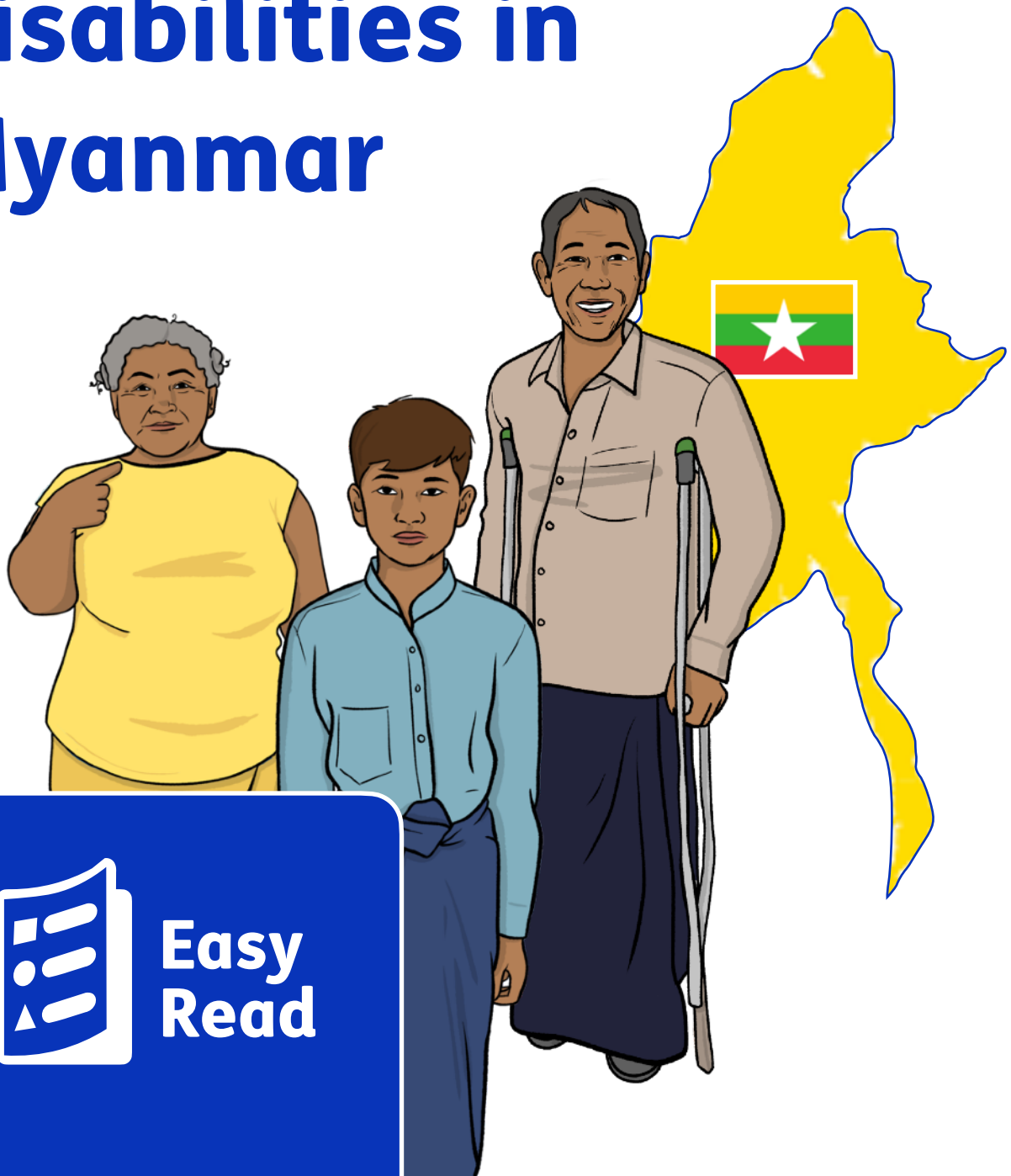




# Including people with disabilities in Myanmar



**Easy  
Read**

# Easy Read



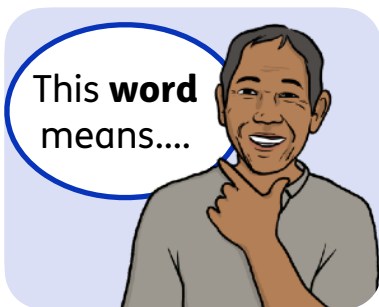
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

About this report.....	4
Background .....	6
Difficulties for people with disabilities in Myanmar .....	10
Laws for people with disabilities.....	13
How the Federal Democracy Charter can help.....	17
Including people with disabilities in the National Unity Government.....	19
Ways to include people with disabilities in future governments of Myanmar.....	22
Find out more .....	25

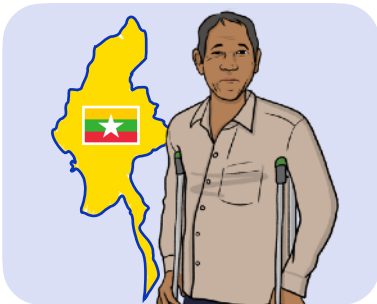
# About this report



This report has been written by International IDEA and the Myanmar Coordination Initiative of Equal Rights for Persons with Disabilities (MCERP).



International IDEA helps countries to have governments that have been chosen by their people.



This report looks at:

- The difficulties for people with disabilities in Myanmar.



- The rights that people with disabilities should have in Myanmar.



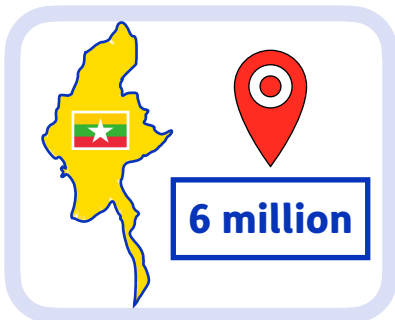
- Ways to include people with disabilities in future governments in Myanmar.

We wrote the report after talking to:



- People with disabilities.
- Groups that support people with disabilities.
- Members of the **pro-democracy interim government** - this is a temporary governing body that aims to make Myanmar fairer for everyone.

# Background



There are nearly 6 million people with disabilities in Myanmar.

## The coup



The **coup** was when the **military** took over the government of Myanmar in February 2021.

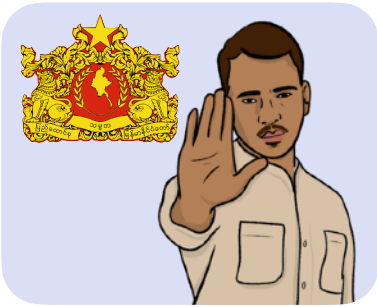


The **military** is the Army, Navy and Air Force.



The military controls most of Myanmar, but there are groups who are fighting the military. These groups control some areas of the country.

# The National Unity Government



The National Unity Government is made up of people and organizations that are against the military running Myanmar.



They are working to:

- Remove the military from the government.

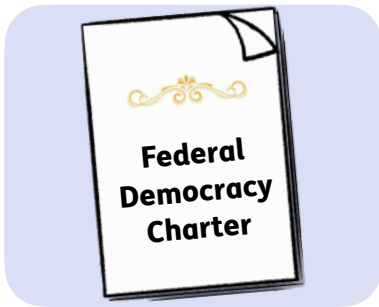


- Set up a new government that has been chosen by the people of Myanmar.



The National Unity Government is getting ready to be a future government of Myanmar.

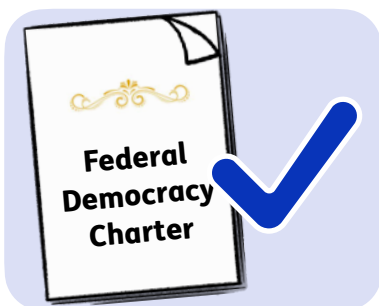
# Federal Democracy Charter



The **Federal Democracy Charter** is a plan written by those who support **democracy** in Myanmar after the 2021 coup.



**Democracy** means that people have a say in how their country is run. It is when everyone gets to vote and have their voice heard in choosing leaders and making decisions.

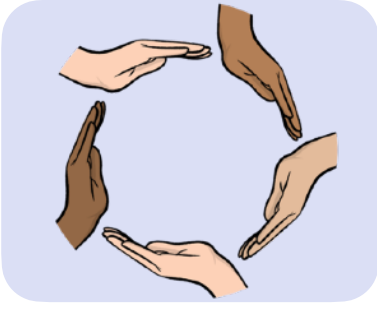


The Federal Democracy Charter aims to create a new **constitution** and **democratic institutions**.



A **constitution** is a set of rules that guides how a country is run. It explains the **rights** of people, the powers of the government, and how laws are made.

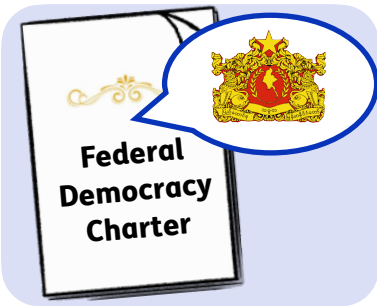




**Democratic institutions** are groups that protect people's **rights** and make sure the government and society are fair for everyone.



**Rights** are the things everyone should have by law, like the right to be safe and the right to be treated fairly.



The Federal Democracy Charter says who should help the people of Myanmar after the coup, including the National Unity Government.



The Charter is a plan for people to choose how they would like to live in future under a new constitution and how they can build a fair government.

# Difficulties for people with disabilities in Myanmar



## Before the coup

In the past, most people with disabilities did not get any support from the government or other organizations.

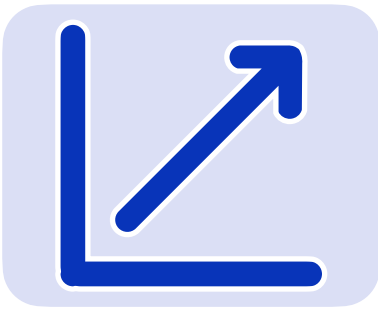


But in 2008, Myanmar started to make changes to improve the lives of people with disabilities.



In 2011, Myanmar agreed to follow rules set out by the United Nations that give people with disabilities their rights.

# After the coup



After the coup in 2021:

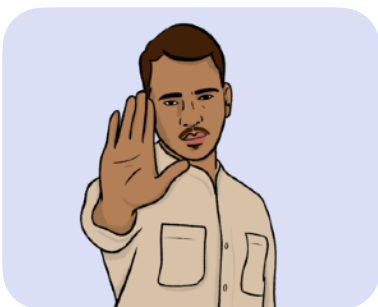
- There are now even more people with disabilities.



- People with disabilities' lives are even harder.



People with disabilities do not get the same chance to speak up as other groups of people.



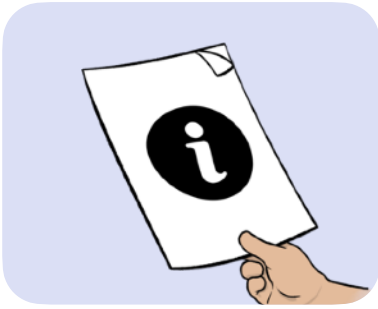
They are not being included in politics and decisions that affect them.



Many people in Myanmar need help, especially children and people with disabilities.



People with disabilities have lost their rights, education and jobs.



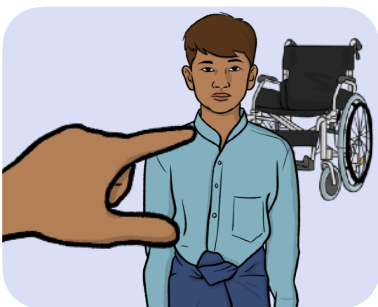
They need better information and services.



They need to know more about their rights and how the government works.



Women with disabilities face even more problems, like violence and not being able to go to school.



Many people in Myanmar look down on people with disabilities.

# Laws for people with disabilities



Most countries in the world have agreed to the United Nation's rules about the rights of people with disabilities.

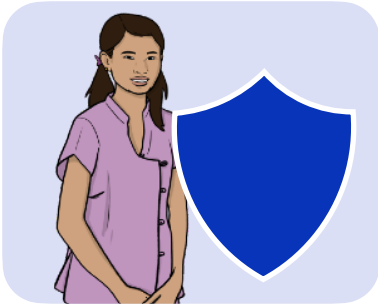


The **United Nations** (UN) is an organization made up of many countries working together. It works to make the world a safer and better place.



The United Nations rules say that people with disabilities should be:

- Treated fairly.



- Safe from harm, especially girls and women with disabilities.



- Able to access health and education services.



- Included in plans for dealing with **humanitarian emergencies** - these are situations where many people urgently need help because of events like natural disasters or conflict.



- Given the chance to speak up and take part in political decisions and plans.



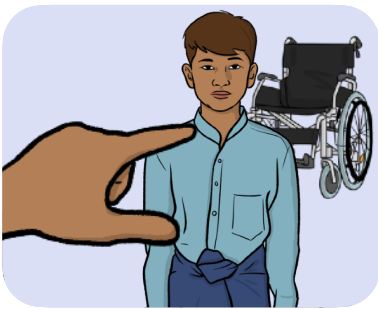
Myanmar also has its own law to protect the rights of people with disabilities.



The law says people with disabilities should be able to take part in society like everyone else.



But the law in Myanmar does not fully protect the rights of people with disabilities.



Laws are needed to stop:

- **Discrimination** against people with disabilities.



**Discrimination** means treating someone unfairly or differently because of who they are.



- Violence, especially against girls and women with disabilities.

# Changes

When Myanmar is planning for the future, it needs to:



- Include people with disabilities in decisions about new laws, rules and plans.



- Include people with disabilities in everything that affects them.



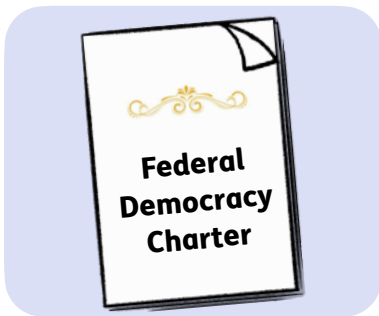
- Help people with disabilities to take part in decisions and politics.



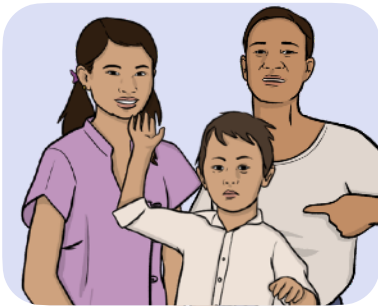
- Change peoples' attitudes so that everyone thinks about people with disabilities in a positive way.



# How the Federal Democracy Charter can help



The Federal Democracy Charter explains how everyone in Myanmar should get their rights, including the right to choose people to run the government.



The Charter explains how rights should apply equally to:

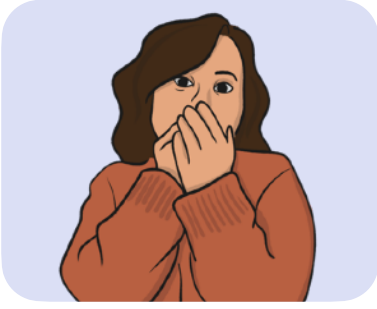
- People from all different backgrounds.



- Men and women.



- People with disabilities and people without disabilities.



- People from groups that often don't get heard.



The Charter says that there should be a part of the government that looks after the rights of persons with disabilities.

# Including people with disabilities in the National Unity Government



At the moment, people with disabilities are not included in running the National Unity Government.



The National Unity Government is not checking to see how people with disabilities are being involved in its work.



But the National Unity Government is:

- Looking at how to include people with disabilities in running Myanmar in the future.



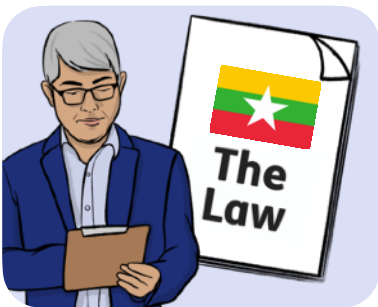
- Making it easier for people with disabilities to get the health care they need.



- Helping children with disabilities to get the education they need.



- Helping people to understand people with disabilities and treat them in the same way as everyone else.

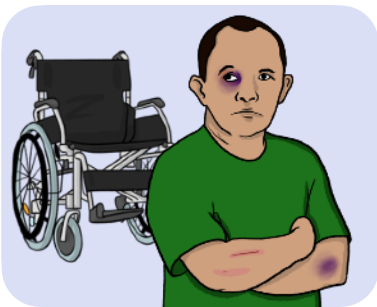


- Looking at what new laws are needed to help people with disabilities to get their rights.

# Parts of Myanmar that are not controlled by the military



At the moment, there is fighting between the military government of Myanmar and groups that are against the military.



Many people have become disabled because of the fighting.

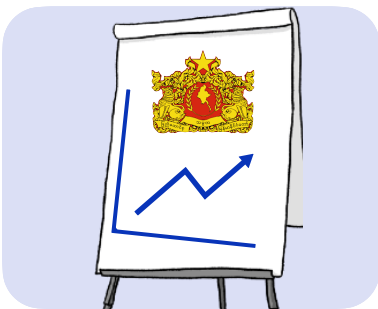


People with disabilities are being badly affected by the fighting.

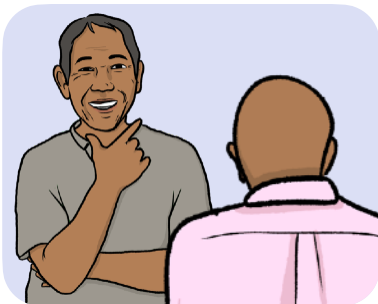


It is hard for people with disabilities to get the health care and services that they need.

# Ways to include people with disabilities in future governments of Myanmar



We want the National Unity Government to include people with disabilities in its plans to be a future government of Myanmar.

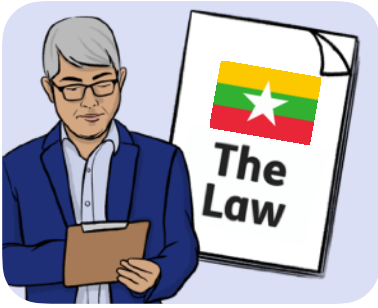


It should do this by:

- Listening to people with disabilities when it makes plans.



- Asking people with disabilities what they think about ideas and plans for a future government.



- Looking at what laws are needed to make sure that people with disabilities get their rights and can be included like everyone else.



- Looking at the rules for how the country will be run in the future so that people with disabilities will be included like everyone else.



- Making sure that all parts of a future government involve people with disabilities.



- Providing information that is accessible to people with disabilities.



- Communicating in ways that people with disabilities can understand.



- Helping more people to understand what people with disabilities need.



- Helping people with disabilities to have the skills and understanding to be involved in a future government.



- Collecting information about the lives of people with disabilities.



- Using words that give people with disabilities the respect that they should have.



# Find out more



The full report was written by Nathalie Ebead and MCERP.

The International Institute for Democracy and Electoral Assistance (International IDEA) is an intergovernmental organization that supports democracy worldwide.



You can look at our website here: [www.idea.int](http://www.idea.int)



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