

**Narrative report – Project “CONTRACEPTIVE EDUCATION FOR DISABLED PEOPLE”**  
**Associação para o Planeamento da Família**  
**1st July 2014 – 31st March 2015**

### **Introduction**

This project was funded by ESC and provided APF the opportunity to, for the first time, have our informative materials about contraception and STD's adapted for blind and deaf people. We realise, for a long time, that people with disabilities are more vulnerable to risk behaviours and around sexual and reproductive health. For that reason we chased the chance of having financing for producing adapted materials on contraception for them in order to help avoiding risk behaviours. The results of this initiative are the deliverables of this project. This project was developed through a partnership between APF, ACAPO (the most important blind people organization in Portugal), FPAS (the Portuguese Federation of the Deaf People Associations) and the National Library of Portugal (who allowed us to make the audio recording of the leaflets).

### **Main activities**

The beginning of this project was mainly around several meetings with partner's organizations to decide what kind of partnership we would like to make. Because this kind of work was something new for both of us and them, we took a while to decide what terms we would like to agree, which led to the project implementation being late. We sign a protocol with both partners' organizations that helped us during the project (ACAPO and FPAS). With ACAPO we agreed to: send them, 12 leaflets in Word format for them to share, to record the 12 leaflets in audio, and then ACAPO agreed to translate the 12 leaflets in Braille and Large Letter. With FPAS we agree that they will put a Portuguese Sign Language translation in a DVD about contraception methods that APF agreed to distribute freely to the FPAS member associations. With both organizations we agreed to make a half day event to the presentation of the materials produced where media will be present. All this materials are perfectly sustainable due their digital format and the agreement between the organizations involved of disseminate them freely.

### **Deliverables**

- a) 12 leaflets (about all contraceptive methods, HIV, STD's, HPV and Abortion) translated to Braille and Large Letter and printed in 14 copies to be delivered to the 14 branches of ACAPO - Blind People Organization - in Portugal.
- b) 12 leaflets in Word documents were disseminate to the all the mail list of the associates of ACAPO to be used with “auto readers programs” on computers
- c) The same 12 leaflets turned into audio available at the website of APF, ACAPO and for physical consultation at the handicap department at the National Library of Portugal.
- d) The DVD “Contraceptive Methods” was published with the Portuguese Sign Language to be delivered freely to the National Federation of Deaf People.

e) One half day event

**Activities to be implemented after the end of the project**

The event where the materials will be presented didn't happened yet because of agenda difficulties and materials productions delays. We are trying to have it by October 2015 in National Library of Portugal, another of the partners in this project.

**Conclusion**

We would like to conclude saying that despite the importance of the activities and the deliverables of this project it was extremely difficult to start implementing the activities as we and the partners were not experienced on doing this kind of work to this kind of public. Because of this was hard to agree which type of format would be more interesting for them. Several ideas appeared during the project and by the end we were able to have the products in several formats which will be available to the most people as possible. This main difficult turned to be one of the most valuable achievements of the project because the time we spent discussing lead us to a point where we have made much more than we through in the application process, something that was only possible through this rich partnership we create. On the other hand there's now an open channel for future collaborations between the involved organizations, something that is extremely important for the promotion of the sexual and reproductive health and rights of people with disabilities.

We are available for any question and further collaboration.