

# Reproductive Health Care for Women with Physical Disabilities

## MAP to Access

Physical disabilities can include mobility, vision, hearing, and communication impairments. Women with physical disabilities have the same reproductive health care needs as other women.

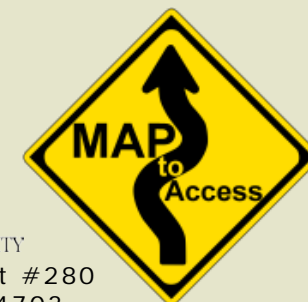
- Most physically disabled women live independently and direct their own care. They are often experts on their bodies. Respect and use their input.
- Basic health care must consist of routine pelvic exams, mammograms, pap smears and other screenings, and weight measurements.
- Accessible medical equipment, such as adjustable exam tables and accessible scales enable quality health care. (See resources at right.)
- Recognize that disabled women are *women* and may be sexually active. Reproductive health care for disabled women must address sex, birth control choices, AIDS and other STDs, pregnancy, motherhood, and menopause.
- Sexual problems or concerns may or may not be related to disability. Think flexibly and together with your patient.
- Watch out for and report signs of abuse. Physically disabled women and teens experience a higher rate of sexual abuse and sexual assault.
- Seek training for yourself and your colleagues in the social and personal issues of disability.
- We need providers and facilities to accept Medicaid.



Adjustable Exam Table

### Learn more:

- **Center for Research on Women with Disabilities**  
[www.bcm.edu/crowd](http://www.bcm.edu/crowd)
- **Importance of Accessible Examination Tables, Chairs and Weight Scales**  
[www.cdihp.org/products.html](http://www.cdihp.org/products.html)
- **Encyclopedia of Nursing and Allied Health**  
[www.enotes.com/nursing-encyclopedia/sexuality-disability](http://www.enotes.com/nursing-encyclopedia/sexuality-disability)
- **Sexuality and Disability**  
[www.springer.com/psychology/community+psychology/journal/11195](http://www.springer.com/psychology/community+psychology/journal/11195)
- **Promoting Sexual and Reproductive Health for Persons with Disabilities**  
[www.who.int/reproductivehealth/publications/general/9789241598682/en/](http://www.who.int/reproductivehealth/publications/general/9789241598682/en/)
- **Women with Disabilities Center**  
[www.ric.org/conditions/community/women-disabilities-center/index.aspx](http://www.ric.org/conditions/community/women-disabilities-center/index.aspx)
- **Access to Medical Care DVDs**  
[www.wid.org/amc](http://www.wid.org/amc)



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