Women with Disabilities

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...
27 million women in the U.S. have disabilities – and the number is growing. More than 50% 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.


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](https://www.bcm.edu/research/labs-and-centers/research-centers/center-for-research-on-women-with-disabilities)

One Baylor Plaza
Houston, TX 77030
Phone: 832-819-0232
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.

**Disabled Women: Disability Awareness in Action Resource Kit No. 6**
[http://www.independentliving.org/docs2/daakit61.html](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.

**Disabled Women on the Web**

**HHS.gov: Fact Sheet on Affordable Care Act Rules on Expanding Access to Preventive Services for Women**

**Independent Living Institute: Disability Resources – Women with Disabilities**
mobileWOMEN
http://www.mobilewomen.org
Email: info@mobilewomen.org
mobileWOMEN is an online magazine for women in wheelchairs.

Northwest Women Wheelers’ Network
http://nwwwn.org/
A social and support group whose members are primarily from the greater Seattle/Tacoma area but also from Oregon and California.

Health

American Stroke Association: Women Have a Higher Risk of Stroke

CDC: Women with Disabilities
http://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
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

(85 minutes)
http://sci.washington.edu/women/

Shepherd Center: Women with Spinal Cord Injury series
https://www.shepherd.org/more/resources-patients/women-sci-resource-videos
The one entitled Medical Care covers subjects such as periods, bladder, bowel, and breast health. The one entitled Office Visits covers what to ask your doctor's office before a visit regarding accessibility.

Online Communities

GimpGirl Community
http://www.gimpgirl.com/
GimpGirl Community's mission is to bring women with disabilities together in the spirit of support, positivity and inclusivity.

Articles


The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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