

Health of People with Disabilities

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International
Day of
**Persons with
Disabilities**

3 DECEMBER

Learning objectives

- Distinguish between health and quality of life
- Portray with a diagram the spectrum of health
- Develop an understanding to the concept of disability
- Compare between the medical model and social model of disability
- Explain the strengths of the ICF in mapping disabilities, prevention and interventions
- Distinguish between capacity and performance

Learning objectives

- State the main health conditions associated with disability
- List the disabling barriers
- Outline the interventions for prevention of disabilities and rehabilitation
- Understand the burden (morbidity , mortality, cost) of disabilities in KSA
- Reflect on the policies in KSA addressing limitation of disabled people in KSA
- Enlist and understand community services available for disabled people in KSA

Definition of health

- “State of complete physical, mental, and social well-being, not merely the absence of disease or infirmity”(WHO, 1948).
- In recent years, this statement has been amplified to include the ability to lead a "socially and economically productive life”

Quality of Life

- Individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. (WHO)
- the degree of need and satisfaction within the physical, psychological, social, activity, material and structural area (Hörnquist, 1982).
- subjective evaluation of good and satisfactory character of life as a whole (De Haes, 1988).



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WHOQOL: Measuring Quality of Life

WHO defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.

WHOQOL Domain Scores

- Physical domain
- Psychological domain
- Level of Independence
- Social relationships
- Environment domain
- Spirituality domain

		غير راض على الإطلاق	غير راض	لا راض ولا غير راض	راض	راض تماما
(F3.3)16	كم أنت راض عن نومك ؟	1	2	3	4	5
(F10.3)17	إلى أي مدى أنت راض عن قدرتك على القيام بنشاطاتك اليومية ؟	1	2	3	4	5
(F12.4)18	كم أنت راض عن قدرتك على العمل ؟	1	2	3	4	5
(F6.3)19	كم أنت راض عن نفسك ؟	1	2	3	4	5
(F13.3)20	كم أنت راض عن علاقاتك الشخصية ؟	1	2	3	4	5
(F15.3)21	كم أنت راض عن حياتك الجنسية ؟	1	2	3	4	5
(F14.4)22	كم أنت راض عن الدعم أو المساعدة من الأصدقاء ؟	1	2	3	4	5
(F17.3)23	كم أنت راض عن الأوضاع في مكان سكنتك ؟	1	2	3	4	5
(F19.3)24	كم أنت راض عن الخدمات الصحية المتوفرة لك ؟	1	2	3	4	5
(F23.3)25	كم أنت راض عن وسائل المواصلات التي تستخدمها ؟	1	2	3	4	5

الأسئلة التالية تشير إلى كم من المرات شعرت أو تعرضت فيها لأشياء معينة خلال الأسبوعين الماضيين

		أبدا	نادرا	غالبا	غالبا جدا	دائما
(F8.1)26	كم من المرات كانت لديك مشاعر سلبية مثل المزاج السيئ، اليأس، القلق، الاكتئاب ؟	1	2	3	4	5

		نعم	لا
(F2.1)10	هل قام أحدهم بمساعدتك لتعبئة هذه الاستمارة ؟ (رجاءة قم بوضع دائرة: نعم أو لا)	نعم	لا

كم استغرق من الوقت لتعبئة هذه الاستمارة ؟

شكرا لك

يرجى قراءة كل سؤال و تقييم ما تشعر به و وضع دائرة حول الرقم الذي يعطي أفضل إجابة بالنسبة لك

		سنة للغاية	سنة	لا بأس	جيدة	جيدة جدا
(G1)1	كيف تقييم نوعية حياتك	1	2	3	4	5

		غير راض على الإطلاق	غير راض	لا راض ولا غير راض	راض	راض تماما
(G4)2	ما مدى رضاك عن صحتك	1	2	3	4	5

الأسئلة التالية تستفسر عن مدى تعرضك لأشياء معينة خلال الأسبوعين الماضيين

		لا يوجد	قليل	بدرجة متوسطة	كثير جدا	بدرجة بالغة
(F1.4)3	إلى أي حد تشعر بأن الألم الجسدي يمنعك من القيام بالأعمال التي تريدها ؟	1	2	3	4	5
(F11.3)4	إلى أي مدى أنت بحاجة للعلاج الطبي لتتمكن من القيام بأعمالك اليومية ؟	1	2	3	4	5
(F4.1)5	إلى أي مدى تستمتع بالحياة ؟	1	2	3	4	5
(F24.2)6	إلى أي مدى تشعر بأن حياتك ذات معنى ؟	1	2	3	4	5
(F5.3)7	إلى أي مدى أنت قادر على التركيز ؟	1	2	3	4	5
(F16.1)8	إلى أي مدى تشعر بالأمان في حياتك اليومية ؟	1	2	3	4	5
(F22.1)9	إلى أي حد تعتبر أن البيئة المحيطة بك صحية ؟	1	2	3	4	5

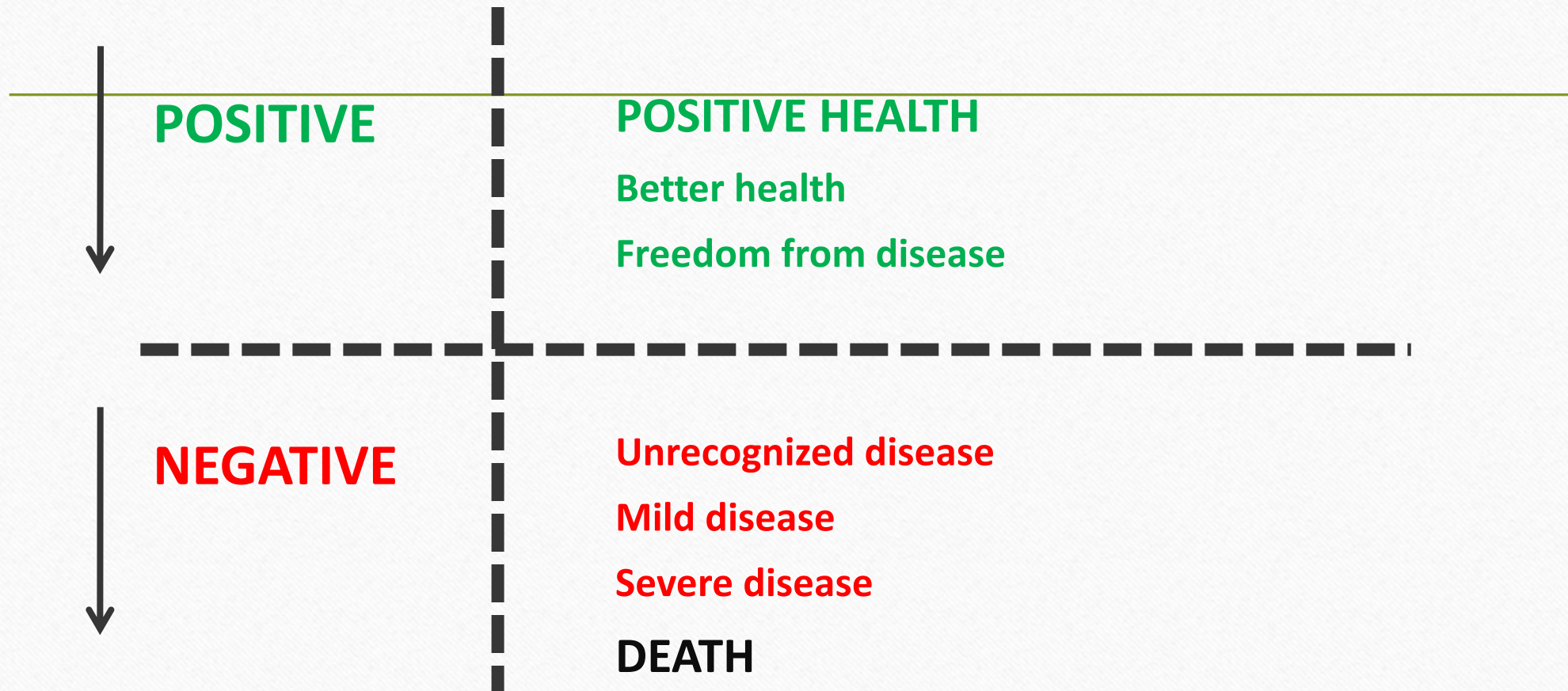
الأسئلة التالية تستفسر عن مدى قدرتك على إتمام أمور معينة خلال الأسبوعين الماضيين

		لا يوجد	قليل	بدرجة متوسطة	كثير جدا	بدرجة بالغة
(F2.1)10	هل لديك طاقة كافية لمزاولة الحياة اليومية ؟	1	2	3	4	5
(F7.1)11	هل أنت قادر على قبول مظهرك الخارجي ؟	1	2	3	4	5
(F18.1)12	هل لديك من المال ما يكفي لتلبية احتياجاتك ؟	1	2	3	4	5
(F20.1)13	ما مدى توفر المعلومات التي تحتاجها في حياتك اليومية ؟	1	2	3	4	5
(F21.1)14	إلى أي مدى لديك الفرصة لممارسة الأنشطة الترفيهية ؟	1	2	3	4	5

		سنة للغاية	سنة	لا بأس	جيدة	جيدة جدا
(F9.1)15	إلى أي مدى أنت قادر على التنقل بسهولة ؟	1	2	3	4	5

-
- **Q** health # quality of life

Health – Disease spectrum



Disability

- A long-term physical, mental, intellectual, or sensory impairment which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

Disability Dimensions

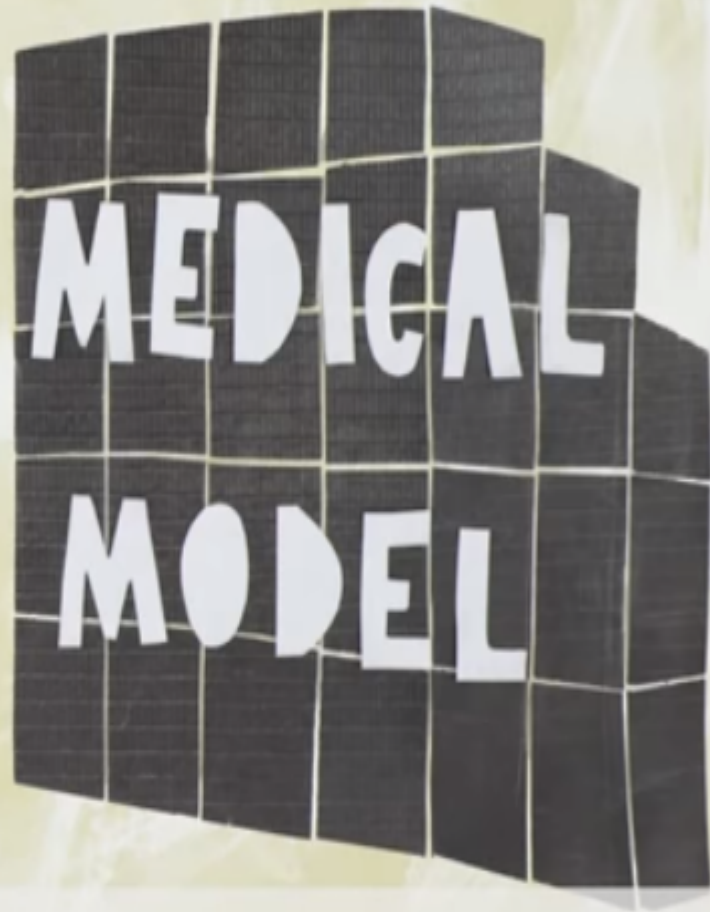
- According to the World Health Organization, disability has three dimensions:¹
 - 1. Impairment** in a person's body structure or function, or mental functioning; examples of impairments include loss of a limb, loss of vision or memory loss.
 - 2. Activity limitation**, such as difficulty seeing, hearing, walking, or problem solving.
 - 3. Participation restrictions** in normal daily activities, such as working, engaging in social and recreational activities, and obtaining health care and preventive services.

Impairment (Abnormal organ function)	Disability (Activity Limitations)	Handicap (Participation Restrictions)
Cataract: Prevents the passage of light and sensing of form, shape, and size of visual stimuli		
Delayed speech- language development		
Motor deficits, imbalance, joint stiffness		

**Compare between the medical
model and social model of
disability**

MEDICAL MODEL

disabled = **LESS** ABLE



personal problem
medical intervention is needed

SOCIAL MODEL



**the problem is socially constructed
and it can be solved by the help of
the environment**

Compare between the medical model and social model of disability

Are both models opposite to each other?

Distinguish between capacity and performance

- Performance indicates what a person does in the current or usual environment, with all barriers and facilitators in place
- Capacity indicates what a person can do in a standardized environment, often a clinical setting, without the barriers or facilitators of the person's usual environment

International Classification Of Functioning, Disability & Health (ICF)

- A framework for describing and organising information on functioning and disability
- Provide a scientific basis for understanding and studying health and health-related states, outcomes, determinants, and changes in health status and functioning

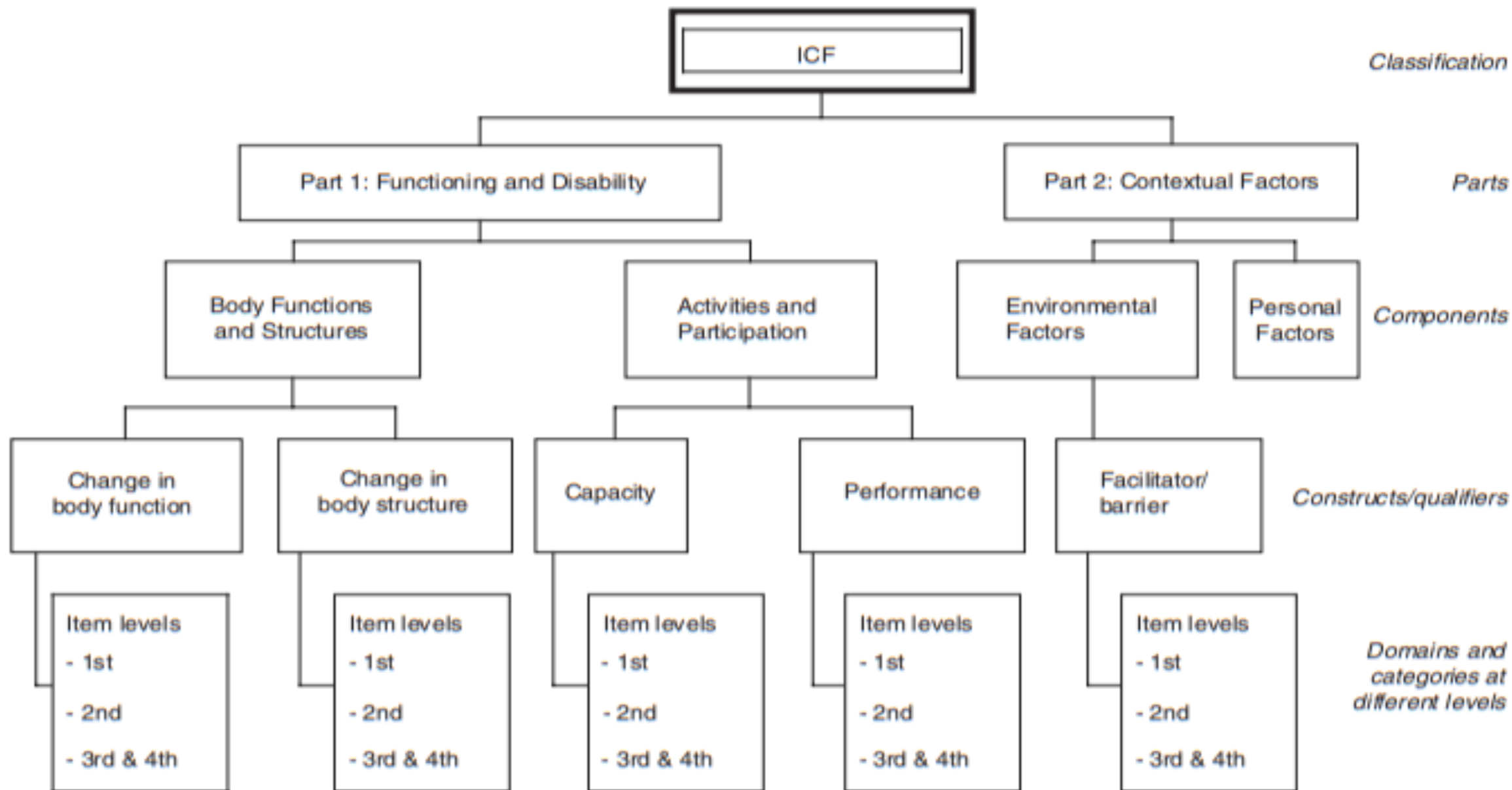
International Classification Of Functioning, Disability & Health (ICF)

- Establish a common language for describing health and health-related states in order to improve communication between different users, such as health care workers, researchers, policy-makers and the public, including people with disabilities
- Permit comparison of data across countries, health care disciplines, services and time
- Provide a systematic coding scheme for health information systems

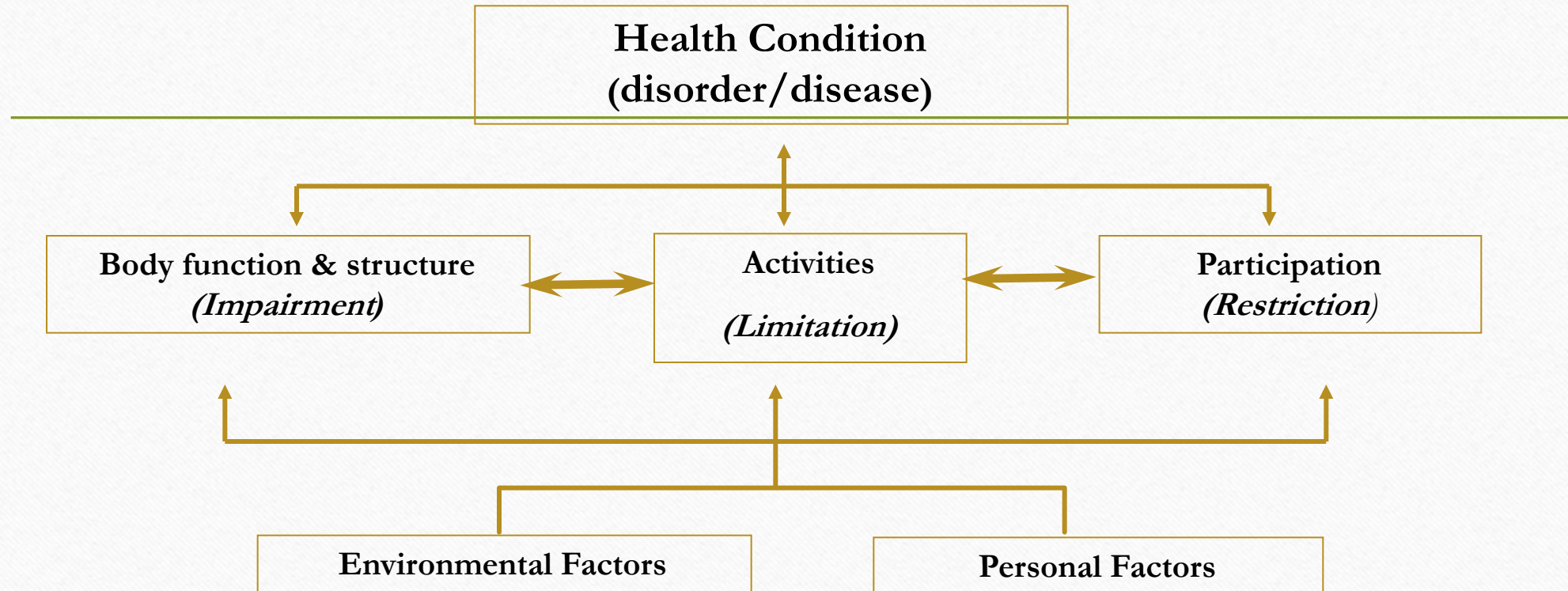
Table 1: ICF components and domains/chapters

<p>Body Function:</p> <p>Mental functions</p> <p>Sensory functions and pain</p> <p>Voice and speech functions</p> <p>Functions of the cardiovascular, haematological, immunological and respiratory systems</p> <p>Functions of the digestive, metabolic, endocrine systems</p> <p>Genitourinary and reproductive functions</p> <p>Neuromusculoskeletal and movement-related functions</p> <p>Functions of the skin and related structures</p>	<p>Activities and Participation:</p> <p>Learning and applying knowledge</p> <p>General tasks and demands</p> <p>Communication</p> <p>Mobility</p> <p>Self care</p> <p>Domestic life</p> <p>Interpersonal interactions and relationships</p> <p>Major life areas</p> <p>Community, social and civic life</p>
<p>Body Structure:</p> <p>Structure of the nervous system</p> <p>The eye, ear and related structures</p> <p>Structures involved in voice and speech</p> <p>Structure of the cardiovascular, immunological and respiratory Systems</p> <p>Structures related to the digestive, metabolic and endocrine systems</p> <p>Structure related to genitourinary and reproductive systems</p> <p>Structures related to movement</p> <p>Skin and related structures</p>	<p>Environmental Factors:</p> <p>Products and technology</p> <p>Natural environment and human-made changes to environment</p> <p>Support and relationships</p> <p>Attitudes</p> <p>Services, systems and policies</p>

Fig. 2 Structure of ICF



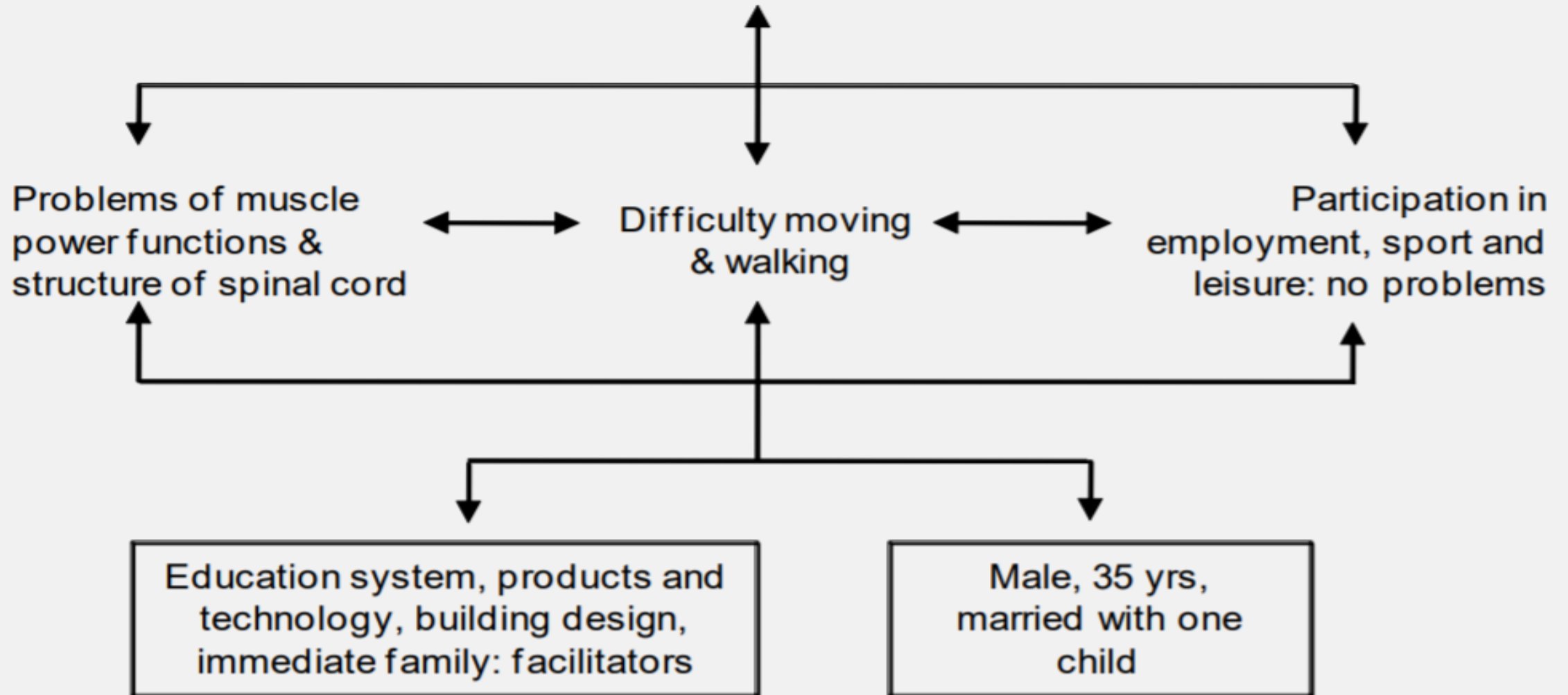
International Classification Of Functioning, Disability & Health (ICF)



The International Classification of Functioning, Disability and Health (ICF)

Source: Mont D. Measuring disability prevalence. World Bank Special Protection No. 0706, 2007

Spinal Cord Injury



Case study: Mr. B

Health Condition: Severe Hearing Loss and Fall Risk

Assessment Data

Body Functions and Structures

Sensory

- Benign paroxysmal positional vertigo; poor otolith function
- Severe bilateral sensori-neural hearing loss (aided)
- Normal visual acuity (aided)

Language and Cognition

- Mild expressive aphasia
- Moderate memory impairment

Cardiovascular

- Blood pressure controlled with medication

Neuromuscular/Skeletal

- Decreased muscle strength and mobility

Activities and Participation

- Is unable to safely navigate stairs to basement for laundry
- Does not adhere to safety instructions from caregivers due to hearing and memory impairments
- Needs assistance with meals and other household tasks
- Has limited social interaction—a result of hearing impairment and limited mobility

Environmental and Personal Factors

- Is 90 years old
- Walks with cane
- Wears hearing aids
- Wears glasses
- Uses stair lift to get to second floor
- Uses multiple medications that may affect balance
- Receives caregiver help with meals, shopping, and laundry
- Is depressed by isolation and reduced independence

Clinical Reasoning

What impairments most affect function in the current setting or at discharge, based on clinician assessment and the individual's self-report?

What activities are most important to the individual in the current or discharge setting?

What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

Goal Setting

Mr. B's Functional Goals

Long-Term Goal:

Mr. B will use caregiver and environmental supports to remain in his home without falls.

Short-Term Goals:

- Mr. B will keep written instructions and caregiver information in an accessible location and explain them to family members when given moderate cues.
- With minimal cues from familiar listeners, Mr. B will use communicative repair strategies to resolve communication breakdowns.
- Mr. B will demonstrate how to activate a body-worn alert system and describe when to use it in the event of a fall or illness.

Health Conditions Associated With Disability

Infectious diseases:

- HIV/AIDS
- Malaria
- Poliomyelitis
- Leprosy
- Trachoma

Injuries.

Non-communicable diseases:

- Diabetes
- Cardiovascular
- Mental disorders
- Cancers
- Respiratory illnesses

Arthritis and Back Pain

Children:

- Learning disabilities (associated with autism, attention deficit)
- Hearing problems
- Vision disorders
- Speech problems
- Dyslexia
- Cerebral palsy

Disabling Barriers

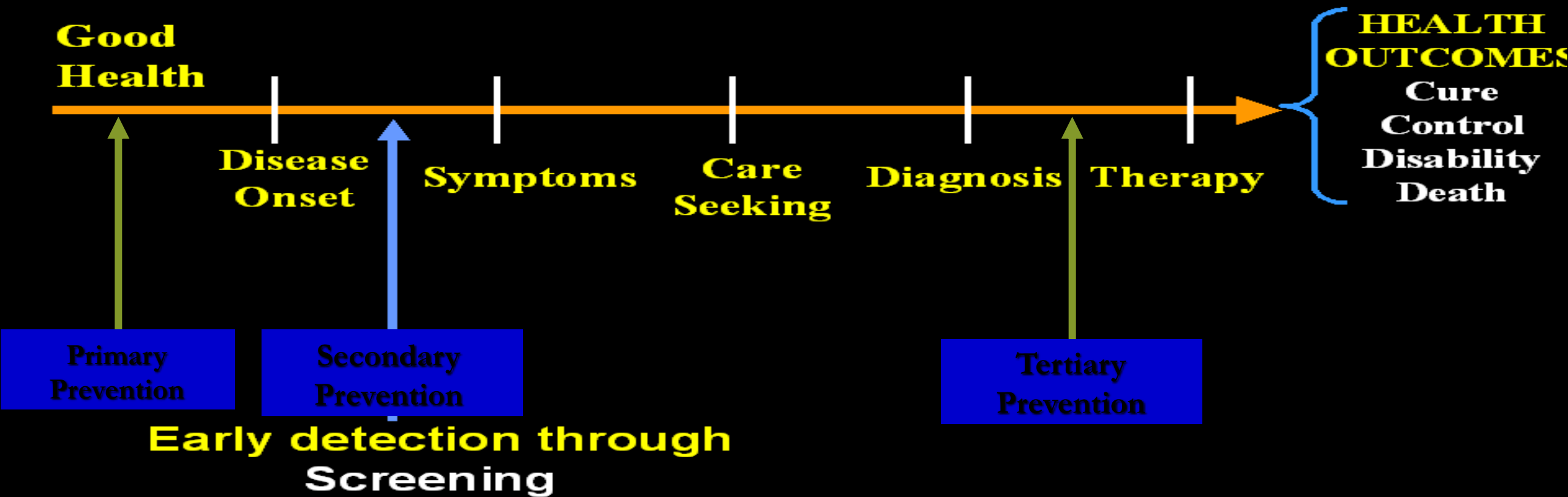
- Inadequate policies and standards
- Negative attitudes
- Lack of provision of services
- Problems with service delivery
- Inadequate funding
- Lack of accessibility
- Lack of consultation and involvement
- Lack of data and evidence

Disabling Barriers

- Outcomes of disabling barriers

 - Poorer health than the general population
 - Lower educational achievements
 - Less economic participation
 - Higher rates of poverty
 - Increased dependency and reduced participation It is the way that society treats people with disabilities which matters most

Interventions For Prevention Of Disabilities And Rehabilitation



Interventions For Prevention Of Disabilities And Rehabilitation

- Primary: actions to avoid or remove the cause of a health problem in an individual or a population before it arises.

- Pre-marital genetic counseling (hereditary conditions)
- At-risk approach:
- Identifying people with chromosomal or sex-linked diseases,
- Maternal and neonatal care (ante-natal and natal events)
- Screening of neonates for hypothyroidism (cretinism – preventable cause of mental disability)
- Expanded program on immunization
- School services (growth monitoring and medical evaluation)

Interventions For Prevention Of Disabilities And Rehabilitation

- Secondary Prevention:
 - Early diagnosis of handicap(through MCH services, or school health programs).
 - Treatment(PT, OT, ST, prosthetics, recreation)
 - Training and education (vocational guidance

Interventions For Prevention Of Disabilities And Rehabilitation

- Tertiary
 - Actions to reduce the impact of an already established disease by restoring function and reducing disease related complications (e.g. rehabilitation for children with musculoskeletal impairment)

Disabilities in KSA

- The percentage of individuals with disabilities 7.1% of the total population
- According to the Statistics Authority, the number of people with disabilities is as follows:
 - Hearing Impairment: . 289.355
 - Attention-Deficit / Hyperactivity Disorder (ADHD): 30.155
 - Mobility Impairment: 833.136
 - Autism Spectrum Disorder (ASD): 53.282
 - Down Syndrome: 19.428
 - Visual Impairment: 811.610



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Rights of People with Disabilities

Dedicated to providing a decent life for all citizens and residents, this section highlights the efforts and interests of the Kingdom in preserving the rights of people with disabilities, ensuring that they are able to lead dignified lives by enhancing the services provided to them. This section emphasizes the legal framework related to the basic law of governance, protection from harm, social care, rehabilitation centers, health care and equality in education for people with disabilities. Additionally, it also highlights employment initiatives, mobility and transportation, facilities and parking, sign language support, housing and mobile services dedicated to people with disabilities, while also addressing their ability to participate in decision making processes and information about the King Salman Award for Disability Research.

Enlist and understand community services available for disabled people in KSA

- **Priority card**
 - **The priority card is designed for people with disabilities, and it aims to easily obtain health services through the electronic registration system to obtain facilitation cards.**
- **Financial support for people with disabilities**
- **Service of assessing the disability**
- **Service of requesting financial aid for specific medical devices**



Enlist and understand community services available for disabled people in KSA

- Réhabilitation Centers
 - Social réhabilitation centers
 - Professional rehabilitation centers
- Daycare centers
- Home health care

Specialized centers in treating and rehabilitating for people with disabilities:

- Medical Rehabilitation Hospital at King Fahd Medical City in Riyadh.
- Medical Rehabilitation Hospital in Medina.
- Medical Rehabilitation Center at King Khalid Hospital in Hail.
- The Medical Rehabilitation Center at Al-Qunfudhah Hospital.

Specialized centers in treating and rehabilitating for people with disabilities:

- Medical Rehabilitation Center at King Faisal Hospital in Taif.
- Medical Rehabilitation Center at King Fahd Hospital in Hofuf.
- Medical Rehabilitation Center at Qurayyat General Hospital.
- The Medical Rehabilitation Center in King Saud Medical City in Riyadh.
- The Medical Rehabilitation Center at King Khalid General Hospital in Hafar Al-Batin Governorate.

Thank
you

