



Inclusive Futures
Promoting disability inclusion



**Easy
Read**

How organisations can help stop disability stigma

Disability stigma is when people have wrong and unfair beliefs about people with disabilities.



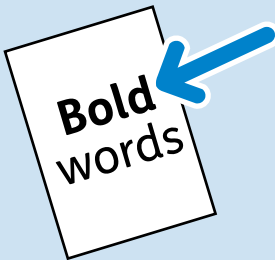
Easy Read



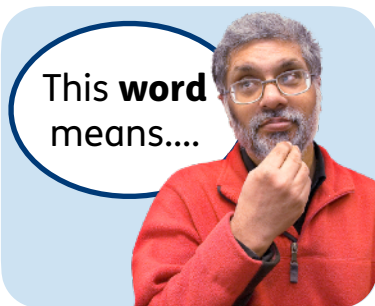
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



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.

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You can fill in a quick survey to say what you think about this Easy Read booklet:
info.easy-read-online.co.uk/easy-read-feedback-survey

About this booklet



This booklet is from Inclusive Futures. We work to make the world fairer for people with disabilities.



We have looked into how to help disabled people face less **disability stigma**.

Disability stigma is when people have wrong and unfair beliefs about people with disabilities.



Stigma can make it harder for people with disabilities to be included in **international development**.

International development is work that makes life better for people around the world.



We used what we learned to write 4 lessons about how organisations can help people with disabilities face less stigma through international development work.

Our 4 lessons

Lesson 1: Understand stigma



Lesson 1 is to understand how stigma stops people with disabilities from being included.



Organisations should work with people with disabilities to help understand this.

Organisations should also work with people with disabilities to help understand:



- How stigma affects different people in different ways.



- Why we need to stop disability stigma.

Lesson 2: Choose who to speak with



Lesson 2 is to choose who to work with on stigma.



Organisations should think about who faces stigma and who can help stop stigma.

This should include groups like:



- People with disabilities.



- Caregivers and other people in the community.



- People who have the power to make a difference, like leaders.

Lesson 3: Focus project activities on stopping stigma



Lesson 3 is to focus project activities on stopping stigma when you do work that includes people with disabilities.



The information you share should be interesting and helpful to the people organisations speak to.

Organisations should do work on stigma that:



- Supports people with disabilities and their families.



- Deals with people who have power and make stigma worse.



- Helps communities talk about stigma.

Lesson 4: Work with OPDs



OPD stands for **organisations of persons with disabilities**.

OPDs have staff and members who are people with disabilities. They help stand up for what people with different disabilities need and want.



Lesson 4 is to work with OPDs to help stop stigma against people with disabilities.

When organisations work with OPDs, they should:



- Try to include everyone so they can join in.



- Help OPDs get stronger and listen to their feedback.



This will help organisations understand the problems people with disabilities face and how to deal with them.

Find out more



You can find out more about stigma by visiting our website here:

inclusivefutures.org/tackling-disability-stigma

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