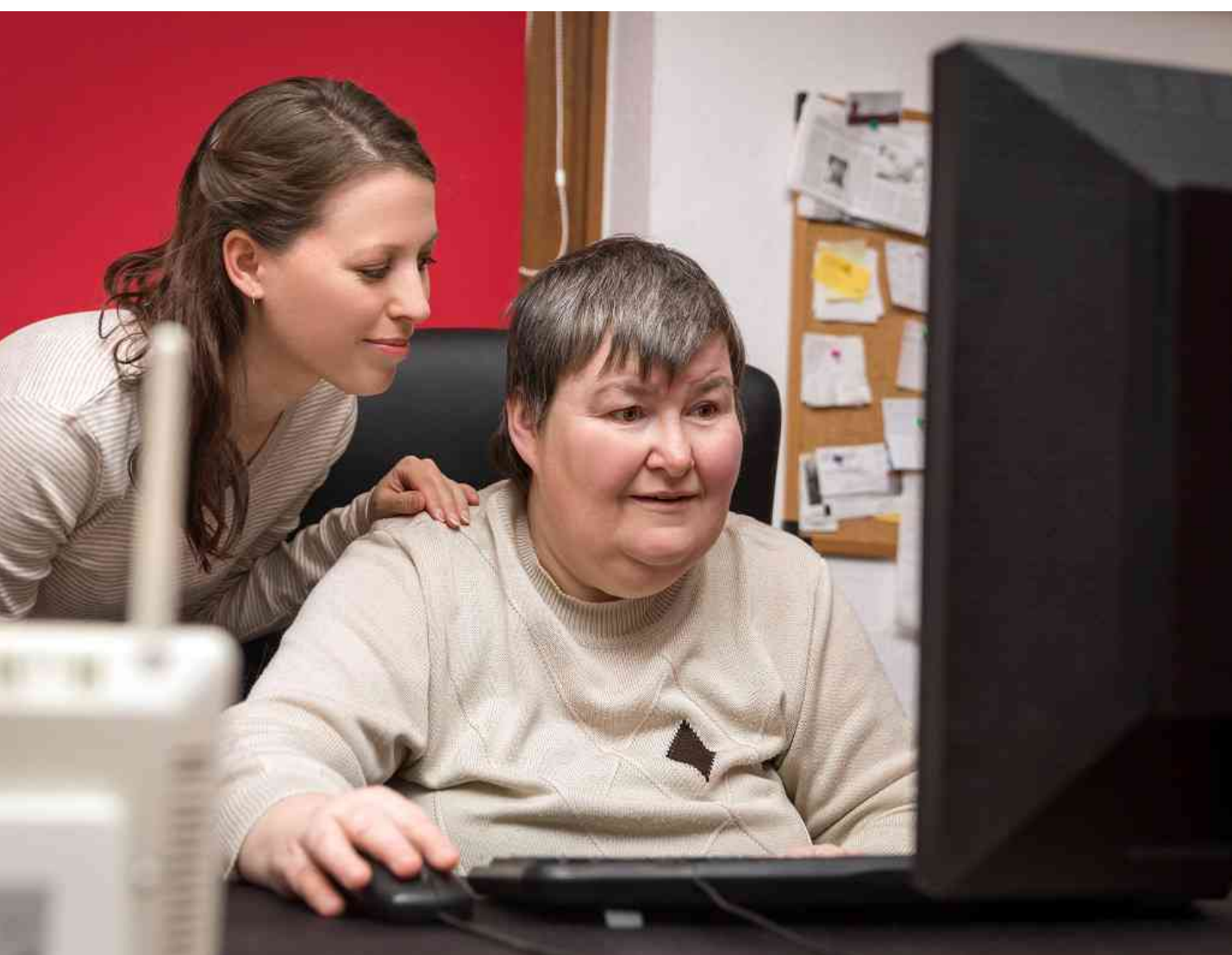




Ambitions. Rights. Belonging.

Annual report 2021



Inclusion Europe

20 million people with intellectual disabilities and their families
in 38 European countries.

Published by:

Inclusion Europe

Coordinator:

Josipa Friščić

Writing and editing:

Josipa Friščić, Milan Šveřepa, Helen Portal

Contributors:

Nina Vertot, Jyrki Pinomaa, László Bercse, Tibor Czakó,
Jeanne Nicklas-Faust, Myrto Delkou

Easy to read:

Soufiane El Amrani

Design:

Slobodna Domena Open Source & Design Cooperative



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the European Union**

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the European Union cannot be held responsible for any use
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About us

Vision

We want a Europe where:

people with intellectual disabilities
enjoy equal rights and fully participate
in all aspects of life

family members of people with
intellectual disabilities can be
just that – family members

the interests and concerns of people
with intellectual disabilities and
their families are considered in
all policies affecting them

Mission

We fight for equal rights and full inclusion
of people with intellectual disabilities
and their families in all aspects of society.

Values

Respect • Solidarity • Inclusion

Strategy

5Es represent our fight for equal rights and inclusion:

2018: Empower

celebrating achievements of inclusion

2019: Elect

right to vote and European elections

2020: Educate

on inclusive education.

2021: Employ

on good jobs for everyone

2022: End Segregation

on moving people out of institutions

Letter from the President



Dear members and friends of Inclusion Europe.

Human rights are universal. They belong equally to all people.

With Inclusion Europe, we fight continuously for the rights of people with intellectual disabilities and their families in Europe. We do it together: With people with intellectual disabilities, with their families, with all of you, our members.

For almost two years we have lived under the pandemic. During such hard times, our fight is needed more than ever. The most vulnerable ones are those whose rights tend to be most easily forgotten. We are needed to remind our nations that the UN CRPD exists also during the most difficult times. We are needed to remind everyone that nobody should be left behind when societies rebuild.

2021 was the year of Employment, in our strategy of 5Es for full rights and inclusion.

It was the second year in a row we were unable to meet in person during our Europe in Action conference. Together with Tukiliitto, our member in Finland, we organised our first ever online Europe in Action. The conference was an immense success, and it gathered around the topic of employment hundreds of families, self-advocates, and professionals.

We also organised the self-advocacy conference Hear our Voices. It lasted from October to November with several events by self-advocacy organizations from different countries – Austria, Croatia, Czechia, Germany, Hungary, Ireland, Moldova, Portugal, Romania, Spain. It was a great show of the strength of the European Platform of Self-Advocates, and the whole self-advocacy movement in Europe. I wish to thank our member ENABLE Scotland for supporting the conference.

Our work would not be possible without the support and collaboration of our members. Many of them have faced financial problems because of the pandemic. This seemed to be causing us financial problems towards the end of the year. With a friendly support from some of our members, we managed to stabilise the situation. This once again shows the importance of our members paying their fees. I wish to thank all our members who have done so, and express my gratitude to Lebenshilfe Germany, ENABLE Scotland, Plena inclusión, Sveža Sožitje Slovenia and Inclusion Czechia for their support.

I want to address thank you to our secretariat for your hard work and your flexibility, determination, control, and endurance during this very hard year. I also wish to thank all our members and other organizations supporting people with intellectual disabilities and their families during these difficult times. Your work has been essential.

And all my thoughts, solidarity and respect to all those with intellectual disabilities and family members dealing with the impact of the pandemic and supporting each other.

Jyrki Pinomaa,
President

Letter from the president – Easy to read



Dear members and
friends of Inclusion Europe.

Human rights are universal.
They belong equally to all people.



Inclusion Europe works for the rights
of people with intellectual disabilities
and their families in Europe.



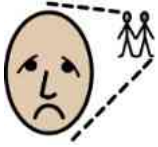
We do it together:
With people with intellectual disabilities,
with their families,
with all of you,
our members



For almost two years we
have lived under the pandemic.



During such hard times,
our fight for rights of people with disabilities
is needed more than ever.



The most vulnerable
ones are most easily forgotten.



We are needed to remind our nations
that the UN CRPD exists also during
the most difficult times.



We need to remind everyone that
nobody should be left behind
when societies rebuild.



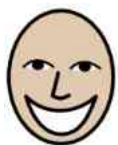
2021 was the year of
Employment for Inclusion Europe.



Together with Tukiliitto,
Inclusion Europe organised our first ever
online Europe in Action.



Tukiliitto is a member of Inclusion Europe.



The conference was a success,
and it gathered around the topic of
employment hundreds of families,
self-advocates, and professionals.



Inclusion Europe organised the self-advocacy conference Hear our Voices. It lasted from October to November with several events by self-advocacy organizations from different countries.



I wish to thank our member ENABLE Scotland for supporting the conference.

Our work would not be possible without the support and collaboration of our members.



Many of them have faced financial problems because of the pandemic.



With a friendly support from some of our members, we managed to stabilise the situation.

This shows the importance of our members paying their fees.



I wish to thank all our members who have done so, and express my gratitude to Lebenshilfe Germany, ENABLE Scotland, Plena inclusión, Sveza Sožitje Slovenia and Inclusion Czechia for their support.

EPSA activities in 2021



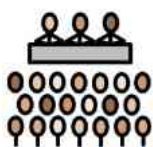
My name is László Bercse.

I come from Budapest, Hungary.

I am the Vice-President of Inclusion Europe
and the Chair of EPSA.

EPSA is the European Platform of Self-Advocates.

I would like to tell you
what EPSA worked on in 2021.



Self-advocates from our members
were invited to talk at conferences
and other events.

They also organised their own conferences,
in their own countries.



We also organized international events online.

Challenges due to COVID-19



EPSA Steering Group
and most of our members
continued to work online
because of the pandemic.



Many self-advocates struggled
with online meetings
due to misunderstandings
or bad internet connection.



Most of us prefer to work
with other people in person.



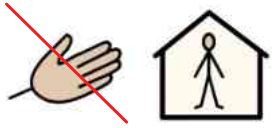
It is also easier to make new friends
if we meet face to face.
We missed travelling to conferences
and meeting new people.



The good thing is that we learned
digital skills and now we are able
to do that with less support.



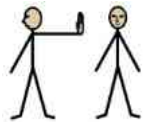
Support is always very important for us,
even more so during these difficult times.



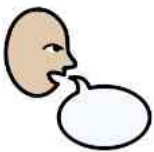
During lockdowns,
many people did not get
the support they used to.



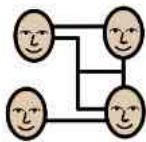
**Because of that, self-advocates felt sad,
lonely, confused, and angry.**



The pandemic once again showed
the discrimination we face every day.
It has also made clear that we need
a strong self-advocacy movement.



So, we continued working
and speaking up.



We stayed committed
and we stayed in contact,
despite every difficulty.



Hear our Voices! 2021

**This year the Hear our Voices
conference was different.**

Self-advocates from all over Europe
got together in their own countries
and organised several events.



We talked about how it was for us to go through the COVID-19 situation.



We also talked about what kind of Europe we want for the future, and how we can achieve it.

We had events in 9 countries, with more than 300 participants.

We had events in Portugal, Romania, Ireland, Hungary, Czechia, Austria, Croatia, Moldova, and Spain.

Then we had a closing plenary, where we all got together from all the countries.



We gathered a lot of good ideas and demands from self-advocates to share with European decision makers.
CRPD consultation on deinstitutionalisation



I spoke at a regional consultation organized by the CRPD Committee.



The consultation was about deinstitutionalization and community living.



There were many people with disabilities and organizations at the online consultation.



I represented self-advocates from Europe. I prepared my statement together with other self-advocates, some of them are residents of large institutions.



The CRPD Committee used the information we shared to prepare guidelines for countries.



The guidelines will help countries to put the Convention in practice.

Inclusion International's consultation on deinstitutionalization



European self-advocates took part in a regional consultation organized by Inclusion International. The consultation was about deinstitutionalization and community inclusion.

We talked about:



- What kind of support do we need to live in the community?

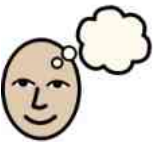


- How can governments make sure that deinstitutionalization really supports independent living?



- How can we make sure that people with disabilities do not go back to institutions?

Inclusion International forwarded our ideas to the CRPD Committee.



Inclusion International made sure that the CRPD Committee considers our ideas when monitoring how the countries implement the Convention.

Public hearing on the right to make decisions



The European Economic and Social Committee (EESC) organized a public hearing.



The public hearing
was about the right to take decisions.
Senada Halilčević was one of the speakers.
Senada is a self-advocate from Croatia
and the former Chairperson of EPSA.

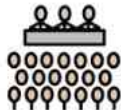


She spoke about the importance
of legal capacity.



She also talked about
how the countries should support
people with disabilities in making decisions.

Spanish Platform of Self-Advocates



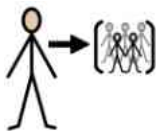
In Spain a National Self-Advocacy Platform
was launched at a conference
with more than 500 participants.



Spanish self-advocates
have been working in groups
for many years now.



This Platform will help them
to work together more closely
and in a more inclusive way.

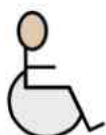
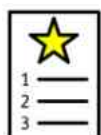


The Platform will also help
to involve more people in the movement.



I congratulate them
for founding this platform
and wish them good luck for their work.

European Disability Strategy

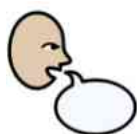


The European Commission presented
the new 10-year Disability Strategy.



The Strategy describes
how the EU will support
the rights of people with disabilities
in the next 10 years.

The document includes very important goals
and useful steps to achieve them.



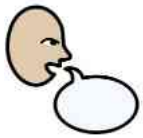
Inclusion Europe, including self-advocates
commented on the Strategy.

We wanted to make sure
that the Strategy really supports our rights.

The conference of Harvard Law School



I had the honour of speaking at an online conference of Harvard Law School.



I talked about my experience working on a shadow report of the CRPD.

A shadow report is when we share point of view to governmental reports. Shadow reports is also called alternative reports.



Me and other self-advocates wrote an easy-to-read report about the implementation of the CRPD in Hungary in 2018.

I learnt that there are not many self-advocates across the world who take part in shadow reporting.

What do we want for 2022, and for the future?



We want respect.

We want equality.

We want accessibility.

We want full citizenship!

And we want it now!!



I wish all my colleagues around Europe
a lot of strength to achieve these.

I know that in the last two years
you have worked really hard
to adapt to the new situation
and to overcome barriers.

This is true for self-advocates,
family members and supporters.

I wish you a better year for 2022!
Please keep up the good work
and to continue standing up for each other!

László Bercse

Chair

European Platform of Self-Advocates

Topic of the year: **Employment**

The Employ campaign was a multi format campaign that included articles, webpages, videos, infographics, podcast episodes, and graphics on social media.

The Employ campaign recorded **293,760 impressions** on social media channels.

The campaign informed about ongoing discrimination against people with intellectual disabilities in the labour market and showed ways to improve it. It initiated discussions on how to make inclusive employment happen everywhere in Europe.

“Having a job means having the freedom to make your own choices and to control your life.

People with intellectual disabilities are often overlooked when it comes to jobs and employment opportunities.

But there are many companies in all kinds of industries that benefit from their skills and their great attitude.”

Soufiane El Amrani



Employ campaign

Everyone has a right to work



"As the only female Member of the European Parliament with a visible disability, I know how discriminatory a job search can be for persons with disabilities. After school one told me working in an institution is my only option. Now, I am a Member of the European Parliament!"



Katrin Langensiepen
MEP (Greens)

Employ campaign

Everyone has a right to work



"Inclusive employment helps companies represent diversity in our society. Trying to be a diverse company is about trying to be as we are in our society. Making sure everyone is represented in the company, we better represent society."



Roman Bojko
Ikea Group

Employ campaign

Everyone has a right to work



"Jobs are life-changing for people with disabilities. Rights for real salary provide an autonomous way of life. I am happy my teachers were wrong. I have a job now, earn money and am very happy."

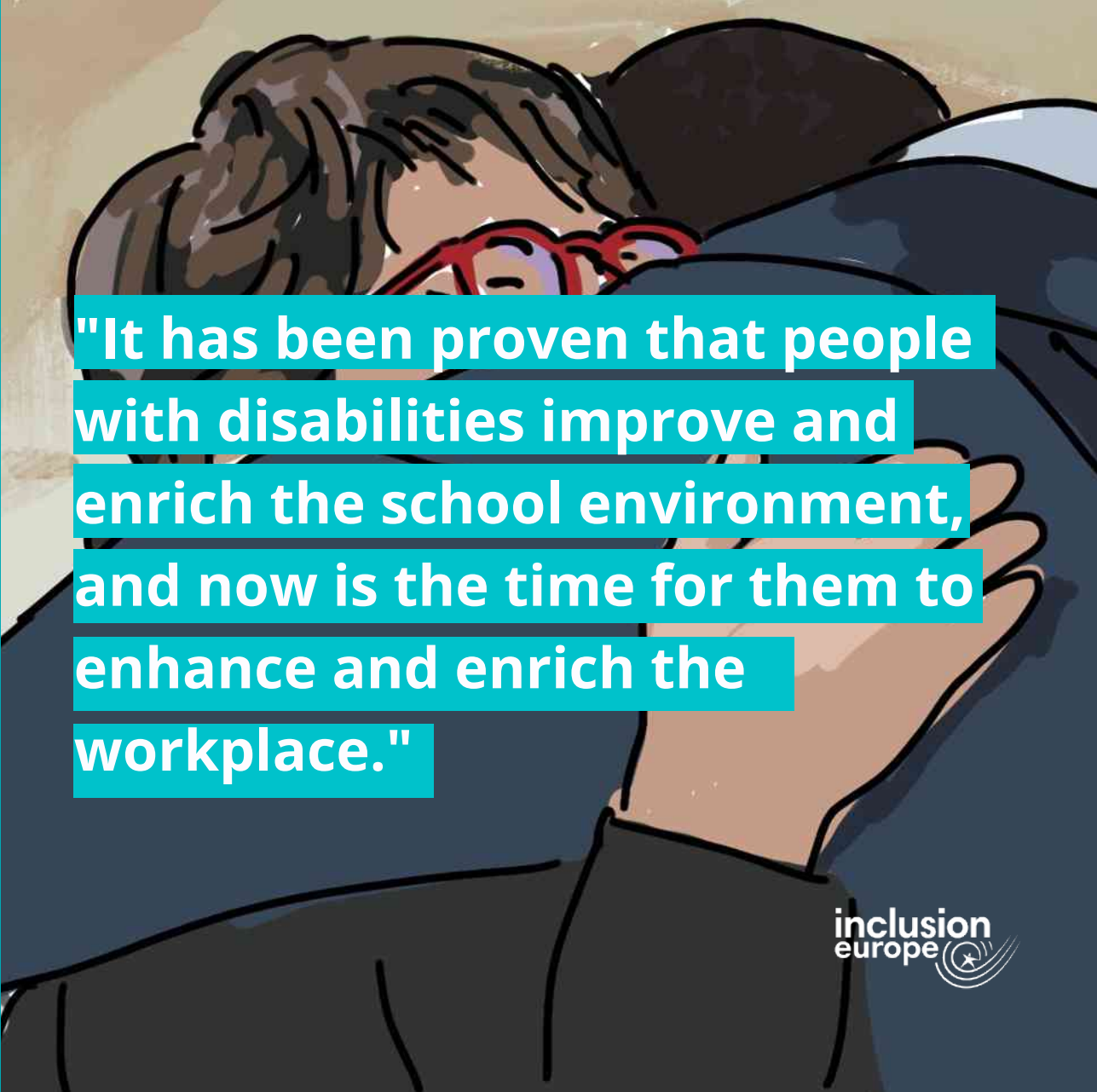


Melanie Wimmer
Atempo

An illustration of two people, a woman with blonde hair and glasses on the left, and a man with brown hair on the right, sitting at a table and looking at documents. The background is a simple tan wall with vertical lines. The text is overlaid on the image in white font on teal rectangular backgrounds.

"Trying to be a diverse company is about trying to be as we are in our society. Making sure everyone is represented in the company, we better represent society."

inclusion
europe 

An illustration of a person with dark, wavy hair and red-rimmed glasses, looking down. A hand is visible near their face. The background is a light beige color.

"It has been proven that people with disabilities improve and enrich the school environment, and now is the time for them to enhance and enrich the workplace."

inclusion
europe 

How to support employment of people with intellectual disabilities



The importance of having a job for people with intellectual disabilities



Events

Hear our Voices! self-advocacy conference

300 participants attended Hear our Voices! self-advocacy conference events, organised in 9 countries. EPSA Steering group decided on topics related with the impact of COVID-19 on people lives. A final event organised by Inclusion Europe took place online to share the results from all the national events. 50 participants from 10 countries attended.

Europe in Action conference

Europe in Action 2021 took place from 8 to 11 June. The conference was about employment of people with intellectual disabilities, with information and practical examples from different countries, even continents.

370 participants from 25 countries attended 28 sessions and workshops.

Being heard

Inclusion Europe was invited to contribute to 29 events as speakers during the year. Topics covered deinstitutionalization, independent living, employment, education, health care, Covid impact, and others.

Self-advocate speakers supported by Inclusion Europe appeared at several events, and recorded videos to inform on self-advocacy.

Policy and accessibility

Deinstitutionalisation and inclusion in the community

Inclusion Europe supported EEG work on advocacy and awareness about deinstitutionalisation and use of EU funds. Inclusion Europe produced videos on self-advocacy and deinstitutionalisation, and published a chapter in book on deinstitutionalisation, expressing Inclusion Europe priorities on the subject. Speakers from Inclusion Europe contributed to several conferences and seminars about the issue.

European collaboration

Inclusion Europe cooperated and communicated with European institutions, NGOs, and other stakeholders making sure their policies, action and communication take on board the views of people with intellectual disabilities and their families.

Easy to read and accessibility

Inclusion Europe advocacy for easier to read information brought results during the year. For example, the European Commission provided an easy-to-read version of its new EU Disability Rights Strategy. There were 2 European Parliament reports with easy-to-read summary. Other organisations are increasingly using easy to read to communicate about their work. Inclusion Europe continues to develop the public database of easy-to-read explanations of EU terminology.

Publications

Europe for us

Every issue of the newsletter is produced in 7 language versions: EN, FR, DE, ES, RO, HU, IT. Some of the translations are done by our members on their own initiative. We published 4 issues of Europe for us in 2021.



Special report for the European Day of Persons with Disabilities

We published a Special report for the European Day of Persons with Disabilities (EDPD) online. Taking up the topic of the conference, the report highlighted the European Disability Strategy, access to healthcare, digital accessibility, and education.

Position papers

Policy briefings informing about:

- legal capacity and employment
- risks of re-institutionalisation
- right to decide about money

Why we care about education

In this new position paper, we encourage the world to take the next step, and leave segregated education to history. To provide every student with proper education, promote and enable schools where all students share the same classroom and where education methods are adapted to every student and teachers are equipped with skills, time, tools, and support to deliver proper education.

Podcasts

Inclusion Europe Radio podcast brings relevant issues where many people like to listen – to their ears. We published 4 episodes about employment, and 4 episodes about Hear our Voices! self-advocacy conference.

Podcast episodes about employment



Soufiane El Amrani, Life with an intellectual disability - Inclusion Europe Radio
Inclusion Europe Radio • Mar 29, 2021

00:00 18:04

Share



Melanie Wimmer, Life and work with a disability - Inclusion Europe Radio
Inclusion Europe Radio • May 10, 2021

00:00 21:00

Share



Houston and Katie Vandergriff, Life with an intellectual disability - Inclusion Europe Radio
Inclusion Europe Radio • May 25, 2021

00:00 22:46

Share



Inclusive Mobility - interview with Valerie Van Hees, Inclusion Europe Radio
Inclusion Europe Radio • Jun 22, 2021

00:00 22:06

Share

Podcast episodes from the Hear our Voices!



Hear our Voices! 2021 Jan Savage talks about ENABLE Scotland and self-advocacy

Inclusion Europe Radio • Dec 01, 2021

00:00 18:22

Share

This card features a circular logo on the left with the text "Hear our voices! STRONG, LOUD AND CLEAR!". The main title is "Hear our Voices! 2021 Jan Savage talks about ENABLE Scotland and self-advocacy". Below the title is the source "Inclusion Europe Radio • Dec 01, 2021". A play button icon is on the left, and a "Share" button is on the right. The duration "00:00" and "18:22" are at the bottom.



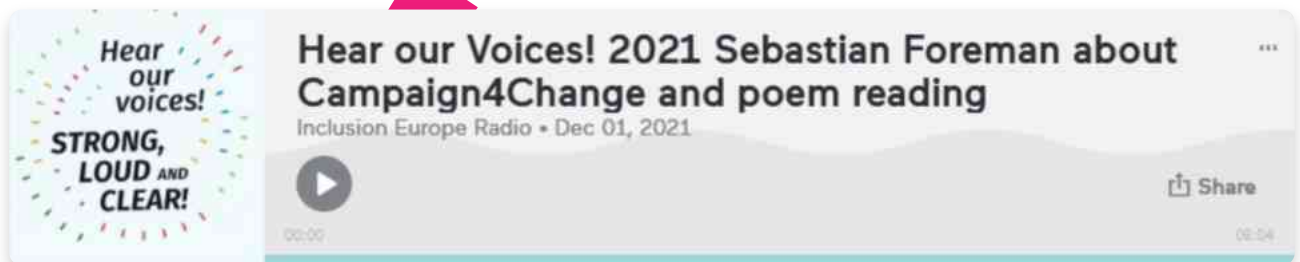
Hear our Voices! 2021 László Bercse (EPSA) What kind of Europe do we want and how can we achie...

Inclusion Europe Radio • Dec 01, 2021

00:00 08:19

Share

This card features a circular logo on the left with the text "Hear our voices! STRONG, LOUD AND CLEAR!". The main title is "Hear our Voices! 2021 László Bercse (EPSA) What kind of Europe do we want and how can we achie...". Below the title is the source "Inclusion Europe Radio • Dec 01, 2021". A play button icon is on the left, and a "Share" button is on the right. The duration "00:00" and "08:19" are at the bottom.



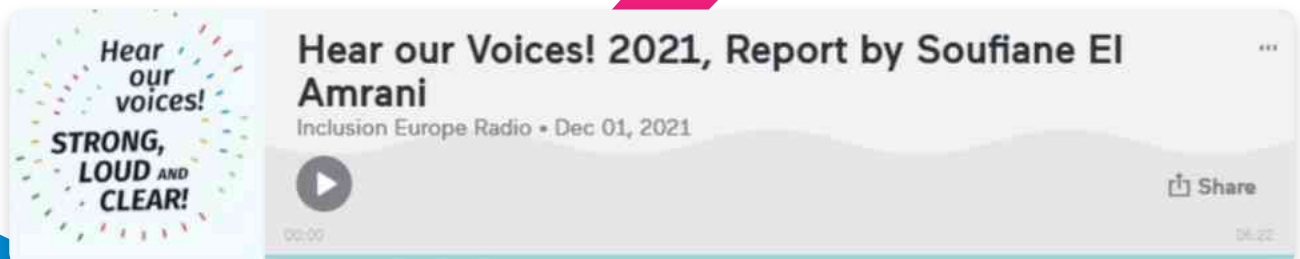
Hear our Voices! 2021 Sebastian Foreman about Campaign4Change and poem reading

Inclusion Europe Radio • Dec 01, 2021

00:00 08:54

Share

This card features a circular logo on the left with the text "Hear our voices! STRONG, LOUD AND CLEAR!". The main title is "Hear our Voices! 2021 Sebastian Foreman about Campaign4Change and poem reading". Below the title is the source "Inclusion Europe Radio • Dec 01, 2021". A play button icon is on the left, and a "Share" button is on the right. The duration "00:00" and "08:54" are at the bottom.



Hear our Voices! 2021, Report by Soufiane El Amrani

Inclusion Europe Radio • Dec 01, 2021

00:00 04:22

Share

This card features a circular logo on the left with the text "Hear our voices! STRONG, LOUD AND CLEAR!". The main title is "Hear our Voices! 2021, Report by Soufiane El Amrani". Below the title is the source "Inclusion Europe Radio • Dec 01, 2021". A play button icon is on the left, and a "Share" button is on the right. The duration "00:00" and "04:22" are at the bottom.

Articles

66



articles
published

8



new pages
made

Articles
in media

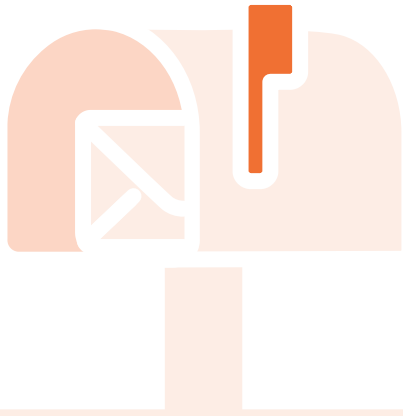
42



**Podcast
episodes**



8



**Newsletter
subscribers**

**Include
4,856**

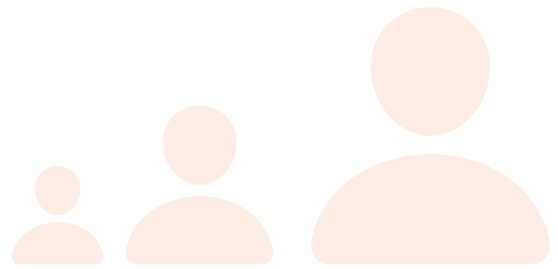
**Europe for us
10,286**

1 million



impressions accumulated
over all social media
platforms

Followers



FACEBOOK:
10,982 followers



LINKEDIN
1,849 followers



TWITTER:
11,305 followers



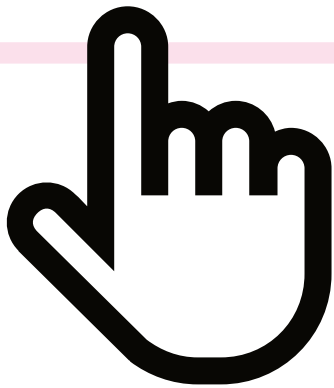
INSTAGRAM
388 followers



Videos

11

Website visits



218,924

Financial report

The annual financial audit was conducted in accordance with the required standards and terms of reference by examining the financial statements. The auditor confirmed that the financial statements correctly present Inclusion Europe's net worth and the association's financial position.

The 2021 financial result of Inclusion Europe was 36,562.84 euros.

This result is based on some extraordinary circumstances:

- Covid impact on activities, especially events. For example, no income from conference fees; Lost membership fees from members who couldn't pay the full amount.
- Decrease of project income from planned 50% to actual 1%.
- Extraordinary support from members to mitigate the financial difficulties.

With the Covid pandemic impact on activities, there was less spending on travel, accommodation or catering and rent for conferences.

The income of Inclusion Europe was based on 2 pillars:

1. Membership fees, which represent 25% of our income.
2. This shows our members' continued awareness of the value your support has to Inclusion Europe work.
3. Grant from the European Union, which represents almost 65% of our income.

We would like to thank the European Commission, the Open Society Foundation and our members for their financial support.

Jeanne Nicklas-Faust,
Treasurer

Financial results summary and comparison

Income 2021		
Project Income	€ 4,743.04	0.95%
Commission Grant	€ 309,375.38	64.58%
Membership Fees	€ 121,632.00	25.39%
Other operating income	€ 43,329.00	9.04%
Total income	€ 479,079.42	100%
Expenditure 2021		
Staff	€ 297,347.50	67.19%
External Project staff	€ 13,929.75	3.15%
Travel and subsistence	€ 304.49	0.07%
Services	€ 44,398.02	10.03%
Equipment & running cost	€ 70,433.31	15.92%
Other expenditure	€ 16,712.49	3.78%
Total expenditure	€ 442,516.58	100%
Result	€ 36,562.84	

Our team

The Board

The board of Inclusion Europe is elected at the General Assembly and is responsible for managing the affairs of Inclusion Europe.



Jyrki Pinomaa
President
Finland



László Bercse
Vice-President
Hungary



Theresa Shearer
Vice-President
Scotland



Cristina Schiratti
Secretary General
Italy



Jeanne Nicklas-Faust
Treasurer
Germany



Dana Migaliova
Lithuania



Anastasiya Zhyrmon
Belarus



Mateja de Reya
Slovenia



Bryndís Snæbjörnsdóttir
Iceland



Andreas Zehetner
Austria



Oswald Föllner
Austria

The Secretariat

Inclusion Europe's office:
Avenue des art 3, 1210 Brussels, Belgium
secretariat@inclusion-europe.org

Staff:

Milan Šveřepa, Director
Helen Portal, Advocacy and policy officer
Josipa Friščić, Communication officer
Sandra Marques, Self-advocacy officer
Nina Vertot, Finance officer
Soufiane El Amrani, Easy-to-read and advocacy officer
Fabio Calzati, EEG coordinator

Members

Inclusion Europe has 77 members in 38 European countries.

The European Platform of Self-Advocates has members in 18 countries.

- Colored countries mark countries with Inclusion Europe member.



A map of Europe and its surrounding regions, including parts of North Africa and the Middle East. Countries are color-coded to represent membership in Inclusion Europe (colored) and the European Platform of Self-Advocates (grey). The map shows a high density of member countries across Western and Central Europe, with some members also present in Eastern Europe and the Balkans. Non-member countries are shown in light grey.

Organization	Number of Members	Number of Countries
Inclusion Europe	77	38
European Platform of Self-Advocates	-	18

37 | Members

Inclusion Europe has
77 members in 38 European countries.

The European Platform of Self-Advocates has members in 18 countries.

- Colored countries mark countries with Inclusion Europe member.

List of members

Albania

Help The Life Association

Website: www.helpthelife.org

Austria

Lebenshilfe Österreich

Website: www.lebenshilfe.at

Lebenshilfe Wien

Website: www.lebenshilfe.wien

**Selbstvertretungszentrum
für Menschen mit Lernschwierigkeiten**

Website: www.svz.wuk.at

Belarus

Lifeguide / BelAPDliMI

Website: www.belapdi.org

Bosnia and Herzegovina

Association Sumero

e-mail: info@sumero.ba

Website: www.sumero.ba

Bulgaria

**BAPID – Bulgarian Association for
Persons with Intellectual Disabilities**

Website: www.bapid.com

**National Association of
Resource Teachers**

Website: www.narubg.org

Croatia

Udruga za promicanje inkluzije

Website: www.inkluzija.hr

Udruga za samozastupanje

Website: www.samozastupanje.hr

**Hrvatski savez udruga osoba s
intelektualnim teškoćama**

Website: www.savezosit.hr

Cyprus

**Pancyprian Parents Association for
People with Mental Handicap**

e-mail: pasygoka@cytanet.com.cy

Czechia

**SPMP (ČR): Společnost pro podporu
lidí s mentálním postižením –**

Inclusion Czech Republic

Website: www.spmpcr.cz

Sebeobhájci Praha

e-mail: jan.siska@pedf.cuni.cz

Rytmus

Website: www.rytmus.org

Denmark

Landesforeningen LEV

Website: www.lev.dk

Estonia

**Vaimukad: Eesti Vaimupuudega
Inimeste Tugiliit (EVPIT) – Estonian
Mentally Disabled People Support
Organisation**

Website: www.vaimukad.ee

EVPIT Self-Advocacy Group

e-mail: evpit@vaimukad.ee

England (United Kingdom)

Learning Disability England

Website:

www.learningdisabilityengland.org.uk

Faroe Islands

Javni

Website: www.javni.fo

Finland

Kehitysvammaisten Tukiliitto r.y.

Website: www.tukiliitto.fi

FDUV

Website: www.fduv.fi

Steg för Steg

Website: www.stegforsteg.fi

France

UNAPEI

Website: www.unapei.org

Nous Aussi

Website: www.nousaussi.org

Association "Les Jeunes Handicapés"

Website: www.ajh.fr

Les Papillons Blancs de Dunkerque

Website:

www.papillonsblancs-dunkerque.fr

Germany

**Bundesvereinigung Lebenshilfe für
Menschen mit geistiger Behinderung
e.V.**

Website: www.lebenshilfe.de

**Der Rat behinderter Menschen der
Bundesvereinigung Lebenshilfe**

e-mail: ulrich.niehoff@lebenshilfe.de

Lebenshilfe Schleswig-Holstein

Website: www.lebenshilfe-sh.de

Greece

**POSGAMEA – Panhellenic Federation
of Parents and Guardians of Disabled
People**

Website: www.posgamea.gr

Hungary

ÉFOÉSZ – Értelmi Fogyatekosok

Országos Érdekvedelmi Szövetség

Website: www.efoesz.hu

ÉFOÉSZ Self-Advocacy Group
Website: www.efoesz.hu

Iceland

Landssamtökin Þroskahjálþ
Website: www.throskahjalp.is

Ireland

Inclusion Ireland
Website: www.inclusionireland.ie

Israel

AKIM Israel
Website: www.akim.org.il

Italy

Anffas Italy
Website: www.anffas.net

Latvia

Rupju Berns
Website: www.rupjuberns.lv

Martin RULLIS
Latvian Self-Advocacy Movement

Lithuania

VILTIS – Lithuanian Welfare Society for Persons with Mental Disability
Website: www.viltis.lt

Luxembourg

APEMH
Website: www.apemh.lu

Ligue HMC
Website: www.ligue-hmc.lu

Malta

INSPIRE – The Foundation for Inclusion
Website: www.inspire.org.mt

Malta Federation of Organisations of Persons with Disability (MFOPD)
Website: www.mfopd.org

Movement in Favour of Rights for Persons with Disability – Down Syndrome Association
e-mail: marthesemugliette@gmail.com

National Parents' Society of Persons with Disability
Website: www.npspd.org

Netherlands

Inclusie Nederland
Website: www.inclusienederland.nl

Vereniging LFB
Website: www.lfb.nu

Ieder(in)
Website: www.iederin.nl

North Macedonia

Republic Center for Helping Persons with Mental Handicap
Website: www.poraka.org.mk

Centre for Helping Persons with
Mental Handicap (Poraka Negotino)
Website: www.porakanegotino.org.mk

Norway

NFU – Norsk Forbund for
Utviklingshemmede
Website: www.nfunorge.org

NFU Self-Advocacy Group
e-mail: helene@nfunorge.org

Poland

PSONI: Polskie Stowarzyszenie na
rzecz Osób z Niepełnosprawnościami
Intelektualnymi – Polish Association for
Persons with Intellectual Disability
Website: www.psoni.org.pl

Portugal

FENACERCI
Website: www.fenacerci.pt

Romania

Ceva de spus
Website: www.cevadespus.ro

Pentru Voi
Website: www.pentruvoi.ro

Federatia Incluziune
e-mail:
incluziune_romania@yahoo.com

Russia

Перспектива / Perspektiva
Website: www.perspektiva-inva.ru

Scotland (United Kingdom)

ENABLE Scotland
Website: www.enable.org.uk

ENABLE ACE COMMITTEE
Website: www.enable.org.uk

Serbia

SAPI – Serbian Association for
Promoting Inclusion
Website: www.sapi.rs

Serbian association for self-advocacy
Website: www.sapi.rs

Slovakia

ZPMPSR: Združenie na pomoc ľuďom
s mentálnym postihnutím v SR
Website: www.zpmpsr.sk

Slovenia

ZVEZA SOŽITJE – The Slovenian
Association for Persons with
Intellectual Disabilities
Website: www.zveza-sozitie.si

Center for training, work and
protection Dolfka Boštjančič, Draga
e-mail: center.draga.ig@center-db.si

Spain

Plena Inclusión

Website: www.plenainclusion.org

GADIR – Grupo de Apoyo a la Dirección Plena Inclusión

Website: www.plenainclusion.org

Som Fundació Catalana Tutelar

Website: www.somfundacio.org

Sweden

FUB

Website: www.fub.se

Inre Ringen Sverige

Website: www.fub.se/inre-ringen

Switzerland

INSIEME

Website: www.insieme.ch

Ukraine

All-Ukrainian NGO Coalition for Persons with Intellectual Disability

Website:
www.intelldisabilities-coalition.com.ua

European Organisations

ECCE – European Cooperation in Anthroposophical Curative Education and Social Therapy

Website: www.ecce.eu

Down Syndrome Education International

Website: www.dseinternational.org

Special Olympics Europe Euroasia

Website: www.specialolympics.eu

Easy to read dictionary



Accessible

Something that is easy to use for people with disabilities.
Such as:

- Ramps to get into a building.
- Information in easy-to-read.
- Information in sign language.



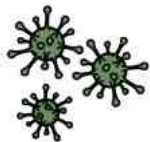
Autism Europe

An international association for the
rights of people with autism.



Commissioner at the European Commission

A Commissioner is a person who is responsible
for a field of work at the European Commission
and manages a lot of people.



COVID-19

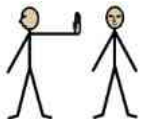
A virus that was first detected in 2019.

It can make a lot of people very sick
and has caused the pandemic of 2020.



Deinstitutionalisation

- The process of changing the way institutions work for a more social, community – life way of living.
- The release of a person who lives in an institution.



Discrimination

Discrimination means that you are treated worse than others or that you do not get the chances you deserve.

It is discrimination when it happens
because of your disability.

It can also happen to other people.
For example, people who have a different skin colour.
Or older people.

Easy-to-read

Easy to read is information that is written in a simple way so that people with intellectual disabilities can understand.

It is important to use simple words and sentences.

If there are words that are difficult to understand, an explanation is provided.

The text needs to be clear to see, for example, black writing on a white background is good.

It needs to be well-spaced.

Easy-to-read often uses pictures to explain what the text talks about.

Someone with an intellectual disability needs to check the information is easy to understand.



Easy-to-read documents often have this logo, so it is easier to find them.

There are rules on how easy-to-read should be done.



EDF

The European Disability Forum is an organisation of people with disabilities in Europe.

In short, we call it EDF.

EDF was created by people with disabilities in 1996.

EDF works to protect the rights of people with disabilities in Europe.

EDF is based in Brussels in Belgium.



Educate

Educate means to teach.

It means to make sure people have access to training so they can learn new skills.



ÉFOÉSZ

ÉFOÉSZ is an association of organisations that care and support the rehabilitation of people with intellectual disability in Hungary.



Employment

Employment is when a person works and gets paid for their work.

It is usually based on a contract between the worker and the person who provides the job.

This person is the employer.

EPSA

The European Platform of Self-Advocates is made up of organisations of self-advocates from different countries in Europe.

We call it EPSA for short.

It is a part of Inclusion Europe.



European Commission

The European Commission works with the European Parliament.

The European Commission suggests laws for the European Parliament and the Council of the European Union to discuss.

It also makes sure that the laws that have been decided upon are being followed by the member states.



European Parliament

The European Parliament is a place where important decisions of the European Union are made. For example: laws.

The Members of the European Parliament (in short, MEPs) make these decisions and speak for all the people who live in the European Union.

Every five years, the people who live in the European Union vote for their country's MEPs.



European Union

The European Union (in short, EU) is a group of 28 countries.

We call these countries “member states”.

They have joined together
to be stronger politically and economically.

The EU makes laws on many important things for the
people who live in those countries.

The EU makes laws in different areas.
Some examples are:

- Laws to protect the environment.
- Laws for farmers.
- Laws to protect consumers.

A consumer is someone who buys things.

The EU also makes laws that are important
for people with disabilities.

It also made a law that gives people with disabilities
more rights when they are travelling.

The EU also gives money to its member states.
Some of this money is used for people with disabilities.



European Pillar of Social Rights

The European Pillar of Social Rights makes sure people in the European Union have new and more effective rights.



Government

A government is a group of people that make decisions on how to run a country. For example,

- about where the money is spent,
- about public transport,
- about schools,
- about hospitals.

Every few years there are elections to vote for a new government.



Guardianship

Guardianship allows some people to make life choices for others.

The person who makes choices for you
is your guardian.

Your guardian can decide things for you,
like where you live.

Sometimes, people under guardianship are not allowed
to vote, get married, or take care of their kids.



Healthcare

Healthcare is the services given to someone
who is ill or who needs to take care of their health.

Healthcare involves going to the doctor, getting medicine
and getting support for health problems
of the body or the mind.



Inclusion Europe

Inclusion Europe is an organisation
for people with intellectual disabilities
and their families.

We fight for their equal rights and inclusion in Europe.

We also want to make a difference to the laws in Europe.

We started in 1988.

We have 77 members in 38 European countries.

We are based in Brussels in Belgium.

Inclusive education, training, employment
Inclusive education, training or employment
means that people with intellectual disabilities
can learn and work together
with other people without disabilities.



Institutions

Institutions are places where
people with intellectual disabilities live
with other people with intellectual disabilities.

They live apart from other people.
This is what we call “segregated”.

Sometimes this happens against their will.

People who live in institutions
have to follow the rules of the institution
and cannot decide for themselves.



Intellectual disability

If you have an intellectual disability,
that means it is more difficult for you
to understand information
and learn new skills than it is for other people.
This makes some parts of life harder.

People with intellectual disabilities
often need support in learning or at work.

Intellectual disability often starts before you are an adult.
It affects you for your whole life.

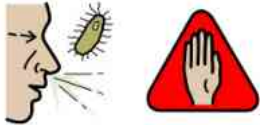
There are things that can make life easier
for people with intellectual disabilities.
For example, information in easy-to-read language.

Some people say learning disabilities
instead of intellectual disabilities.



Istanbul Convention

A document signed by many countries about the protection of women against domestic violence.



Lockdown

A lockdown happens when there is a need to control a situation that can be harmful.

During a pandemic like the one of COVID-19, the countries have lockdowns to stop the spread of the virus.



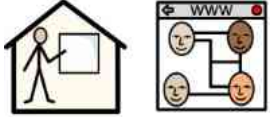
MEPs

The members of the European Parliament are the politicians who sit in the European Parliament. We call them MEPs for short.



NGO

Non-governmental organizations, or NGOs are generally defined as nonprofit and independent of governmental influence.



Online Schooling

Online schooling is a way for students to attend their classes using a computer or another device to connect to the internet.

These classes happen with the help of online applications for meetings or online classrooms.



Petition

A request made for something desired, especially a respectful or humble request, as to a superior or to one of those in authority.



Policies

Actions or practices of governments and institutions.

Policies are trying to make the situation better.

Policies can be a set of rules or guidelines to follow in or to achieve a specific goal.

Rights of people with disabilities

A right is a rule that makes sure people are protected and they can have and do what they need to live a life with respect and safety.

Rights of people with disabilities are rules that are about the lives of people with disabilities. For example, the right to get an education, or the right to live.



Self-Advocacy

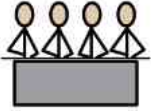
Self-advocacy is when people with intellectual disabilities speak up for themselves.

These people are called self-advocates.



Segregation

Segregation is when someone is set apart from others for an unfair reason. For example, because of their disability.



Steering Group

A steering group is a group of people who manage a project.



United Nations Convention on the Rights of Persons with Disabilities.

The United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD) is an important document.

It tries to make sure that the rights of people with disabilities are respected.



UN Women

UN Women is the United Nations organisation that works for gender equality.



Vaccine

A vaccine is a substance that is injected inside a person's body with a syringe.

A vaccine helps the person's body create antibodies and protects them from getting sick.



Vote

Voting means choosing the politicians who represent us and make decisions for us.

You can vote in different areas.
For example:

- in your town or city
when you elect a new mayor in your country
- when you elect a new president
or at the European elections,
- when you choose the new
Members of the European Parliament (MEPs).



Working conditions

Working conditions is the working environment and the circumstances of the job.

This includes the working hours, legal rights and responsibilities.

Working conditions also include the work that a person does with their body or their mind.

Avenue des arts 3, 1210 Brussels, Belgium
T. +32 25 02 28 15
secretariat@inclusion-europe.org
www.inclusion-europe.eu

Find us on

facebook.com/inclusion europe
twitter.com/inclusion europe
youtube.com/inclusion europe
instagram.com/inclusion europe
anchor.fm/inclusion-europe