

# AADI SAARTHAK TIPS FOR RESPECTING DIGNITY

You can ensure her right to dignity. To be able to ensure her right to dignity, you have to treat her with care, respect, responsibility and you have to have knowledge of her as a person. You have ensure that she has control. She has privacy and she is not isolated. Here are some tips that will help. Treat her like you would want to be treated in similar situation

## **a. Introduce yourself**

Tell her your name; explain to her your training and what she can expect from you

## **b. Address the person politely as you would address an elder**

By addressing the person politely you are treating the person with respect. If the person is an adult, do not treat her as a child.

## **c. Seek permission**

You must make the person you support be in control of the situation. It helps the person feel in control if you seek her permission to begin a conversation with her after you have introduced yourself. It is helpful to seek permission from the person before you sit down next to her. You must seek permission before you continue to talk to her and to end the conversation. You also need to seek permission from the person before inviting someone else to be part of the conversation. Seek permission before you start any task for supporting the person. When you end enquire if the person feels comfortable and wants you to end. Do not force her to do anything. Make sure she has a choice to say no to you.

## **d. Validate her anger and fear**

Validation is a skill of communication. It involves letting the person know that her feelings are justified. It helps build trust between you and the person.

Everyone has a right to his or her feelings. So, if a person feels angry with her family, doctor or you and wants to express it, acknowledge her feeling. You do not always have to agree with her. You do not have escalate the situation by adding your own judgments or views to what the person is saying. Listen, reassure and help the person calm down. You are not the judge and you are not the mediator between her and her family. Her anger is understandable but you do not have to escalate it.

## **e. Treat her need to remind you and instruct you repeatedly as normal**

People with disability may have experienced situations in which they have been hurt physically or emotionally. So often that they find it difficult to trust anyone who offers

to help them. The automatic and normal response of the person is to mistrust you. It is not about you, this is how she feels from her past experiences.

### **Reflect**

Here is a task for you.

Imagine, you are blindfolded and you have to cross a busy highway. Someone offers to help you cross it. He holds your hand and then takes you to the middle of the road and leaves you there. Imagine if you were to have experienced this many times. Would you trust the next person who might offer to help you? What would you do? What would anyone else in your position do? They would want to be sure of this offer of help. It is normal for them to want to be sure that they would not be hurt again.

#### **f. Treat her as an individual**

She is a person in her own right. Do not guess or assume what she wants. She is different than anyone else you know. Talking to her, supporting her and being with her remember that she is a person, she has experiences, she has memories, she has feelings, she has views about her life and that she is different than any other person. Do not do anything as a routine and mechanically. She is not an object. Put your mind to what you are doing. Make her comfortable. Smile and be warm. Be gentle. Inform her about what is happening. Keep talking to her. Do not shout at her. Do not scare her. You are a professional; help her as she is a person like you. Do only what you would expect to do yourself or someone you love in the same situation.

#### **g. Respect her privacy**

She has a right to be alone and to be able to talk to her family and friends without you being present. She also has the right that when you are helping her with her biological functions other people are not present. You also need to be sure even while helping her in biological functions she is not undressed for longer than necessary and that she is only touched in a manner that is helpful for supporting the biological function and not beyond that the task.

#### **h. Make sure that she is not isolated**

A person with a disability wants to know what is happening around them. The person with a disability will want to go out. The person would want to listen to people, play and enjoy. Do not assume that the person will not want to go out. Do not take the person out and just park them in a corner while you interact with other people. Do not treat the person you support like a baby in front of others. Do not criticize him/ her in front of others. Do not show off his/ her impairment to others as if they were an object.

## **DO NOT LET ANYONE**

### **Abuse her/ him**

Some examples of Abuse:

Touching her/ him inappropriately, sexual gestures, violence, use of obscene language and looking at her to convey a sexual intention

### **Label her/ him or call her names**

Calling her names like mental, retarded, pagal

### **Humiliate her/ him**

By blaming her for her limitations

Making fun of her

Treating her like a child

Being dismissive of her

Dressing her inappropriately

Being too familiar with her

Staring at her

Not making arrangements for her to participate with everyone else

Excluding her

Pointing fingers at her

Discussing her in public

Intruding on her privacy

Forcing her to do something that she does not want to

Using force to make her do things