

Awareness for Menstrual Health and Hygiene Resources for

Women with Disabilities

Monique Powell, NJ LEND Family Fellow
Maria A. Leary, BA, Family Discipline Coordinator



Did you know?

Women and girls with disabilities face a greater disadvantage in care and support of their menstruation and hygiene compared to non-disabled women. In addition, girls with intellectual disability experience puberty in the same as their typical peers, however, their level of understanding may create challenges in learning the skills needed to manage them.

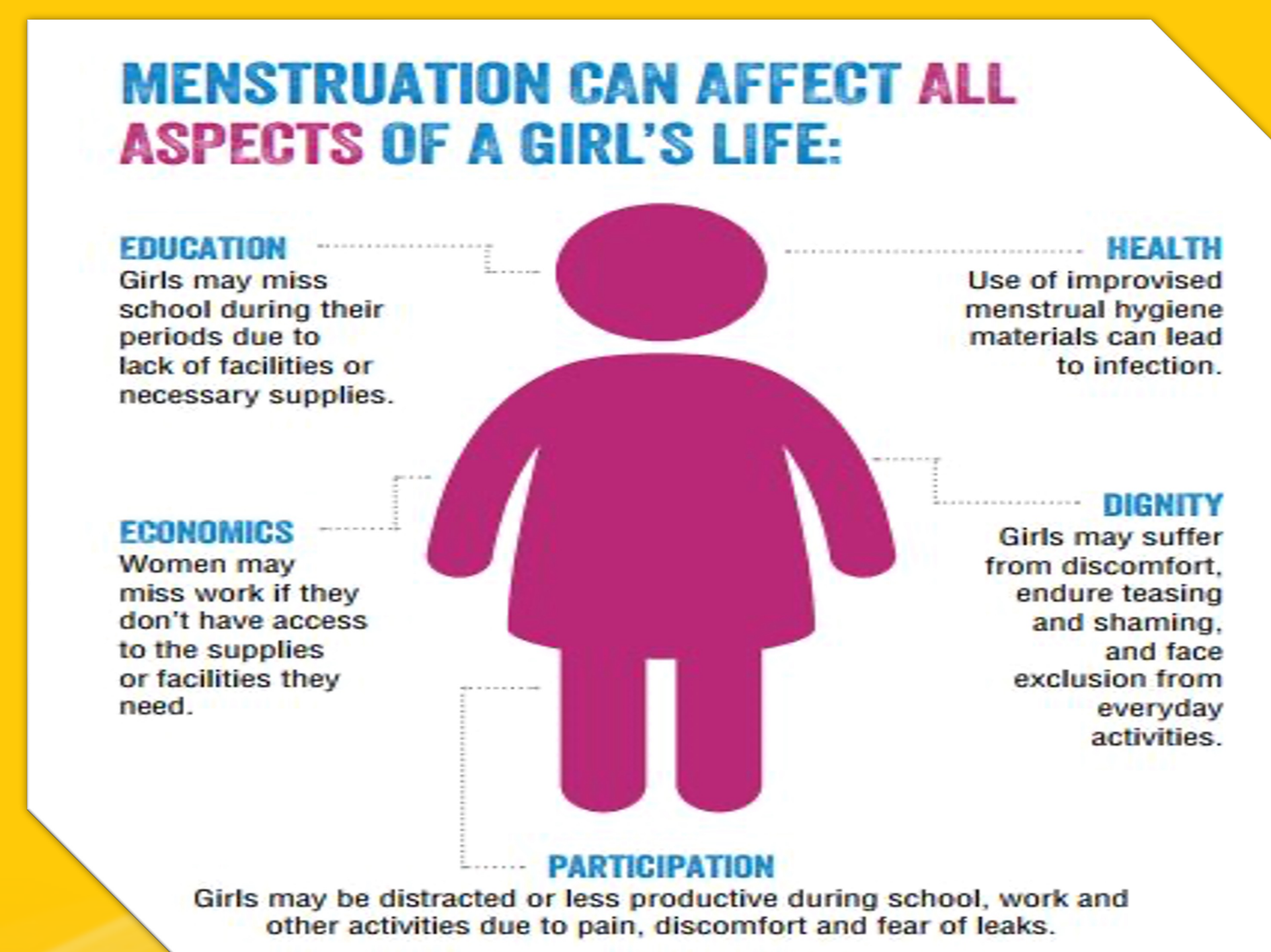


Problem

- Existing education materials do not include relevant aspects for women and girls with different disabilities, nor do they cater to different learning challenges, or to those in low-income/poverty-stricken areas
- Women and girls with disabilities may face challenges in accessing sufficient support, especially with health services.

Needs

- ❖ Training and educational material regarding intellectual disability for gynecologists & pediatricians.
- ❖ Provide caregivers resources and training
- ❖ Pap Camp like the RISN Center are needed in all clinics, gynecologist and pediatrician offices. Tailored for young women and girls under 18 years of age, Who have their menstrual cycle.



What is Pap Camp?

Pap Camp is an in-person experience for individuals with intellectual and/or developmental disabilities to learn about the preventative health exam, explore coping strategies, and visit exam rooms.

-RISN Virtua

-References:
National Library of Medicine
-RISN Center in Sewell NJ