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Bonton

In communication with persons with disabilities
Your dignity = My dignity



donator:



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First edition & First audio edition for blind and poor vision persons



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SH.P.A.K

HENDIFER

Foreword

All persons with disabilities have right to be respected
Their physical and mental integrity according to the
equality with others.

Who is the person with disabilities?

The limitations include physical, mental and sensory states, like blindness, deafness and the lack of the ability for moving, and developing the intellectual defects. Some persons suffer from more than one limitation form, on the other hand a lot of people in a definite phase of their lives, suffer from a state caused by a physical injury, illness or old age.

The persons with disabilities often are exposed to violation of inborn dignity of human beings. Just to mention, that 650 million people in the world are with temporary or permanent psychophysical abilities, thus, we want an effective participation in the society, based on non-discrimination and equality with the others.

We have to admit that the life of the persons with disabilities all over the world is not as easy; and we are often the victims of the violence exploitation and mistreatment in the family and in public. Often, our free moving is limited, because of patriarchal prejudices and obstacles, which surround us, that is why we prepared this pamphlet.

Insufficient information, regarding the needs and abilities of persons with disabilities, not knowing the way of helping or the fear from facing the unknown, prevent the people to communicate freely and to offer their help.

In order to facilitate everyday life to the persons with disabilities and to urge the people to communicate without fear and stereotype prejudices, thus we tried to write this “Good Manners”, which we recommend you with cordiality to read it.

With cordial respect,
Hiljmnijeta Apuk, expert for the rights of the people with limited abilities as well as the representative of NGO “Little People of Kosova” in “AD Hoc Committee- UN” to compile the working version of convention text, regarding the rights of the people with disabilities and my cooperator Ms. Fazile Bungu

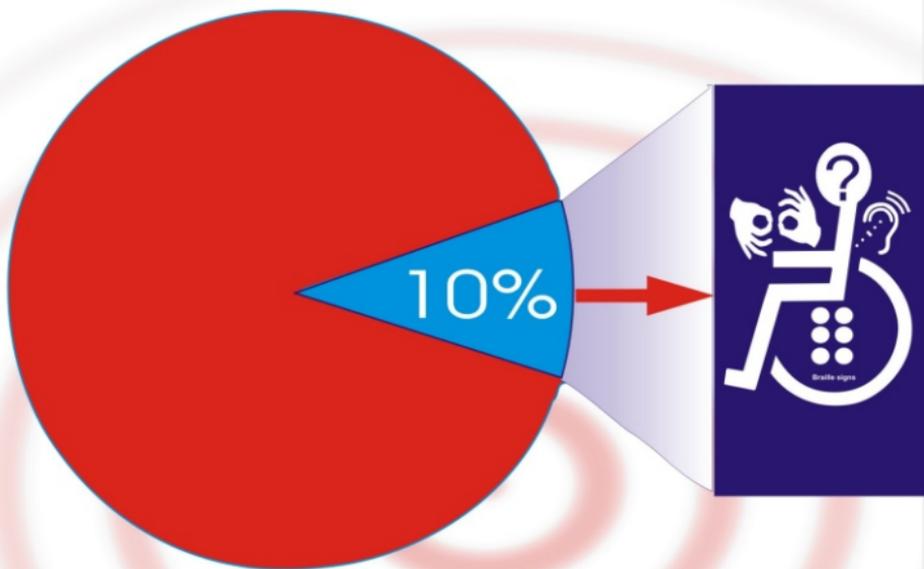
Prishtina, April 2007



Ms. Hiljmnijeta Apuk



Mrs. Fazile Bungu



Meeting the persons with disabilities:

- Giving nickname to somebody, according to his physical disabilities, is an offending behavior, because the persons with disabilities have their names. Call us by our own names. It will make us happier. Warn the others if they call us by mocking names. Do not etiquette us, you just have more fortunate than we have.
- Always ask the persons with disabilities, which is the best way to help them. Do not be offended if your help is refused. Your help will be always accepted, but sometimes, really, it would not be needed, and it may just hinder the person with disabilities doing his (her) common duty, which could be slow, but affective way.
- Do not approach quickly, to a person with disabilities particularly from behind his back, and whose moving is hindered, because they could be afraid and could easily lose their balance.
- Do not make supposition on, whether a person is with disabilities or not, as a lot of people could have limited abilities which could not be seen at first glance.
- Do not comment like; “ I could not live if I were like him or her;”



- If a person with disabilities needs help to be moved, it is ordinary if he (her) is leaned on you .

Never take a person by the arm in order to lead him, if you have not asked him previously. Try to coordinate the speed of your moving with the speed of the person you are helping to.

- Do not push somebody wheelchair if you have not asked him-her previously whether your help has been needed, and do not be offended if your help is refused.

- Do not lean on wheelchair neither to knock on it, as it is a part of person's physical space, who use it (wheelchair) and he-she could be disturbed a lot.

- If you want to move the wheelchair downstairs or upstairs, you have to ask for advice the person who uses the wheelchair, which is the best way to do that.

- Thwart your child to comment with loud voice the physical differences and the difference of the person with limited ability close by you. Promise your child, that you will explain it to him later on.

- You have to talk with your child about the tolerance regarding the human diversity.



- Thwart a group of children to mock and laugh on the diversity of passers by, who are with limited abilities.

- It is particularly important to help your child to understand the difficulties, which the persons with disabilities are facing with.

- Respect the privacy and human dignity of a married couple, who are with disabilities one or both of them. Do not comment or guess loudly about the motive for their wedlock and love. Consider them equal with others.

- Greet them in the best way.

- Address directly to the person with disabilities, and not to his-her parent who makes him-her company.

- While talking with a short person or a person who is sitting in a wheelchair, always try to take a seat where from you can look in his-her eyes.

- When you are listening to a person who is disturbed while speaking, you have to listen to him carefully, if you do not understand, ask him-her to repeat it again. Do not pretend like you understand him-her.

- Speak slowly and directly to the person who is deaf. Do not scream and speak to him-her into the ear. The expression on your face and moving of lips, help him-her to understand you. If you are not sure that the person understands you, then you can write a message.

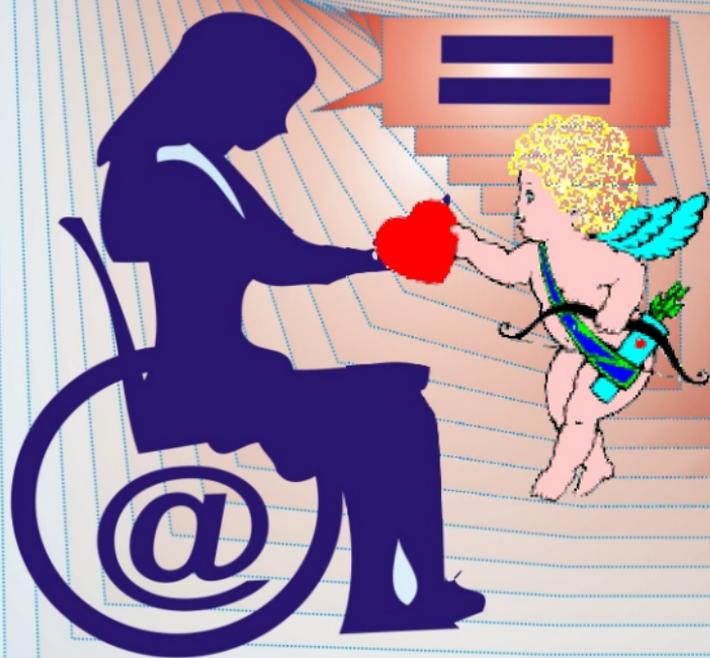


- You can write information to a deaf or partly deaf person, which you have heard from the speakers, regarding the departure of airplane, bus, train or ship.
- When you greet a blind or partly blind person, tell him-her your name and inform him-her closely about you. If you offer help to a walking person, offer him-her to lean on your hand. Deaf and blind persons can understand you only by contact. If you are in such a situation to communicate with such a person, make contact by writing types into his-her palm.
- Do not ask the person with disabilities about the cause of psychophysical disabilities, if you are not close with him-her.
- Do not mock or repeat loudly words, or to show some gesticulations, which directly can upset the person with mental and psychosocial disorders.
- If you have a colleague with limited abilities at your working place, have respect for his-her professional abilities.
- Be careful and patient with persons with disabilities, because such persons may need more time to do something. Focus yourself on that, they can do.



- Do not overprize a person with limited abilities for doing common life works.
- If you are waiting in a queue, give up your place to the person with disabilities or help the hardly movable person to come, immediately at his-her turn.
- While transporting in public transporting means, offer your place to the persons with disabilities, and help them to get in and out of the bus, tram, airplane, ship...
- Do not touch helping devices (crutches, stick, wheelchair) except the person with disabilities asks you.
- Do not caress or tease the blind person's guide dog, firstly you have to ask (the blind person) for permission.
- Respect the drivers with disabilities. When you meet a vehicle in the traffic, which has the "invalid sign", expand the distance between you and him-her, reduce the speed of your vehicle and increase the caution. Take into consideration their sluggish while performing their duties. Do not park on the places with the "Invalid sign".
- Do not show pity for the persons with disabilities. Behave yourself toward them like you behave toward the others, who are equal to you.





Women with disabilities

"Would you throw yourself into the fire for him?" or "Be princess and find your prince", the women without legs, hands, blind, deaf and mute... the women with disabilities have right on love like the others. Do not feel unhappy just because he did not call, or may be you have not met yet the man of your life; they are there close by you. Just place the males around you in the perspective, and you will see how many of them are, change your comprehension about you, like underestimated woman. No, you are not underestimated, there exist values in every woman, and every male will be able to discover them with pleasure, of course, if you let them. Do it without fear for disappointment, because every relation between two persons can cause such a risk. Even the beautiful girls of the world scene are often abandoned with broken hearts, although they are not with disabilities. Every woman with disabilities has been somebody luck, at least for a moment.

Try, to do more and eliminate the discrimination of the persons with disabilities, regarding all the questions that have to do with wedlock, family, personal terms and parents. Give your contribution on equality of the persons with disabilities, based on the equality with others.

**Sometimes the
worst thing
about having a
disability is
that people
meet it before
they meet you.**

