

Lesson to Adapt 12: Disability and WASH



10 minutes total

Instructions for Adapting this Lesson



You have a group of lower literacy participants. You have prepared activities that require a lot of reading. Modify the lesson so that your audience can fully participate.

Lesson Description



In this lesson, participants will discuss the challenges faced by children and people with disabilities who want to access safe sanitation facilities. Participants will explore potential solutions to help overcome barriers for these groups.

Learning Outcomes



At the end of this session participants will be able to:

1. Identify challenges faced by children and people with disabilities who want to access safe sanitation facilities.
2. Describe adaptations to latrine technologies for people with disabilities.

Materials



- Flip chart paper
- Markers
- Latrines for Children* Fact Sheet (See end of lesson plan)
- Latrines for People with Disabilities* Fact Sheet (See end of lesson plan)

Preparation



- Read and prepare the lesson plan
- Print the fact sheets (1 copy each)

Introduction

2 minutes



1. As a large group, ask the participants to identify disabilities present within their communities. Write down their answers on a piece of flip chart paper. Ensure the list is visible to all participants.
2. Review the list as a large group.
3. Present the lesson description or learning outcomes.

Disability and WASH**7 minutes**

1. Explain to participants that you are going to divide them into two groups to read a fact sheet and then present the information to the rest of the group. One fact sheet is about modifying latrines for children and the other is about modifying latrines for people with disabilities.
2. Divide the participants into two groups. Allow time for each group to read through the fact sheet and prepare their presentation.
3. Ask each group to present what they learned to the other group.

Review**1 minute**

1. In pairs, ask the participants to discuss one thing they can do in their community to support people with disabilities to use sanitation facilities.
2. In pairs, ask the participants to discuss one thing they can do in their community to support children to use sanitation facilities.

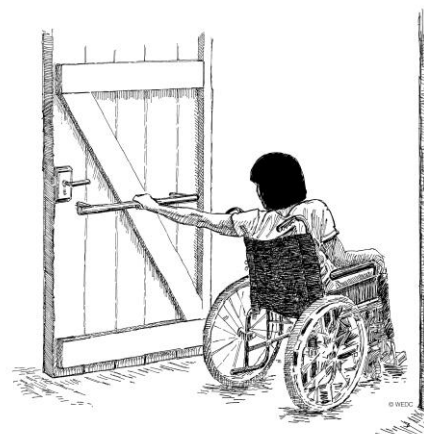
Reflections on Lesson

Latrines for People with Disabilities Fact Sheet

All kinds of people experience a variety of physical difficulties, which can make it difficult to use standard latrines. For example, an elderly person with weak legs may struggle to squat or rise from the squatting position, and there may be nothing for a pregnant woman to hold onto for balance as they use the latrine. There may not be enough space for a person to enter with a wheelchair, and some people may be bedridden, for example, in a hospital situation (Oxfam, 2007). The World Report on Disability (2011) suggests that more than a billion people in the world today experience disability, with one in five people living in developing countries having a disability.

Lack of access to appropriate latrines can exclude people with disabilities and other physical vulnerabilities, making it difficult for them to participate in everyday life. Latrines built for institutions such as clinics, schools and public buildings should provide access for all potential groups of users. People with disabilities and other physical vulnerabilities, and their caregivers, should be consulted to gather information about their needs and possible modifications that will enable them to use the latrine.

With some simple modifications, latrines can be made user-friendly for people with disabilities and other physical vulnerabilities. The following features can be taken into consideration when designing an accessible latrine:



Red Shaw © WEDC Loughborough University

Closing a latrine door using a hand bar (Credit: Shaw)

- Locate the latrine as near as possible to the user
- Provide easy access to the latrine with a wide path (at least 120 cm wide) that is well drained, compacted and non-slip
- Construct ramps with a gentle slope using less than a 1:15 (6.6%) gradient
- Construct an entrance area large enough to allow a person in a wheelchair to move, entrance doors should be a minimum 80 cm wide to provide clear space
- Use outward opening doors to leave more usable space inside the latrine
- Ensure that the door can be opened and closed by the user when they are inside the latrine
- Provide additional space inside the latrine to move a wheelchair or for a caregiver to help somebody
- Use a raised seat for people who have a difficult time squatting
- Provide support rails for people to hold on to when moving to and from the seat
- Paint the entrance and footrests for the visually impaired

Latrines for Children Fact Sheet

Latrines can be scary places for children. They are often dark and large and the child usually has to enter the latrine alone. It is therefore not a surprise to find children's excreta on the ground outside latrines. Child-friendly latrines are easy and pleasant for children to use. The following is a list of suggestions to make latrines more child-friendly. You may also consider building separate child-friendly latrines, especially in a school setting.

- Lowered height of door handles and locks
- Lighter weight doors or labyrinth entry so doors are not required
- Lowered height of urinals
- Lowered height of seats (if seats are being used)
- Smaller diameter of seat or squatting hole
- Handles or hand bars to hold onto while learning to squat
- Availability of water or other anal cleaning material
- Enough space for an adult to help a child if necessary
- Good ventilation to reduce smells
- Well lit so the inside is not too dark
- Open and clear access while ensuring enough privacy, especially for girls



Hand washing facilities must also be easy for children to use. The tap and/or wash basin should be low enough for children to reach, or there should be steps or a foot stool available for smaller children to stand on. The tap and soap should also be easy for children to use on their own.

Children spend a large portion of their day at school. However, about half of all schools in the least developed and other low-income countries still lack access to sanitation facilities (UNICEF, 2011). Safe and child-friendly latrines in schools improve health, boost education achievement, promote gender equity and have a positive impact on communities. UNICEF provides guidelines for child-friendly latrines at schools based on age, shown in the following table.