

WOMEN AND YOUNG PEOPLE WITH DISABILITIES IN TANZANIA

A PLAN FOR RIGHTS TO DO WITH HEALTH, BODIES, RELATIONSHIPS, HAVING CHILDREN AND BEING SAFE



Easy
Read



This Easy Read publication has been prepared by several Non Governmental Organizations in Tanzania in collaboration with the following individuals.

Translation & Adaptation

Winner Chimba

Elisonguo Mmanyi

Illustration

Godwin Jocktan Chipenya

Design & Layout

Halifa Halifa

All rights reserved

1. About this plan



This plan is about the rights of people with disabilities in Tanzania.

In this plan we talk about women with disabilities and young people with disabilities.



It is about the rights that have to do with their health, bodies, and relationships and being safe from being treated badly by others.



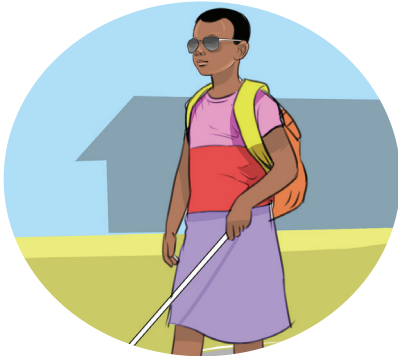
Rights are things that should happen for everyone. For example, everyone has the right to be safe and healthy.

In this plan we talk about the things we can do to protect women and young people with disabilities.



People with disabilities and many other people made this plan.

2. People with disabilities



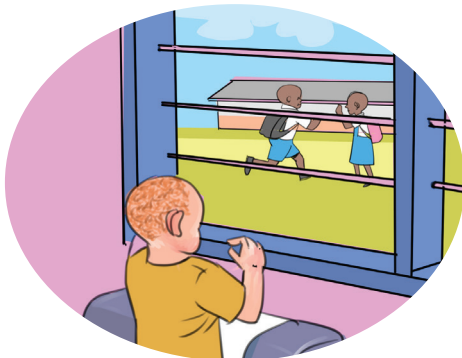
People with disabilities live everywhere in the world.

People with disabilities everywhere and in Tanzania are often left out.



Some people lock people with disabilities inside and do not allow them to play, go to school or work.

Then they can become poor, and can have very hard lives.



Some people do not treat people with disabilities well and do not invite them to play with them.

It can be hard for people with disabilities to find people they can talk to and tell their secrets to.

3. The rights to do with health, bodies, relationships, and having children



People with disabilities can have relationships, and have children if they want to.

People with disabilities have the right to understand how their bodies are changing when they grow up and how their bodies work.



Just like everyone else, they sometimes need to go to see a nurse or a doctor.

The health care help people to give birth and to have safe relationships.



People with disabilities have a right to get this healthcare like everyone else. But they face a lot of challenges when they go to the hospitals.

Blind people cannot read all the hospital signs.



Deaf people find it hard to understand what the doctors or nurses are saying.

Sometimes it is even hard to travel to see the doctor or get inside the building.

4. Being safe from being treated badly by others



Sometimes people can be treated badly just because of they are a man or a woman. This is called gender-based violence.

Sometimes family members and close people can do bad things to people with disabilities.



They can be forced to have sex against their will.

People may refuse to take women and young people to the hospital or hide their medications. Sometimes they take away some equipment they need to move around.



Many people think it is okay to treat people with disabilities badly and bully them.

People with disabilities are sometimes afraid to report family members who treat them badly because other people may think they are not thankful for their help.

5. Important documents about the rights of people with disabilities



There is an important document about the rights of people with disabilities. It is called the Convention on the Rights of Persons with Disabilities.

Tanzania has promised to do what the document says.



This document explains that people with disabilities should be treated with love and respect all over the world.

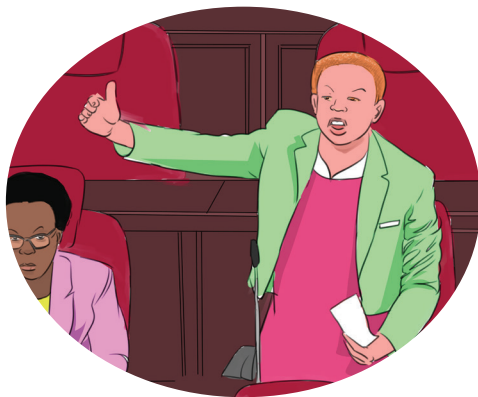


In Tanzania there are laws that can punish people who hurt people with disabilities.



People with disabilities can report to the police or to the leaders when they are treated badly, hurt or feel unsafe.

6. What we should do next?



Work with people with disabilities to make laws and plans about health care.

Make sure that plans, projects and rules work well for people with disabilities and are what they want and need.



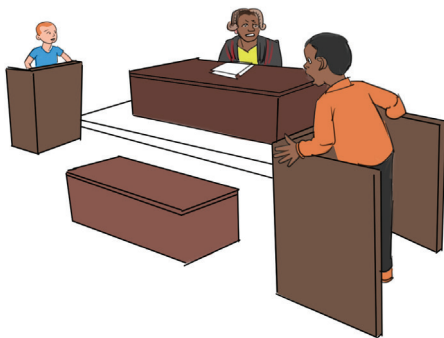
Make sure that people with disabilities get the right health care that is easy for people with disabilities to use.

Make sure people with disabilities get information they can understand about their health bodies, relationships and having children.



Make sure people who live in the countryside learn about this as well.

There needs to be a plan to make sure that people with disabilities living away from home are protected from bad treatment.



We can make everyone know that they will be punished for hurting women and young people with disabilities.



Doctors and nurses need to learn how to make health services work well for people with disabilities.



Doctors and nurses can ask people with disabilities if they are being treated badly or bullied in their homes.



We need to know more about lives of people with disabilities so that they can be treated better. Government needs to include people with disabilities when they collect information.



Everyone should talk about people with disabilities in a nice way in the places where people pray, in schools, hospitals, workplaces and at home.



We can make sure people know about people with disabilities and their rights to do with their bodies, health, relationships and having children.



The people working in TV, radio and newspapers need to learn about disability.



People working in TV, radio and newspapers need to make sure people with disabilities get the same information as others.



Together we can make sure there is enough money, and people who understand about disability to make this plan happen.



Felm 1859

