

Introduction



Why a book about health for women with disabilities?

Women with disabilities need good health. Good health is more than the absence of disease. When a disabled woman has good health it means she experiences well-being—of her body, mind, and spirit.

Women with disabilities can take charge of their own health when they have information that affirms their own experience of their bodies and health needs. They can also use this information to change the way people think about disability. As women with disabilities take charge of their lives, they will gain respect and support in their communities.

While disability itself may not be a health problem, many times the health problems of women with disabilities go untreated. This can mean that a simple health problem in a woman with disability, if left untreated, can become a life-threatening problem.

We must remove the barriers that keep disabled women from achieving good health.