised and vulnerable groups of society such as persons with disabilities.

The Constitution of the Republic of South Africa (Act No 108 of 1996) protects the rights and dignity of persons with disabilities. The Constitution is further translated into several national policies and legislation that promotes and supports the full equalisation of opportunities of persons with disabilities and their integration into society; within a social model and human rights policy framework.

The social model acknowledges the social context and needs of persons with disabilities and the impact that these have on their full participation, inclusion and acceptance as part of mainstream society. It focuses on the abilities of persons with disabilities rather than on their differences or disabilities. It also encourages broader systemic and attitude changes in society; promotes mainstreaming of disability and reinforces the importance of persons with disabilities themselves being part of transformation processes that impact on their lives. This latter principle is encapsulated in the slogan of Disabled People South Africa (DPSA), an organization of persons with disabilities that says: "Nothing about Us without Us".

The social model and approach is further detailed in the country's White Paper on the Rights of Persons with Disabilities (2015). The White Paper presents a Vision of "*South Africa – a free and just society inclusive of all persons with disabilities as equal citizens*". It provides key policy areas, identifies policy objectives and details recommendations, strategies, mechanisms and specific areas for action that should be implemented by all role-players, directly or indirectly involved in addressing issues of disability. Also, it outlines the responsibilities and accountabilities of the various stakeholders. The White Paper is a collaborative effort of all spheres of government, institutions promoting democracy, civil society and disability organisations.

The advent of democracy in the country also saw the South African government being signatory to, and in many instances actively participating in the development, adoption, ratification and implementation of international and continent wide instruments that address disability within a

social model framework. Some examples of such instruments are the World Programme of Action concerning Disabled Persons, the United Nations Standard Rules on the Equalisation of Opportunities for Persons with Disabilities; the Disability Rights Charter of South Africa, the African Decade for Persons with Disabilities and the 2007 United Nations Convention on the Rights of Persons with Disabilities.

Over and above creating a conducive policy and legislative environment for applying a social model to addressing disability issues, government established institutions to ensure the integration of Persons with disabilities into mainstream society, and their full and equal access to all social and economic opportunities and activities. Some examples of these institutions are the Department of Social Development, the South African Human Rights Commission, the Commission on Gender Equality; the Commission for the Promotion and Protection of the Rights of Cultural, Religious and Linguistic Communities; Public Service Commission structures in Offices of Premiers and Disability Desks in local government structures. These structures are tasked with coordinating, facilitating, promoting, monitoring, evaluating and reporting on the provision of all fundamental rights to persons with disabilities as defined in the Constitution and related policies and legislation. These structures are further mandated to develop and implement any initiatives that are deemed necessary to mainstream disability in all government policies and programmes and line function departments at all spheres of government.

*RESOURCE 3 IN PART 5 PROVIDES MORE DETAILS ON THE VARIOUS MODELS OR PERSPECTIVES OF DISABILITY. THIS RESOURCE SHOWS HOW PERCEPTIONS OF DISABILITY INFLUENCE THE MODEL AND APPROACH TO ADDRESSING DISABILITY.*

## **1.4 UNDERSTANDING THE DISCRIMINATION, STIGMA, NEGATIVE PERCEPTIONS AND NEGATIVE ATTITUDES ABOUT PERSONS WITH DISABILITIES**

Our country has made much progress in its approach to dealing with disability within a social model framework and as a human rights and developmental issue. We have developed and

implemented various policies and programmes that recognise and acknowledge persons with disabilities as equal citizens who should enjoy equal rights and responsibilities.

However persistent discrimination, stigma, negative perceptions and attitudes towards, and stereotyping of, persons with disabilities threatens to nullify the progressive approach we have adopted as a country. Negative perceptions and attitudes are the biggest barriers that prevent persons with disabilities from being included and participating equally in mainstream social and economic life.

Much of the stereotyping can be attributed to traditional misconceptions and assumptions based on superstition, myths and beliefs about disability from earlier less enlightened times. These continue to be inherent in our society because they are constantly reproduced when we treat persons with disabilities as a separate group rather than including them in mainstream society. In the same way that racist or sexist attitudes, whether implicit or explicit, are acquired through the 'normal' learning process, so too are negative assumptions about disability and persons with disabilities.



Persons with disabilities mention the following ten (10) commonly recurring negative stereotyping they experience:

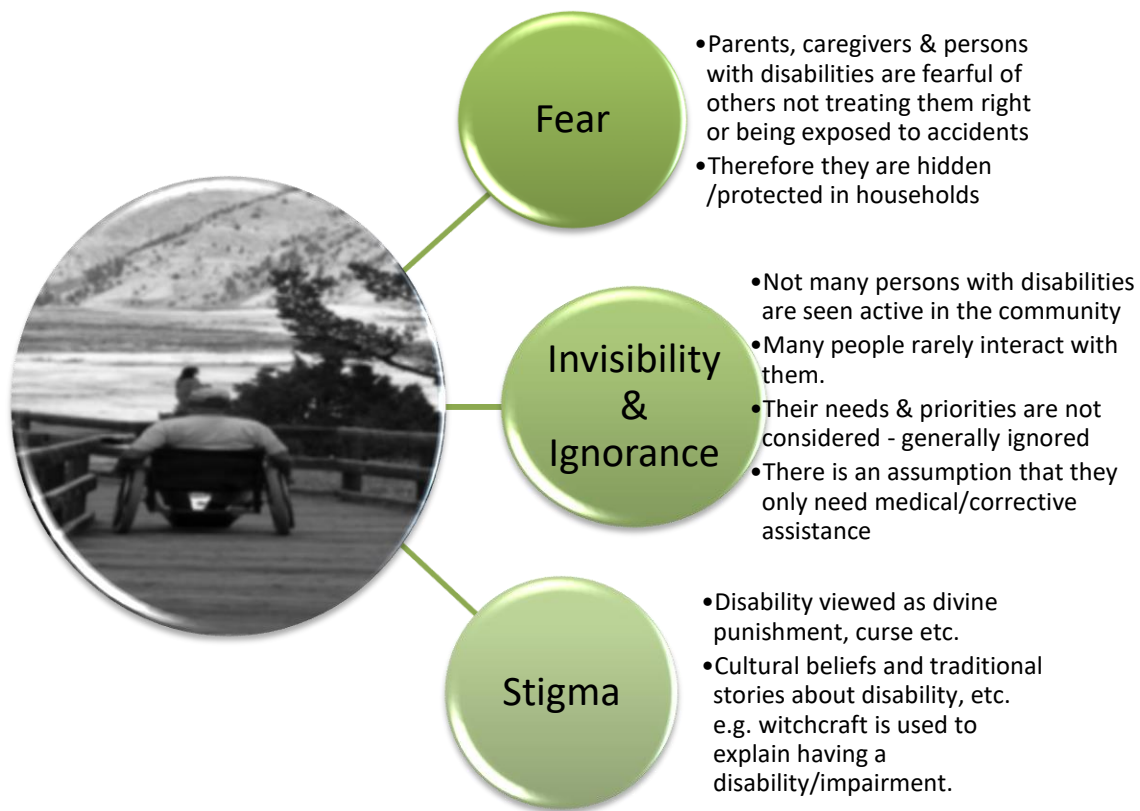
- a person with a disability is pitiable and pathetic;
- is an object of curiosity or violence;
- sinister or evil;
- a super cripple;
- an atmosphere;
- laughable;
- her/his own worst enemy;
- a burden;
- non-sexual; and
- unable to participate in daily life.



The cumulative effect of discrimination, stigma, negative perceptions and attitudes is that persons with disabilities continue to be among the most marginalised and vulnerable sectors of our society in that they are denied the basic human, social, economic and political rights accorded to all other, 'able-bodied', citizens.

In an organisational context, negative or un-informed perceptions and attitudes of staff and other programme team members and stakeholders can prevent persons with disabilities from being included in the organisation and its programmes and projects.

The diagram below shows the three related factors that drive negative perceptions and thus the exclusion of persons with disabilities.



Some common myths about persons with disabilities and the reality that dispels these myths are shown in the Table below.

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

**Table 2: Myths about persons with disabilities**

MYTH	REALITY
Persons with disabilities are inferior to "normal" people and their lives are very different.	We all have different abilities, talents, interests and personalities. Persons with disabilities like able-bodied people go to school, get married, work, have families, play, go shopping, eat out, travel, etc.
We need to feel sorry for persons with disabilities.	That's patronising. Persons with disabilities don't need pity. They need access to opportunities.
Persons with disabilities are brave and courageous.	Adjusting to a disability requires adapting to a lifestyle, not bravery and courage.
It's not a good idea to hire persons with disabilities. They have a higher turnover rate and they take sick days more often.	Many studies show that employees with disabilities are often more productive, dependable and loyal than their co-workers without disabilities and that staff retention is higher among persons with disabilities.
You have to be careful when you're talking to a person with a disability, because they are easily offended if you use the wrong word.	You just need to be as polite and respectful as you would when speaking to anyone. If you're not sure what to say or do, it's okay to ask.
It is difficult serving customers with disabilities.	Customers with disabilities have the same preferences, perceptions, attitudes, habits, and needs as customers without disabilities, and they are looking for the same quality of products and services.  Everyone, regardless of ability, deserves to be treated with the same dignity and respect.

## 1.5 ADDRESSING NEGATIVE PERCEPTIONS AND ATTITUDES ABOUT PERSONS WITH DISABILITIES

The most powerful tool for addressing the negative perceptions and attitudes about persons with disabilities is creating awareness of, and advocating for, the rights of persons with disabilities.

A good place to start is to get all members of your organisation, or of a project/programme team to reflect on and share with each other their own awareness, knowledge and experience of disability. ***YOU CAN USE RESOURCE 4 IN PART 5 OF THIS RESOURCE KIT FOR THIS REFLECTION.*** The outcome of this reflection session will indicate whether you need to increase knowledge of disability issues amongst staff and/or project team members, prior to embarking on disability mainstreaming in order to ensure that, when embarked on, it is done successfully.



Each one of us can do something to address the negative perceptions of persons with disabilities. Some of the things we can do are:

- Interact properly with persons with disabilities that we meet/are around us.
- Promote attitude changes in society. To change attitudes, one must first understand where, how and why the attitude exists.
- Focus on changing behaviour and make it clear that discriminatory or disrespectful behavior and using derogatory language is unacceptable.
- Promote inclusion of persons with disabilities, and make every effort to do so yourself.
- Focus on the abilities of persons with disabilities and encourage others to do so.
- Create awareness of the rights and needs of persons with disabilities.
- Ensure that persons with disabilities are part of all projects aimed at improving the quality of their lives. The Disabled People of South Africa (DPSA) – an organisation of persons with disabilities has the following slogan “Nothing about us without us”.
- Talk about/distribute positive information on disability matters.
- Provide examples of successful persons with disabilities.

## 1.6 INTERACTING WITH PERSONS WITH DISABILITIES

### 1.6.1 ALWAYS ENGAGE DIRECTLY/ 'ONE-ON-ONE'

Most of us are uneasy about interacting with persons with disabilities. Some of us interact within the framework of our understanding of disability. And some of us choose not to interact at all because we do not want to appear offensive or patronising, or because we are unable to transcend the negative perceptions and stigmas that we have learnt to associate with disability.

When you put aside all your fears, anxieties and misconceptions about interacting with persons with disabilities, and fully internalise and accept that persons with disabilities are no different from you – you will find that the 'principles' of interacting with persons with disabilities is not dissimilar from any other person you interact with.



Some of these 'principles' are:

- ✓ Always be courteous and respectful.
- ✓ Acknowledge that each person is an individual with her/his own way of interacting.
- ✓ Speak directly to the person, make eye contact (if this is culturally acceptable), and not to their family member, assistant or interpreter.
- ✓ Refer to the person by their name and not their disability when speaking to them or about them.
- ✓ Speak clearly in normal voice. There is no need to shout, speak quickly, swallow your words or speak like you are talking to a child.
- ✓ Always ask the person if they require assistance before you offer it, and do what the person asks and not what you think should be done.
- ✓ Be safety conscious, but don't limit the person's freedom. Move the obstacles, not the person.

The following table shows the various ways in which people should relate to and communicate with persons with disabilities according to the different types of disabilities.

20

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

*Table 3: Guidelines for interacting with persons with different types of disabilities*

TYPE OF DISABILITY	SUGGESTED INTERACTIONS
<b>People with mobility impairments</b>	<ul style="list-style-type: none"> <li>• If you are walking with the person, don't walk too fast because you could end up leaving the person behind and don't walk so slowly that you end up behind! Walk at a pace that allows you to walk alongside the person and make sure you do not restrict their or your movement.</li> <li>• When standing next to or behind the person, do not lean on the person's wheelchair or mobility device.</li> <li>• You can assist the person by moving obstacles on the path out of the way. Do not move, or expect the person to move around the obstacle.</li> <li>• Always ask the person if they want to be assisted before you assist. If the person says yes, ask how she/he wants to be assisted and what you should do e.g. when helping a person using a wheelchair to get into a car.</li> </ul>
<b>People with hearing impairments</b>	<ul style="list-style-type: none"> <li>• Remember that the person does not hear what you hear. So if you are talking to the person and the phone rings or someone calls you and you decide to respond, explain to the person, through his or her interpreter or by using basic signs, what you are doing and excuse yourself properly.</li> <li>• Find out how the person likes to communicate e.g. speech, sign language, finger spelling, writing, gestures and body language.</li> <li>• If a sign language interpreter is present, make sure you still face, make eye contact with and address the person you are speaking to, and not the interpreter.</li> <li>• Make sure that the physical space you are communicating in is properly lit for a sign language interpreter to be seen and/or for lip-reading, and has sufficient space to accommodate a sign language interpreter as well as yourself and the person you are communicating with.</li> <li>• If you are talking to a person who is lip-reading, some simple tips to remember are:               <ul style="list-style-type: none"> <li>○ Get the person's attention before speaking – by calling her name, touching her arm or waving, look directly at the person and maintain eye contact.</li> <li>○ Make sure that the person knows the topic of conversation: this is particularly important for lip-reading, as many words look very similar, and people with hearing impairments who read lips depend on context to pick out key words.</li> <li>○ Speak slowly, clearly and use short sentences – but don't shout or exaggerate words, as this will make it much harder to lip-read and don't cover your mouth or put anything in it while talking.</li> <li>○ Stand so that your face is clearly lit – not in shadow or in front of a bright light, as this makes it harder for the person to see your mouth.</li> <li>○ Use gestures, body language and facial expressions to help get your message across.</li> </ul> </li> </ul>

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

	<ul style="list-style-type: none"> <li>○ If you aren't making yourself understood, repeat yourself once. If this doesn't work, try again using different words.</li> <li>○ If this also doesn't work, write it down.</li> </ul>
<b>People with visual impairments</b>	<ul style="list-style-type: none"> <li>● Speak normally, clearly and directly to the person - not to her/his assistant or companions.</li> <li>● Remember that people with visual impairments may not necessarily see what you see so always explain what is going on e.g. tell the person when you arrive, sit and leave.</li> <li>● Always introduce yourself by name e.g. 'Hello Duma, it's Muzi'.</li> <li>● When you first speak to the person, a gentle touch on her/his arm lets her/him know that you are talking to her/him and a handshake helps orient her/him to where you are.</li> <li>● If you are in a group, explain who else is with you. Identify yourself each time you speak.</li> <li>● Use the person's name often, to make it clear when you are speaking to her/him.</li> <li>● Offer to describe the environment, especially if the person has not been to the place before.</li> <li>● Be specific when describing the environment/place. Do not say 'over there is a pond' or 'over here is a pond'. Instead say 'on your left is a pond' or 'immediately behind you is a pond' or 'in front of you is a pond'. Also describe any obstacles or hazards, and whether there are any children or animals around.</li> <li>● Do not leave the person alone in the centre of a room. Make sure she/he can touch a table, chair or wall to maintain orientation with her/his surroundings.</li> <li>● A visually impaired person may not describe things in the same way that you would because of their limited depth perception or inability to see shapes or shadows. Discuss the images she/he describes so that you can both understand each other.</li> <li>● When guiding a blind or visually impaired person:             <ul style="list-style-type: none"> <li>○ Always ask the person if she/he would like assistance first and what help she/he needs.</li> <li>○ Always speak first – never take someone's arm or hand without warning.</li> <li>○ Offer your arm for the person to hold just above the elbow. This will allow her/him to walk slightly behind you, following you as you turn or step up or down.</li> <li>○ Walk normally – not too slowly and definitely not too fast. When you come to a turn, a step or an obstacle, pause and tell the person what is coming.</li> <li>○ Guide the person round chairs and through doorways, explaining what you are doing –she/he will be slightly to one side of you, so give more space as you go round obstacles.</li> </ul> </li> </ul>

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

	<ul style="list-style-type: none"> <li>• Don't try to sit her/him down – just guide one hand to the back or arm of a chair, or to the edge of a table.</li> <li>• If a blind person has a guide dog, never pet or distract the dog when it is working.</li> </ul>
<b>People with learning difficulties</b>	<ul style="list-style-type: none"> <li>• Be sensitive to the person's individual needs and behaviour. Different people find different things difficult.</li> <li>• Find out each person's preferred way of communicating (how she/he likes to speak and be spoken to, how she/he likes to be touched or not).</li> <li>• Remember that sometimes people with learning difficulties may behave in unusual or surprising ways. So be sensitive to how you behave and how your actions might cause someone to react. Don't panic or respond aggressively.</li> <li>• People with learning difficulties may take more time to understand or respond to what they hear. Some may find it difficult to concentrate. It might be helpful to think about the ways you communicate with people who do not have the same first language as you, or who are illiterate. In general:             <ul style="list-style-type: none"> <li>○ Speak normally and clearly.</li> <li>○ Use simple, short words – if you have to think about what a word really means, don't use it.</li> <li>○ Use real-life examples and words for real things – people with learning difficulties may find abstract concepts difficult.</li> <li>○ Use short sentences and express one point at a time – people with learning difficulties may find it difficult to remember a list of different things.</li> <li>○ Give the person time to take in what you have said and time to respond – don't rush into repeating yourself.</li> <li>○ If you aren't making yourself understood, repeat yourself once. If this doesn't work, try again using different words.</li> <li>○ Sometimes it helps to emphasise the most important words in a sentence.</li> <li>○ Use more closed questions with clear options, rather than an open question with many possible answers.</li> </ul> </li> <li>• If you are asking someone with learning difficulties to make a significant decision, it may be best to give her/him some time to think on her/his own or with her/his main caregiver.</li> </ul>

(Source: Adapted from VSO handbook on Mainstreaming Disability)

You can always engage persons with disabilities directly on what would be appropriate and respectful interactions. They are usually more than willing to share information on how best you should interact with them.

## 1.6.2 ALWAYS USE APPROPRIATE DISABILITY LANGUAGE

“Language reflects the social context in which it is developed and used. It therefore reflects the values and attitudes of that context, and plays an important role in reinforcing values and attitudes that lead to discrimination and segregation of particular groups in society. Language can therefore be used as a powerful tool to facilitate change and bring about new values, attitudes and social integration...” [Source: DPSA Pocket Guide].

Language is probably the most critical element of interacting with persons with disabilities. As stated in the quote above, language (verbal and body language) expresses our views and attitudes towards people, situations, etc. Many of us inadvertently use negative or discriminatory language when talking or referring to persons with disabilities. In most instances we use the terminology we have either learnt or heard other people use and are not fully aware that it is offensive and inappropriate. Using appropriate language and terminology is an important part of supporting and facilitating inclusion of persons with disabilities in mainstream society. The Table below provides some examples of inappropriate terminology, explains the reasons it is offensive and suggests some appropriate language that can be used to replace the offensive terms.

*Table 4: Examples of Inappropriate and Appropriate Disability Terminology*

Inappropriate Terminology	Reason	Appropriate Terminology
<b>‘handicapped’, ‘mentally different’, ‘physically inconvenienced’, and ‘physically challenged’</b>	These terms can prompt negative images. You should not use condescending euphemisms to describe disabilities. They reinforce the idea that disabilities cannot be dealt with up front.	Person with a disability/persons with disabilities or impairments.
<b>“The disabled”</b>	‘Disabled’ defines people as a problem group and denies individuality.	‘Disabled people’ is acceptable to some persons with disabilities, but in South Africa (and in line with the UN Convention on the Rights of



**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

		Persons with Disabilities), we prefer the term 'persons with disabilities'.
<b>"Mental handicap"/mentally challenged/mentally retarded/brain damaged</b>	These descriptions carry a stigma.	Person with an intellectual disability/person with a mental disability.
<b>"Deaf and dumb" /deaf mute</b>	Being deaf has no relevance to the person's level of intelligence. Mute implies that the person cannot speak but many people with hearing disabilities are still able to speak.	Person has a hearing impairment/is deaf.
<b>'Confined to a wheelchair' or 'wheelchair-bound'</b>	Certain terminology suggests limitations. A wheelchair is not a tool of confinement it instead provides mobility.	A person who 'uses a wheelchair' / wheelchair user is preferable.
<b>"Dwarf" / "midget"</b>	These words carry a negative stigma - avoid negative words.	Person of short stature.
<b>"Disabled toilet" / "disabled parking" / "disabled seating" / "special bathroom"</b>	These facilities do not have disabilities and they are not special because they can be used by anyone.	Accessible toilet/parking/seating/seating for persons using wheelchairs.

(source: adapted from OSDP Media Policy and Media Resource Kit & Quadpara Association of South Africa)

### **1.6.3 ALWAYS BE SENSITIVE TO ISSUES OF DISCLOSURE AND IDENTIFICATION OF DISABILITY STATUS**

Some persons with disability are very reluctant to describe themselves as disabled because they see it as a negative label or fear being discriminated against. Here are some suggestions on how to deal with the situation:

- Do not force an individual with a disability to disclose her/his status.
- Remember that you cannot and should not share information about a person's disability unless you have their consent to do so.

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

- Undertaking high quality disability equality training as a group may make people feel more comfortable about such disclosures.
- If an individual's disability is not obvious or known, she/he may require documentation of the disability that explains their right to reasonable accommodation. This documentation can be a reasonable accommodation request supported by a brief doctor's report outlining the person's disability and explaining how the requested accommodation will enable him/her to perform functions he/she would not otherwise be able to perform. You are allowed to ask for a restricted amount of disability-related information if it relates to the accommodation request.
- If the disability is self-evident, then you must proactively engage with the person with the disability to establish and then provide whatever reasonable accommodation the person requires.

# **PART TWO**

## **UNDERSTANDING DISABILITY MAINSTREAMING**

## 2.1 UNDERSTANDING DISABILITY MAINSTREAMING

As is the case with disability, there are various definitions of disability mainstreaming. However, the crux of all these definitions is that disability mainstreaming is an on-going process which is about promoting the inclusion of, and addressing the barriers that exclude, persons with disabilities from full and equal participation in all aspects of socio-economic life.

***RESOURCE 5 IN PART 5 PROVIDES SOME DEFINITIONS OF DISABILITY MAINSTREAMING.***

The simple definition provided above gives us a good sense of what disability mainstreaming involves and shows that it is different from developing and implementing a 'special project' that is especially and solely for persons with disabilities.

***RESOURCE 6 IN PART 5 OUTLINES THE DIFFERENCES BETWEEN SPECIAL DISABILITY PROGRAMMES, DISABILITY MAINSTREAMING AND THE VALIDITY OF DISABILITY MAINSTREAMING.***

Mainstreaming disability in community development policies and programmes entails ensuring that persons with disabilities benefit equally from these programmes, fully participate in the implementation thereof, and exercise and enjoy their human and socio-economic rights as other members of society do.

Worldwide statistical evidence shows that persons with disabilities are probably the most marginalised and vulnerable sector of our society, ranking amongst the poorest of the poor, with little or no access to all the rights and privileges accorded to the rest of society. There is a strong correlation between disability and poverty, as is explained in a number of international and national policy and legislative frameworks on disability.

South Africa's White Paper on the Rights of Persons with Disabilities (WPRPD) of 2015 explains that poor people face greater risks of impairments or disabilities leading to a higher number of persons with disabilities amongst the poorest of the poor. At the same time the occurrence of disability in a family often thrusts the already poor family into deeper depths of poverty which means that there is a higher number of families living in poverty as a result of disability.

The United Nations Convention on the Rights of Persons with Disabilities (2007) highlights the fact that *“the majority of persons with disabilities live in conditions of poverty, and in this regard recognizing the critical need to address the negative impact of poverty on persons with disabilities”*. It also recognises *“the valued existing and potential contributions made by persons with disabilities to the overall well-being and diversity of their communities, and that the promotion of the full enjoyment by persons with disabilities of their human rights and fundamental freedoms and of full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society and the eradication of poverty”*.

Poor persons with disabilities, like all other poor people, have limited or no income or means to purchase basic goods and services and generally live in under-developed areas with lack of sanitation, water, electricity, health services, etc.

Below is a description of what disability mainstreaming involves in a developmental context, such as the one the FRF’s partners operate in.

Firstly, it involves ensuring that disability is at the centre of all development initiatives as a norm and undisputable principle. This means that you must always keep persons with disabilities in mind (both as implementers and beneficiaries) when conceptualising, developing and implementing your policies, programmes and projects. In other words, you need to make sure that whatever you are involved in addresses the special needs of persons with disabilities and enables them to actively participate in your project.



To mainstream disability effectively you need to:

- Address all direct and indirect aspects, as well as the causes and effects of disability. This helps to develop long term, holistic and sustainable policies, programmes and projects.
- Change mind-sets and work in a way that includes disability as a norm in all policies, programmes and budgets, rather than as an exception or something to be treated differently.
- Apply the concept of universal design. This means designing everything in an inclusive manner so that it can be used by a wide range of people including persons with various categories of disabilities; without having to be specially adapted for a particular individual.
- Move away from the familiar and be willing to embrace differences and change.
- Recognise the skills and abilities of persons with disabilities and value the role and contribution they can make as equal members of communities.
- Promote the equalisation of opportunities for persons with disabilities by removing all barriers that impede access, and ensuring reasonable accommodation.
- Shift the focus from a needs based, soft issue or special case approach to a rights based approach (the social model).
- Focus on the environment around the disability and not on the disability itself.
- Consciously consider the impact of any plan or action on persons with disabilities.
- Ensure that disability is not addressed as a once-off disability activity/event, a “special project” or a “special case”, something the organisation would do only if it has sufficient funds and not ‘pushed’ into programmes where it is not relevant.
- Include persons with disabilities in the conceptualisation, development and implementation of policies and projects.


## 2.2 UNDERSTANDING AND ADDRESSING BARRIERS TO DISABILITY MAINSTREAMING

There are many barriers to disability mainstreaming. Barriers are obstacles that make it difficult or sometimes impossible for persons with disabilities to do things most of us take for granted such as working in the garden, using public transport, attending a music concert, watching movies, attending school and university, etc.

None of the barriers are insurmountable – BUT - if they are not addressed they can scuttle any or all disability mainstreaming initiatives. It is therefore important to be fully aware of possible barriers to disability mainstreaming and the possible actions that you can take to avert and/or remove the barrier/s or challenge/s. Persons with disabilities and Disabled Peoples Organisations (DPOs) are an important resource for obtaining information on barriers to disability mainstreaming and how to respond to the identified barriers. You should thus draw on them for information whenever you are stuck and unsure about how to respond to a particular situation.

When we think of barriers to accessibility, most of us think of physical barriers — like a person who uses a wheelchair not being able to enter a public building because there is no ramp. The fact is there are many kinds of barriers. Some are visible and many are invisible. Generally, the barriers to mainstreaming disability can be grouped into four main categories as shown in the following Table.

**Table 5: Addressing Barriers to Disability Mainstreaming**



TYPE OF BARRIER	DESCRIPTION & EXAMPLES	POSSIBLE RESPONSES
<b>Organizational Barriers</b>	These are an organisation’s policies, practices or procedures that	Disability mainstreaming to be included as a key result area in

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

	<p>discriminate against persons with disabilities.</p> <p><b>Example:</b> Low or lack of commitment and buy-in from programme managers to Mainstream Disability.</p> <p>A hiring process that is not open to persons with disabilities.</p>	<p>performance contracts of programme managers.</p> <p>Disability inclusive policies and strategies developed.</p> <p>Develop and adopt a formal statement of the organisation's commitment to mainstreaming disability.</p> <p>Set disability targets and quotas to be achieved.</p>
<b>Physical / Environmental Barriers</b>	<p>These are features of buildings or spaces that are inaccessible for persons with disabilities.</p> <p><b>Examples:</b> High concrete platforms, steps, narrow entrances for a person using a wheelchair or walker.</p> <p>Counters that are too high for a person of short stature.</p> <p>Poor lighting for people with low vision.</p> <p>Telephones that are not equipped with telecommunications devices for people who are deaf or hard of hearing.</p>	<p>Construct ramps for wheelchair users, fit support rails, improve lighting in buildings etc.</p>
<b>Attitudes and Social Barriers</b>	<p>Negative stereotyping of persons with disabilities, social stigma and other forms of overt discrimination against persons with disabilities.</p> <p><b>Examples:</b> limited participation of persons with disabilities.</p> <p>Thinking that persons with disabilities are inferior.</p>	<p>On-going consultation, sensitisation, advocacy campaigns and capacity building programme on the concept of disability and on accessibility issues</p> <p>Recognition of the rights and capabilities of persons with disabilities.</p>



	Assuming that a person who has a speech impairment can't understand you.	
<b>Communication or information Barriers</b>	Happens when a person cannot understand information because it is not provided in accessible formats and through a variety of channels.  <b>Examples:</b> Print is too small to read.  Websites that cannot be accessed by people who cannot use a mouse.  Signs that are not clear or easily understood.	For written material use a large font size in a clear sans serif style such as Arial and use a good contrast for text and background, sign language interpreters, Braille, audio or electronic format to be considered.

### 2.2.1 ADAPTING BUILDINGS AND FACILITIES

The most important aspect to keep in mind when adapting buildings and facilities for persons with disabilities is providing barrier free access. Very simply, barrier free access means ensuring that the physical space or environment does not unduly hinder or obstruct movement, or inadvertently create a dependency on someone else to, for example move something, for the person with the disability to be able to move around. Examples of adapting buildings and facilities are: widening corridors and pathways to accommodate a wheelchair and keeping them clear of obstacles to accommodate wheelchair users, persons using crutches and persons with sight impairments; visual signage and voice-over signage to accommodate persons with hearing impairments and those with sight impairments, building a permanent ramp or investing in a mobile ramp for wheelchair users, providing visual signage in sign language symbols, etc.

**RESOURCE 7 IN PART 5 PROVIDES MORE DETAIL ON HOW SOME GENERIC BARRIERS CAN BE REMOVED/ADDRESSED.** The resource contains some easy and quick adaptations that can be made to increase accessibility; and others of a more long-term solution but that must be taken into account in future plans within the policy imperative and framework of disability mainstreaming.

## 2.2.2 USE OF ADAPTIVE TECHNIQUES, TECHNOLOGIES, TOOLS AND EQUIPMENT

Although some techniques, technologies, tools and equipment have to be specially developed for persons with certain disabilities; most can be used across all types of disabilities.



The following principles apply when adapting techniques, technologies, tools and equipment. These principles are that the adaptation/s must:

- ✓ Enable the participation of persons with disabilities
- ✓ Take into account safety and ability to perform tasks without danger, fatigue or discomfort.
- ✓ Respond to the specific abilities and limitations of the particular person or groups of persons that you doing the adaptation for.
- ✓ Take into account the fact / possibility that each person is different so do not assume that people with the same disability will have the same abilities. This makes it imperative that you fully understand the disability and capability of each person you are engaging with.
- ✓ Take into account reliability and facilitating the ability to perform tasks.

It is also important to remember that:

- Technologies, tools and equipment should be adapted to people, and not the other way round.
- You can call on assistive technology professionals / DPOs to help you to:
  - determine your needs in terms of adaptive techniques, technologies, tools and equipment,
  - provide information about safety and equipment loans, and
  - develop solutions to respond to the needs identified.
- Persons with disabilities themselves will develop their own personal ways of accomplishing tasks. Engage honestly with them and let them take the lead in working through solutions to the task required.

- Although electrical equipment may facilitate certain tasks for persons with disabilities, electricity charges add to production costs and consequently, the sales price. Any equipment or machinery should be purchased after careful consideration.
- Some tools can be purchased or developed. Purchase of equipment should be kept to the absolute minimum. Instruments that are not needed regularly may be borrowed or rented. It is important to verify if a person with a disability can use the equipment.

## **2.3 GENERAL GUIDELINES FOR MAINSTREAMING DISABILITY**

Some general guidelines for mainstreaming disability are:

- Acknowledge that disability mainstreaming is 'new' to your organisation and an in-depth process that requires time and dedication, so - make steady progress with simple, cost-effective interventions and do not expect to change everything at once.
- Use the UN Convention on the Rights of Persons with Disabilities (2007) and/or other national frameworks as your frame of reference for setting your disability mainstreaming agenda and priorities.
- Identify points of entry for persons with disabilities in each project.
- Secure and facilitate the participation of persons with disabilities, as implementers and/or beneficiaries because this is essential for genuine empowerment, community change and to gain the valuable dimensions and input that persons with disabilities have to offer.
- Encourage all role-players to support and actively engage in your initiatives to mainstream disability.



- ✓ Persons with and without disabilities working alongside each other can often foster changes in attitudes and understanding about abilities, contributions and aspirations of people with a disability.
- ✓ Persons with disabilities are able to provide resources to the community that were previously unrecognised and unused. This can be of value when developing selected programmes for the community.
- ✓ Persons with disabilities have particular skills and experience that may benefit people who were previously able-bodied but who may have become injured and incapacitated - with rehabilitation and a return to normality at a later date.
- ✓ Ensure that advocacy, sensitisation and capacity building of staff and stakeholders is part of your disability mainstreaming interventions.
- ✓ Awareness of disability and its implications is the crucial first step in development programs becoming inclusive.

## 2.4 IDENTIFYING ENTRY POINTS FOR DISABILITY MAINSTREAMING

It is important to identify “entry points” for disability mainstreaming. Examples of entry points are capacity building of community members living with disabilities and the provision of adapted tools and equipment.

***RESOURCE 8 IN PART 5 OF THIS RESOURCE KIT PROVIDES A TEMPLATE FOR IDENTIFYING ENTRY POINTS FOR DISABILITY MAINSTREAMING.***



Identifying and developing entry points for inclusion of disability involves the following activities:

- ✓ When identifying an appropriate “entry point” consider which aspects of the programmes can be of particular relevance and importance to persons with disability.
- ✓ Using your current plans write down next to each item what you would do, i.e. your proposed interventions to include persons with disabilities or to respond to challenges experienced by persons with disabilities.
- ✓ Once you have written down all the things you would do, write down next to each possible intervention how it should be done, who should do it and what resources you will need. This will help you to identify who the main driver should be; where you need co-operation and support of others and what type of resources you will need to implement this action.
- ✓ When listing the resources you will need, remember to include resources that will facilitate participation of persons with disabilities such as a sign language interpreter or a temporary ramp for a wheelchair user.
- ✓ If you find that you have the same action for several issues; you must then look at how the action can be performed just once while still ensuring that all the issues are addressed.
- ✓ You may also identify multiple entry points.
- ✓ You must ensure that:
  - those tasked with executing certain actions are given sufficient time, capacity and resources to do so.
  - those responsible for overseeing the execution of mainstreaming actions by others have the relevant authority, discretion and decision-making powers.
  - the team involved in implementation has an in-depth understanding of, and is fully conversant with the action plan/work plan.

***The FOLLOWING RESOURCES ARE CONTAINED IN PART 9 TO ASSIST YOU WITH THE TASKS OF MAINSTREAMING DISABILITY:***

- ***RESOURCE 9 – Key Steps of Disability Mainstreaming***
- ***RESOURCE 10 – Checklist for assessing Progress on Disability Mainstreaming***
- ***RESOURCE 11 – Checklist for assessing Current Status of Disability Mainstreaming***
- ***RESOURCE 12 – Template for listing needs and challenges of persons with disabilities***

- **RESOURCE 13 – Template for Developing a Disability Mainstreaming Action Plan**
- **RESOURCE 14 – Developing Disability Indicators, Monitoring and Evaluation**

It is important that you prioritise the activities / interventions that you will engage in. Below are the general processes that you should engage in when setting priorities.



- Create a comprehensive list of possible disability mainstreaming activities.
- Review each activity, discard or amend those that fall outside of the mandate or capability.
- Choose those activities that will make the maximum impact on disability for the smallest effort.
- Select activities that promise quick and visible results.
- Select activities that will reach a large number of persons with disabilities.  
Consider whether the activity would get necessary political, professional and administrative commitment.

**RESOURCE 15 IN PART 5 PROVIDES GUIDELINES FOR CONVENING AND HOSTING TRAINING, MEETINGS AND EVENTS THAT ARE ACCESSIBLE TO PERSONS WITH DISABILITIES.**

## 2.5 CO-ORDINATION AND CO-OPERATION AMONGST ROLE-PLAYERS FOR SUCCESSFUL DISABILITY MAINSTREAMING

Successful disability mainstreaming is dependent on co-ordination and co-operation between a number of role-players, especially persons with disabilities, their family members, DPOs and other organisations from all sectors of society that work with persons with disabilities.

***RESOURCE 16 IN PART 5 OF THIS RESOURCE KIT EXPLAINS THE ROLES AND RESPONSIBILITIES OF VARIOUS ROLE-PLAYERS IN MAINSTREAMING DISABILITY.***

It is thus very important to identify all the role-players that would be involved in your programme and to have a good understanding of each of their roles and responsibilities. This will enable you to know exactly what each role-player should be doing on their own and what they should be doing in collaboration with others.

Generally, even though each role player has a unique and specific role in comparison to every other role player, the various roles are often inter-related and inter-dependent. The differences in roles do not make a person or group's contribution any more important than others.

“Role” basically means having a part or a function. With roles come responsibilities. “Responsibilities” mean being accountable for and taking charge of specific actions that will help fulfil a particular role. The responsibilities that a person or group has is always based on their role.

***RESOURCE 17 IN PART 5 PROVIDES A LIST OF POSSIBLE PARTNERS/STAKEHOLDERS THAT CAN ASSIST YOU WITH YOUR DISABILITY MAINSTREAMING.***

The list is not exhaustive, nor does it appear to be in any order of priority or importance. It is also important to remember that:

- The differences in roles do not make a person or group's contribution any more important than others.

- DPOs can assist in identifying collaboration partners, mobilising new partnerships and facilitating contact session with disability stakeholders to discuss their participation. Further they can be helpful in mobilising the media and funding institutions.
- Facilitating collaboration, co-ordination and integration at planning, implementation and monitoring levels with various role players is important to ensure a multi-disciplinary and multi-sectoral approach to the development and provision of social services.
- A key factor in building and maintaining the involvement of, and strong partnerships with role-players is ensuring that they are well informed on a regular basis of all relevant and important issues.

## 2.6 COMMUNITY APPROACHES TO INCLUDING PERSONS WITH DISABILITIES

Given the opportunity, persons with disabilities should find the FRF's PPs activities enriching and fulfilling in a number of ways. The following ideas for including persons with disabilities in the project areas can be considered:



- Establish the number of persons with disabilities, the type of disabilities that they have and the most common types of disabilities in the communities that you are operating in. This information can be gathered, for example, through meeting local persons with disabilities and DPOs, census data, household surveys, Community-Based Rehabilitation (CBR) programmes, etc.
- In the programme target area, ask community people to refer you to homes and areas where persons with disabilities may live or to centres of persons with disabilities.



- Determine local language for 'disability' and understand other words, phrases and symbols that may be used to represent disability. Some languages will only use disability to refer to a physical impairment and have other terms for sensory impairments and other disability types.
- Connect with religious leaders and/or local chiefs who may be aware of persons with disabilities in their communities and ask them to encourage persons with disabilities to come forth to participate in the programme.
- Make announcements through media such as local newspapers, local radio stations and posters indicating that persons with disabilities are invited to participate in the programme.
- Rehabilitation centres and public welfare offices should advice persons with disabilities and encourage them to participate.

*Recognize  
my disabilities  
Emphasize  
my possibilities*

## 2.7 SOME DISABILITY MAINSTREAMING ACTIVITIES AND PROPOSALS OF FRF PP'S.

All organisations that participated in this project, expressed their clear commitment to including persons with disabilities in their projects and have taken steps to begin mainstreaming disability into their organisations and programmes/projects, despite the barriers and challenges they face. The importance of adapting approaches, systems and processes to accommodate the special needs of persons with disabilities, and removing the environmental barriers that hinder full and active participation is confirmed by the adaptation made by the PPs.

In the case of the FRF's PPs the common barriers that most organisations have in respect of mainstreaming disability is physical obstacles/built environment that prevents or limits access to their programmes and projects and ensuring that the special needs of persons with disabilities are reasonably accommodated, including through the provision of assistive devices or adapted equipment.

**ACAT, JAM SA and Abalimi** already have persons with disabilities participating in their projects.

**ACAT and Abalimi** acknowledge, however, that the participation is limited and that it evolved 'naturally' rather than through any conscious and concerted disability mainstreaming on their part.

In the case of **JAM SA**, two disability centres have been adopted. The centres have each membership of between 30-45 persons with disabilities. Some persons with disabilities who are members of the centres have become lead farmers. Amongst the members at the Westrand disability centre are persons with limited mobility. One person without a disability has been hired to assist the persons with limited mobility to water their plants. Also, participants with disabilities are not expected to work at the same pace and are not carrying out similar tasks or the same workload. For example, there is a member who uses crutches has difficulty bending to work with a spade and plant seeds or seedlings so he is exempt from such tasks.

When one of **ACAT's** staff members became a wheelchair user, his role was changed from fieldwork to being a trainer, the organisation provided him with a car phone (this was before the time of cellular phones!), a wheelchair, adapted the toilets at the offices as well a room in the accommodation part of the centre for wheelchair accessibility. The room was fitted for with a shower seat and the teaching hall with a ramp.

**Abalimi** which has 2 fieldworkers and 2 volunteers with disabilities and have introduced the option for persons with disabilities that want to learn their deep trench food garden system, to bring along a family member or assistant to participate in the training as an observer. The observer is thus also trained and able to assist and work in the deep trench garden under the supervision of the person with the disability.

Two other innovative adaptations to include persons with disabilities is **ACAT's** raised gardens and **Abalimi's** and **JAM SA's** container gardens which can be placed on any easily accessible surface at any easily accessible level.

All participating organisations were of the view that the barrier associated with stigmas and negative perceptions – of other community members and amongst the families of persons with disabilities – can best be addressed through awareness workshops, community outreach projects primarily with community members who are possible project beneficiaries and active participants, staff of the organisation and especially its fieldworkers. Additionally, fieldworkers and trainers in particular should be trained on how to interact with and include persons with varied disabilities in projects.

**ACAT, JAM SA and ABALIMI** mentioned sensitisation and building the capacity of their staff to understand disability and disability mainstreaming as a crucial first step. They emphasised the need for staff to be specifically trained on understanding:

- the different types of disabilities,
- the needs of each type of disability including assistive device needs,
- how to interact with persons with disabilities specific to the type of disability that the person lives with, and
- creating barrier free access that supports participation.

**Abalimi** expressed that while it is important for some staff to have an understanding of the policy framework that informs the approach to addressing disability, training on the framework will not be particularly useful especially for those staff working in the field/communities. The field trips with ACAT to some of their project beneficiaries confirmed Abalimi's view that training on a 'theoretical policy level' will not be as useful as practical training would be.

***RESOURCE 18 IN PART 5 PROVIDES A LIST OF ACTIVITIES THAT YOU CAN UNDERTAKE TO START MAINSTREAMING DISABILITY WITHIN YOUR PROGRAMMES AND PROJECTS.***

# **PART THREE**

## **MAINSTREAMING DISABILITY WITHIN YOUR ORGANISATION**

## 3.1 INCLUDING PERSONS WITH DISABILITIES WITHIN YOUR ORGANISATION

Mainstreaming disability within your organisation is often referred to as workplace mainstreaming or internal mainstreaming. It includes:

- Employing persons with disabilities.
- Securing support and commitment from all your staff to support disability mainstreaming.
- Ensuring that your organisation's culture, policies, operational processes and practices are inclusive, equitable and non-discriminatory and do not create barriers or reinforce negative effects on persons with disabilities.
- Making appropriate structural adjustments in the workplace to ensure that persons with disabilities can participate fully and move about unhindered in the organisation's physical work space, be safe and be comfortable.
- Creating an inclusive working environment where other employees treat persons with disabilities equitably, with dignity and respect.
- Ensuring that employed persons with disabilities are involved in organisational planning and decision-making processes.
- Sensitising staff to, and strengthening their abilities to integrate disability into their daily work and include employees with disabilities in teamwork.
- Take small steps, make steady progress with simple, cost effective adjustments.
- Identify a staff member that will drive disability mainstreaming and capacitate them.
- It is good practice to retain people who become disabled while working in your organisation, by giving them alternative work that will be more suited to their changed circumstances or disability.
- Listen to employees with disabilities – they're the experts in what they need. You should ask them what they need and how you can assist them, ask them for information on understanding disability issues and get them to test any special or assistive device or equipment before you purchase it.

***See Section 2.4 of this Resource Kit on Interacting with Persons with different types of disabilities.***

## 3.2 FOCUSED DISABILITY MAINSTREAMING CAPACITY

Organisations whose core functions are areas other than disability, such as the FRF's Programme Partners, are advised to designate a current staff member, or appoint a new staff member, as a disability mainstreaming champion or focal point person. This will ensure they have the capacity to implement mainstreaming interventions. An appropriate title (such as Disability Mainstreaming Co-ordinator) for this specific role can be decided by the organisation. Below is an explanation of the role of the person.



The role is to develop, implement, facilitate and support disability mainstreaming within the organisation and at a programme level.

The person should report directly to the Director of the organisation to ensure that disability concerns are communicated directly to the head of the organisation, and be provided with enough time, resources and management support to fulfil the designated function. If the role is allocated to a current staff member, this 'new' role must be added to their job description and form part of their performance evaluation.

The main responsibilities should include:

- Identifying disability interventions that can be implemented by the organisation.
- Establishing strategic partnerships and networks with organisations from other sectors of society e.g. DPOs in respect of their roles and responsibilities.
- Assist and advise the Director of the organisation on raising the funds required for successful disability mainstreaming.
- Ensure that persons with disabilities are consulted and involved in all stages of a programme from conceptualisation to evaluation of impact.
- Co-ordinate the development and implementation of an organisational level and programme level disability mainstreaming strategy and plan.
- Develop and maintain a disability mainstreaming knowledge management system and database of resource organisations and information.

- Performing all tasks necessary for the organisation to mainstream disability within the organisation.

### 3.3 ACTIVITIES TO MAINSTREAM DISABILITY WITHIN ORGANISATIONS

Below is a list of activities that you can - with very little or no cost – immediately start undertaking to mainstream disability within your organisation.



- Develop an organisational inclusion/disability policy/strategy and implementation plan.
- Allocate roles and responsibilities for implementing the policy/strategy and plan.
- Include disability in future organisational strategic documents.
- Request a staff member with a disability or contract experts/DPOs to conduct accessibility audit of the workplace.
- Request staff to include disability in their work plans/action plans. The plans must take into account both the direct and indirect aspects of disability.
- Appoint one person who can serve as the champion/co-ordinator to ensure and monitor implementation of the policy/strategy and plan.
- Ensure that a disability point person has days dedicated within their position description to support disability within their organisation.
- Introduce human resources practices that create a disability-friendly and accessible environment.
- Revise your human resources strategy and plan to ensure that it addresses issues of disability and the employment of persons with disabilities in terms of their special needs e.g. whether the organisation will make available any assistive devices required by employees with disabilities.

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

- Implement disability awareness-raising and other training initiatives. For example, organise sign language training for colleagues if one of the organisation's members has a hearing impairment.
- Organise consultation session with persons with disabilities, disabled people's organisations (DPOs) and other disability experts on the workplace needs of persons with disabilities.
- Invite local DPOs to give a talk to staff on disability, especially to make sure that field staff understand disability.
- Include disability sensitisation content in induction programmes of new employees and all other relevant training programmes.
- Develop approaches to capture shared learning and good practice on inclusion of persons with disabilities, and mainstreaming disability in the workplace.
- Provide for any additional resources that may be required e.g. the employment of an assistant for staff with mobility or visual impairments.
- Provide access to physiotherapy and confidential support services for employees with disabilities.
- Draw on best practice organisational level disability mainstreaming from other organisations.
- Undertake a needs analysis within the organisation regarding disability-inclusive development practice.
- Develop resources such as 'guidance notes' and 'practice guides' related to disability
- Providing disabled members of staff with proper induction and support when first beginning work.



## 3.4 INCLUSIVE WORKPLACE RECRUITMENT AND SELECTION GUIDELINE

Develop and implement disability sensitive recruitment and selection procedures which will encourage applications from persons with disabilities. The procedures should enable persons with disabilities to apply for posts and be interviewed. The following points should be considered:



### Recruitment:

- Ensure that recruitment and selection staff are aware of and sensitive to disability issues, and empowered to interact with persons with different types of disabilities.
- State in the advert that the organisation is keen to recruit persons with disabilities.
- Where reasonable and practical, advertisements should be circulated to organisations that represent persons with disabilities.
- Job adverts should be provided in different formats - electronic, print and audio.
- Application forms can also be in large print, braille, audio and electronic format.
- Inherent requirement detail should be included in advertisements so that applicants with disabilities can make informed decisions.
- The job advert should state that applicants who have disabilities should notify the organisation of their disability including the nature of the disability and whether any reasonable adjustments may be required to enable them to participate equally in the recruitment and selection process. Once the applicant has disclosed her/his disability, the organisation should ask the applicant if they require any reasonable adjustments or special requirements at the selection process. Do not make assumptions that the adjustments for one part of the process will be suitable for the next stage. Please check with the candidates first. For example, when a blind person is shortlisted, arrange for a volunteer to read the written exercise/questions to her/him and type out her/his answers and give her/him an extra hour to complete the exercise.

**Interviews:**

- All qualified persons with disabilities should be interviewed/considered for the job.
- Where necessary, use audio applications and other communication technologies.
- Interviewers should ask applicants to indicate how they would perform essential functions and whether reasonable accommodation would be required.
- The organisation should then confirm in writing with the candidate what reasonable adjustments have been put in place prior to the interview. All disclosures relating to a disability or any other type of personal information should be treated sensitively and the organisation should maintain confidentiality to the maximum extent possible.

**Selection:**

- Subject to reasonable accommodation, the same objective scoring/assessment system should be used for disabled and able-bodied applicants, with scores based solely on the answers given on competencies relating to the skills necessary for the organisation.
- Selection criteria may only be based on essential functions as non-essential functions may unfairly exclude persons with disabilities.
- Any personal information including disability status, should not be disclosed to the panel as part of the shortlisting process. Only if necessary, should the interview panel be informed if applicants have any access requirements or other reasonable adjustments necessary for that stage of the recruitment process. They should not be informed of the nature of the disability unless it is appropriate to do so, for example, for a candidate with a hearing impairment who has identified that they require the panel to be 'face on', speaking slowly and distinctly', having a copy of the questions in written format, or the need to have an interpreter present.

(Source: Adapted from Guide to employing persons with disabilities, Hwseta, July 2012).

## **3.5 CONDUCTING QUICK PHYSICAL ACCESSIBILITY AUDITS**

According to the National Building Regulations a building must provide accessible facilities for persons with disabilities. The minimum that should be provided for is in terms of ramps, bathrooms, doors, lifts and parking bays. The first thing to check is how easy it is to gain physical

access to the offices and then to different essential areas. To begin with, organisations can do their rapid assessment of facilities using the following table.

*Table 6: Accessibility of facilities*

<b>Key elements of accessible facilities</b>	<b>Some of the questions to consider</b>
<b>Ramps</b>	Are there access ramps to all buildings?
<b>Bathrooms</b>	Is there enough space for a wheelchair to enter the toilet room/bathroom? Are there handles or grab bars, an emergency call bell and light/sound fire alarm?
<b>Doors</b>	Are the doors wide enough for easy access by people on wheelchairs and tricycles?  Are fire exit doors accessible to persons with all types of disabilities?
<b>Lifts</b>	Are the offices on the ground level or are there steps or lift access? If there is any change of level, ramps will be required.
<b>Parking bays</b>	Are there designated parking bays for persons with disabilities? Are the accessible parking bays located near the entrance to the offices?

### 3.6 REASONABLE WORKPLACE ACCOMMODATION

Workplace accommodations are modifications to the job or work environment that enable a person with an activity limitation to participate fully in the work environment. Modifications within the organisation include things such as:

*Table 7: Reasonable Workplace Accommodation*

<b>Area of modification</b>	<b>Suggested modifications</b>
<b>Hours of work/days</b>	Adjusting working hours and leave Introduce flexible scheduling or reduced/part-time hours/frequent breaks.
<b>Work station</b>	Re-organising work stations Handrail/ramps

**FRF DISABILITY MAINSTREAMING RESOURCE KIT  
FOR IT'S FSALP PARTNERS**

	<p>Special chair or back support</p> <p>Quiet workstation</p>
<b>Work arrangement</b>	<p>Job redesign</p> <p>Modified duties - e.g. re-assigning non-essential functions</p> <p>Self-paced workload</p> <p>Larger tasks can be divided into smaller ones</p>
<b>Human support/personal assistants</b>	<ul style="list-style-type: none"> <li>- Provide specialised supervision, training and support.</li> <li>- Provide sign language interpreters for staff with hearing impairments especially during appraisals, performance reviews, staff training sessions and staff events.</li> <li>- Provide escorts/guides for staff with mobility or visual impairments.</li> <li>- Writers for staff who have difficulty writing especially during workshops.</li> <li>- Mentoring/on-the-job support for staff with learning difficulties, especially during induction period or when new responsibilities are introduced.</li> </ul>
<b>Accessible bathrooms</b>	<p>Convert at least one toilet to be accessible. Ensure that there is enough space for a wheelchair to enter the room, put grab bars or handles, emergency bell and light/sound fire alarm.</p>
<b>Other equipment and aids</b>	<p>Adapting equipment or acquiring new equipment including:</p> <ul style="list-style-type: none"> <li>- computer hardware and software</li> <li>- technical aids with voice input or speech recognition aids</li> <li>- voice synthesiser</li> <li>- computer screen magnifiers</li> </ul>
<b>Alternate methods of communication</b>	<ul style="list-style-type: none"> <li>- mobile phones to enable employees with hearing impairments to text</li> <li>- tape recorder</li> <li>- verbal/written instructions depending on the persons' disability.</li> </ul>
<b>Transport</b>	<ul style="list-style-type: none"> <li>- Offer transport allowance/subsidy for employees with disabilities and their personal assistants.</li> </ul>

### Workplace modifications/adjustments made at ACAT and JAMSA offices

The following table presents the adaptations/modifications made at the centres (head office) of ACAT, JAM SA & ABALIMI to accommodate persons with disabilities. It should be noted that ACAT has employed one person with a mobility impairment who uses a wheelchair. JAM SA does not have a staff member that has a disability.

*Table 8: Lessons on workplace adaptations made at ACAT and JAMSA*

AREA OF MODIFICATION	ACAT	JAM SA
<b>Work arrangements</b>	Staff member with disabilities currently works more in the office than in the field. As a result, he travels less compared to his colleagues. It is worth noting that he was injured in the field whilst in the employ of ACT.	No staff member with a disability.  There are discussions within the organisation about moving to premises (including offices and accommodation for staff) that are more disability accessible.
<b>Accessible bathrooms</b>	Most of the bathrooms are accessible.  In some accommodation rooms there is a seat in the shower.	One toilet has been converted for use by wheelchair users. There are handrails in the bathroom, hand washing facilities and it is wide enough for wheelchair users.
<b>Other equipment and aids</b>	As a field manager the staff member with a disability has a car phone and gets a phone allowance.	Not applicable
<b>Alternate methods of communication</b>	The staff member who is a wheelchair-user phones other staff members to come to him more frequently than going to them.	Not applicable

<b>Transport</b>	The disabled staff member has a car that has been modified.	Not applicable
<b>Other</b>	<p>The area around the offices is all paved.</p> <p>There is a ramp at the entrance of the teaching hall.</p>	<p>A ramp has been erected at the entrance of JAM Café used for meetings and workshops.</p> <p>The pathway and entrance of the auditorium is wide enough to allow persons with mobility impairments and those using wheelchairs to be able to access the auditorium. It was mentioned that should there be a meeting with a person with limited mobility, the meeting can be moved to the auditorium or to the JAM Cafe.</p>

### 3.7 INCLUSIVE ORGANISATIONAL POLICIES

It is important to address wider policy barriers that exclude persons with disabilities from equal participation. There might be barriers at policy level that must be addressed for genuine inclusion. Otherwise mainstreaming will remain small-scale and unsustainable. Furthermore, there could be organisational policies that present unintentional barriers and adversely influence the attitudes of staff to persons with disabilities in a timely and proportionate manner. Particular areas to highlight in a workplace policy on disability include:

- Recruitment and selection of staff, availability of human support,
- Minimum expectations, reasonable adjustments and assistance available for staff with disabilities e.g. time off in lieu, family responsibilities etc.
- Benefits for staff with disabilities: medical and family leave, transport allowance, medical aid etc.

- Roles of staff with disabilities in disability mainstreaming
- Try to avoid using abbreviations, technical jargon or terms. If you have to use these terms, explain what they mean and include a glossary of difficult words.
- Use lots of pictures - photographs, simple line drawings and simple diagrams
- Avoid writing long blocks of text in CAPITAL letters or italics - this will make it easier for people with low vision to read the document.

## **3.8 COSTING AND BUDGETING**

It is actually significantly cheaper to include persons with disabilities in the organisation and in community programmes, than the long-term economic impact of exclusion. This is despite a common perception that the financial or other resources needed to ensure inclusion of persons with disabilities is very high. Examples of cost and budget items to be considered in disability mainstreaming within the organisation are:

- Braille printing cost of organisational documentation/e.g. training materials. There might be a need to print a few copies in braille.
- Sign language interpreter for meetings and training sessions.
- Hiring accessible venue or movable ramps.
- Staff & management training on disability.
- Workplace adaptations permitting the recruitment of persons with disabilities (e.g. IT and accessible software, etc.)
- Professional fees for disability experts for example: training, technical advice on adaptations, developing inclusive policies, surveys linking disability and the Food Security and Agricultural Livelihood sector etc.
- Transport costs for persons with disabilities and/or for their personal assistant.

# **PART FOUR**

## **MAINSTREAMING DISABILITY IN ENVIRONMENT PROGRAMMES**



## 4.1 THE LINK BETWEEN ENVIRONMENTAL ISSUES, POVERTY AND DISABILITY

Changes to the environment, climate and continued degradation of natural resources affects the well-being, health and general security of all people in that they increase the risk of disease and poor-health and result in inadequate drinking water and food security, loss of livelihoods, migration, violence and conflict. Environmental degradation also exacerbates conditions of poverty and thereby the poverty status of people.

This means that the persons with disabilities, who are already counted amongst the poorest of the poor, are even more vulnerable to the adverse effects of environmental changes and degradation. The problems experienced by persons with disabilities on a day to day basis gets much worse if, for example, there is a natural disaster or they do not have access to sufficient healthy food. It is also important to note that such changes can also cause an increase in the incidence and prevalence of serious health problems that can lead to lasting impairments.

Thus, globally, Disabled Peoples Organisations (DPOs) are advocating for the inclusion of persons with disabilities in all initiatives aimed at ensuring environmentally sustainable development practices. The environmental sector is also an important contributor to job creation and economic development, more so with the increased global focus on 'green' practices, technologies and approaches. There is no reason for persons with disabilities to be excluded from accessing these opportunities, and as can be seen below, governments and society as a whole are beginning to actively include persons with disabilities in their environmental programmes as part of poverty reduction interventions.



South Africa's **Department of Environmental Affairs (and Tourism, then)** has been implementing programmes aimed at conserving natural assets and protecting the environment. Over the years,

the programme has evolved and changed names from Poverty Relief Programme to Social Responsibility Programme and it is now called the Environmental Protection and Infrastructure Programmes (EPIP). The main goal of the programme is to alleviate poverty through a number of interventions that are implemented in communities, to uplift households especially those headed by women while empowering beneficiaries to participate in the mainstream economy in a manner that addresses the environmental management challenges facing the country. The intended beneficiaries of the programme are South Africans from most impoverished communities. Mainly these are people living in the rural and peri-urban areas especially women, youth and people with disabilities. Hence the criteria for the employment in the EPIP projects emphasises that there should be 55% women; 60% youth (from 16 to 35 years of age); and 2% persons with disabilities. The Programme focus areas include Greening and Open Space Management, People & Parks, Working for Land, Working for the Coast, Working on Waste, Wildlife Economy and Youth Environmental Service.

## 4.2 IMPROVING THE LIVES OF PERSONS WITH DISABILITIES THROUGH ENVIRONMENT PROGRAMMES

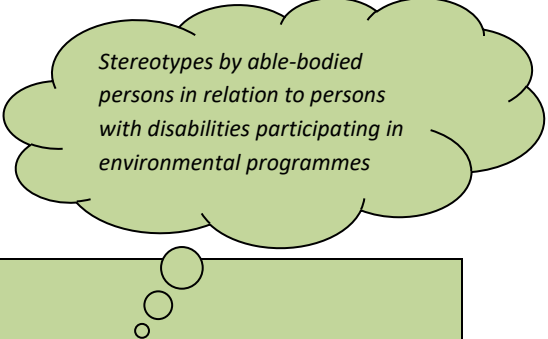


- Employment opportunities.
- Income and education opportunities while also actively contributing to environmental conservation.
- Participation in environmental sector opportunities like able-bodied persons gives persons with disabilities confidence.
- Provides an opportunity to participate in physical activities.

- Through awareness of and exposure to natural environments, well-being, good physical and mental health, achievement, enjoyment and social contact are promoted.
- Environmental programmes may help address many of the growing health challenges including increasing rates of chronic and non-communicable diseases and the rising costs of health care.

## 4.3 MAINSTREAMING IN ENVIRONMENTAL PROGRAMMES

Persons with disabilities are generally excluded from environmental programmes due to stereotype thinking and attitudes about persons with disabilities.



*Stereotypes by able-bodied persons in relation to persons with disabilities participating in environmental programmes*

- “Persons with disabilities cannot work in the field”.
- “Persons with disabilities cannot be trained in conservation management because of the nature of the practical side of the courses”.
- “It is not safe for persons with disabilities to be involved in environmental sector programmes”.

Persons with disabilities like able-bodied individuals should have access to opportunities in the environmental sector. Obviously issues of safety and type of disability that the person has should be considered for the various roles such as those listed below.



**ROLES:**

- Game ranger
- Wild life photographer
- Hunters and Anglers
- Bird guide
- Driver (to transport beneficiaries)
- Conservation and countryside managers
- Foresters, arboriculturists and tree surgeons
- Quarrying managers and geologists
- Marketing of environment sector related activities and events
- Office based work-e.g. policy analyst
- Environmental monitors
- Environmental conservation analyst
- Environmental health and waste management professionals
- Trainer/educationist etc.

### 4.3.1 KEY BARRIERS TO MAINSTREAMING DISABILITY IN ENVIRONMENTAL SECTOR PROGRAMMES



- Attitudes and discrimination against persons with disabilities.
- Limited knowledge and understanding of disability by programme implementers, staff and the communities.

- Most facilities such as museums, natural parks, bird hides and boardwalks are inaccessible for persons with disabilities.
- Facilities catering for the disabled are far apart and take some travel to get to.

(Source: FRF interview participants)

### **4.3.2 EXAMPLES OF PROJECTS INCLUDING PERSONS WITH DISABILITIES IN ENVIRONMENTAL PROGRAMMES**

**The Green Able** is a Kwazulu-Natal based organisation that works to bring previously disadvantaged persons with physical disabilities closer to work and educational opportunities. This organisation seeks to change the lives of disabled persons by providing them with income and education opportunities while also actively contributing to environmental conservation. They are working with beneficiaries from around the Durban area and have established that few services and opportunities exist for persons with disabilities to participate equally in society. For example, by diverting and recycling empty and damaged printer cartridges, there is an opportunity for Green Able to create employment through the recycling process as well as reduce carbon dioxide emissions entering the environment. The organisation uses an incubation model, divided into social, economic and environment project activities, to run its programme that is recruiting previously disadvantaged persons with disabilities to process and recycle damaged printer cartridges. While incubated with the organisation, beneficiaries (including persons with disabilities) are: integrated into a workplace; gain work experience; receive life skills and adult and education training (AET) as well as learnerships. Beneficiaries are awarded funded scholarships (learnerships) and are also provided with financial support intended to assist both the beneficiaries and their families. There have been positive outcomes from the programme including some beneficiaries being promoted to full-time employment at Green Office's production and collections departments, typically, beneficiaries are with the organisation for three to five years and they exit the programme with a minimum of a matric qualification before being assisted to find employment primarily in their client network. Furthermore, Green Able identifies persons with disabilities who show an entrepreneurial spirit and encourages them to establish home-based cartridge collection businesses. Green Able also works in partnership with other organisations such as QuadPara Association of South Africa (QASA) and USE IT.

**The Lake Naivasha Disabled Environmental Group (LNDEG)** is an organisation of volunteer members with disabilities that work to clean and improve the environment around Naivasha in Kenya. The group is involved in many projects including making and selling briquettes (cooking fuel) made from paper, cardboard, plant waste, and charcoal dust; rubbish collection, rubbish

incineration. These 29 group members work to overcome the stigma of disability and better their communities as well as taking care of their own families. They do not do this because they have to, but they take time in addition to their other jobs and families to support their communities. The purpose of this programme is to address workplace barriers and to change attitudes from exclusion to inclusion of persons with disabilities on the job. The presence of persons with disabilities in the workplace itself can change attitudes in that workplace. It is believed that the outcome of a changed employer attitude toward disability potentially improves chances of promotion and advancement for people with disabilities.

For members to be able to devote their time and effort to this group and its efforts, they requested public or community involvement to assist by looking for people who would support their work by buying/donating several assistive devices or mobility aides to increase their mobility. They requested tricycles, wheel chairs, and artificial legs to allow the members to move around more freely and accomplish more with less pain. They would be more independent and able to carry important things with them without worrying about a walking stick. Basically these devices would make daily life easier and work faster. Investing in these devices helps not only these individuals but their families and the greater community.

**SANParks** is generally regarded as one of the natural parks that embraces disability as it has a natural environment that is accessible to everyone. As an example of one of the events that has been hosted, children with disabilities were taken to the **Kruger National Park**, Skukuza in December 2003. Skukuza was selected as a venue with the infrastructure and staff to offer a diverse group of persons with varied disabilities a memorable experience. Of the 26 children who participated, their disabilities included partial and complete blindness, deafness, severe learning disability, intellectual and physical disabilities. The children travelled down with educators from their schools, who ensured their well-being, but also helped to inform the staff on how to interact with persons with disabilities.

The first organised activity was a game drive. The game guides soon realised that the audience was a little different and things had to be communicated to certain participants in sign language or for the visually impaired with great care and description. They rose to the occasion superbly and would stop for animals or plants that the blind and others could hear, smell and even feel. When the vehicles returned, the participants were abuzz with the experience of the animals they could hear and hold. The participants were then taken on a tour of some of the camp's historic sites. It took much longer than allocated for the tour before they all assembled in a central place. A reason for this was that everything had to be translated into universal sign-language and sign-

language English (2 different languages) and thus things took 3 times as long. This was an amazing insight for the Kruger staff hosting such an event - something they had never considered. There was a visit to the holding bomas, where disease free buffalo and two habituated white rhino (themselves both 'disabled') could be encountered up close. The guide gave the children wonderful insight into the processes behind keeping animals in bomas, but the real highlight was when everyone could pat the two rhino. For the blind and the intellectually impaired in particular this was an awesome experience to enable them to visualise the size and strength of the animal. A blind girl – was indignant but amused when the rhino swatted her with its tail. The smells of the boma also had a resonant impact on the visually impaired participants. Some of the planned events had to be cancelled because of the lack of time. Staff were given an opportunity to participate in a diversity challenge. The game involves taking influential able-bodied adults and pairing them with children with disabilities. All the participants then undertake a series of environmentally orientated exercises. The able-bodied participants are also required to experience simulated disability such as sitting in wheelchairs, being blind-folded or wearing industrial earmuffs and had to make their way down to where the children were participating in art exercises. Hosting such a challenge in the Kruger Park gave the staff the opportunity to be exposed to an enlightening and humbling insight into the world of those less fortunate than most of us. To start off staff were given an inspirational briefing from educators with experience in interacting with persons with disabilities. Time constraints meant that the intended script had to be abandoned a little, but the message was still conveyed and the result was one of breaking down barriers, creating awareness and celebrating adversity.

**The Moreleta Kloof Nature Reserve** is one of the reserves that is owned by the City of Tshwane and managed and operated by the department of Nature Conservation of the Tshwane City Council which has a project referred to as Moreleta Kloof Discovery and Sensory trail development project. The project is to develop a 2 Kilometre long discovery and sensory walking trail inside the Moreleta Kloof Nature Reserve in the Eastern Suburbs of Pretoria. The Directors decided to develop an easily accessible route inside the Kloof that will allow persons with disabilities the opportunity to experience nature closely in an area situated almost in the centre of Tshwane. Two wheelchair users were asked to get involved in the planning and support of the wheelchair trail.

## 4.4 ADAPTING ENVIRONMENT PROGRAMMES

### 4.4.1 ADAPTATIONS MADE BY FRF ENVIRONMENTAL SECTOR PPS

BIRDLIFE SA	DELTA ENVIRONMENT CENTRE	SANCCOB
No significant changes were required to accommodate persons with disabilities	<ul style="list-style-type: none"> <li>• More hands-on practical activities were introduced as opposed to worksheets.</li> <li>• Wheelchair access and braille information boards have been erected in the sensory garden along the sensory trail.</li> <li>• Assistants write answers for participants that cannot write.</li> <li>• Training participants carry out most of the activities in groups made up of people with different abilities so that group members can support each other.</li> </ul>	<ul style="list-style-type: none"> <li>• The clean-up of beach programmes have been adapted to take into account to the needs of participants who are wheel-chair users or who use crutches, by choosing beaches that have ramps and/or paved/solid walkways.</li> <li>• An innovative adaptation has been made to the bird watching guide used for some projects. The Guide has a picture of the bird and includes a phonetic spelling as well as sign language pictures and braille print of the content.</li> </ul>

## 4.5 BEST PRACTICE LESSONS FROM FRF ENVIRONMENT PP'S

**BirdLife South Africa (BirdLife)** is our country's only dedicated bird conservation organisation. It implements conservation action, advocacy and monitoring of each of the birds and their habitats. In 2011, BirdLife assumed responsibility for managing a project which provides fishing industries

64



with bird scaring lines or tori lines<sup>1</sup> at an affordable cost, while at the same time providing upliftment and employment to individuals in a fairly impoverished community. The lines are constructed by a community within the impoverished area of Ocean View, the Ocean View Association for Persons with Disabilities (OVAPD). This association provides persons with disabilities from in and around the local community with a place where they can interact, learn skills and possibly make a small income.

**Delta Environment Centre (Delta)** is a Johannesburg based independent non-profit company that focuses on environmental education, training and consultation. Through innovative education and training programmes, Delta aims to enable people to improve their environment by promoting the management and sustainable use of all resources. They also run experiential, curriculum-based programmes for learners from Grades 1 to 12. The municipality assisted in recruiting young persons with disabilities in North-West to participate in Youth Environmental Service, part of the Expanded Public Works Programme (EPWP). The programme focused on waste management and food gardens. Some of the beneficiaries were placed in employment at the end of the training whilst others registered co-operatives. It was a criterion of the programme that young persons with disabilities should be included as beneficiaries of the programme. The outdoor classroom is used for training as it is accessible. Different communication platforms or formats were used to advertise the initiative. These included written adverts in newspapers and announcements on community radio stations. The education officers learnt the importance of checking with co-ordinators prior to the training the types of disabilities that the participants have as well as their special needs.

**SANCCOB** is a non-governmental organisation in the Western Cape Province. Its core function is the provision of rehabilitation and overall care services for the African Penguin and other sea birds. The organisation conducts research which focuses on the conservation of seabirds in the wild and caring for them during their rehabilitation process, and implements education programmes targeting and teaching children about marine heritage as well as caring for and rehabilitating sea birds.

---

<sup>1</sup> These lines are flown behind vessels over the area where the birds are most likely to dive for the bait and get hooked (longline vessels) or alongside the cables that hold the net in the water (trawl vessels). These bird scaring lines are used in fisheries worldwide and have reduced seabird bycatch in some fisheries by between 90 and 99% (e.g. South African hake trawl fishery).

The organisation's inclusion of persons with disabilities occurs mainly in its Education Programme which consists of Early Childhood Development, and Environmental Education Projects. Learners with special needs account for more than half of the participants in these projects. When working with participants with Autism or Downs Syndrome, the organisation makes sure that it identifies each individual participant's needs. This means it does not apply a 'one size fits all' approach to its participants even if all in the group have Autism. Prior to engaging the participants in a project, the organisation meets with the teachers and principals of the participating special needs school to find out what disabilities the participants have and what their special needs are in relation to their type/s of disability.

SANCOBB's education department offers two types of projects for children with disabilities. One is for learners with a specific type of disability for example hearing impairments, or sight impairments or intellectual impairments. The other is for learners with different types of disabilities in one group. The organisation has developed its own resources for its work with learners that have hearing impairments. This resource is a bird guide book adapted to include pictures and names of the birds in phonetic spelling (for people with intellectual disabilities), in braille and with sign language pictures. The adapted Guide can also be used by able-bodied learners (See picture at the end of this sub-section for an example of the adapted guidebook). This innovation is a good example of the organisation implementing the principle of universal design which is key to mainstreaming persons with disabilities.

One of the projects that the organisation implements is the African Penguins Awareness Day where they release penguins back to their natural environment in the form of a festival. For this Day, they create an activity in which all children from schools that participate in their projects, can take part.

When assessing if learning has taken place in their environmental education projects, they focus on noting and reporting on change in behaviour rather than retention of knowledge. For example, all the children have to colour in a penguin at the beginning of the session. These first colourings are usually 'incorrect'. At the end of the session, they are given the same colouring page but this time they tend to use the correct colours to colour in. They have also developed a "rubbish" test. For this test, they place a bin in the room and scatter some litter on the floor. They check at the end of the lesson if anyone has picked up the litter and placed it in the bin. For students with intellectual disabilities, they provide a 'canvas' of pictures of birds in six parts to

colour in. The parts are numbered so the students have to colour in by number. This helps them to learn colours and numbers. For children with intellectual disabilities who learn by touch and taste, the organisation has a person dressed up as a penguin and does a practice run with the children showing which parts of the penguin they can touch and what is not allowed. They are taken to meet the real penguin only after this practice session. They also give the 'over touchy' students something, such as penguin teddy or a feather, to hold in their hands during the session.

The organisation develops and maintains a portfolio on each child with their name, age, disability, when their impairment started, what their special needs are, and other such relevant information. Each SANCOBB person involved in the education project is expected to be familiar with the portfolio of each child so that they can support the child properly and appropriately.

SANCOBB highlights the following lessons it has learnt:

- There is a great lack of environmental education programmes for persons with disabilities.
- It is important to make adaptations and adjustments that can address the needs of more than one type of disability
- The adapted tools and materials should be such that able-bodied participants can also use them. This also ensures acceptance of diversity amongst the participants because they are all using the same material and tools even if they are using them differently.
- Know what resources you must work with.
- Don't just rely on the ability of persons with disabilities to write and draw.
- Understand the limitations and strengths of each person and build on their strengths.
- Focus your intervention on the outcome you want to achieve.
- Participate in special needs training sessions when these are available.
- Read up on how learners, think, perceive and retain knowledge – both able-bodied and disabled students.
- It is important to remember that retention of information will differ for each type of disability.
- Make activities as practical and innovative as possible, and that appeal to and can be completed by all.
- List barriers in a classroom/ project venue and work out how you would address these.
- Reflect on your own concerns, limitations and strengths in respect of working with persons with disabilities.

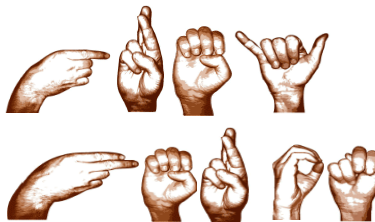
- Check with assistants what they are comfortable with and what their level of understanding is of disability in general and different types of disability in particular.
- Induct assistants for each group.
- Brace the child for the situation they are going into. For example, tell them you are going to meet and observe a penguin but you are not allowed to touch it.
- Understand that there are different cultural approaches to environmental issues so don't force your ideas.

# Grey Heron



Say: "Grey Hair-in"

Sign:



## 4.6 LESSONS EARNT FROM INTERNATIONAL ORGANISATIONS

### 7.6.1 PROGRAMME FOR HUNTERS AND ANGLERS WITH DISABILITIES IN NEW YORK

The department of conservation in New York offers a programme that enables disabled Hunters and Anglers to receive a big game licence. The Programme for Hunters and Anglers with disabilities is designed to accommodate persons who have a permanent mobility disability of the lower limbs, or who are permanently, legally blind and wish to enter the big game licence draw process. They hold a licence that is issued by the Minister.

**Disabled Hunters** who receive a big game licence, shall, in the case of a permanently, legally blind person, and may, in the case of a permanently mobility impaired person, designate at any one time only one designated shooter to shoot and retrieve the type and sex of big game animal named on the disabled hunter's licence, provided that:

- the disabled hunter remains in sight of designated hunter;
- the designated shooter possesses the disabled hunter's big game licence and tags;
- A person designated to shoot on behalf of a disabled hunter need not keep the disabled hunter in sight when in pursuit of an animal that has been injured by the licence holder or designated hunter;
- A designated hunter may be designated by not more than one disabled hunter per season.

All first time hunters or those hunters who have not previously completed a recognised hunter training requirement including persons defined within the disabled hunter regulations must, prior to becoming eligible to enter the big game licence draw, complete the provincial Firearm Safety/Hunter Education Programme. A resident who is permanently legally blind who, upon presentation of medical proof certifying she/he is legally blind, will be exempt from the standard testing requirements that require vision to perform in the Firearm Safety/Hunter Education Programme. A permanently legally blind hunter who completes the Firearm Safety/Hunter Education Programme may apply for and receive a big game licence but is not entitled, for the purpose of hunting, to possess or use a firearm.

A designated hunter means a person who has completed a recognised hunter training course. Disabled hunter's licence, does not include a person who is prohibited by the courts to possess a

firearm or hold a game licence, and while in possession of his/her own valid Outdoor Identification Card, is designated by a disabled hunter to shoot and retrieve the big game animal of the kind and sex named on the disabled hunter's licence.

**Disabled Angler** means a person who is (i) permanently legally blind, or (ii) permanently mobility impaired, and who holds an inland fishery licence, river specific inland fishery licence or a family inland fishery licence. A disabled angler may specify one designated angler to fish and retain the species set out in the disabled angler's licence, in the area permitted and within the bag limits set by law.

A designated angler shall (a) keep within 100 metres of the disabled angler, except when in pursuit of a fish that has been hooked for the disabled angler; (b) possess the licence and tags of the disabled angler while angling for that disabled angler; and (c) immediately affix and lock a tag to a salmon caught for the disabled angler in the manner described in subsection 6(3) of the Wild Life Regulations (i.e. through the gills and mouth of the salmon so that it cannot be removed). Where a designated angler retains and tags a salmon, the disabled angler shall immediately take possession of and retain the salmon.

There are two ways that persons are identified in the field as disabled anglers. Persons who are currently registered with the Wildlife Division as "Disabled Hunters" have received an Outdoor Identification Card (OIC) with the capability code "D" or "DN" on the card, indicating disabled are identified as disabled anglers. Persons who are currently in possession of this card need not register again for the disabled angler programme. Possession of their OIC card is sufficient for them to designate an angler to fish on their behalf.

Picture of disabled Hunters and Anglers



## PART FIVE: PRACTICAL RESOURCES

This section of the Resource Kit contains a number of resources that you can use to improve your understanding and knowledge of disability and to undertake the task of mainstreaming disability at an organisational or programme level.



Each resource is not an end in itself and you are free to modify and change it to suit your own organisational and/or programme context and needs.

## **RESOURCE 1**



### **Disability Terminology and their Meanings**

*“Language reflects the social context in which it is developed and used. It therefore reflects the values and attitudes of that context, and plays an important role in reinforcing values and attitudes that lead to discrimination and segregation of particular groups in society. Language can therefore be used as a powerful resource to facilitate change and bring about new values, attitudes and social integration. Persons with disabilities are very vulnerable to the misuse of language and terminology where terminology has the effect of labelling persons with disabilities, stereotyping them, discriminating against them, and ultimately creating a culture of non-acceptance of diversity.”*

[Source: DPSA Pocket Guide]

<b>TERM</b>	<b>MEANING</b>
All persons with disabilities	The term acknowledges the existence of, and encompasses the various types of disabilities and the various age groups of persons with disabilities regardless of race, gender, religion, sexual orientation, etc.
Assistive devices, technologies and other support for independent living	Assistive devices and technologies refer to equipment, resources, products and consumables that support independent living, and are required to promote the integration and equalisation of opportunities of persons with disabilities into all mainstream activities including activities of daily living and employment. Other support for independent living includes guide, care and social dogs; and sign language interpreters.



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

Accessibility	Accessibility refers to equitable access for persons with disabilities to all services, products and facilities on an equal basis with others. This includes access to the built environment, transportation, information, including information and communication technologies, live assistance and all other systems and facilities offered to the public.
Care	Care refers to holistically providing for people’s physical, psychological and spiritual needs where they are unable to provide these for themselves. Care is an approach that improves quality of life through prevention and relief of suffering by means of early identification, assessment and treatment.
Care-giver	Any person who, in relation to persons with intellectual impairments (i.e. psychiatric and intellectual disabilities), takes responsibility for meeting the daily needs of, or is in substantial contact with persons with such disabilities.
Communication	Communication includes languages, display of text, Braille, tactile communication, large print, accessible multimedia as well as written, audio, plain-language, human-reader and augmentative and alternative modes, means and formats of communication, including accessible information and communication technology.
Developmental Social Services	These are services that facilitate the development of human capacity and self-reliance within a caring and enabling socio-economic environment. It reflects an important paradigm shift from dependency to independence, dignity, self-reliance and acknowledgement of people’s capacities and abilities through an enabling social and economic environment, with a long-term focus on broader and holistic development of people, communities and societies. Developmental social services automatically imply services that are holistic, integrated, accessible and sustainable in the long-term.
Disability Structures	Disability structures refer to all forms of organisations established with the purpose of ensuring service delivery to, and self-governance of persons with disabilities and their families within an integrated approach.
Discrimination on the basis of disability	Discrimination on the basis of disability refers to imposing any distinction, exclusion or restriction of persons on the basis of their disability which has the purpose or effect of impairing or nullifying the

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	<p>recognition, enjoyment or exercise, on an equal basis with others, on all human rights and fundamental freedoms in the political, economic, social, cultural, civil, or any other field. It encompasses all forms of unfair discrimination, whether direct or indirect, including denial of reasonable accommodation.</p>
Economic Empowerment	<p>A common perception of society in general and some persons with disabilities in particular, is that having a disability automatically bars such a person from actively participating in economic activities. Economic activities refer to all money-making or employment activities that are financially viable, lucrative and profitable and that render a person economically independent and able to provide for their own socio-economic needs. Economic empowerment refers to facilitating the active participation of those persons who are able to be economically active, in mainstream economic activities including employment in decent jobs and/or ownership and partnerships in business initiatives.</p>
Vulnerable Groups	<p>There are groups of persons with disabilities who are especially vulnerable: women, children, older persons living in rural areas, particularly in the under developed regions, displaced persons, persons who have epilepsy; the physically disabled; persons with multiple disabilities, deaf-blind and homeless persons. People with certain disabilities, such as the deaf, the blind and persons with intellectual impairments, are particularly vulnerable.</p>
Habilitation and Rehabilitation	<p>Habilitation refers to a variety of support services designed to increase a person's independence. The goals of this service include supporting a person to gain knowledge and skills, assisting in learning, socialisation skills and appropriate behaviour as well as gaining and maintaining a quality life. This support may be in the home or community. Habilitation and rehabilitation services to persons with disabilities are usually provided by members of a multi-disciplinary team of professionals.</p> <p>Rehabilitation is a goal-orientated and time-limited process aimed at enabling a person with impairments to reach an optimum mental, physical and/or social functional level, thus providing the</p>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	person with the RESOURCES to change her/his own life. It involves measures (for example technical aids and other measures) intended to compensate for a loss of function or functional limitation and intended to facilitate social adjustment or readjustment.
Impairment	The term impairment can involve an anomaly, a defect, loss or a significant deviation in body structure or functioning. The impairment may be permanent or temporary, progressive or regressive. It can be physiological, intellectual, psychological or sensory in nature. An impairment which is associated with a cause does not imply illness or a disorder.
Inclusivity	Inclusivity refers to the right of persons with disabilities to participate fully in economic, social and cultural life and to have opportunities, experiences and access to facilities and services in a way that is equitable with those opportunities, experiences and access provided to all persons.
Inclusive Design	Inclusive Design refers to the design of products, information and environments that: <ul style="list-style-type: none"> <li>* can be used by all persons, to the greatest extent possible;</li> <li>* are not necessarily more expensive;</li> <li>* are not necessarily designed exclusively for persons with disabilities; and</li> <li>* can serve a large variety of needs with minimum adaptation.</li> </ul>
Independent Living	Independent Living is a process whereby a person recognises and optimises residual ability through the coordination of all available resources and the application of skills thereby contributing toward the independent functioning of the person within society. This process affords the individual an equal opportunity to function and participate optimally in all contexts in society and to live with dignity. The term independent living is used interchangeably with the terms supported living and/or assisted living. This Policy utilises the term independent living as being inclusive of supported living and assisted living. Independent living services are usually provided to persons with disabilities by members of a multi-disciplinary team of professionals.
Mainstreaming Disability	In the context of a rights discourse and sustainable development: mainstreaming is about dignity, self-worth, autonomy and self-determination. It is a strategy for making the concerns and experiences

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	of persons with disabilities an integral dimension of the design, implementation, monitoring and evaluation of policies and programmes in all political, economic and societal spheres so that persons with disabilities benefit on an equitable basis; and all socio-economic services are accessible to all persons with disabilities.
Prevention	Primary prevention involves all strategies and measures to prevent the onset of diseases, injuries or conditions that can result in impairment and subsequent disability or activity limitation. Such measures include raising public awareness, health education, immunisation, maternal and child health services and promoting road and occupational safety. Secondary prevention refers to early identification and intervention on impairment, diseases, injuries, or conditions to prevent the development of disability or activity limitation. Tertiary prevention involves all management measures to maintain and where possible enhance functioning as well as preventing the impairment or condition from creating further disability. Such measures include rehabilitation, surgery and or the provision of assistive devices.
Protective Workshops	Protective workshops refer to an institution or organisation that provides rehabilitation services and “work” opportunities for persons with disabilities, who due to the environmental and / or social situation experience barriers in accessing the open labour market.
Reasonable Accommodation	Reasonable Accommodation refers to necessary and appropriate modification and adjustments not imposing a disproportionate or undue burden, where needed in a particular case, to ensure persons with disabilities enjoy and exercise all human rights and fundamental freedoms
Reconstruction and Aftercare	Services at this level are aimed at reintegration and support to enhance self-reliance and optimal social functioning in preparation for discharge from the residential facility and after the discharge

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	procedure. These services are provided within the context of the individual, family and the community.
Residential Care Facilities	It is a facility for the temporary or permanent care, protection, support, stimulation, skills development and rehabilitation of persons with disabilities, who, due to their disability and social situation need care, (when the need cannot be met at home and in the community) within a safe, secure and stimulating environment of a home for persons with disabilities or in a Residential Care Facility.
Transformation re: delivery of services	The concept of transforming the delivery of services to persons with disabilities usually refers to implementing programmes that are responsive to the needs of persons with disabilities as expressed by themselves or their representative organisations. Persons with disabilities and/or their representative organisations should be involved in conceptualising, implementing, monitoring and evaluating the services they receive. Special attention should be paid to meeting the needs of, and delivering services to the most vulnerable sectors of children, youth, women and the aged with disabilities. An integrated and holistic package of services should be delivered. The services should promote and facilitate sustainability, independence, dignity and respect for human rights in general.
Universal Design	The design of products, environments, programmes and services to be usable by all persons to the greatest extent possible without the need for adaptation or specialised design, including assistive devices and technologies for particular groups of persons with disabilities where these are needed.



## RESOURCE 2

### Prevalence and Facts On Disability in South Africa

Generally, there is little statistical information and virtually no baseline data on the prevalence of disability and/or on the quality of life of persons with disabilities prior to 1994, and even for the first term of democratic governance in South Africa. Some basic data was collected after 1999 by different government departments in relation to their specific areas of work. For example, the Department of Social Development (DSD) has data related to the provision of disability grants and the Department of Labour has data related to the employment of persons with disabilities because of the Employment Equity reports that are submitted to them. Clearly, the centralised collection and dissemination of disability specific data and information is an area that must be prioritised, not only by government but by the disability sector as a whole. It is important that you bear in mind this context when working with the information provided below.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

*Statistics on Persons with Disabilities*



**General Info**

According to STATS SA's 2011 General Housing Survey:

- Persons with disabilities make up 5.2% of South Africans aged 5 years and older
- 5.4% of the total number of persons with disabilities are women
- The highest rates of disability are in the Northern Cape (10.2%), North-West (7.7%) and the Free State (6.7%)

STATS SA's 2007 Community Survey shows that:

- 10.7% of the population receiving social grants, receive disability grants.
- Persons with disabilities are among the poorest of the poor, while people living in poverty are more at risk than others of acquiring a disability and are commonly denied their rights.
- Persons with disabilities face different levels of discrimination and exclusion – in particular, women and girls with disabilities may face double discrimination based on both disability and gender.
- Women and girls with disabilities, along with the elderly, are most vulnerable to poverty. They also face multiple layers of stigma and discrimination.

According to DSD's Strategic Plan (2010/11-2014/15):

- 1054 318 beneficiaries receive a permanent disability grant.
- 234 149 beneficiaries receive the temporary disability grant.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- 108 368 children with disabilities receive care dependency grants.
- The provinces (Eastern Cape, Northern Cape, Limpopo and Mpumalanga) with the lowest socio-economic indicators have the largest number of beneficiaries of disability grants as well as high unemployment rates and limited facilities for persons with disabilities.

**Types of disability**

According to the 2007 Community Survey of STATS SA, physical disability is reported the most common type (1.6%) of disability and communication as the least (0.2%). STATS SA's 2011 Census shows that the percentages of persons with disabilities that live with severe difficulties and cannot do anything at all in terms of their general health and functioning are very low, i.e.:

- Self-care 0.8%
- Remembering/concentrating 0.2%
- Hearing 0.2%
- Walking/climbing stairs 0.2%
- Communication 0.2%
- Hearing 0.1%

The same 2011 Census shows the following proportions of persons with disabilities who have some difficulties in terms of their general health and functioning:

- Seeing 9.4%
- Remembering/concentrating 3.3%
- Hearing 2.9%
- Walking/climbing stairs 2.6%



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Self-care 2.0%
- Communication 1.1%

**Disability by Race Groups**

The 2007 Community Survey of STATS SA provides the following breakdown of persons with disabilities by race group:

- Indian/Asian 4.6%
- Coloured 4.2%
- Black African 4.0%
- White 3.2%

**Employment of Persons with Disabilities**

According to 2013-2014: 14th Commission for Employment Equity Annual Report(CEE), (based on reports received from large employers):

- Only 0.9% (50 867 out of a total 5 593 326) of the country's Economically Active People (EAP) are persons with disabilities.
- White persons with disabilities are mostly represented in the private sector, NGOs, parastatals and national government.
- African persons with disabilities feature more prominently in government especially provincial government and are fairly represented in NGOs. Indians are mostly represented in institutions of learning.
- Only 1.5% are in top management positions and 1.2% hold senior management posts.
- White representation is the highest amongst persons with disabilities at top management level in almost all provinces.
- No females with disabilities are found at top management level in Agriculture sector.
- 87.5% of the top managers are white males in Agriculture sector and 12.5% are African males.
- Of senior managers in Agriculture sector, 65.7% are white males and 11.4% are African males. There are no African female employees with disabilities at this level, with white females being mostly represented (8.6%).

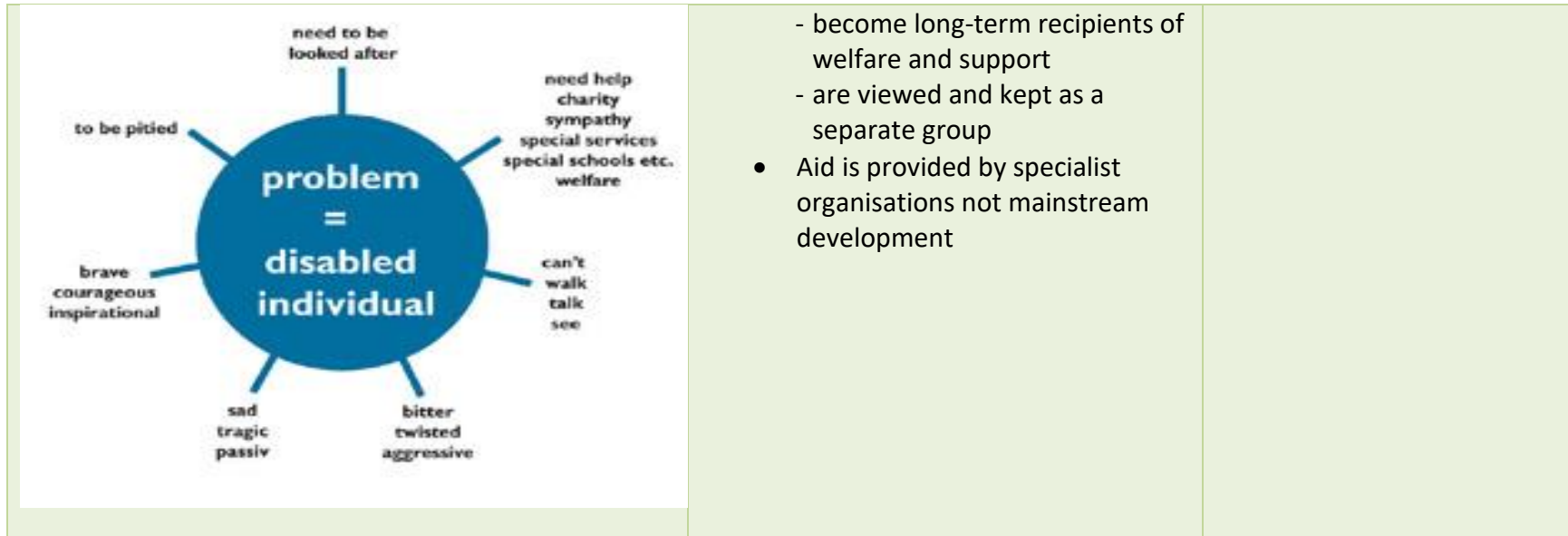



## RESOURCE 3

### Different Models of Addressing Disability Issues

CHARITY MODEL	CHARACTERISTICS	EXAMPLES OF INTERACTIONS WITH PERSONS WITH DISABILITIES
<p>People think that activities ‘help’ persons with disabilities who are considered ‘helpless’ and outside ‘normal’ society</p>	<ul style="list-style-type: none"> <li>views disability as a problem inherent in the person.</li> <li>persons with disabilities:                             <ul style="list-style-type: none"> <li>- are regarded as ‘unfortunate’, ‘dependent’, ‘helpless’, in need pity and charity and are usually given money or gifts, such as food or clothing</li> <li>- are assumed to be unable to contribute to society or support themselves</li> </ul> </li> </ul>	<p>“It must be very sad having a child and knowing that she will never be able to live on her own”.</p> <p>“What a pity, this beautiful woman is disabled and she will never be able to marry, have children or care for her family”.</p>

FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT



MEDICAL MODEL	CHARACTERISTICS	
<p>People think that activities 'fix' persons with disabilities who are considered 'sick', so they can join 'normal' society.</p> 	<ul style="list-style-type: none"> <li>• views disability as a problem inherent in the person.</li> <li>• a traditional understanding of disability.</li> <li>• focuses on a person's impairment as the obstacle.</li> <li>• seeks to 'cure' or 'improve' individuals to 'fit' them into society.</li> <li>• defines the person with a disability only as a patient with medical needs.</li> <li>• segregates persons with disabilities from the mainstream</li> <li>• offers only medical help, carried out by specialists.</li> <li>• expensive, tends to benefit relatively few people.</li> </ul>	<p>"I am sure in a few years there will be a hearing aid available which will enable this child to hear better".</p> <p>"Perhaps there is some medicine or treatment which could improve his perception. He should try a psychiatrist".</p>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

**SOCIAL MODEL**

**Persons with disabilities should be integral part of society, and activities focus on inclusion.**



**CHARACTERISTICS**


- focuses on society, not persons with disabilities, as the problem.
- regards persons with disabilities as part of society, rather than separate.
- sees disability as the social consequence of impairment.
- three main barriers in society are attitudinal, environmental and institutional.
- activities focus on identifying and removing attitudinal, environmental and institutional barriers that block inclusion
- the needs of persons with disabilities are the same as non-disabled people's – e.g. love, education, employment

“It is a good idea for him to live with his brother so that he is surrounded by non-disabled people”.

“The community really should build ramps in front of public buildings, so that people like her can participate in social life”.

“We should all learn sign language so that we can communicate with this child and other hearing impaired people”.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

RIGHTS BASED MODEL	CHARACTERISTICS	
<p><b>Society has to change to ensure that all people – including persons with disabilities – have equal opportunities to participate.</b></p> 	<ul style="list-style-type: none"> <li>• laws and policies need to ensure that barriers created by society are removed.</li> <li>• support for equal access is a basic human right that any person can claim.</li> <li>• the two main elements of the rights-based approach are empowerment and accountability.</li> <li>• empowerment refers to the participation of persons with disabilities as active stakeholders.</li> <li>• accountability relates to the duty of public institutions and structures to implement these rights and to justify the quality and quantity of their implementation.</li> </ul>	<p>“When this child grows up, she will be able to go to university if she wants to”.</p> <p>“Where does he want to live? Let’s go and ask him!”</p> <p>“When she gets a job, her employer will have to build accessible rooms. This is her right!”</p>

(Source: Adapted from Making Inclusion a Reality in Development Organisations, IDCC)



## **RESOURCE 4**

### **Activity for Reflecting on perceptions and attitudes about persons with disabilities**

1. Organise a focused session (meeting) specifically for this process.
2. Make sure that everyone who is attending the session, clearly and unambiguously understands the purpose of the session and what will be discussed.
3. Reassure participants that their views will not be judged nor isolate them from the rest of the team.
4. Start the session by getting each person to tell the group what they think the purpose of the meeting is and what the outcome will be.
5. If there is any confusion about the purpose and outcome, clarify and ensure that the whole group is on the same page before continuing. You can call on other participants to assist with explaining the purpose to those who do not understand it.
6. Listen carefully for any fears participants may be expressing in subtle ways and address the fears before continuing or as they come up during the session.
7. As a team, have a look at the checklist below, discuss the statements and tick either “Yes” or “No”.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

Statement	Yes	No
There are certain things that persons with disabilities cannot do.		
I use a different tone of voice when I speak with persons with disabilities.		
I avoid persons with disabilities.		
I assist persons with disabilities without asking them.		
Persons with disabilities can't really work.		
When persons with disabilities are accompanied by another person, I don't really know who to address.		



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

Check your responses to the above statements against the comments on each of the statements provided in the table below:

Statement	Comment
There are certain things that persons with disabilities cannot do.	Persons with disabilities are experts on their impairment and assumptions about what they can and cannot do must be avoided.
I use a different tone of voice when I speak with persons with disabilities.	By speaking in a normal tone of voice you are being sensible, as well as showing respect.
I avoid persons with disabilities.	Do not ignore them. When interacting with person with disabilities follow accepted etiquette and behaviour guidelines.
I assist persons with disabilities without asking them.	First ask how you can best offer assistance, and then wait for the offer to be accepted before actually helping. If you are helping a person with disabilities, always do what she/he asks you, not what you think is best.
Persons with disabilities can't really work.	Persons with disabilities enjoy working and find it fulfilling, just like other people. They also need to earn a living, just like other people.
When persons with disabilities are accompanied by another person, I don't really know who to address.	Don't talk to a disabled person through a third party unless it is necessary. For example, talk through a third party if the third party is a sign language interpreter for a deaf person.



## **RESOURCE 5**

### **Definitions of Disability Mainstreaming**

<b>DSD National Policy on Disability</b>	<b>Mainstreaming is the process of assessing the implications of any planned actions (i.e. policies, legislation and programmes) and budgeting for persons with disabilities. As such, the concerns and needs of persons with disabilities become integral to the design, implementation, monitoring and evaluation of the planned actions and budgeting.</b>
INDS	Mainstreaming is about ordinary services being designed and planned with the view that they will be used by persons with disabilities as well as able-bodied people.
UN Convention on the Rights of Persons with Disabilities	Mainstreaming is the process of assessing the implications for persons with disabilities of any planned action, including legislation, policies or programmes in any areas and at all levels. It is a strategy for making the concerns and experiences of persons with disabilities an integral part of the design, implementation, monitoring and evaluation of policies and programmes in all political, economic and societal spheres, so that persons with disabilities can benefit equally, and inequality is not perpetuated.
National Policy on Disability	Mainstreaming is about dignity, self-worth, autonomy and self-determination. It is a strategy for making the concerns and experiences of persons with disabilities an integral dimension of the design, implementation, monitoring and evaluation of policies and programmes in all political, economic and societal spheres so that persons with disabilities benefit on an equitable basis.



## **RESOURCE 6**

# **Differences Between Special Disability Programmes and Disability Mainstreaming**

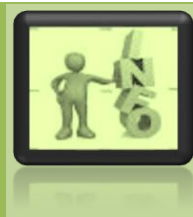
It is important to remember that disability mainstreaming does not replace the need for targeted disability specific policies and programmes nor does it do away with the need for disability focal points or champions. Targeted policies and programmes can serve as a means or a stepping stone to achieving the end goal of disability mainstreaming. The only danger of targeted policies and programmes is that disability is seen as a separate issue and as the responsibility of only one or two people.

A special disability programme is only about disability, targets and is designed only for persons with disabilities and has a completely separate or dedicated budget. Disability mainstreaming, on the other hand, is about including persons with disabilities in all policies, programmes and budgets, as implementers and beneficiaries.

The following Table summarises the main differences between Special Disability Programmes and Disability Mainstreaming.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

*Table: Differences between Special Disability Programme and Disability Mainstreaming*



DISABILITY SPECIAL PROGRAMMES	DISABILITY MAINSTREAMING
Only about disability.	About the service which equally includes the active participation of persons with disabilities.
Targets only persons with disabilities.	Targets public recipients including persons with disabilities.
Persons with disabilities do not get to engage with others in their communities as equals.	Ensures that persons with disabilities and their families get to engage with members of the community as equals.
Perpetuates the perception that persons with disabilities and their families are different and must be treated as such.	Persons with disabilities and their families are seen as being the same as everyone else, and should be treated as such.
Does not create awareness of disability amongst the general community/public.	Creates awareness amongst general public of the rights of persons with disabilities.
“Silo” implementation that makes provision of integrated and holistic services difficult.	Integrated and holistic services are provided to all including persons with disabilities.
Requires dedicated and additional resources (human, financial and technical RESOURCES and documentation).	Can utilise existing resources.



## RESOURCE 7

### Guidelines for removing barriers to disability mainstreaming

The International Symbol of access that is used worldwide to direct persons with various disabilities towards accessible facilities and features is:



TYPE OF DISABILITY	BARRIER	SUGGESTED WAYS OF REMOVING BARRIERS AND INCREASING ACCESSIBILITY
<b>Visual Impairments (slightly sighted/low vision, blind)</b>	Visual accessibility	<ul style="list-style-type: none"> <li>• Colour contrast in the environment, especially:                             <ul style="list-style-type: none"> <li>- from and to particular facilities and areas and services e.g. ablution rooms and reception desks).</li> <li>- to highlight hazardous areas and objects.</li> </ul> </li> </ul>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

		<ul style="list-style-type: none"> <li>- for fittings e.g. use different coloured soap dispensers and toilet roll holders, dark toilet seats on white fittings or dark tiles behind white wash hand basins.</li> <li>- For switches e.g. use dark switch and socket plates for light backgrounds or vice versa.</li> <li>- For access doors e.g. paint the door or the door frame in a colour that contrasts with the adjoining wall to facilitate its identification.</li> </ul> <ul style="list-style-type: none"> <li>• Lighting. Minimise reflection with the use of non-reflective finishes and glass.             <ul style="list-style-type: none"> <li>- reduce glare by the careful positioning luminaries out of the direct line of vision.</li> <li>- Avoid glare from daylight by closing blinds or curtains.</li> <li>- Increase the level of ambient light.</li> <li>- Change lighting levels gradually to enable adaptation of the eye.</li> </ul> </li> <li>• Presentations/Public Speaking/Speeches and using projectors and other devices for this.             <ul style="list-style-type: none"> <li>- If there are blind persons in the audience, explain what slide/picture/information you have on the screen/flip chart, etc.</li> <li>- Ideally you should print a braille copy, or different font size copies of the input prior to presenting it and make sure that the blind/visually impaired person has it when you start.</li> <li>- The size of letters and symbols depends on the reading distance and the degree of visual impairment of the reader.</li> </ul> </li> </ul>
--	--	---

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

		<ul style="list-style-type: none"> <li>- Letters and symbols should contrast with the background to be clearly distinguishable.</li> <li>• Make completely glazed doors visible by use of a coloured band or marking strip.</li> <li>• Place overhanging signs at a minimum clear height of 2.10 m to allow safe passing of blind and visually impaired persons.</li> </ul>
<b>Mobility Impairments</b>	Vertical and horizontal Accessibility	<ul style="list-style-type: none"> <li>• Construction of temporary and permanent ramps.</li> <li>• Installation of lifts.</li> <li>• Installation of handrails.</li> <li>• Well-lit staircases with handrails on both sides of the stairs.</li> <li>• Door handles should be easy to grasp with one hand and fitted with an extra pull handle or a long string fixed to the normal door handle.</li> <li>• Avoid revolving doors.</li> <li>• Barrier free space of 1.50 m x 1.5 m is needed by wheelchair users.</li> <li>• Tables, counters, etc. to be at a height convenient for wheelchair users.</li> <li>• Floors should be slip resistant.</li> </ul>
<b>Hearing Impairments</b>	Sound accessibility	<ul style="list-style-type: none"> <li>• Take into account acoustic factors, especially for deaf-blind persons.</li> <li>• Ensure lighting does not cause shadows on peoples' faces making lip-reading or identification of the facial expressions difficult.</li> <li>• Ensure there is sufficient space for a sign language interpreter to be positioned facing the person/s with the hearing impairment/s.</li> <li>• Good signage to facilities and areas like rest rooms is particularly important for people with hearing impairments.</li> <li>• Consider use of hearing enhancement systems.</li> </ul>

(Source: Adapted from RESOURCE on promoting access to the built environment guidelines, Cbm, 2008).



## **RESOURCE 8**

### **Template for identification and development of entry points for disability mainstreaming in policies and programmes**

<b>POLICY / PROGRAMME</b>	<b>ENTRY POINT/THEME</b>
<p>EXAMPLE: Human Resources Policy</p>	<p>EXAMPLE:</p> <ul style="list-style-type: none"> <li>• Recruitment and selection processes.</li> <li>• Provision of assistive devices.</li> </ul>
<p>EXAMPLE: Training on establishing a home garden</p>	<p>EXAMPLE:</p> <ul style="list-style-type: none"> <li>• Identify and partner with a residential facility for persons with disabilities to train their residents in establishing a home/centre garden.</li> <li>• Identify and include persons with disabilities in the general training programme provided to all beneficiaries.</li> </ul>





## RESOURCE 9

### The Key Steps of Disability Mainstreaming

KEY STEP	WHAT AND WHY
Develop a disability mainstreaming goal	<p>All organisations already have organisational goals, visions, missions, etc. These usually reflect the purpose and key functions of the organisation. In theory, these existing goals, visions and missions should be inclusive of persons with disabilities even if they are not specifically mentioned. However, disability mainstreaming is seldom, if ever, seen as a core function of an organisation and thus often falls by the way side.</p> <p>It is for this reason that organisations are encouraged to develop a specific disability mainstreaming goal. This goal does not replace the broader organisational goal and must not be confused as such. The disability mainstreaming goal focuses on what you aim to achieve in terms of full and equal inclusion of persons with disabilities within your organisation and its programmes.</p> <p>A disability mainstreaming goal will assist, amongst others, with:</p> <ul style="list-style-type: none"><li>• Ensuring that disability remains on the organisation’s development and transformation agenda.</li><li>• Securing in-depth commitment from all members of the organisation.</li></ul>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	<ul style="list-style-type: none"> <li>• Providing focus and direction for disability mainstreaming interventions.</li> <li>• Serving as a basis for monitoring and evaluating achievement of outputs and impact.</li> </ul>
<p>Conduct a Status Quo Analysis</p>	<p>“Status Quo” basically means the current status (position/standing/condition) of a thing or a situation. It is also known as an “as-is” picture which literally means a view of how things are at the current moment.</p> <p>A Status Quo Analysis will give you a very good understanding of how good or bad the situation is, where the problem areas are and what you have to focus your energy on, who you have to work with, etc.</p> <p>Conducting a Status Quo Analysis involves reflecting or reporting on the facts as they are, as well as analysing (probing/scrutinising/investigating) the causes, impact and meaning of the factual situation. A Status Quo Report provides the analysis in a narrative form and usually includes recommendations on how to positively change the current status quo. Implementation of the recommendations of the report will usually result in a changed status quo. A status quo analysis provides information that is necessary for effective planning and management.</p>
<p>Develop an action plan</p>	<p>An Action Plan is also known as a work plan or an implementation plan and is the RESOURCE you use to implement your disability mainstreaming interventions.</p> <p>The Plan essentially reflects:</p> <ul style="list-style-type: none"> <li>• what you will do.</li> <li>• how you will do it.</li> <li>• who will be involved.</li> </ul>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	<ul style="list-style-type: none"> <li>• what resources you will need.</li> <li>• who the general or specific beneficiaries will be e.g. small-scale entrepreneurs of women with disabilities in rural areas.</li> <li>• when it will be done, i.e. timeframes for implementation and/or completion or when you will implement the activities e.g. by March 2015.</li> <li>• what indicators/measures you will use to check that the actions achieve the desired impact.</li> </ul>
<p>Costing and Budgeting</p>	<p>This is the process of identifying, determining and providing for the financial resources you will require to implement your disability mainstreaming interventions contained in your Action Plan.</p> <p>Costing simply means working out the price (cost) of the resources you need to implement the activities in your plan. Resources include staffing, stationery, hiring a sign language interpreter, etc.</p> <p>A simple explanation of budgeting is that it is the process of allocating your financial resources to the various activities and outputs in your action plan.</p> <p>This information gives you a sense of the amount of money or budget you need to secure or allocate to implement your disability mainstreaming action plan. It will help you to decide whether your action plan is financially realistic and feasible, what additional financial resources you require, whether you should remove or join some activities to save on costs, etc.</p>
<p>Implementing</p>	<p>Involves carrying out and completing day-to-day activities and implementing the project /programme plan.</p>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

Evaluating

This is about assessing whether the desired outputs and impact have been achieved, and establishing whether resources have been used efficiently and effectively.

Review/Assessment/Evaluation reports enable you to see what you have achieved, what has worked, what has not worked, where the gaps are, etc. It is similar to a status quo report in that the information can be used to make positive changes to the design of the programme to increase and sustain its successes.



## **RESOURCE 10**

### **Checklist for assessing Progress on Disability Mainstreaming**

<b>ACTIVITY</b>	<b>DONE</b>	<b>NOT DONE</b>	<b>IF NOT DONE, WHY</b>	<b>CORRECTIVE STEPS</b>
<b>Role Players Identified, and Roles and responsibilities clarified</b>				
<b>Disability Mainstreaming goal defined</b>				
<b>Status Quo Analysis completed</b>				
<b>Action Plan Developed</b>				
<b>Implementation begins</b>				
<b>Review begins</b>				



## **RESOURCE 11**

### **Checklist for assessing the current status of disability mainstreaming in PPs**

AREA	YES	NO
Are persons with disabilities included in consultations, design and implementation of your programmes and projects?		
Are persons with disabilities included in community committees for your programmes and projects?		
Have persons with disabilities been identified to assist with training your staff/ fieldworkers and other beneficiaries of your projects to understand inclusion principles and practices in respect of your programmes and projects?		
Have awareness-raising activities about the rights and abilities of persons with disabilities been implemented?		
Is data being collected on persons with different types of disabilities for advocacy and program-monitoring purposes?		
Is there budget allocation to cover participation expenses and attendance time for consultations with persons with disabilities and/or DPOs?		
Have funds been allocated to cover costs of reasonable accommodation measures, assistive devices and other disability specific inclusion measures?		
Are training and assistive devices available to ensure that persons with disabilities can participate fully in your programmes and projects?		
Are there indicators in place which identify the percentage of persons with disabilities and their families that should be included in the target beneficiaries?		

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

Have organisational policies been checked and challenged for disability inclusion?		
Have local communities been surveyed to determine accurate numbers of persons with disabilities, including disability type, age and gender?		
Are DPOs actively engaged throughout all stages of your programmes and projects?		
Have access barriers for persons with disabilities been addressed?		
Have training opportunities been identified to skill persons with disabilities to facilitate their participation in your programmes and projects?		
Are persons with disabilities benefiting equally from the community programmes?		
Have the programmes focused on abilities and the contribution potential of persons with disabilities?		
Are persons with disabilities playing an active role in programme planning and evaluation?		
Are alternative communication options available based on individual requirements?		
Are persons with disabilities more visible and active in their community as a result of your programmes and projects?		



## **RESOURCE 12**

### **Template for list of needs and challenges experienced by persons with disabilities**

<b>CATEGORY</b>	<b>NEED</b>	<b>CHALLENGE</b>	<b>PROPOSED SOLUTION</b>
Hearing impairments	Decent work, food, accommodation.	No skills, unemployed, cannot communicate with most people because of lack of knowledge of sign language.	Train in subsistence gardening. Use sign language interpreter when training. Provide with initial start-up RESOURCES, equipment and seed/seedlings.





## **RESOURCE 13**

### **Templates for Developing an Action Plan**

'ENTRY POINT'	INTERVENTION
Capacity building of community members in organic food production methods	Include persons with disabilities as trainees
Provision of agricultural resources, equipment and seeds/seedlings	Provide to a minimum of 10 households that have a person with disability living with them.

'ENTRY POINT'	INTERVENTION	HOW (Activities)	WHO (role-players)	RESOURCES NEEDED
Capacity building of community members in organic food production methods	Include persons with disabilities as trainees	<ul style="list-style-type: none"> <li>• Identify possible participants</li> <li>• Check what their specific needs are in a training situation</li> <li>• Book accessible venue</li> </ul>	<ul style="list-style-type: none"> <li>• Programme manager</li> <li>• DPO's</li> <li>• Community members</li> <li>• Xxxxx</li> <li>• Xxxxx</li> </ul>	<ul style="list-style-type: none"> <li>• Braille printing</li> <li>• Sign language interpreter</li> <li>• Xxxxx</li> <li>• Xxxxx</li> </ul>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

		<ul style="list-style-type: none"> <li>• Translate training materials into accessible formats</li> <li>• XXXXXXXX</li> <li>• XXXXXXXX</li> </ul>		

<b>'ENTRY POINT'</b>	<b>INTERVENTION</b>	<b>HOW (Activities)</b>	<b>WHO (role-players)</b>	<b>RESOURCES NEEDED</b>	<b>TIME FRAME</b>	<b>OUTCOME</b>
Capacity building of community members in organic food production methods	Include persons with disabilities as trainees	<ul style="list-style-type: none"> <li>• Identify possible participants</li> <li>• Check what their specific needs are in a training situation</li> <li>• Book accessible venue</li> <li>• Translate training materials into accessible formats</li> <li>• XXXXXXXX</li> </ul>	<ul style="list-style-type: none"> <li>• Programme manager</li> <li>• DPO's</li> <li>• Community members</li> <li>• XXXXX</li> <li>• XXXXX</li> </ul>	<ul style="list-style-type: none"> <li>• Braille printing</li> <li>• Sign language interpreter</li> <li>• XXXXX</li> <li>• XXXXX</li> </ul>	June 2014	<ul style="list-style-type: none"> <li>• At least 10 persons with disabilities participate in training session</li> <li>• All trainees using the skills they gained</li> </ul>



## **RESOURCE 14**

# **Developing Monitoring and Evaluation and Disability Indicators**

### **What are indicators?**

- Indicators are criteria or measures against which changes can be assessed (Imp-Act 2005).

### **What are disability indicators?**

- These include measures of disability-related changes over time.
- It is important to have both qualitative and quantitative indicators. Indicators of inclusion are important, but cannot be a substitute for impact indicators.
- Qualitative indicators refer generally to the effect that the task or activity has. These mostly include people's experiences, opinions, attitudes and abilities, feelings etc. For example, 'increased visibility of independence and social functioning amongst persons with disabilities that have been provided with assistive devices.
- Quantitative indicators refer to the quantifiable results, so they focus on issues that can be counted. For example, there are 100 young farmers with disabilities who are participating in the gardening project compared to 15 elders with disabilities.

**How to Develop Disability related indicators**

- It is important to ensure that the disability indicators are relevant to a particular context.
- Use images where there is poor literacy level.
- Have a long-term perspective because social change takes time.
- Persons with disabilities should take part in the identification and planning of performance measurement frameworks, in implementation and in the discussion of the findings.
- Require the collection of data that is disaggregated by disability and if possible by age and by socio-economic group.

**Key questions to ask yourself when designing indicators:**

- What change do you want to see? How will Persons with Disabilities affect the way they understand and experience these changes?
- Are there international and national disability indicators that could be used or adapted?
- Is there a baseline on the issue at hand?
- How will data be collected and analysed?

**Why look at Disability and Indicators?**

- What is measured is likely to be prioritised. Evidence gathered against indicators can help make the case that Disability should be taken seriously.
- Indicators backed with findings (e.g. statistics) can be used for advocacy and can help highlight key disability issues that should be considered.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Disability indicators can be used to evaluate the outcomes of disability focused and mainstream interventions and policies.
- They provide information for adjusting programmes and activities so that they better achieve disability equality goals.
- They can also be used to measure disability mainstreaming within organisations.
- They can be used to assess the gaps between commitments on disability equality and what happens on the ground and therefore be used to hold policy makers accountable.



## RESOURCE 15

### Organising Disability-Inclusive Training, Meetings and Events

By making training, meetings and events disability inclusive all community members will be able to access venue spaces, instructions and presentations.

In the PPs, training is organised at the onset in order to learn more about the technical aspects and processes of gardening that will ensure success. This training should be readily available for persons with disabilities and able-bodied persons.

#### **1. Considerations for making the training, meetings and events disability inclusive**

- Mainly use hands-on techniques, videos, pictures taking into account the fact that many persons with disabilities hardly had an opportunity to go to school and can they can barely read or write, or are totally illiterate.
- Training participants must be made aware of their personal limitations and potentials; they must never allow other people to determine what they can and cannot do.
- It is the responsibility of the trainer to convince training participants that they **can do** anything and everything they set their minds to.
- Do not create separate events or meetings; rather, make regular consultations disability inclusive. Train persons with disabilities and without disabilities together.
- The use of a small-scale entrepreneur's experience can be very helpful and highly encouraging for training participants with disabilities or in community meetings. By listening to the experiences of others, participants will learn how to overcome some

of the problems and be successful in improving their quality of life. For example, invite a successful disabled entrepreneur in agriculture to talk about his personal experience to interested participants.



A successful disabled entrepreneur in mushroom cultivation talks about his personal experience to interested trainees, (Source: FAO corporate documentary repository).

## **2. Providing comprehensive accessibility**

Ensure that training, meetings and events venues are fully accessible. Where necessary, consider making simple adaptations to existing structures. See the following table for aspects that should be covered:

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

*Inclusive practices for training, meetings and events*

Inclusive Practice	Purpose
<p>Selecting a venue:</p> <ul style="list-style-type: none"> <li>• Identify a location central for community members with disabilities.</li> <li>• Identify a venue that may already be used by people with a disability.</li> <li>• Ensure venue has ramp access, accessible toilets, hand rails, etc.</li> <li>• Where necessary, make adaptations such as temporary ramps. This can be done easily for just one or two steps.</li> </ul>	<ul style="list-style-type: none"> <li>• To reduce travel time.</li> <li>• To increase familiarity with venue and possible attendance rates.</li> <li>• To ensure minimum access requirement for persons with disabilities.</li> </ul>
<p>Seating arrangement</p> <ul style="list-style-type: none"> <li>• Provide option of front row seating for participants with disabilities (optional only – dependant on individual preference).</li> <li>• Ensure wide walkways between and around chairs with no obstructions.</li> </ul>	<ul style="list-style-type: none"> <li>• To ensure participants using sign interpreters have unobstructed viewing.</li> <li>• To allow for participants with vision impairment to have potential follow the proceedings.</li> <li>• To enable ease of mobility for people in wheelchairs and with walking frames.</li> </ul>
<p>Transport arrangement</p> <ul style="list-style-type: none"> <li>• Ensure venue is close to public transport.</li> </ul>	<ul style="list-style-type: none"> <li>• To increase access to venue for persons with disabilities dependant on public transport.</li> </ul>



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

<ul style="list-style-type: none"> <li>• Organise accessible transportation to the venue for persons with disabilities with the advice/assistance of a local DPO if there are not suitable transport options available.</li> <li>• Consider reimbursing taxi costs.</li> <li>• Provide information on the venue, details of how to get there, what support will be available, including reimbursement if applicable.</li> </ul>	<ul style="list-style-type: none"> <li>• To ensure persons with disabilities can access venue when public transport is not accessible.</li> </ul>
<p>Promotion of the event</p> <ul style="list-style-type: none"> <li>• Develop large size posters with good colour contrast.</li> <li>• Use a range of communication modes including print media, radio and community announcements to promote consultations.</li> <li>• Identify on promotional information that persons with disabilities are encouraged to attend.</li> </ul>	<ul style="list-style-type: none"> <li>• For people with vision impairments.</li> <li>• To enable people with different disabilities to access information.</li> <li>• To ensure persons with disabilities feel invited and welcomed to the consultation.</li> </ul>
<p>Reading/training material</p> <ul style="list-style-type: none"> <li>• Provide handouts in large print to all participants (size 16, 1.5 spacing, non-gloss paper, black on white or high colour contrast, sans serif font such as Arial or Verdana).</li> <li>• Documentation and reference materials should be also available in electronic or/and alternative formats.</li> </ul>	<ul style="list-style-type: none"> <li>• For audience members that have difficulty taking notes or viewing overheads or have difficulty reading standard print such as those with a learning disability, intellectual disability, physical disability or vision impairment.</li> </ul>

(Source: adapted <http://www.inclusive-development.org/cbmRESOURCES/part3/1/Accessiblemeetingsorevents.pdf>)

### 3. Issues and considerations to be addressed prior to training persons with disabilities

#### *Considerations prior to training*



1. To ensure that trainees do not abandon the course before its completion, it should be ascertained if they have left their home in the past, whether for re-education, training or work. This will show how they cope with being away from home.
2. Trainees who have never left their family should be trained closer to home rather than be sent to a distant training centre.
3. Trainees who have never undergone re-education are often incapable of taking care of themselves. This must always be considered when planning a training programme especially during budget preparation because offering re-education with skills training will take more time. Ideally, the trainees should have undergone re-education. Trainees with multiple disabilities may need continuous assistance.
4. Some trainees may also have been over-protected by their families and not be used to accomplishing certain tasks on their own. As a result, it may be quite difficult for them to overcome certain physical challenges and trying to do so may cause serious emotional confusion. They must have decided to attend the training because they truly want to learn new skills and not because

family members have decided that it would be a good idea for the disabled person to learn new skills.

5. Many persons with disabilities above 60 years of age have never had the opportunity to learn new skills or to undergo professional reeducation or formal education. Learning at this stage may be difficult. This is why homogeneity within the group is important. For example, when trainees are both men and women, care must be taken that all women are not very young and men older. Different types of disabilities can also create different problems. For example, the needs of the visually impaired are different from those of the hearing impaired and the physically disabled.

6. Some trainees with multiple disabilities or with specific physical or mental disabilities may be incapable of systematic learning. For example, mentally-disabled persons may need additional attention. Although they may be capable of accomplishing specific tasks, especially repetitive actions, they may not necessarily be capable of analysis and decision-making. Other members of the group must understand the mental capabilities of their peers and can help during training by giving additional explanations and training.

7. Safety and security must be ensured for women attending mixed training courses. Appropriate facilities must be available for women trainees with disabilities to ensure their safety and privacy.

8. A resource person, ideally the trainer, should be available for follow-up action and troubleshooting. This will protect trainees from being overwhelmed with problems, which can often be solved easily.

#### 4. Presenting in Audiences with Persons with Disabilities

*Tips for presenting in audiences with persons with disabilities*



1. Before you begin, make sure that everyone has the accommodations they need: Are the listening systems working? Is large print/Braille available? Can everyone see the interpreters?
2. Face the audience.
3. Keep your mouth and face free of obstructions such as hands, microphone, and papers.
4. If you tend to speak quickly or softly, please slow down and speak up. There is a short delay when using interpreters or captioners.
5. Use “people-first” language, e.g., “persons with disabilities,” or “persons with disabilities”.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

6. If someone who is speech-impaired is speaking, wait calmly for her/him to finish. Do not interrupt them. If you do not understand them, ask them to repeat their statement or question. If you still do not understand, restate what you did understand, and ask for more information.
7. If interpreters are being used, face the person using the interpreter, not the interpreter.
8. If someone has a personal attendant, address him or her, not the attendant.
9. Restate questions before answering.



## **RESOURCE 16**

### **Roles and Responsibilities of Role-Players in Disability Mainstreaming**

<b>ROLE-PLAYER</b>	<b>ROLE AND RESPONSIBILITIES</b>	<b>ADDITIONAL ROLES AND RESPONSIBILITIES NOT IDENTIFIED IN THIS RESOURCE KIT</b>
<b>The Community</b>	<ul style="list-style-type: none"> <li>• Ensure that the FRF’s PPs provides appropriate and relevant services to persons with disabilities.</li> <li>• Advise the FRF’s PPs on the challenges and needs of persons with disabilities living in the community.</li> <li>• Assist the FRF’s PPs with conceptualising; planning and developing appropriate solutions to the identified needs and challenges. It is critical to remember that the process of identifying and prioritising needs and challenges of persons with disabilities must be done in close consultation with persons with disabilities.</li> <li>• Organise and/or participate in public awareness and communication activities.</li> </ul>	

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	<ul style="list-style-type: none"> <li>• Advocate for changes that will enhance social functioning and inclusion of persons with disabilities.</li> <li>• Assist persons with disabilities to access the services that the FRF's PPs offer.</li> </ul>	
<p><b>Parents/Family members and Other care-givers of persons with disabilities</b></p>	<ul style="list-style-type: none"> <li>• Encourage persons with disabilities to access the services and participate in the projects available to them.</li> <li>• Advise and assist other parents and care-givers to do the same.</li> <li>• Advise and assist the FRF's PPs with information on the specific needs, care requirements, abilities and potential of persons with disabilities.</li> <li>• Ensure that the FRF's PPs provide appropriate and relevant services to persons with disabilities.</li> <li>• Assist the FRF's PPs with conceptualising; planning and developing appropriate solutions to the identified needs and challenges. It is critical to remember that the process of identifying and prioritising needs and challenges of persons with disabilities must be done in close consultation with persons with disabilities.</li> <li>• Organise and/or participate in public awareness and communication activities.</li> <li>• Advocate for changes that will enhance social functioning and inclusion of persons with disabilities.</li> </ul>	

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

<p><b>Persons with disabilities and DPO's</b></p>	<ul style="list-style-type: none"> <li>• Ensure that they receive the services they require in a way that facilitates their full and equal inclusion and integration into society.</li> <li>• Understand the full social and economic rights that they must be accorded and ensure that these are provided.</li> <li>• Partner with the FRF's PPs to identify their needs and challenges.</li> <li>• Assist the FRF's PPs with conceptualising; planning and developing appropriate solutions to the identified needs and challenges.</li> <li>• Organise and/or participate in public awareness and communication activities.</li> <li>• Advocate for changes that will enhance social functioning and inclusion of persons with disabilities.</li> <li>• Participate in assessing the quality, relevance and impact of these services on improving the quality of the lives of persons with disabilities.</li> <li>• Assist each other to understand their rights and to advocate and lobby for the provision of these rights.</li> </ul>	
<p><b>FRF's PPs</b></p>	<ul style="list-style-type: none"> <li>• Ensure that persons with disabilities are included in all programmes as implementers and beneficiaries.</li> </ul>	



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Inform and advise persons with disabilities and their families of the programmes that they implement, and encourage their participation in them.
- Promote inclusion and integration of persons with disabilities into the community.
- Work closely with all other role-players from all sectors of society.
- Develop and implement public awareness and promote communication activities.
- Ensure ongoing improvement of their knowledge and understanding of the evolving disability issues.
- Ensure inclusion of persons with all types of disabilities.
- Develop and implement organisational and programme level disability mainstreaming strategies and plans.
- Monitor, evaluate and report on disability mainstreaming within the organisation and in programmes.
- Develop and implement any policies and guidelines required for successful disability mainstreaming.
- Ensure appropriate and adequate allocation of resources (human and financial) for disability mainstreaming.
- Ensure that effective disability mainstreaming knowledge management systems; particularly research, data

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

	collection and processing systems are established and maintained on a continuous basis.	
<b>Other role-players from other sectors of society</b>	<ul style="list-style-type: none"> <li>• Development and implementation of capacity building programmes.</li> <li>• Providing technical and theoretical knowledge and expertise to assist with implementation.</li> <li>• Providing support services where applicable.</li> </ul>	



## **RESOURCE 17**

### **List of Possible Disability Mainstreaming Partners**

The following list provides examples of partners/stakeholders that can be contacted for future collaboration:

<b>Type of stakeholder</b>	<b>Type of Support Offered</b>	<b>Organisation Name</b>	<b>Contact Details</b>
<b>NGO</b>	Strengthening policy making capacity of government, DPOs and others	Secretariat of the African Decade of Persons with Disabilities	Mr AK Dube (CEO) <a href="mailto:akdube@africandecade.co.za">akdube@africandecade.co.za</a> Mobile: 079 872 0325
<b>NGO</b>	Offers advice and assistance in addressing the needs of persons with disabilities	Association for and of Persons with Disabilities	Ms Ncediwe Ngwane Tel/fax: 047 535 0703/4 Email: <a href="mailto:ikrehab.admin@telkomsa.net">ikrehab.admin@telkomsa.net</a>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

<b>NGO</b>	Assistive devices for purchase - one stop (wheelchairs, walkers, adult nappies etc.)	Association for persons with disabilities	Tel: 051 448 4211 Email: danie@apdfreestate.co.za
<b>Government Department</b>	Provision of assistive Devices, Physiotherapists, Psychologists, occupational therapists etc.	Department of Health	<u>Tel:012 395 8000</u> <u>http://www.health.gov.za</u>
<b>Government Department</b>	Provision of security, welfare & community development services  Provision of legislation & policy guidelines on disability	Department of Social Development	Tel: 012 312 7500 <u>http://www.dsd.gov.za</u>
<b>DPOs</b>	Represents the interests of persons with disabilities  Advocacy and lobby for the rights of persons with disabilities  Provide information and services to their members	Different types of DPOs ranging from impairment specific to cross disability. E.g. DeafSA	Mr Brono Druchen DeafSA national Director Tel: 011 482 1610(national office)

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

<b>Disability Service Providers</b>	Some provide specialised services: e.g. rehabilitation services, fitting prosthetics etc.	NGOs, CBO, Faith Based Organisations, Private companies which services for persons with disabilities	
	Inclusive services: e.g. Livelihood, health services that are accessible to persons with disabilities  Research, advocacy etc.	The organisations are not necessarily created and led by persons with disabilities	
<b>International Organisations &amp; donors</b>	Provide data and general guidance  May also grant funds  Promote disability inclusive development	World Health Organisation (WHO) World Bank, Dfid, UNDP, UNAIDS, Finnish Cooperation etc.	WHO, Tel: 012 305 7709 (SA)  Email: <a href="mailto:afwcozawr@who.int">afwcozawr@who.int</a>  <a href="http://www.who.int/countries/zaf/en">www.who.int/countries/zaf/en</a>

**For more national and provincial organisations, peruse the following:**

- a directory of organisations and resources for persons with disabilities: [http://www.unisa.ac.za/contents/management/arcswid/docs/Disability\\_directory\\_allsorts09.pdf](http://www.unisa.ac.za/contents/management/arcswid/docs/Disability_directory_allsorts09.pdf)
- Sign language interpreters: [http:// www.saslinc.co.za](http://www.saslinc.co.za)
- Braille Services: <http://www.blindsa.org.za>
- SA Federation for Mental Health: <http://www.safmh.org.za>

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Autism South Africa: <http://www.autismsouthafrica.org>
- QuadPara Association of South Africa: <http://www.qasa.co.za>
- Epilepsy South Africa: <http://epilepsy.org.za>
- Deaf South Africa: <http://deafsa.org.za>



## RESOURCE 18

### List of Activities to Start Mainstreaming Disability in Programmes and Projects



- Identify and develop a database of the number of persons with disabilities and the type of disabilities that they have within the community who could directly or indirectly benefit from your community programmes and projects.
- Have continuous sensitisation sessions with communities about the value of inclusion of persons with disabilities in community programmes/projects.
- Raise awareness in the community of the opportunities available for persons with disabilities and the investment required to include them in community programmes.
- Organise consultation session with persons with disabilities, Disabled People's Organisations (DPOs) and other disability experts on including persons with disabilities in community programmes; and talk to community members on disability.
- Identify and list accessible venues that available in the local communities.

**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Ensure that planned project consultations/report backs and general engagements with the community/beneficiaries are accessible to persons with disabilities.
- Review current programme strategy and where necessary revise the plan to ensure that it addresses issues of disability.
- Integrate a disability perspective into all phases of community programmes and projects. That is from conceptualisation, to planning, implementation, monitoring and evaluation of programmes.
- Design and implement policies and programmes that have explicit disability equality objectives.
- Promote the rights of persons with disabilities as a cross-cutting theme in all programmes/projects and activities.
- Ensure that disability concerns and needs are appropriately considered, i.e. ensure the project document clearly states where and how disability will be included and addressed. For example, alternative agricultural processes that can accommodate persons with mobility impairments.
- Develop approaches to capture shared learning and good practice on inclusion of persons with disabilities, and mainstreaming disability in community programmes.
- Train trainers/support staff on how to train or support persons with disabilities.
- Train persons with disabilities to have the confidence to participate in community programmes and to play meaningful roles. They should be encouraged to make a contribution in their communities.
- Provide for any additional resources that may be required e.g. project documents to be printed in braille for persons with sight impairments.
- Recruit/train at least one project team member in sign language.
- Include a chapter on disability in the existing training manuals/modules.
- Strengthen political will and build commitment to mainstreaming, amongst all stakeholders and especially community members/beneficiaries.
- Provide assistive devices for persons with disabilities to be able to work in their gardens.



**FIRSTRAND FOUNDATION  
DISABILITY MAINSTREAMING RESOURCE KIT**

- Both persons with disabilities and able-bodied persons are to be provided with sufficient protective clothes and other apparatus – hard hats, steel-capped shoes, etc. to prevent personal injury.
- Provide or facilitate provision of accessible, reliable and affordable transport that can be used by persons with disabilities and able bodied persons on the programme as and when necessary. This will ensure improved access and better participation in project activities and demands. E.g. being able to attend training sessions and events.