



“Ensuring Inclusion for Persons with Intellectual Disabilities”



People with intellectual disability want the same things as everybody else, for example,



- They want to feel that they belong and have a purpose.



- They also want to make friends and have fun.



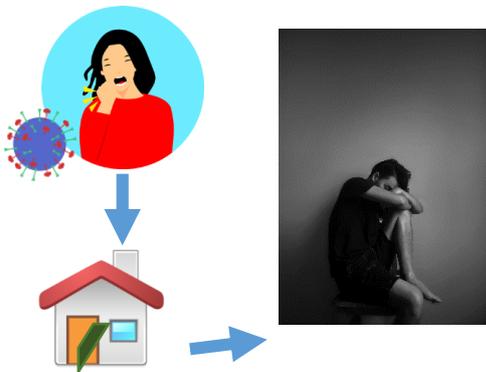
Many people with intellectual disability are bullied and are not respected or treated fairly.



March is Intellectual Disability Awareness Month. This month gives people with intellectual disability a chance to let us hear what they have to say.



One of the important things that people with intellectual disability want to say is that they want to be included in their communities.



They especially want to feel included because they went through 2 years of COVID-19 lockdown which made them feel alone.

People with intellectual disability are not included in community life like:



- They cannot go to schools that their friends or family can go to.



- Public transport costs too much and is not easy to use.



- They cannot get jobs or the right support that they need in a job.



To check if someone has intellectual disability, the doctor does a check to see how quickly they can learn new skills, solve problems and how they do every day skills like getting dressed or getting a job.



Some people with intellectual disability who have health problems, had to stay at home a long time to keep safe and not get COVID-19.



This meant that they could not see other people which could have made them feel lonely and sad.



This is why Intellectual Disability Awareness Month this year is focused on making sure that persons with intellectual disability are included.



The idea to focus on inclusion was chosen by the South African Federation for Mental Health. They worked together with Cape Mental Health.



The idea of inclusion was chosen because people with intellectual disability should be included in community life, education, employment and access to resources.



The idea of inclusion also lets us see why people are excluded. People are excluded because other people have bad attitudes towards people who are different to them.



Doctor Ingrid Daniels is the boss at Cape Mental Health. She said this,



- Intellectual Disability Awareness Month helps us to remember that people with intellectual disability have feelings which can be hurt when they are left out, laughed at, or forgotten.



- We need to focus on changing what society thinks and how they act towards people with intellectual disability.

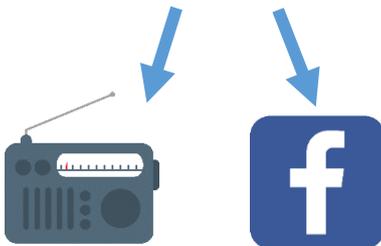


- Society needs to accept people with intellectual disability and to take away the things that stop them from being a part of their communities.

- We need to focus on the abilities of people with intellectual disability.



Cape Mental Health
all about ability



In March, Cape Mental Health will send messages about the rights and abilities of people with intellectual disability in different ways, like on the radio or Facebook.



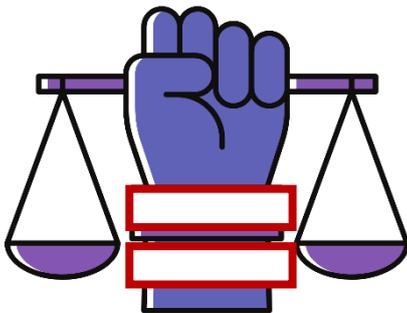
The Trolley Race will take place in March at the Training Workshops Unlimited Programme of Cape Mental Health in Athlone.



The trolley race is a fun community event that includes people with intellectual disability and shows everyone their abilities.



The trolley race also helps to raise money for Training Workshops Unlimited.



Cape Mental Health will also ask the government to make sure that people with intellectual disability get the things they need so that they can have the same rights as everyone else.

Some examples of what they need are,



- More special education schools for children with special learning needs.



- Public transport that people with intellectual disability can use on their own so they can get to where they need to go.



- Access to information that is written in Easy-to-Read so that people with intellectual disability can understand information that is important to them.



- More jobs for people with intellectual disability with the right support to keep the job and do it well.



People with intellectual disability also deserve to live happy lives with purpose.



Cape Mental Health thinks people with intellectual disability should be included by all people in the community in education, finding jobs and care for mental health.



For more information, please visit our website, <https://capementalhealth.co.za/>



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