



Making
decisions



Living
independently.



Right to
education



Having
a job



Annual report 2022

Inclusion Europe

Ambitions. Rights. Belonging.

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



Published by:

Inclusion Europe

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Easy to read:

Soufiane El Amrani



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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

Written by Jyrki Pinomaa



Dear members,

The year 2022 was very different. It was a sad and shocking year. We have a war in Europe. Russia brutally attacked Ukraine on 24 February 2022. Too many people have lost their lives in this war. Millions of people have been compelled to leave their homes, millions have fled abroad.

But to leave their homes has not been an option for more than 260,000 Ukrainians, people with intellectual disabilities. Their well-being is dependable of their carers, professionals working with them in institutions and care homes or their family carers taking care of their sons and daughters, brothers and sisters in their homes.

To help Ukrainian people with intellectual disabilities and their families, Inclusion Europe started a special fundraising campaign in March 2022. Our campaign has been a success and we have been able to help by sending money to families in need, through our Ukrainian member, VGO Coalition. By now we have been able to raise around 650,000 euros.

Since the Russian attack, many Inclusion Europe members wanted to help Ukrainian people. Some started their own fundraising campaigns, others wanted to give material support or to help those leaving their country. Your willingness to help has been genuine and the results of it tangible. You have proved that our common value, solidarity, isn't just a word on our website.

Thank you all for your help. Thank you all for your solidarity towards Ukraine and Ukrainian people with intellectual disabilities and their families.

This year, we also continued our work with the final year of our 5Es strategy. The theme of 2022 was Ending segregation.

We were able, finally, after two years interruption, meet in person again at our Europe in Action conference. The conference was organised in Brussels at the beginning of September. It felt good to be able to come together, see each other, have proper discussions and to feel the atmosphere in the room when we were together and not online and isolated behind our laptop screens. We had many truly interactive sessions sharing with each other the good work of many of our member organisations and to make plans towards Europe with no segregation.

From now on, Europe in Action and Hear Our Voices! self-advocacy conference will be organised every other year.

The European Parliament recognised our work by giving an award to the My Talents For Diversity project. This award encourages us all in our work towards a more equal Europe. The project was funded by the European Union “[Rights, Equality and Citizenship](#)” programme, and the partners were [Plena Inclusión](#), [EVPIT](#), [Antwerp Management School](#).

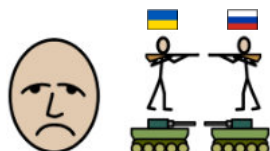
I wish to express a big thank you to our secretariat, both staff and interns for your hard work, your resilience and perseverance during this demanding year. I and the whole Board highly value your commitment.

I also wish to thank all our members and other organisations for supporting people with intellectual disabilities and families during these trying times. Your work is essential. My thoughts and respect to all those with intellectual disabilities and family members dealing with the impact of the war in Ukraine. Let us continue supporting each other.

Jyrki Pinomaa,
President



Letter from the president of Inclusion Europe, Jyrki Pinomaa



It has also been a sad and shocking year.
We have a war in Europe.



Russia brutally attacked
Ukraine 24th of February 2022.
Too many people have
lost their lives in this war.



Millions of people have had
to leave their homes.



But more than 260.000 Ukrainians,
people with intellectual disabilities
had to stay back because of lack of support.



Inclusion Europe campaign
has been a success
and we have been able
to help by sending money
to families in need.

By now we have been
able to raise around 650.000 euros.
And our campaign is still on.



Since the Russian attack,
many Inclusion Europe's members
wanted to help Ukrainian people.

Some started their own fundraising campaigns,
others wanted to give material support
or to help those leaving their country.



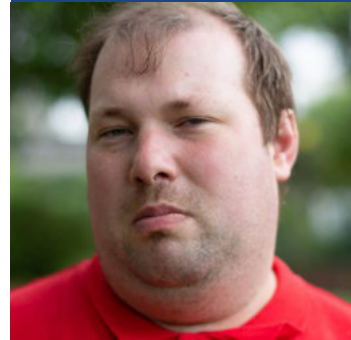
Inclusion Europe members have proved
that our common value solidarity,
isn't just a word on our website.



Thank you all for your help.
Thank you all for your solidarity
towards Ukraine.

EPSA activities in 2022

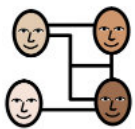
Easy to read written by László Bercse



After a long time with online activities, 2022 was the year when we slowly started to get back to “normal”.



The pandemic showed us new ways of working. We used what we have learned and had some events online.



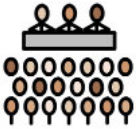
We know now that it is a way to reach more self-advocates and to organise meetings and events that are easier to understand.



We had the activity report from 2021 translated into the languages of our Steering Group members, and they shared it at a national level.

National events, meetings and training

The national events are organised by self-advocates all over Europe.



In March 2022 we organized a conference with ÉFOÉSZ.

The event was part of the Future of Europe Conference. The event was called People with disabilities in the EU.



The event was about how the EU supports people with disabilities. There were about 80 self-advocates and supporters at the event.



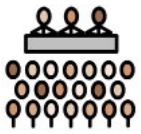
In another project I worked together with organizations from Austria, Slovenia and Portugal.



Portuguese national self-advocates platform had more than 140 participants in 2 online events. One event was about violence and disability and the other about safety online.



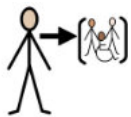
Our member from Spain is involved in a national project called "Plena International". They have organised several online events to talk about self-advocacy and empowerment of people with intellectual disabilities. They organised a conference in Spain where more than 60 self-advocates from all over the world were present.



Plena Inclusion also organised a congress under the topic "Ganamos en comunidad" (we gain when we are together), involving self-advocates. More than 300 people attended in person and more than 3000 online.



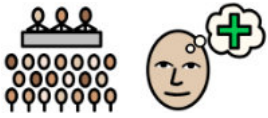
EPSA asked a Portuguese self-advocate to be involved in a working group organised by the Vatican.



This group discussed how the church can be inclusive and welcome all people that are believers, namely persons with intellectual disability.



One of our members from Austria was involved in some political protests. They were present at a demonstration for the UN declaration of rights for persons with disability, with more than 4000 participants.



Also in Austria, another member was involved in a Conference about mental health and living in a psychiatric institution.

Networking and representation



In Romania, our member organised a meeting with self-advocates to give feedback to Inclusion International on a set of guidelines for inclusive participation.



EPSA members were involved in a meeting to give feedback on the European Commission Guidelines on Deinstitutionalisation.



Senada Halilčević was elected to represent Inclusion Europe at the European Disability Forum women's committee.



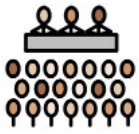
Tamara Byrne was elected to represent Inclusion Europe at the European Disability Forum youth committee.

Tamara also spoke at the European Day of Persons with Disabilities conference organised by the European Commission.



With the horror of war arriving in February, several EPSA members were involved in supporting Ukraine with food, blankets, and medicine and even taking them away from the war.

Europe in Action



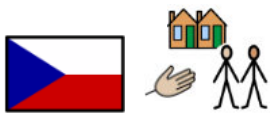
In September, Inclusion Europe organised its annual conference in Brussels.

Nearly 100 self-advocates, family members and supporters took part at the event.

I spoke at the session about deinstitutionalisation in Czechia.

I told them that is crucial to better involve self-advocates in the deinstitutionalisation process.

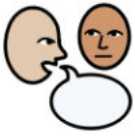
To hear their ideas, and make sure that their needs are really met.



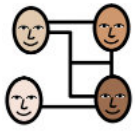
The personal testimony of a self-advocate about living in an institution and getting out of it was a very strong moment.



EPSA steering group organised a session for self-advocates at the conference. More than 30 people took part, most of them self-advocates.



We talked about how EPSA can make sure that the voices of persons that need more support can be heard in our organisations.



We also talked about how we can set up national platforms of self-advocates, giving the example of Spain.



Because we think that inclusion is only possible when all persons can live in the community. We have also discussed with participants what needs to be in place to make this happen.

EPSA growth



EPSA has grown.
We have 1 new member,
All Wales People First.

Topic of the year:

Ending segregation

Inclusion Europe focused on the topic of ending segregation in 2022. We published articles about legal capacity, independent living, deinstitutionalisation, voting rights, employment and more.

Inclusion Europe interviewed self-advocates and their families to share stories and raise more awareness about ongoing discrimination against people with intellectual disabilities in the labour market, but also showcased good practices and initiated discussions on how we can make inclusive employment happen everywhere in Europe.

Inclusion Europe reported on issues linked to institutionalisation of people with intellectual disabilities and raised awareness of solutions for more humane, person-centred and individualised support.

Deinstitutionalisation



László Bercse

Living freely and being of communities like everyone else →



Bryndís Snæbjörnsdóttir

Deinstitutionalisation is the key to a more inclusive Europe →



“It's everyone's human right to live in a home of their choice, in a community they choose, close to the people they love.”

Heather Gilchrist

Living independently



Paul Alford

"Live a life of your own, get education and experience, get a job with proper money" →



Senada Halilčević

I am no longer invisible, for the first time people notice me in society →



"No institution and nothing else can replace a proper family. If a child cannot be with his family, let him be with a foster family."

Lukáš Kudlička

Legal capacity



We fight for Europe where people with intellectual disabilities enjoy the same rights as everyone else →



Millions of voters with disabilities in the European Union may not be able to participate in EP elections in 2024 →



“We need supported decision-making instead of guardianship. We need the right to vote and to play an active role in society.”

László Bercse

Employment



Tamara Byrne

If governments employed more people with disabilities we would have paid jobs and not be ignored →



Thibeau Bastien

Tell the teachers you can do things →



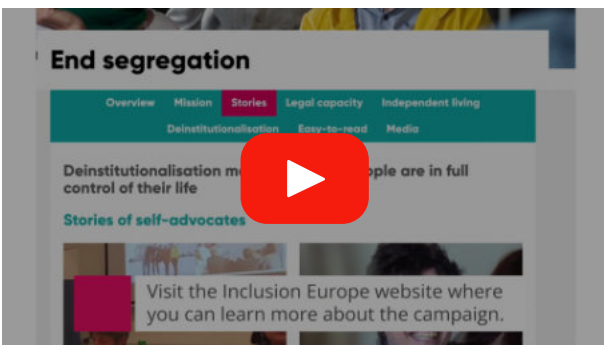
“Companies and administrations should not be afraid to hire people with intellectual disabilities, because they can learn new things from them.”

Soufiane El Amrani

Videos



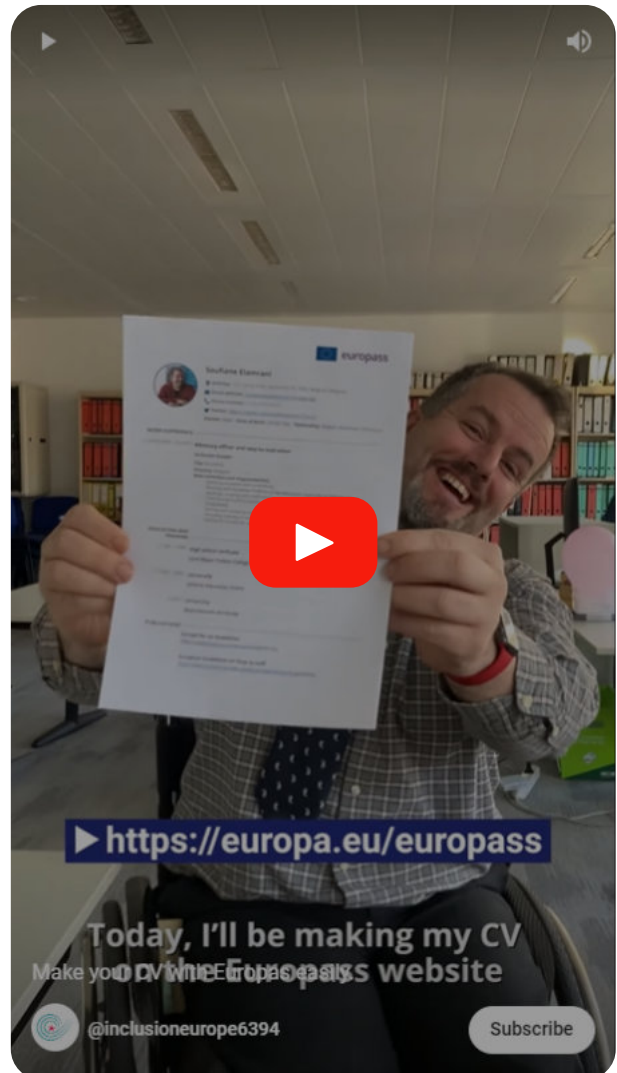
End of segregation means that I can be part of the community



End segregation website page introduction



End segregation - Soufiane El Amrani for Inclusion Europe



Europass promotion: Make your CV with Europass easily

Ukraine fundraiser and support

When Russia launched its full-scale invasion of Ukraine on 24 February, Inclusion Europe member organisation VGO Coalition reached out with a call for support. Based on their description of the situation and needs, Inclusion Europe decided to facilitate financial support for people with intellectual disabilities and their families, and launched the Help Ukraine fundraiser. During the first 100 days, VGO Coalition received 60,000 euros from this fundraiser.

Many of Inclusion Europe members supported the initiative; organising their own fundraisers to contribute, making donations or organising events to collect from the public. The fundraiser has received support from organisations and individuals outside of Europe too, with support from Inclusion International, Inclusion Canada and The Arc of the United States.

By the end of 2022, the fundraiser collected over €660,000.

The money helped families to buy daily supplies, to pay for personal assistance and other support, and to restore functioning of some day centres, workshops etc.



“Thank you for your solidarity towards Ukraine and people with intellectual disabilities. You have proved that our common value, solidarity, isn't just a word on our website”

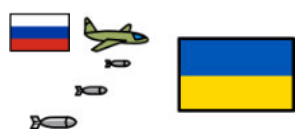
Jyrki Pinomaa, President of Inclusion Europe

“If you have a person with an intellectual disability in your family, it means you were building a system of support for years. For me it took 10 years to build everyday support for my son. And this system was ruined in one moment. When you know that you are not alone, it is much easier to deal with troubles. Thank you, Inclusion Europe, for your support!”

VGO Coalition



How the money collected for Ukraine helps people with intellectual disabilities and their families?



Russia started a war in Ukraine on the 24 February 2022.



Inclusion Europe was in contact with its member called VGO Coalition.



VGO Coalition is an organisation of all Ukrainian NGOs for people with intellectual disabilities.



Inclusion Europe created a fund to help people with intellectual disabilities and their families.

With the fund, VGO Coalition paid for:



- Day-care for persons with intellectual disabilities.

- To hire support people for people with intellectual disabilities.



- To repair buildings where services are given.



Many other NGOs supported the help for Ukraine and gave money to the fund.



VGO Coalition received more money from the fund.

With the money VGO Coalition:



- Created everyday activities and trainings for adults and children with intellectual disabilities.



- People with intellectual disabilities who lost their families because of the war now live with other families.



- Started again NGOs services to families of people with intellectual disabilities.

- Repair buildings that were destroyed because of the war.



VGO Coalition and its members thanked Inclusion Europe for sending money to help people with disabilities during the war in Ukraine.

How the money collected for Ukraine helps people with intellectual disabilities and their families



Tetiana Lomakina, Adviser-Commissioner of the President of Ukraine for a Barrier-free Environment



Members of the VGO Coalition with a review of the support they were able to receive

THE INDEPENDENT

Millions with disabilities 'abandoned' in Ukraine, charities fear →

"...Inclusion Europe estimates there are around 261,00 people with intellectual disabilities in Ukraine."

REUTERS

Fate of Ukrainians with disabilities a 'crisis within a crisis' →

"About 5,000 children from orphanages have arrived in Poland and it is likely that 10% of them are disabled, said Inclusion Europe."

EURACTIV.COM

We must not forget people with disabilities in Ukraine →

"...These people need help, and they need it now, writes Helen Portal."

TIME

Disabled Ukrainians Are Fighting For Survival →

"The VGO Coalition has so far received \$175,000 in donations from Inclusion Europe"

EURONEWS

'Left behind': How war is hitting the disabled in Ukraine →

"... care responsibilities fall on their families, especially mothers, according to Inclusion Europe"

AL JAZEERA

What the war means for Ukrainians with disabilities →

"According to two Brussels-based NGOs, the European Disability Forum and Inclusion Europe, some 2.7 million people with disabilities are registered in Ukraine"

Europe in Action

The conference took place from 7 to 9 September 2022 in Brussels. The conference focused on ending segregation of people with intellectual disabilities. There were sessions about deinstitutionalisation, inclusive employment, Ukraine and legal capacity. There were 11 sessions overall, with 35 speakers. There were 120 participants who attended the conference in person, and 50 online. The conference offered an opportunity for the European Commission to present disability initiatives, and for our members to learn about the EU's work to advance disability rights.

Inclusion Europe wanted its members to reconnect after nearly three years of not being able to see each other. The conference also enabled Inclusion Europe to map the situation of its members and organise the advocacy trainings to share their knowledge.



Advocacy training at national level: Training on self-advocacy and participation

In November 2022, we organised a training for self-advocates and family-advocates in Czechia. The country and topic were selected based on a long-term need [to improve participation](#) of people with disabilities in relevant activities in the country. 29 participants attended the training, most of them people with intellectual disabilities who live in residential care services.



What support for people with intellectual disabilities?

Inclusion Europe organised with two Belgian organisations a consultation on the existing support in the community. One organisation broadcasted the documentary they did on support services in Belgium, leading to an exchange of views on how to improve the support in the country.

Tuesday Tutorials

Inclusion Europe launched a series of trainings at the end of 2022 called “Tuesday Tutorials at Two”. The goal of the trainings is to connect with members, and to facilitate the sharing of knowledge between members. In the first 6 tutorials in 2022, we invited member organisations and staff to give a training on a topic they have expertise on.

External Events

Inclusion Europe was invited to 44 events to contribute with expertise and views of people with intellectual disabilities. These event were at European, national, and regional levels.



Exchange of deinstitutionalisation expertise,
Centrum podpory transformace,
Czechia



On inclusive education in France,
region Auvergne Rhone Alpes



Inclusion Ireland, legal capacity, self-advocates

Policy and Advocacy

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, 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.

Ukraine

We wrote two reports on the situation in Ukraine, and organised four online discussions to exchange information between our members, especially members in neighbouring countries helping war refugees. Inclusion Europe also made sure the VGO Coalition and the views of people with intellectual disabilities were represented during a side event of the Conference of State Parties.

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.

Inclusion Europe nominated two self-advocates who were selected to represent the views of people with intellectual disabilities in the Youth Committee and the Women Committee of the European Disability Forum.

Inclusion Europe is involved in EU NGO alliances, such as the coalition on victim's rights, the coalition to end violence against women, the EU Alliance for Investing in Children, or the EEG (European Expert Group on deinstitutionalisation).

Inclusion Europe is part of two initiatives organised by the European Commission: the Disability Platform, and the Victims' Rights Platform.

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 Disability Rights Strategy. 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.

Inclusion Europe also advocates to make sure accessibility for people with intellectual disability is not limited to text, but also to the participation and inclusion of people with disabilities in meetings and conference.

Supporting EU disability rights and social agenda

12

submissions to EU and other relevant consultations

2

self-advocates contributions to significant EU events and conferences

Supporting the work of EEG, which organised:

1

Open meeting, online training and discussion

1

Written contribution to
Guidance on Independent
Living and Inclusion in the
Community

4

Statements and analysis



Participation in

8

EU-level organisations
and coalitions



2

new self-advocate
representatives in EDF
committees

2

submissions to UN CRPD
consultation

1

submission to UN Special
Rapporteur consultation

2

contributions to joint reports/
submissions to the UN CRPD
Committee

European Citizen's Prize

Inclusion Europe won the European Citizen's Prize from the European Parliament.

Inclusion Europe took part in the European Citizen's Award Ceremony at the European Parliament and received an award for "My Talents. For Diversity" project on 8 November 2022.

The project was funded by European Union under the "[Rights, Equality and Citizenship](#)" programme, and the partners were [Plena Inclusión](#), [EVPIT](#), and [Antwerp Management School](#).

"The award is significant to the whole disability movement, and it encourages and empowers us all in our efforts towards a more equal Europe. I am proud that Inclusion Europe and our participating members have been able with our project My Talents for Diversity to highlight the indispensability of respecting everybody's individual talent and skills when building inclusive and diverse European labour market."

Jyrki Pinomaa, President of Inclusion Europe.





Inclusion Europe awarded with the European Citizen's Prize



Inclusion Europe received an award from the European Parliament for the "My Talents. For Diversity" project.



Project "My Talents. For Diversity" was funded by the European Commission.

Project partners were:

- Plena Inclusión,
- EVPIT,
- Antwerp Management School.



The award is called The European Citizen's Prize. The award goes to the projects that promote European values and cooperation.



The project “My Talents. For Diversity” shared good practices around Europe about inclusion and offered training to employers and employees with intellectual disabilities.

The project had many great outcomes:



- 7 countries reached directly (by participation, events etc);

- 13 countries in the online catalogue;



- 15 videos produced;

- 10 languages in which the deliverables are available;

- 37 articles published;



- 1,747 people reached out by the events

- 3,660 Youtube views;



- 276,321 impressions on social media campaign

Publications

Report on the risk of institutionalisation

Why are people with intellectual disabilities still at risk of institutionalisation?



Report on testimonies



Ukraine report



Disability Welfare Policy in Europe

Cognitive Disability and the Impact of the Covid-19 Pandemic



Edited by

Angela Genova

Alice Scavarda

Maria Świątkiewicz-Mośny

Chapter for book publication on Covid →

Disability Welfare Policy in Europe | Emerald Insight

Europe for us

The Europe for us magazine is done in easy to read. Every issue of the magazine 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](#) magazine and newsletter in 2022.

Titles of the 2022 issues:

1. Inclusion Europe helps families in Ukraine
2. No longer invisible: Stories from people with intellectual disabilities
3. Your own front door: Your way to independence
4. Ukraine issue: Everything that was built was destroyed



Podcasts



Handbook of easy languages in Europe – an interview with Camilla Lindholm and Ulla Vanhatalo

[Read the transcript](#)



Discussion on disability rights, social care and change with Neil Crowther

[Read the transcript](#)



'Narrowed Lives. Meaning, Moral Value, and Profound Intellectual Disability', discussion with the authors Reetta Mietola and Simo Vehmas

[Read the transcript](#)



New Employment package for people with disabilities: In conversation with Katarina Ivanković Knežević on Inclusion Europe Radio

[Read the transcript](#)



Quality of life, and services for people with disabilities: In conversation with Julie Beadle-Brown and Jan Šiška

[Read the transcript](#)



War refugees with disabilities in Poland - situation, support, needs

[Read the transcript](#)

2022 in numbers

93



articles
published on
our website

72



articles
in media

Speaking
engagements

44



**Online
trainings**

Podcast episodes

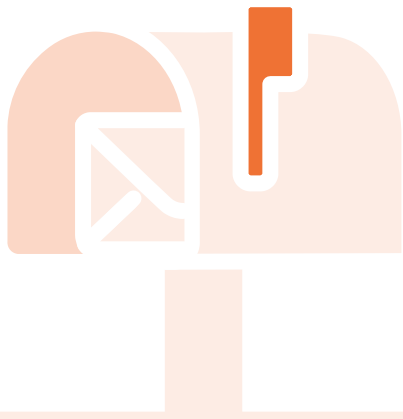


6



Podcast plays

5,250



Newsletter subscribers

Include

5,250

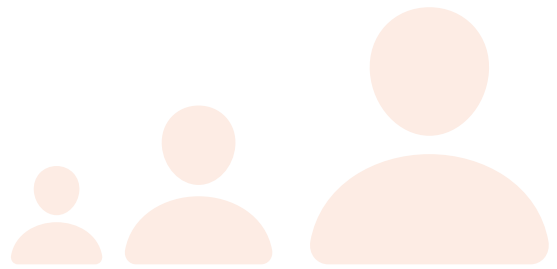
Europe for us

10,641

1.3 million

social media impressions

Followers



f

FACEBOOK:
12,253

in

LINKEDIN
3,862



TWITTER:
12,101



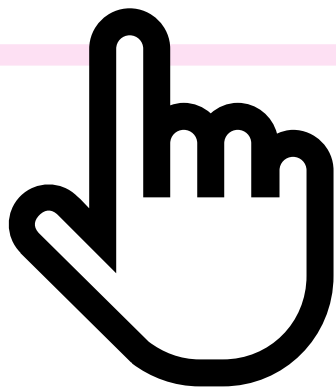
INSTAGRAM
769



Videos

6

Website visits

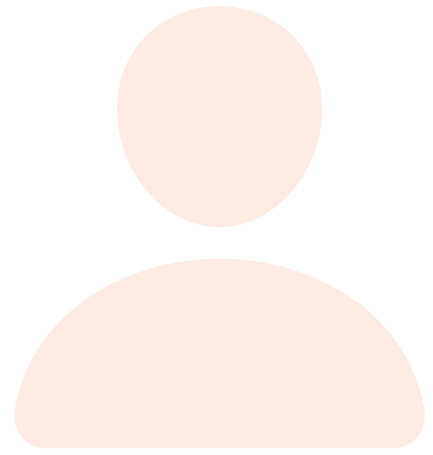


474,098

+ 1

New member

(Dincat, Spain)



€ 660,000

fundraised to help in Ukraine

Best performing social media posts



Financial report 2022

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

The financial result of Inclusion Europe for the year 2022 was 89.713,84 euros.

The income of Inclusion Europe was based mostly on 2 pillars:

1. Membership fees, which represent 22% of our income, and recovered compared to last year. This shows our members' continued awareness of the value of Inclusion Europe work.
2. Grant from the European Union, which represents almost 67% of our income.

There was also a significant grant from the Open Society Foundation. This grant was the last in a series of OSF grants from 2016.

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

Jeanne Nicklas-Faust,

Treasurer

Income		
Project Income	€ 63,099.57	9.82%
Commission Grant	€ 430,292.21	66.99%
Membership Fees	€ 138,542.00	21.57%
Other operating income	€ 10,416.79	1.62%
Total income	€ 642,350.57	100%

Expenditure		
Staff	€ 359,862.89	65.12%
External Project staff/ Subcontracting	€ 15,103.62	2.73%
Travel and subsistence	€ 19,951.39	3.61%
Services	€ 66,693.59	12.07%
Equipment & running cost	€ 75,870.85	13.73%
Other expenditure	€ 15,154.39	2.74%
Total expenditure	€ 552,636.73	100%

Result	€ 89,713.84	
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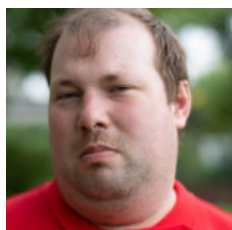
Our team

The Board

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



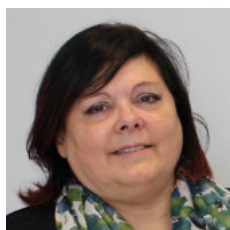
Jyrki Pinomaa
President
Finland



László Bercse
Vice-President
Hungary



Theresa Shearer
Vice-President
Scotland



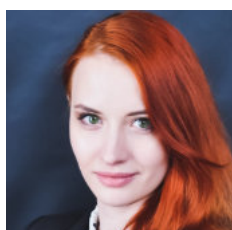
Cristina Schiratti
Secretary General
Italy



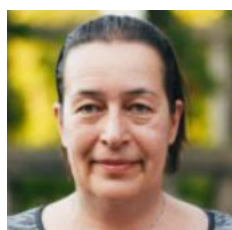
Jeanne Nicklas-Faust
Treasurer
Germany



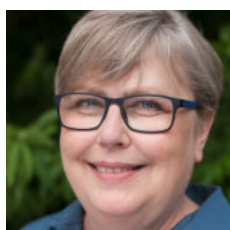
Dana Migaliova
Lithuania



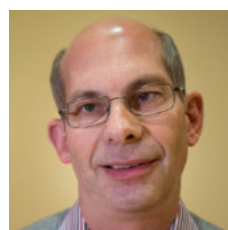
Anastasiya Zhyrmon
Belarus



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
Inge Volleberg, EEG coordinator and events coordinator

Members

Inclusion Europe has
78 members in 38 European countries.

The European Platform of Self-Advocates has
20 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 / BelAPDIIMI

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 –
Association for Promoting Inclusion

Website: www.inkluzija.hr

Udruga za samozastupanje –
Association for Self-Advocacy

Website: www.samozastupanje.hr

Hrvatski savez udruga osoba s
intelektualnim teškoćama –
Croatian Association of Societies of
Persons with Intellectual Disabilities

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

Association “Les Jeunes Handicapés”
Website: www.ajh.fr

Les Papillons Blancs de Dunkerque
Website:
www.papillonsblancs-dunkerque.fr

Nous Aussi
Website: www.nousaussi.org

UNAPEI
Website: www.unapei.org

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 Szövetsége
Website: www.efoesz.hu

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

Iceland

Landssamtökin Þroskahjálp
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

Luxemburg

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 Niepełnosprawnością
Intelektualną – 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

**ZPMPVSR: Združenie na pomoc ľuďom
s mentálnym postihnutím v SR**
Website: www.zpmpvsr.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

Dincat

Website: <https://www.dincat.cat>

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

Wales (United Kingdom)

All Wales People First

Website: allwalespeople1st.co.uk/

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.



Bank

A place where you can keep and take out money



Charter of Fundamental Rights

A paper that says what basic rights every person has.
For example, the right to freedom, the right to education.



Climate change

When nature is damaged because of human actions.
For example, pollution, heavy rains, forest fires.



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.



Community

People that belong to something.
For example, neighbourhood community.
People who live in the same neighbourhood.
Or religious community.
People who have the same religion.



Community-based services

Support given by people from the community.



Convention

An agreement between countries or organisations which talks about many topics.



COVID-19

A virus that spread all around the world.
A lot of people got sick.

People could not meet each other,
work at the office or go to school.



Degree

When you finish school or university you
get a paper that shows your grades. It's called a degree.



Deinstitutionalisation

Deinstitutionalisation is helping people
to move out of institutions.

It is when the people who lived in institutions get help
so they can live independently in the community.



Democracy

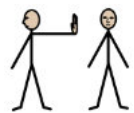
When everybody has the same right to be heard.
When everybody has the same right to vote and to stand for elections.



Disability

A person who is not able to do some things, because it is hard for the person.

For example, a person has no legs cannot walk.
Or a person who has a reading difficulty cannot understand a hard text.



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.



Educate

Educate means to teach.

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



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 Convention on Human Rights

A paper that says the rights every person has. For example, the right to live, the right to speak your mind. The paper is respected by all countries in Europe.



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 27 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.

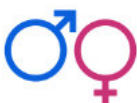
The EU also gives money to its member states.

Some of this money is used for people with disabilities.



Fund

To give money to someone or to an organisation which helps people or organisations.



Gender

The gender says if you are female or male.

Some people do not see themselves as either female or male.

They call themselves non-binary.



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.



Independent living

Independent living means that people with intellectual disabilities live in the community and have support to do what they want.

They also can:

- choose with whom and where to live
- decide how they want to spend their time
- have the same experiences as all other people

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 78 members in 38 European countries.

We are based in Brussels in Belgium.



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.



Internship

A place where you work for a short time and helps you to find what kind of job you want to do later.



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

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



Organisation

A group of people who work for the same thing.



Report

A paper that says what researchers find about a topic.
For example: Inclusion Europe and Antwerp Management School worked on a report about employment for people with intellectual disabilities.



Researcher

A person that finds things about a topic and makes a report about the topic and the findings.



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.



Segregation

Segregation is when someone is set apart from others for an unfair reason.

For example, because of their disability.



Self-Advocacy

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

These people are called self-advocates.



Services

Support for people with disabilities.



Special education schools

Schools for people with disabilities.



Support person

A person that helps people with disabilities to do things.

For example: doing grocery shopping or understanding a hard document.



Training

A class often given at work where people learn new things.



Volunteer

A person that works and helps for free.

For example: taking care of animals at a shelter.



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.

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YouTube

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Spotify



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