

Women with Disabilities



Figure 1: Photo Courtesy of Permobil.

Individuals with disabilities are the world's largest minority, representing 15% of the global population. According to the Centers for Disease Control and Prevention (CDC), about

36 million women in the U.S. have disabilities – and the number is growing. More than 44% of women older than 65 are living with a disability. Women with disabilities may need specialty care to address their individual needs. In addition, they need the same general health care as women without disabilities, and they may also need additional care to address their specific needs. However, research has shown that many women with disabilities may not receive regular health screenings within recommended guidelines due to a myriad of issues such as lack of accessible transportation and physical barriers in physician offices. This factsheet will connect you with disability specific information and resources that will assist women with disabilities.

Sources: Centers for Disease and Control https://www.cdc.gov/disability-and-health/about/information-for-women.html?CDC_AAref_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/women.html and USAID <https://www.usaid.gov/what-we-do/gender-equality-and-womens-empowerment/women-disabilities>

Please also see the Reeve Foundation's Female Sexuality and Pregnancy fact sheet.

Websites

General

Baylor College of Medicine: Center for Research on Women with Disabilities (CROWD)

<https://www.bcm.edu/research/labs-and-centers/research-centers/center-for-research-on-women-with-disabilities>

One Baylor Plaza

Houston, TX 77030

Phone: 713-798-4951

Email: crowd@BCM.edu

The Center for Research on Women with Disabilities (CROWD) focuses on issues related to health (including reproduction and sexuality), aging, civil rights, abuse, and independent living.

Disability EmpowerHer Network, Inc.

<https://www.disabilityempowhernetwork.org/>

110 Wembly Road

Rochester, NY 14616

Phone: 585-576-2352

Email: stephanie@disabilityempowhernetwork.org

This network works to empower girls and young women with disabilities through mentoring and transformational learning experiences. They help build skills, empower, and hold mentoring programs to help build a community. They have monthly group meetups, camp, career coaching, and more.

Disabled Women: Disability Awareness in Action Resource Kit No. 6

<http://www.independentliving.org/docs2/daakit61.html>

The Disabled Women Resource Kit from Disability Awareness in Action focuses on the social status of disabled women, comments on representation and empowerment, and looks at the women's movement in the context of disabled women's issues. The kit can be downloaded as a PDF.

National Center on Health, Physical Activity and Disability: Tips for Breastfeeding with a Spinal Cord Injury

<https://www.nchpad.org/resources/breastfeeding-with-a-spinal-cord-injury/>

Northwest Women Wheelers Network

<http://nwwwn.org/>

<https://www.facebook.com/NorthwestWomenWheelersNetwork/>

Email: info@nwwwn.org

A social and support group whose members are primarily from the greater Seattle/Tacoma area but also from Oregon and California.

Women Enabled International

<https://womenenabled.org>

WEI works to empower women and girls living with disabilities to claim their human rights.

Health

American Stroke Association: Women Have a Higher Risk of Stroke

<https://www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke>

CDC: Women with Disabilities

https://www.cdc.gov/disability-and-health/about/information-for-women.html?CDC_AAref_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/women.html

Center for Research on Women with Disabilities: Health and Wellness for Women with Disabilities

<https://www.bcm.edu/research/centers/research-on-women-with-disabilities/resources/health-women-disabilities>

This easy to understand, web-based guide informs women with disabilities about topics such as chronic conditions, health maintenance, sexually, mental health and reproductive health care.

Christopher & Dana Reeve Foundation: Women's Mental Health After Paralysis

<https://s3.amazonaws.com/reeve-assets-production/Womens-Mental-Health-After-Paralysis-Booklet-Final-Master-4-8-2020.pdf>

A free 44-page booklet on various topics related to women's mental health after SCI and paralysis, it includes a section on depression. Please call 1-800-539-7309 for a free print copy.

Craig Hospital SCI Resource Library

<https://craighospital.org/spinal-cord-injury-resource-library>

Downloadable resources of interest to women living with SCI including pregnancy and female sexuality. An online video on bladder management tools for women was produced jointly with the Reeve Foundation.

Tina Healthcare

<https://www.tinahealthcare.com/>

TINA is a tampon insertion aid that was originally created for women living with disabilities.

The Reeve Foundation does not endorse any products, vendors or services and a listing here is not to be taken as an endorsement.

On Demand Videos

Northwest Regional Spinal Cord Injury System: Women and Spinal Cord Injury
(85 minutes)

<http://sci.washington.edu/women/>

Articles

Estores, Irene M. and Marca L. Sipski. "Women's Issues After SCI." Topics in Spinal Cord Injury Rehabilitation. Fall 2004 Vol. 10 no. 2. pp.107-125.

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