

# A Health Handbook for **Women with Disabilities**

Jane Maxwell, Julia Watts Belser, and Darlena David



Berkeley, California, USA

Hesperian Foundation and the contributors to *A Health Handbook for Women with Disabilities* do not assume liability for the use of information it contains. If you are not sure what to do about a problem, get advice and help from people with more experience or from local medical or health authorities.

This book provides basic information to help women with disabilities stay healthy, and will also help those who assist women with disabilities to provide good care. You can help us improve this health guide. So, if you are a woman with a disability, a caregiver, or anyone with ideas or suggestions about how to improve this book and the health of women with disabilities, please write to us. We would like to hear about your experiences and practices.

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This book deals with practical advice on health care for women with disabilities. It has been developed in partnership with health care professionals and disabled women in over 42 countries. It covers the key issues of disability in the community; accessible health care; mental health; sexual health; family planning; and child birth. The book is written in a practical and accessible style, suitable for anyone with an interest in disability, social development and women's health issues. In particular, the book offers a valuable insight into 'real-life' personal experiences of dis... Women with disabilities often discover that the social stigma of disability and inadequate care are greater barriers to health than the disabilities themselves. A Health Handbook for Women with Disabilities will help women with disabilities overcome these barriers and improve their general health, self-esteem, and abilities to care for themselves and participate in their communities.Â and trainers working with disability groups will also find A Health Handbook for Women with Disabilities an essential resource. Depositfiles. Mirror. She worked as the Womens Health Editor at Hesperian Health Guides, and has supervised or contributed to several of its books, including Where There Is No Doctor, Where Women Have no Doctor, A Health Handbook for Women with Disabilities, and