

Inclusive Health Services for People with Disabilities

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Psychiatrist at UGM Academic Hospital, dr. Tika Prasetiawati, Sp. KJ, revealed that health service facilities such as hospitals and health centers must be able to provide inclusive services for people with disabilities.

For example, by building physical facilities such as ramps to facilitate access for people with physical disabilities or providing sign language interpreters for deaf patients.

"Apart from the difficulty of access, there are also difficulties in communication on how they can convey complaints of pain to the doctors," said Tika. She talked about psychosocial and mental health support for people with disabilities in the Bincang Sehat program in celebration of International Day of Persons with Disabilities aired on the Tribun Jogja Youtube channel, Thursday (3/12).

Tika explained that disability itself consists of several types, namely physical disabilities such as the limitations to walk so the use of a cane or wheelchair is needed, intellectual disabilities related to neurodevelopmental disorders, for example, intellectual retardation, mental disabilities related to moderate and severe mental disorders, and sensory disabilities such as deafness or blindness.



Inclusiveness towards people with disabilities should not just be a jargon to be campaigned for, this must be manifested in the appropriate services and facilities, she added.

UGM Academic Hospital itself already has a number of physical facilities such as ramps for wheelchair users and accessible toilets.

It is also working on providing sign language interpreters for people with hearing disabilities.

"Inclusion is when people with disabilities get the same rights as those without disabilities in access and other rights that are adjusted to existing limitations," said Tika.

Furthermore, people with disabilities can experience mental health problems, especially if they receive stigma or negative comments from people around them.

Children with intellectual disabilities who have slow neurodevelopment, for example, sometimes receive stigma from society as stupid when they cannot grasp the information provided or are considered lazy because they cannot do a task.

In this case, parents and society should be supportive by accepting them and providing the necessary support so they can learn effectively, as well as conducting medical assessment for their condition.

"Everyone has strengths and weaknesses. These children may have limitations in one aspect, but in another, they have strong points that other people don't have," she explained.

Stigma against people with disabilities will lower their self-image and in turn, can cause anxiety and depression. If this emotion interferes with the quality of life and makes them unable to move or interact with other people, they can be categorized as having mental disorders.

"So, it becomes multiple disabilities, namely intellectual and mental disabilities that are related to their emotion," said Tika.

Author: Gloria

Translator: Salma

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