Care and support for children with disabilities and their families



Easy Read

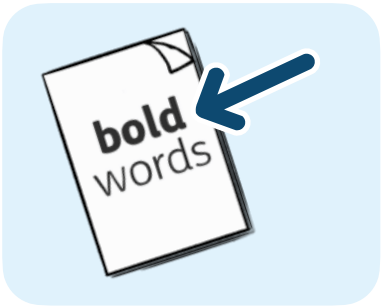
Easy Read



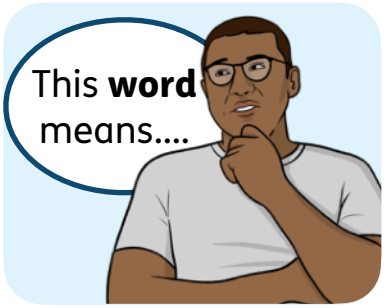
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

About this report....4

Family caregivers....5

Rights....6

What life is like for children with disabilities and their families....8

What countries are doing well....21

What countries should do....23

About this report



The **United Nations** is an organisation made up of many countries from all over the world. It works to make the world a safer and better place.

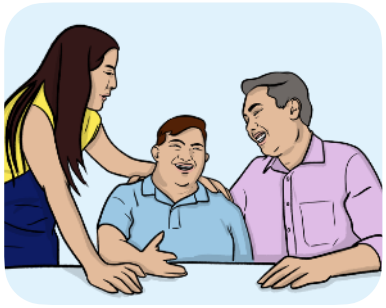
We call it the **UN** for short.



This booklet is an Easy Read copy of a report from Heba Hagrass. She is the **Special Rapporteur** on the rights of persons with disabilities.



This means that she writes reports for the UN about people with disabilities.

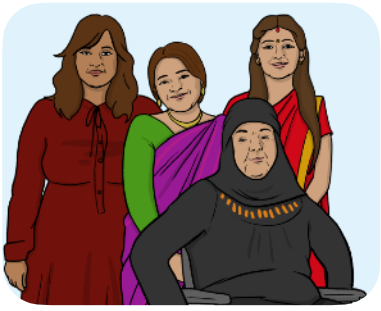


This report is about care and support for children with disabilities and their families.

Family caregivers



Caregivers are people who help care for children with disabilities.



Most caregivers are women, and often mothers.



This is because some people still think that looking after children is mainly a woman's job.



Men do not look after children as much because they think they have to do other things, like work.



This is even more of a problem in families with children with disabilities.

Rights



Rights are the things that every person should have or be able to do, by law. Like the right to go to school.



Children with disabilities have the same rights as other children.

This includes the right to grow up in a family.



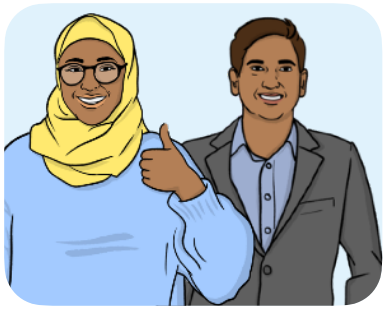
Children with disabilities are often kept away from their families in special homes.

But this is against their rights.



Countries should give children with disabilities and their families extra support.

This helps them to stay with their family and take part like everybody else.



Their families also have the right to work and live a good life.



This means that their homes can be happy places for children with disabilities to grow up in.

Countries should support them to do this.

What life is like for children with disabilities and their families



Some people treat children with disabilities and their families badly.

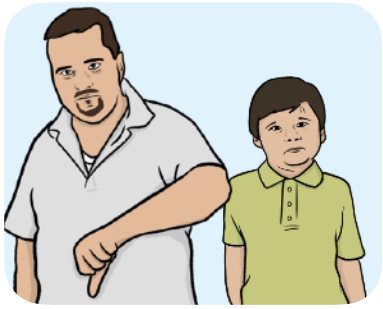


Mothers often feel bad for having a child with disabilities.



Sometimes, people blame mothers for causing their child's disabilities.

This can make mothers feel guilty.



Often, fathers leave their families if they have a child with a disability.



People can be very mean to children with disabilities.



Families might stop going out to stay away from people calling them names.



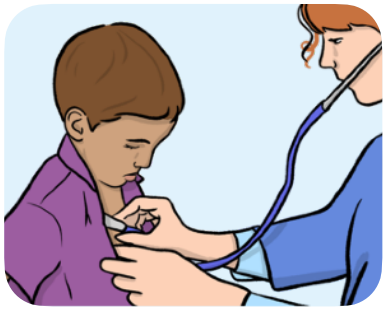
Some doctors tell parents to put their children with disabilities in a special home.



This is because they think the parents cannot take care of them.

This is not true.

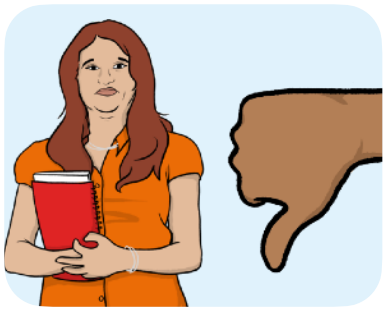
Schools and services



Children with disabilities need services to help with their health.



They also need to go to schools where they can take part with everyone else.



But some of these schools and services are not good enough.



They might:

- Cost too much money.



- Be too far away.



The services that help children when they are young and going to school are very important.



These services help children with disabilities become adults who can live independently.

They also help caregivers to have time to:



- Go to work.



- Look after themselves.



- See friends.



But these services are not good everywhere.



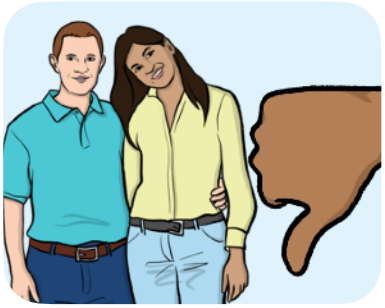
Even if the rules say that children with disabilities should go to school, they might not be able to.



This is because schools do not always have enough room, staff or equipment to help them.



Many children with disabilities go to schools that are only for children with disabilities. But this is not good.



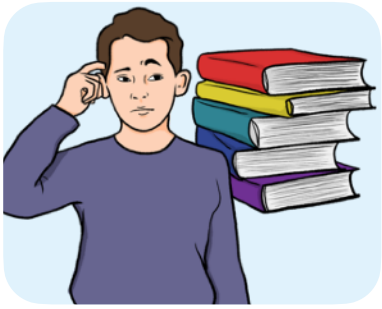
Sometimes these schools are far away, and the children are kept from their families.



Some caregivers decide to teach the children at home.



But this can mean that the mothers have to do more work.



It can also mean that the children do not learn all of the skills and information they need. They are also kept away from other children.

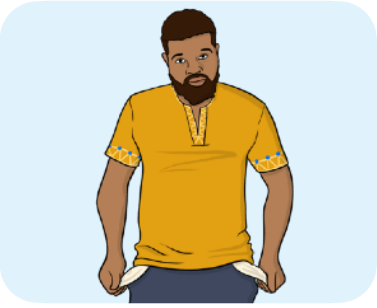


There is not enough help for children with disabilities who are leaving school and becoming adults.



This means that they find it hard to get a job.

Money



Families with children with disabilities often have less money than other families.

This is because parents:



- Need to spend extra money on services and equipment that their child needs.



- Cannot work as much.



In many countries, the government gives families money to help pay for things.



But this is often not enough.



Women are less likely than men to have enough money.



They are more likely to be a caregiver for a child with disability.



They are often in jobs that do not pay a lot, or cannot work as much as they want.

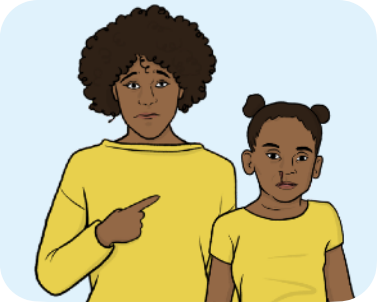


This can make it hard for them to save money for when they are older.

Getting help and support



Families have to spend a lot of time speaking up and getting help and services for their children.



It is usually mothers who do this.



It can be hard to understand the **procedures** for getting support for children with disabilities.

A **procedure** is a way of doing things.



So their families have to do a lot of work to make sure that children with disabilities get the help they need.

Mothers often must:



- Explain their child's needs to others.



- Find out what services they can get.



- Arrange appointments.



- Disagree with decisions about their child, like choices about which medicine to give them.



This work is very stressful and tiring.

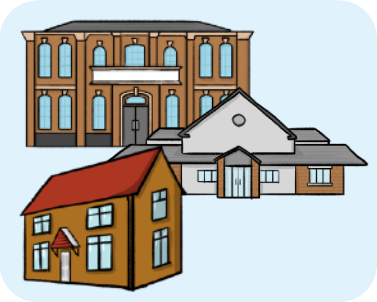
Being hurt by others



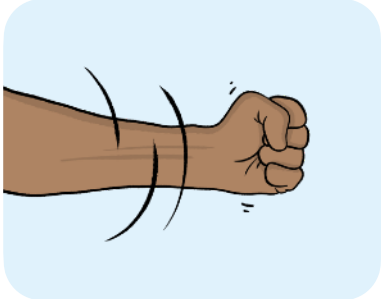
Many children with disabilities are hurt by others.



This happens to nearly 1 in 3 children with disabilities.



This can happen in different places like care homes, at home, at school, and online.



Some parents who are stressed and do not get enough help may do bad things to their children.



They may say they are doing it to teach or care for the child.



Parents, especially mothers, are often treated badly and hurt by others.



They can also be hurt by their children, who might find it hard to control how they feel.

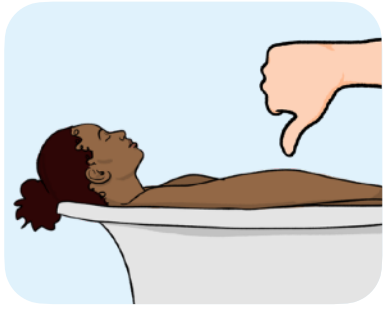
Health



Being a caregiver can make people feel very stressed, worried, and tired.



Being stressed and tired can make caregivers ill.



This is because they do not have enough time to look after themselves.



It can also be hard for caregivers to lift and move the child as they become older.



Some caregivers feel bad or feel like life is not worth living.

What countries are doing well



It is important to learn more about the lives of children with disabilities and their families.



Some countries have started listening to children with disabilities and their families.



These countries have learned more about what families need.



Some countries are writing plans to make their care and support systems better.



They want their care and support systems to be easier to use.

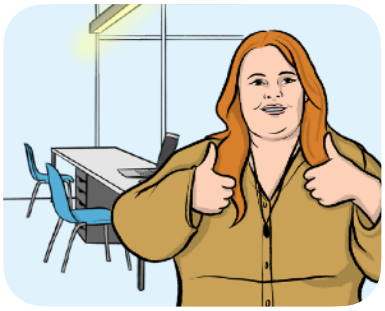
Some countries are helping children with disabilities and their families by:



- Giving them extra money to help pay for the equipment and services they need.



- Giving them money to help pay for other things that they need, like bus or train tickets.



- Giving parents time off work to look after their child, without losing out on money.



- Giving families money to help pay for respite services.

  These are services that give caregivers a break from caring for their child.



In some countries, groups help parents with staying healthy, learning to look after their child and talking to the government.

What countries should do



We have some ideas for what countries should do to make sure that:

- The rights of children with disabilities are respected.



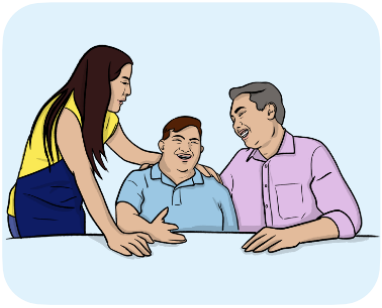
- Caregivers get the support they need.

Laws

Countries should:



- Write laws to make sure that children with disabilities can get the support services they need.



- Make sure that children with disabilities can live at home with their families.



- Listen to children with disabilities and their families when they write new laws.



- Find out what children with disabilities and their families need.

Countries should:



- Help people to understand how to talk to and include children with disabilities.



- Write laws to make sure that caregivers are not treated badly.

Treating caregivers fairly

Countries should:



- Write rules to help men do more as caregivers.



- Give caregivers money, and help them at work.

Countries should:



- Spend money on respite services.

Services and support

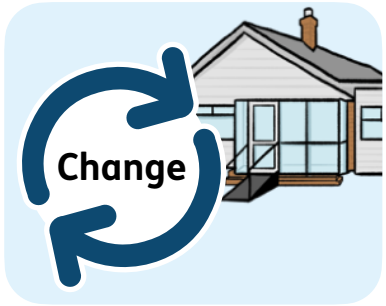
Countries should:



- Make it easier for children and caregivers to use services and get support.



- Look at whether families get enough money to pay for the extra costs of equipment and services for children with disabilities.



- Help people get equipment and make changes to their homes so that they can live independently.

Support for children

Countries should:



- Make sure that pregnant people and new parents can get the health care they need.



- Train doctors and nurses about the rights of children with disabilities and their families.



- Teach families about the rights of children with disabilities.

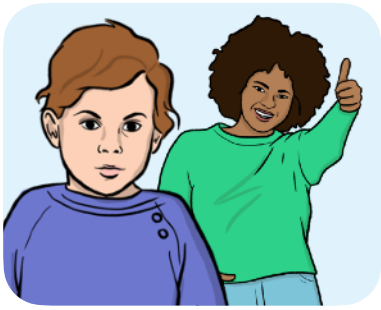


- Help families understand the support they can get.

Countries should:



- Make sure that families can find out if a child has a disability when they are young.



They should offer them the right support as early as possible.



- Spend more money so that all children can go to good schools.

  This should start with pre-school.



- Say that all children should have the right to go to schools that include everyone.



- Make sure that after-school clubs and summer camps are good for children with disabilities.

Countries should:



- Support organizations of people with disabilities and their families to help each other.



- Give different types of support, like personal assistants, to children with disabilities based on what they need.



- Make sure that children with disabilities can get the same support as they grow up.



When they become adults, they should get help to live independently.

This Easy Read booklet was produced by easy-read-online.co.uk
The booklet includes images licensed from Photosymbols & Shutterstock.