



## दिव्यांगजनों के लिए स्वास्थ्य संवर्धन

### HEALTH PROMOTION FOR PERSONS WITH DISABILITIES

“Disability is a mental or physical impairment which has a substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities.”

People with disabilities have additional health problems. Health Promotion can lead to live a dignified and respectful life.

RECOGNIZE THE ABILITY NOT THE DISABILITY

**Healthy  
and  
Active  
Life**

**Healthy  
Public  
Policy**

**Supportive  
Environment**

**Develop  
Personal  
Skills**

**Community  
Action**

**Reorient  
Health  
Services**

**Removal of personal and  
Environmental Barriers to Health  
Promotion for Persons with  
Disabilities**

Opportunity in  
*Paralympic*  
Games



TYPE OF DISABILITY ELIGIBLE TO  
AVAIL GOVERNMENT SCHEME

1. Blindness
2. Low-vision
3. Leprosy Cured persons
4. Hearing Impairment  
(deaf and hard of hearing)



5. Locomotor Disability
6. Dwarfism
7. Intellectual Disability
8. Mental Illness
9. Autism Spectrum Disorder



10. Cerebral Palsy
11. Muscular Dystrophy
12. Chronic Neurological conditions
13. Thalassemia
14. Multiple Sclerosis



15. Speech and Language disability
16. Hemophilia
17. Specific Learning Disabilities



18. Sickle Cell disease
19. Multiple Disabilities
20. Acid Attack victim
21. Parkinson's disease



Government Facilities for Persons with Disabilities

## UNIQUE DISABILITY ID (UDID)

Details required to apply UDID

- ▶ Personal Details including Address
- ▶ Disability Details
- ▶ Employment Details
- ▶ Identity Details

For more information  
Please Scan



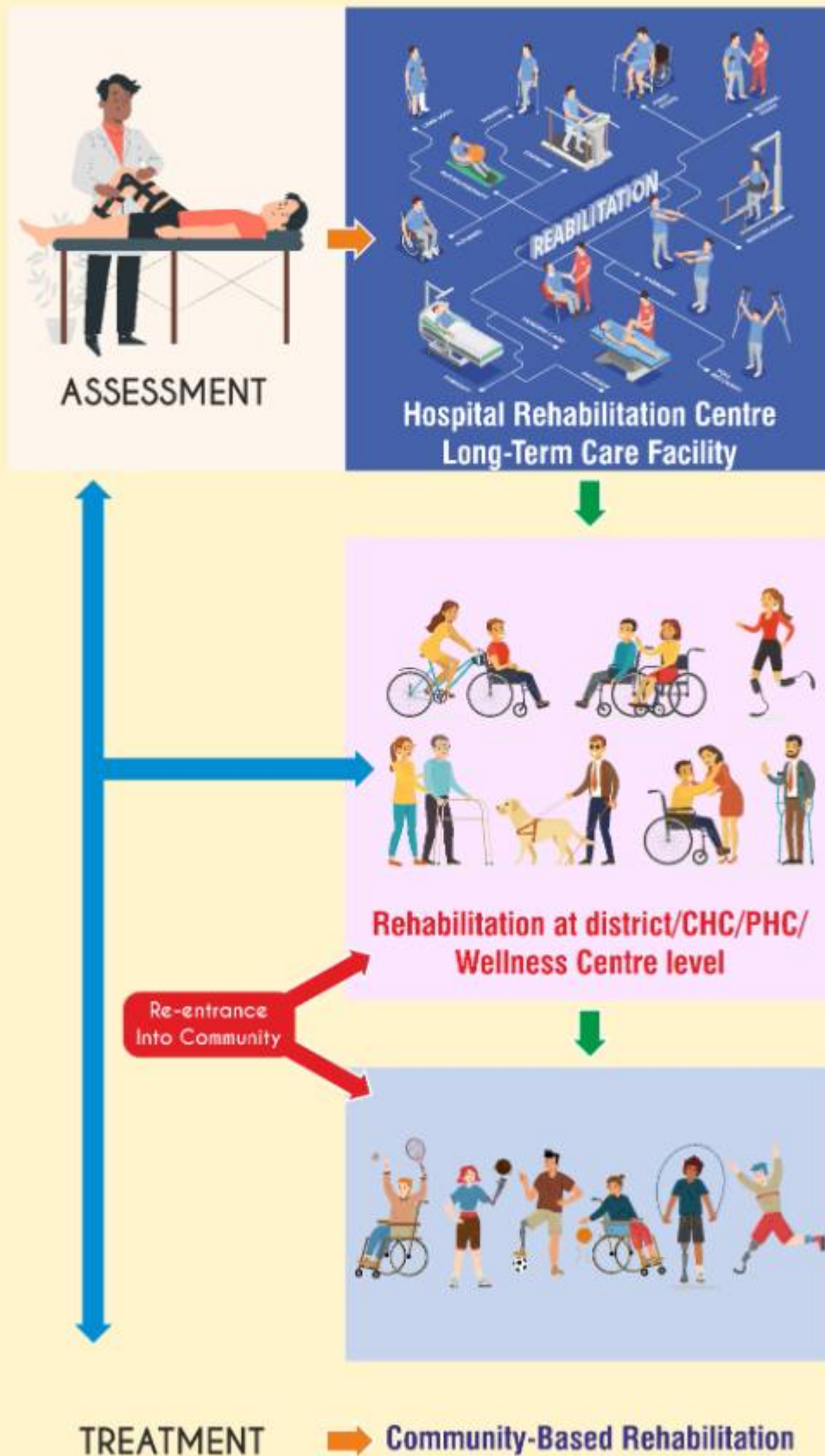
## SCHEME

Deendayal Divyangjan Rehabilitation Scheme  
(Revised Guidelines w.e.f. 1<sup>st</sup> April, 2023)



Scheme of Assistance to Disabled persons for purchase/Fitting of Aids and Appliances(ADIP Scheme)

Conceptual Model of Health Promotion for People With Disabilities



## HEALTHY PUBLIC POLICIES

PERSONS WITH DISABILITIES CAN LEAD A NORMAL LIFE LIKE OTHERS AS PER THE PROVISION OF THE RIGHTS OF PERSONS WITH DISABILITIES (RPWD) ACT 2016.

### RIGHTS AND ENTITLEMENTS

Equality and non-discrimination

Protection from cruelty and inhuman treatment

Protection from abuse, violence and exploitation

Reproductive rights

Access to justice

Right to Education

Right to Employment

*Better health for all people with disabilities*



ASSISTIVE DEVICES TO PROMOTE HEALTHY AND PRODUCTIVE LIFE

(Refer to National List of Essential Assistive Products (NLEAP) by ICMR)

**Mobility assistive products**

- I. Portable ramp
- ii. Suitable shoes
- iii. Therapeutic footwear
- iv. Wheelchairs
- vi. Walking Aids
- v. Posterior walking frame
- vii. Standing frames and lying support



**Vision assistive products**

- i. Reading glasses
- ii. Prescription glasses
- iii. Magnifying glasses
- iv. Telescopes



**Self care assistive products**

- I. Shower chair
- ii. Modified cups for drinking
- iii. Toilet chair
- iv. Dressing aid
- v. Modified cutlery and plates for eating
- vi. Catheters
- vii. Pressure relief cushion and mattress



**DEVELOP PERSONAL SKILLS:  
DISABILITY IS NOT A BARRIER**

## Personal Hygiene

- Bathing, brushing your teeth daily
- Menstrual health & hygiene practices



## Exercise & Physical Fitness



- Lowers your risk of diabetes, heart disease, and obesity
- Improves physical strength
  - Yoga and meditation
- Builds confidence and improves body image

## Home Management

- Basic household work
- Money management skills
- Emergency preparedness and basic first aid



## Nutrition

- Meal planning/ preparation and cooking
- Maintain a healthy weight
  - Eat balanced diet



## SUPPORTIVE ENVIRONMENT FOR PERSONS WITH DISABILITIES

### BASIC NECESSITIES

- Adapting toilets, changing room
- Building ramps
- Auditory provision in lifts
- Vehicles & waiting rooms



### HOME

- Easily accessible building entrances & exits
- Doors that wheelchair-bound individuals can use effectively
- Light switches, electrical outlets at places that are easily reachable



### FORMAL & VOCATIONAL EDUCATION

- Integrated Education for the Disabled children
- Special schools
- Special Accredited Institutions for Education of the Disadvantaged



### WORK & PUBLIC PLACE



- Installing auditory feedback in traffic signals
- Making necessary curb cuts and slopes in pavements
- Engraving the surface of zebra crossings
- Engraving the edges of railway platforms
- Emergency Exits
- Dedicated washroom/parking places
- Separate space for wheelchairs and other walking aids
- Sound and light signals provision at traffic light.



# YOUTH AS ROLE MODEL

FOR PERSON WITH DISABILITY

Spend time with person with disability regularly and make them feel valued

Positive mindset towards person with disability

SUPPORTIVE HEALTH BEHAVIOR

Helping person with disability in all places

Invite, engage & involve person with disability in public social events.

## YOUTH AS

Motivator

Volunteer

Champion





# Central Health Education Bureau

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
B, Kote Road, New Delhi-110002



## एक कदम - स्वास्थ्य संवर्धन की ओर

One Step Towards **Health Promotion**

**Central Health Education Bureau (CHEB)** an apex body for Health Promotion and Health Education, was set up in 1956 as a part of Directorate General of Health Services (Dte.GHS), Ministry of Health and Family Welfare (MoH&FW)

### Mandate of CHEB



### Divisions and Objectives

#### Health Promotion and Education Division

- Render technical help in Health Promotion and Health Education.
- Collaborating with National & International agencies for Health Promotion and Health Education.

#### Training, Research & Evaluation Division

- To train health/allied professionals in the field of Health Promotion and Health Education.

#### Media and Editorial division

- Awareness generation / develop & disseminate Health Education, IEC material for various programs of the Ministry of Health and Family Welfare.

#### School Health Education division

- Help schools and teacher training institutes for Health Education of the school population.



## Central Health Education Bureau

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
5, Kotla Road, New Delhi-110002