

SJSS6004 ASSIGNMENT 2
NICOLA DAVIES

PERSON CENTRED PRACTICE



not every disability
is visible

(Image 1)

NON-VISIBLE DISABILITIES

NON-VISIBLE DISABILITIES

- **Mental Health conditions**
 - **Anxiety**
 - **Depression**
 - **Obsessive Compulsive Disorder (OCD)**
 - **Schizophrenia**
 - **Personality Disorders**
 - **Post Traumatic Stress Disorder (PTSD)**
- **Autism and Asperger syndrome**
- **Sensory processing difficulties**
- **Cognitive impairments**
 - **Dementia, Traumatic brain injury, Learning difficulties.**
- **Physical health conditions**
 - **Chronic pain, Respiratory conditions, Diabetes, Incontinence.**
- **Hearing loss**
- **Low or restricted vision**

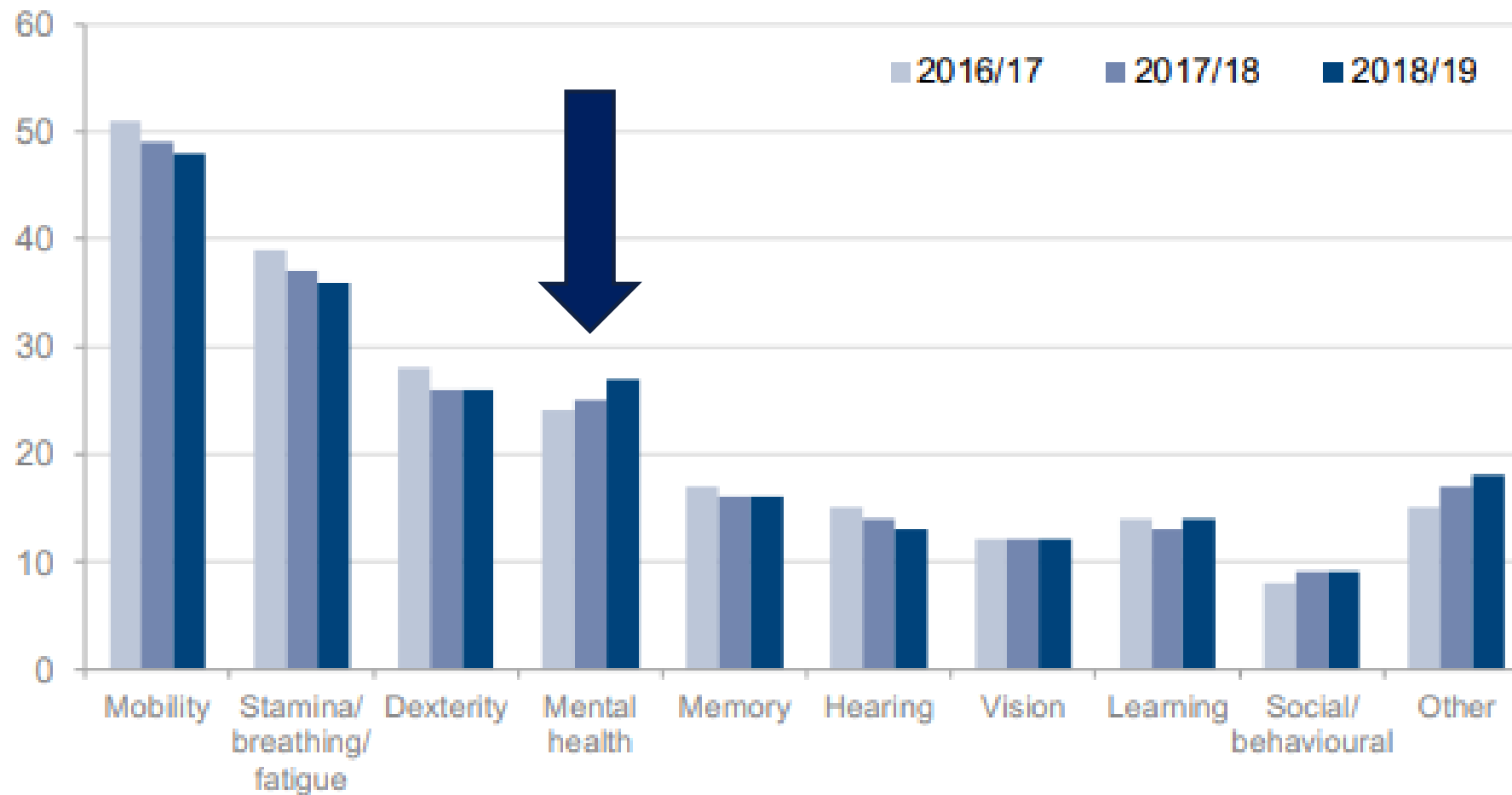
(HM Government 2010)

EQUALITY ACT 2010

A person is considered to have a disability if they have a physical or mental impairment that has substantial and long term negative effects on their ability to do normal activities.

(H.M. Government 2010)

STATISTICS



(Image 2)

STIGMA

Goffman (1968)

Stigma is a physical or social attribute that devalues an individual's social identity,

Excluding the individual from social acceptance.

(Slattery, 2003)



(Image 3)

THREE MAIN FACTORS

- **Limited understanding of poor mental health**
- **Social Stigma**
- **Lack of trust within the medical profession**

(Radez, Reardon, Cresswell
et al 2020)

'The easy way out is not to admit to friends that you have a mental health problem'

'Keeping in touch with friends- reaction is usually one of shock, horror, followed by avoidance; most people have no idea how hard it is, this leaves me feeling very isolated and with low self-esteem'

'Stigma makes me afraid of telling my work colleagues and certain friends as I am uncertain of their reaction'

'It has caused family and friends to; drop me'. My depression is not taken seriously by some GP's and Psychiatrists which makes it hard to get treatment, I feel like an imposter I a Psychiatric hospital'

'I am signed off work currently, but I'm embarrassed to be seen out at shops or whatever by people who know me because I don't look ill'

(Time to change 2008)

ADVOCACY

Informal Advocacy

- When family, friends or neighbours support an individual in having their wishes and feelings heard, including speaking on their behalf.

Citizen Advocacy

- Involves a one to one long term partnership between a trained or supported volunteer.

(Social Services and Well-being
(Wales) Act 2010)



(Image 4)

- 'As a society we don't do enough for people with 'non-visible' disabilities' (Chris Gryling)
- 'It was unacceptable that people with 'non-visible' disabilities still to face discrimination when using disabled facilities' (Justin Tomlenson)

(Time for change 2008)

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Images

Image 1 Available at:
<https://www.google.com/url?sa=i&url=https%3A%2F%2Fmedium.com%2F%40coffeespoonie%2Fthe-sometimes-hard-to-see-line-between-visible-and-invisible-disabilities-this-is-what-disabled-eb6dec41bdf6&psig=AOvVaw3z-PzYEXR9tjJ-jzm88I3&ust=1609778486959000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjKpbCagO4CFQAAAAAdAAAAABAD> Accessed 3rd January 2021.

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Image 3 Available At: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fonline.jefferson.edu%2Fbehavioral-and-health-services%2Fmental-health-myths%2F&psig=AOvVaw2MqyxGN5M9DPNwyA3oD0sQ&ust=1609943563386000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMiu5riBhe4CFQAAAAAdAAAAABAE> Accessed 5th January 2021.

Image 4 Available at:
https://lh3.googleusercontent.com/proxy/CGiKf0sHdRuh_1U99S80Nowcg9V479phVT5VibNWzCdOefRfdt-u4Wd5cEw_79_pKJ2V8-EquuclCc84piGZfeqbY1sYh15nIA7soffj Accessed 8th January 2021.