

An introduction to the Social Model of Disability

“Disability Wales promotes and seeks implementation of the **Social Model of Disability** throughout its work in recognition that people with impairments are disabled by attitudinal, environmental and institutional barriers in society”

Disability Wales Strategic Plan

It is widely accepted including at government level that disabled people generally have fewer opportunities and a poorer quality of life than many non-disabled people.

The reason for this situation may be explained in at least two different ways depending on whether it is viewed from the perspective of the Medical Model of Disability or the Social Model of Disability.

- Within the Medical Model of Disability, it is considered to be the failure or limitation of the individual's body that causes disadvantage and social exclusion.
- Within the Social Model of Disability, the individual's body is less relevant because people are “disabled” through lack of access to buildings, information, communication, personal support, education, and employment and by the attitudes of others.

The **Medical Model of Disability** regards ‘disablement’ as a problem – for the individual. It looks at impairment as something that needs to be cured and the disabled person made well and ‘normal’. The emphasis is put on a person's ability to be the same as everybody else, or on the effort needed to get them back to as ‘normal’ as possible. The Medical Model approach is rooted in notions of welfare, rehabilitation and charitable provision.

The **Social Model of Disability** turns the Medical Model approach on its head in arguing that society, not impairment, is the problem. Disability is viewed as something which is imposed on people with impairments (whether they have a physical impairment, sensory impairment, learning difficulty or mental health condition) by a society which creates barriers to equality. These barriers include:

- Lack of access in and around the built environment including transport systems (environmental barriers)
- Policies and procedures that prevent the full participation of disabled people within education, the work place and the wider community (institutional barriers)
- Attitudes that regard disabled people as inferior, helpless, weak and vulnerable (attitudinal barriers).

An approach based on the Social Model of Disability seeks to remove such barriers and address negative attitudes towards disabled people. The key definitions within the Social Model are:

Impairment

An injury, illness, or congenital condition that causes or is likely to cause a long-term effect on physical appearance and/or limitation of function within the individual that differs from the commonplace.

Disability

The loss or limitation of opportunities to take part in society on an equal level with others due to institutional, environmental and attitudinal barriers.

These definitions and the development of the Social Model of Disability were instigated by the founders of the Disabled People's Movement in the UK from the 1970's onwards. It represented a radical new approach to the way society perceives disability and was the driving force behind successful campaigns for disability equality legislation and support for independent living.

The Social Model in Wales

The Welsh Assembly Government and many public bodies including local authorities, have adopted the Social Model of Disability. However in Wales we still have:

- Inaccessible transport services
- Lack of full inclusion in education
- Harassment and hate crimes against disabled people
- Limited access to High Street shops and services
- Inaccessible housing
- Insufficient support to enable people to live independently in their own homes

DW continues to campaign for the removal of disabling barriers at all levels in society.

“The Social Model of Disability is a positive approach to disability, because if barriers can be created, then they can also be removed.”

More information about the **Social Model of Disability** and how DW is seeking to promote it can be found on our website.

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Cyflwyniad i'r Model Anabledd Cymdeithasol

“Mae Anabledd Cymru yn hyrwyddo ac yn ceisio gweithredu'r **Model Anabledd Cymdeithasol** ym mhob maes, gan gydnabod fod pobl gydag amhariadau'n dioddef anabledd oherwydd rhwystrau agweddol, amgylcheddol a sefydliadol o fewn cymdeithas.”

Cynllun Strategol Anabledd Cymru

Derbynnir yn gyffredinol, a gan y llywodraeth, bod pobl anabl yn cael llai o gyfleoedd a bywydau o ansawdd gwaeth na llawer o bobl nid-anabl.

Gellir esbonio'r rheswm yn rhannol mewn o leiaf dwy ffordd wahanol, yn dibynnu os yn ei dadansoddi o safbwynt y model anabledd meddygol neu'r model anabledd cymdeithasol.

- Yn nhermau'r model anabledd meddygol, ystyrir mai methiant neu gyfyngiadau corfforol unigolion sy'n achosi anfantais ac eithrio cymdeithasol.
- O ran y model anabledd cymdeithasol, nid yw cyrff unigolion mor berthnasol oherwydd mae'n ystyried bod pobl yn wynebu “anabledd” ar sail diffyg mynediad i adeiladau, gwybodaeth, cymorth personol a chyflogaeth, ac oherwydd agweddau pobl eraill.

Mae'r **Model Anabledd Meddygol** yn ystyried 'anabledd' fel problem – i'r unigolyn. Mae'n edrych ar amhariad fel rhywbeth sydd angen ei drin a helpu'r person anabl ddod yn iawn a 'normal'. Rhoir pwyslais ar allu person i fod yr un peth â phawb arall, neu ar ymdrech i'w helpu i fod mor 'normal' â phosibl. Seilir y Model ar ddarpariaethau lles, adfer ac elusenol.

Yn dra gwahanol, mae'r **Model Anabledd Cymdeithasol** yn dadlau mai'r broblem yw cymdeithas, nid yr anabledd. Mae'n ystyried anabledd fel rhywbeth a orfodir ar bobl gydag amhariad (corfforol neu synhwyraidd, anhawster dysgu neu gyflwr iechyd meddwl) gan gymdeithas sy'n creu rhwystrau rhag cydraddoldeb. Er enghraifft:

- Diffyg mynediad i'r amgylchedd adeiledig, yn cynnwys systemau trafndiaeth (rhwystrau amgylcheddol)
- Polisiau a gweithdrefnau sy'n rhwystro cyfranogiad llawn gan bobl anabl ym meysydd addysg a gwaith, a chymunedau'n gyffredinol (rhwystrau sefydliadol)
- Agweddau sy'n trin pobl anabl yn israddol, gwan a bregus (rhwystrau agweddol).

Mae trefn yn seiliedig ar y Model Cymdeithasol yn ceisio dileu'r fath rwystrau a thacio agweddau negyddol tuag at bobl anabl. Prif ddiffiniadau'r Model Cymdeithasol yw:

Amhariad

Anaf, salwch neu gyflwr genedigol sy'n achosi neu'n debyg o achosi effaith hir dymor ar olwg y corff a/neu cyfyngu gallu unigolyn yn wahanol i'r drefn arferol.

Anabledd

Colli neu gyfyngu cyfleoedd i fod yn rhan o gymdeithas ar sail gyfartal ag eraill oherwydd rhwystrau sefydliadol, amgylcheddol ac agweddol.

Datblygwyd y diffiniadau hyn a'r model anabledd cymdeithasol gan sefydlwyr Mudiad Pobl Anabl y Deyrnas Unedig o'r 1970au ymlaen. Roedd yn cynrychioli dull newydd o ystyried anabledd gan gymdeithas ac arweiniodd at ymgyrchoedd llwyddiannus i gyflwyno deddfau cydraddoldeb a chymorth i helpu unigolion i fyw'n annibynnol.

Y Model Cymdeithasol yng Nghymru

Mae Llywodraeth Cynulliad Cymru a llawer o gyrff cyhoeddus, yn cynnwys awdurdodau lleol, wedi mabwysdiadu'r model anabledd cymdeithasol. Fodd bynnag, mae'r isod yn dal yn amlwg yng Nghymru:

- Gwasanaethau trafndiaeth anhygyrch
- Diffyg cynhwysiad llawn ym maes addysg
- Aflonyddwch a throeddau atgasedd yn erbyn pobl anabl
- Mynediad gwael i siopau stryd fawr a gwasanaethau
- Cartrefi anhygyrch
- Diffyg cymorth i alluogi pobl i fyw'n annibynnol yn eu cartrefi

Bydd AC yn parhau i ymgyrchu i ddileu rhwystrau fel hyn ar bob lefel o gymdeithas.

“Mae'r Model Anabledd Cymdeithasol yn ffordd bositif o drafod anabledd, oherwydd os oes modd creu rhwystrau, mae hefyd modd eu dileu.”

Gwybodaeth bellach ar wefan Anabledd Cymru.

Os am wybod mwy am ein gwaith cysylltwch â ni yn:

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