

# IT'S TIME TO STOP TREATING PEOPLE WITH DISABILITY AS A SPECIAL CASE!

- Disability is a normal part of everyday life.
- We all have varying levels of ability - physically, intellectually, socially.
- During our lives, we are all likely to experience reduced ability, even for a short time.
- In time, our abilities can change – and decline!

People with disability are part of their community, like everyone else. They don't want special treatment, but they also don't want to have to fight for their basic rights every day.

They just want to be **empowered** to live a life like everyone else.

We've come a long way in building a society which is welcoming, inclusive and accommodating.

**But there are still things which we can all do to make life easier for everyone.**

*We are grateful for funding for our brochure and campaign received through the Dublin North West Area Partnership from:*



"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020"

# WHO WE ARE AND WHAT WE DO



**BADIG** was set up in 1998 by local people who came together to pursue a common vision of an inclusive community in Ballymun for people of all ability.

**OUR OBJECTIVES ARE:**

- To bring together people with disability to ensure that their needs are understood and met within the community.
- To empower people with disability to voice their opinions in a structured and democratic way.
- To focus on issues such as accessibility, transport, education and social inclusion.

We are supported by local residents, businesses, community groups and statutory agencies. We are assisted by Dublin City Council and Dublin North West Area Partnership.

## WHY NOT JOIN US?

Our Committee meets on the first Tuesday of every month. New members are always welcome!

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# BALLYMUN ACTIVE DISABILITY INTEREST GROUP

## NORMALISING DISABILITY

What we can ALL do to make Ballymun a better place for everyone!





## REMOVE OBSTACLES TO PARTICIPATION



People with disability often find it more difficult to move around their community, for example when going to work or shopping.

Objects placed on pavements and crossing places, which most people can negotiate without difficulty, can impede progress or even put people with disability in danger.



These obstacles impact not just people with visual impairment and mobility issues, such as wheelchair users, but also mothers with pushchairs and the elderly.

## What can you do to help?

- When putting anything on a pavement, allow space for people with disability to pass safely.
- Place bins with care and consideration and remove as soon as empty.
- Don't place any objects on pedestrian crossing areas or dipped footpaths.

## PARK CARS CONSIDERATELY



One of the most common obstacles are cars parked on pavements and crossing areas.

It's not easy to find parking spaces in Dublin but parking a car on a pavement or crossing area – even for only a few minutes while you pop into a shop - can severely impact the progress and safety of pedestrians, especially people with disability.

## What can you do to help?

- Try to avoid parking on pavements, even where they are wide – an unexpected obstacle causes great problems for the visually impaired who often navigate using a 'mind map' of their regular route.
- Remember – parking on pavements is illegal! If you decide to risk it, leave enough space for people with disability to pass safely.
- Don't park on pedestrian crossing areas or dipped footpaths.
- Don't park in Disabled Driver spaces – drivers with disability can't find alternative parking as easily as everyone else.

## WELCOME PEOPLE WHO ARE DIFFERENT

People with disability often look different. They may be in a wheelchair or rely on a guide dog to help them move around.

But they are still just people like everyone else, with the same needs for work and fun, social interaction and participation.

*All gyms are accessible to people with disability and are a great way to keep healthy and socialise.*



## What can you do to help?

- Try to be open and welcoming to people with disability.
- Disability isn't always obvious – remember, a person can be affected by a hidden disability.
- If you are unsure of how to interact with a person with disability, for example whether to offer help, just ask them.
- If it's your first time meeting, ask them about their disability – and abilities!

*Blind Tennis is one of the fastest growing sports – and Ireland has a world-leading international team!*

