

Advancing Sexual and Reproductive Health & Rights of persons with Disability in Nepal 2019-2022

परिवार नियोजनको साधनको सहि प्रयोग सबै बर्ग, जाती र उमेर समूहको लागि उत्तीकै उपयोग हुन्छ ।



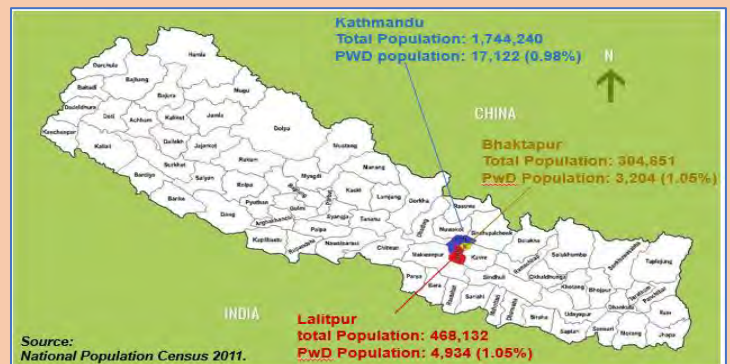
Persons with Disabilities; Sexuality and SRHR

Definition of Disability:

The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), defines Persons with Disabilities as “those who have long-term physical, mental, intellectual or sensory impairments, which in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others”. The Act Relating to the Rights of Persons with Disabilities, 2017 has also defined persons with disabilities on similar lines to that of Convention on the Rights of Persons with Disability (CRPD).

Background

Although an estimated 15 % of the world’s population live with a disability, many of the persons with disabilities (PWD) are marginalized and their human rights are violated. Furthermore, their sexual and reproductive health (SRH) needs or their sexual rights are not fully recognized and acknowledged: they have often been denied their right to establish relationships or to decide whether to have a family, and many have faced forced sterilizations, abortions or marriages. PWD face discrimination and barriers to information and services, and encounter stigma and stereotypes especially when it comes to their sexuality. Negative attitudes, ignorance and misconceptions of the societies, health-care service providers and even family members raise most of these barriers. Furthermore, PWD are more likely to experience gender-based violence, sexual abuse, and emotional abuse, and are more likely to be infected with HIV or other sexually transmitted infections (STI). Many issues regarding SRHR of PWD are equally burdening men and women, but there are many gender specific issues.¹ Taken into consideration that currently low access to SRHR in developing countries and consequent poor SRH outcomes represent one-third of the total global burden of disease for women aged 15-44 years, it is alarming that SRHR of PWD is globally neglected and underfinanced field.



Further, PWD are more likely to experience gender-based violence, sexual abuse, and emotional abuse, and are more likely to be infected with HIV or other sexually transmitted infections (STI). Many issues regarding SRHR of PWD are equally burdening men and women, but there are many gender specific issues.¹ Taken into consideration that currently low access to SRHR in developing countries and consequent poor SRH outcomes represent one-third of the total global burden of disease for women aged 15-44 years, it is alarming that SRHR of PWD is globally neglected and underfinanced field.

Overall goal of the project

Improve Sexual Reproductive Health and Rights (SRHR) of People with Disability (PWD).

¹ WHO (2009) Promoting sexual and reproductive health for persons with disabilities: WHO/UNFPA guidance note

Service Delivery: (Period 2019 and 2020)

345 outreach clinical session were organized through branch office-based Family Health Center (FHC), Bhaktapur & Lalitpur community clinic run by FPAN Valley Branch. 13,910 (6,585 in 2019 & 7325 in 2020) SRH services



was provided to 8,003 PWD people through outreach clinical session. Peer educators (PE) were also mobilized by the FPAN Valley branch under Peer Support program in close coordination with DPOs to sensitize, educate, identifying SRHR need of PWD community, generating demand and community support/contraception for sexual and reproductive health services. SRH counseling and Health Education provided by trained PWD PE to 3,912 PWD people till December 2020 through awareness raising program. FP Contraceptives (Condom 394, Pill 587, Injectable 337, IUCD 8, Implant 39, emergency Contraceptive 192, male VSC 12 and Female VSC 1) served through outreach clinical session and door to door visit by PEs. Sensitization program to PWD parents on SRHR of PWD was totally community-based program and purpose of this program is to change stereotypes and misconceptions and decrease the stigma around SRHR of PWD in the community.

Capacity building training and Orientation and meeting:

Two days capacity building training to FPAN service providers



4 days Life skill Based SRHR training to PWD Peer Educators

Two days training to member of Disabled' People organizations on PWD SRHR



One day Orientation To FPAN Staff Member on SRHR of PWD

Day sensitization program to MoHP (FWD, DHO & R/Municipalities to build capacity for the strengthen of PWD SRHR policies.



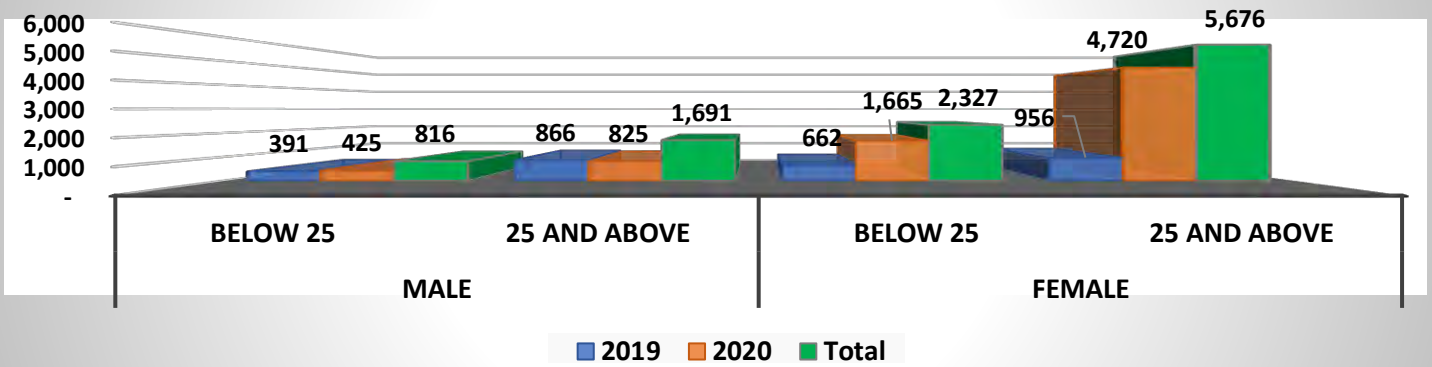
Partners meeting to develop coordination mechanism with DPOs for quality SRHR services

Summary of performance statistic

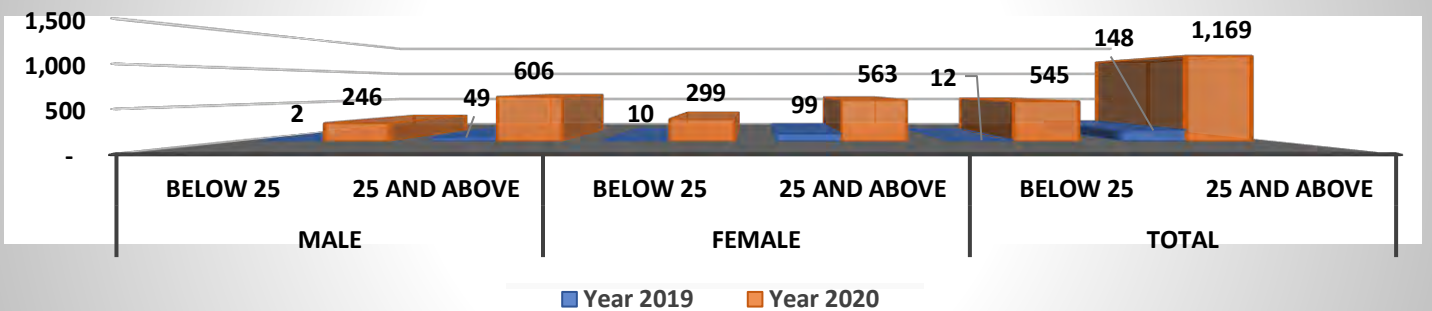
Type	Planned (Project Period)	Achieved (Dec 2020)
# of SRH services provided.	14,423	11,738
DPOs Members trained	82	44
PWD trained	225	76
Peer Educators trained	6	6
Health service providers Trained	66	55
Persons attended partners meeting	NA	72
FPAN staff oriented	NA	85
Government officials oriented	NA	30

Key achievements from the project – (Quantitative)

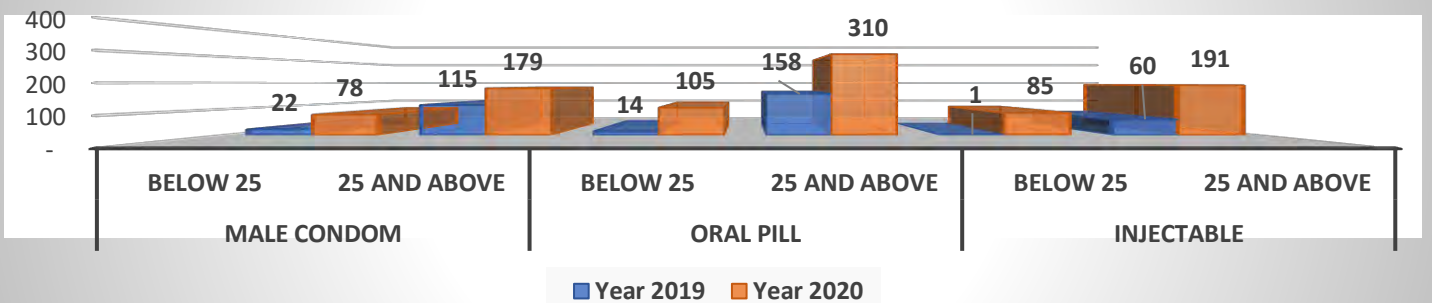
Total number of SRH service provided to pwd clients by sex & age



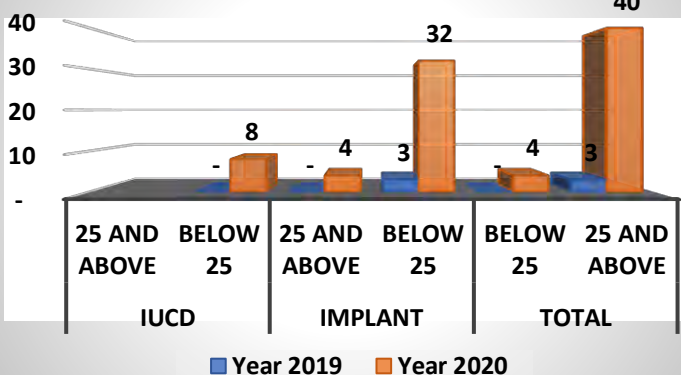
Awareness raising session by Peer Educators
Total number of Beneficiaries by sex and age



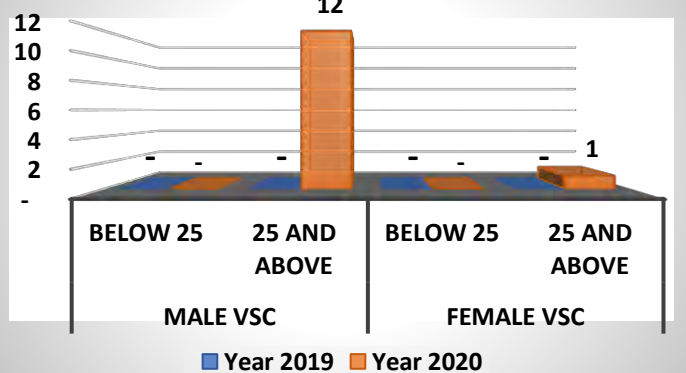
Family Planning Short-acting



Family Planning Service Long-acting



FP Service Permanent Method



FPAN service centers are developed as PWD friendly service center



Success story:

My experience as a Peer educator

Sanjiya Shrestha, Family Planning Association of Nepal (FPAN)

Topic related to sex are still considered as a huge taboo in Nepalese society. Even today we think twice or thrice before discussing on sexual and reproductive health (SRH) issues. This has led to lack of awareness and knowledge in wider population resulting in many SRH related risks and difficulties. In this circumstance I being a visually impaired and disable person has additional challenges in reaching to sexual and reproductive health education.

Getting an opportunity to work as a Peer Educator representing from Action on Disability Rights and Development Nepal (ADRAD-Nepal) to FPAN was very delightful journey filled with quest to learn and teach more and more. FPAN Valley Branch, was the place from where I got to know several aspects of SRH. After some of us were appointed as a Peer Educator we were given an orientation for three (3) days basic training on SRHR of Persons with Disability (PWD). In those days we were thought many things about SRH. We were thought about every components and issues of SRH and SRHR directly from a related person. We were never thought in that manor and one of the reasons behind is somehow our disability.



After grooming up as a true Peer Educator I started educating my friends wherever and however I can either in groups or individually. We conducted various outreach clinical session, went in PWD community and so on. Now, I find myself questing to acquire more knowledge and helping my fellow friends to be aware and informed on SRH related issues. Currently, I feel myself becoming more confident, open and additionally responsible to spread my knowledge to enhancing skills of peers and access of SRH services.

Thank you

All people with or without disabilities have the same needs in-terms of access and information about Sexual and Reproductive Health and Rights (SRHR)



Family Planning Association of Nepal

Pulchowk, Lalitpur, Nepal

Telephone: +977 1 5010240, 5010270, Fax: 977 1 5010151

Website: www.fpan.org

Helpline: 16600145000