



BIG ISSUES IN OUR LIVES

What Needs to Change

What **Healthcare** looks like for People with Intellectual Disabilities

Our Experience with Healthcare

Healthcare is the services and support we get to keep our bodies and minds healthy. People with intellectual disabilities face barriers to getting good health care.

Lots of healthcare providers don't understand about intellectual disability. They don't know how to communicate with us. This means that we are not listened to properly, and we don't get to make decisions about our health.

"Professionals in the health sector try to avoid people with disabilities...people are afraid to be judged, people think that they will be mistreated when they go to hospitals for treatment."

SELF-ADVOCATE,
BENIN



Article 25 of the CRPD explains our right to good health care.

Our Rights

- It explains that governments should make sure that we can get healthcare in our community.
- It also says that we have the right to make decisions about our health.

Big Problems We Face

Getting Good Healthcare

- Healthcare workers don't know about intellectual disability
- We face discrimination, like when doctors won't talk to us
- We don't get support to pay for healthcare, like health insurance
- We don't get good support about mental health

Making Decisions

- Healthcare workers often talk to our families instead of us
- We aren't allowed to make decisions about whether we want to have children
- We live in institutions where we aren't allowed to make decisions

"They don't know what intellectual disability is and they don't know how to deal with people with intellectual disability. So when we try to get assistance, they don't understand us or they give the wrong treatment."

SELF-ADVOCATE, MALAWI



Inclusive Healthcare Looks Like...

- We are respected and don't face discrimination
- We get support to understand our health
- We make our own decisions about our health
- Healthcare workers respect our privacy

"When you go to the doctor you don't understand what the doctor is saying, so you need them to speak slowly and easy to understand."

SELF-ADVOCATE, ROMANIA



What Needs To Change

What Healthcare Services Can Do

- Make Services Accessible
 - Make buildings and facilities accessible
 - Give people accessible information and time to understand health information
 - Allow patients to bring a support person
 - Provide inclusive mental health services
- Challenge Discrimination
 - Train healthcare workers about intellectual disability and communication
 - Respect people's privacy and right to make decisions
 - Talk to us about our health, not to just to our families or supporters

What Governments Can Do

- Make Better Laws
 - Make laws that challenge discrimination in healthcare
 - Make laws that mean health information must be provided in an easy to understand way
- Fund Inclusive Healthcare
 - Make health insurance accessible and affordable



"Healthcare services should be accessible. There should be ramps so people can access the facility, and also the doctors or the clinical officers should not have negative attitudes towards intellectual disabilities."

SELF-ADVOCATE, KENYA



Resources from our network

➔ [A Global Agenda for inclusive recovery - Chapter on health](#)

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“Once when I went to the doctor... the doctor was always speaking directly to my father. So if there’s a support person the doctor speaks directly to the support person and this is a problem. They must speak to the patient, in this case to me.”

SELF-ADVOCATE, COLOMBIA



OUR BIG MESSAGE ABOUT HEALTHCARE

People with intellectual disabilities around the world want quality health services, where all information is in formats we can understand and we can make our own healthcare decisions.

Healthcare professionals should be trained and discriminatory attitudes should be addressed.