

# One Billion Left Behind: Making global water efforts disability inclusive

29 August 2018, World Water Week



# *Disabling Menstrual Barriers Research Project*

Kavre district, Nepal

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## Research Aim

To investigate and address the barriers to MHM adolescents and young people with disabilities and their carers face in Nepal.



Image: Wikipedia / [www.chorachori.org.uk](http://www.chorachori.org.uk).

## Methodology



### **Systematic review**

To investigate the MH requirements of disabled people and their carers, and the barriers they experience

### **Formative research**

To understand the specific barriers faced by the target group in Kavre district

### **Pilot intervention**

Currently designing intervention and feasibility study will be led to understand if it is acceptable/feasible for wider scale testing

## Key Findings



***“We don’t know anything else. I don’t go anywhere. I hear that people come to our village to teach about those things, but I haven’t been taught about the menstruation management”***

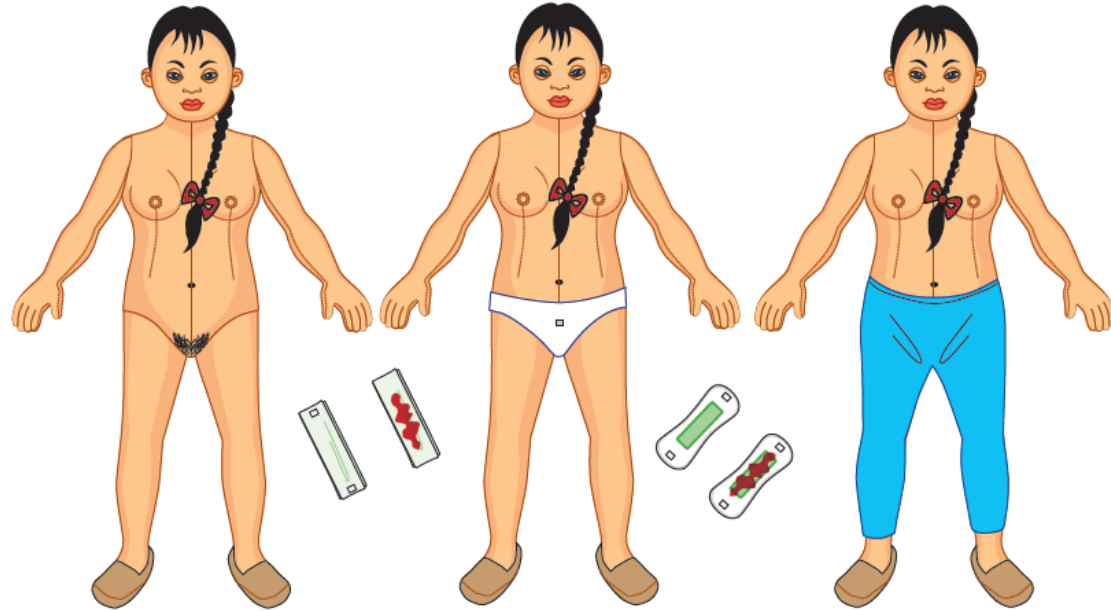
- Carer of a person with an intellectual impairment.



# An inclusive MHM campaign




# An inclusive MHM campaign




# An inclusive MHM campaign




**मितिपात्रो** २०७५

**बैशाख**

आइतबार	सोमबार	मंगलबार	बुधबार	बिहीबार	गुरुबार	शनिबार
३०	३१					१
२	३	४	५	६	७	८
९	१०	११	१२	१३	१४	१५
१६	१७	१८	१९	२०	२१	२२
२३	२४	२५	२६	२७	२८	२९





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MEDICINE



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# More information

<http://disabilitycentre.lshtm.ac.uk/files/2018/01/Barriers-to-Menstrual-Hygiene-Learning-Note.pdf>

<https://washmatters.wateraid.org/blog/we-must-ensure-people-with-disabilities-have-dignity-during-menstruation>.

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In small groups, please discuss and agree:  
*(10 mins)*

- 1. One question to ask the panel/Safia**
- 2. One recommendation to improve sector progress on disability inclusion**

Upload your recommendation to the live survey:

Go to: [www.menti.com](https://www.menti.com)

Type in the code: **801719**



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