

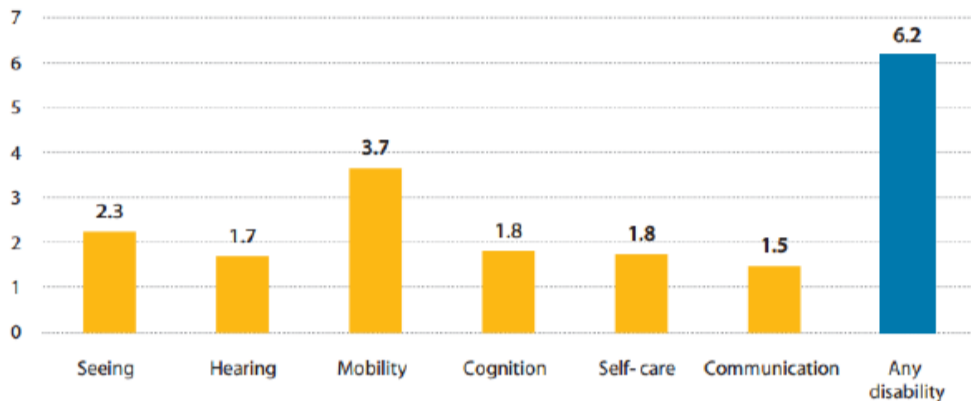


Country Factsheet People with Disabilities' lifestyle & habits in ALBANIA



THE MOST COMMON DISABILITIES IN ALBANIA

The 2011 Census provides that 137,435 people of the age 15 years old and over, of which 75,239 women, live with disabilities (TELESEICT, 2016).



Note: sample restricted to the population aged 15 years and above. The last column shows people with at least one of the six disabilities displayed in yellow.

Source: 2011 Census.

THE MAIN STAKEHOLDERS FACILITATING THE ACCESS OF PWDS TO HEALTH, EDUCATION AND OTHER RELEVANT SERVICES:

- National Council on Disability Rights (National Disability Council), <https://shtetiweb.org/wp-content/uploads/2014/05/L2-National-Strategy-on-People-with-Disabilities-2005-2007.pdf>
- UNDP in Albania, <https://www.al.undp.org/>
- MEDPAK, <http://medpak.org/web/>
- Save the children, <https://www.savethechildren.net/>
- Caritas Albania, <http://caritasalbania.org/>
- UNICEF ALBANIA, <https://www.unicef.org/albania/>
- WORLD VISION, <https://vision4children.jimdofree.com/>
- FSHDPAK, <https://sherbimet-per-pak-al.jimdofree.com/fshdpak/>
- CRCA, <https://www.crca.al/sq/news-women-and-youth-politics/nga-sot-nje-rrjet-kombetar-te-rinjte-ne-shqiperi;>

HEALTH SERVICES PROVIDED TO PWDS:

- Community Mental Health Centres (MCCS), which provide service outpatient.
- National Centre for the Upbringing, Development and Rehabilitation of Children in the plant offers 0-6 years of service (NAP, 2015).

THE MAIN EDUCATIONAL SERVICES OFFERED TO PWDS

There are reported 6 elementary schools for children with special needs in Albania.

- Special School for Children with Disabilities, Durrës
- Special School "Zëra jete", Elbasan
- 'LuigjGurakuqi' Special School, Tiranë
- Special School, Vlorë

INTERNAL AND EXTERNAL BARRIERS

The main internal barriers that prevent PwDs from participating in sport activities are stigma and distrust. They feel misunderstood and not welcomed which might make them feel uncomfortable. This brings low self-esteem, motivation and low participation in different sphere of life, even in sport activities. Their disabilities bring a reduced quality of their life (Ferré, Galanxhi& Dhono, 2015).

The main external barriers (accessibility, education, social barriers, motility, etc.) that prevent PwDs in participating in sport activities are: financial situation; community support; accessibility to sport facilities; better information and education of the general population on disabilities; legislative support (simplification, improvement, participation of disabled people in the legislation).

GENERAL HEALTH ASSESSMENT

Health conditions do not prevent PwDs, mainly focusing on children who suffer from diabetes, in participating in sport activities. Most of them (58%) stated that they feel comfortable with their lifestyle and (65%) stated that their health condition did not limit their daily life activities or work.

SPORTS PARTICIPATION AND HEALTH-RELATED QUALITY OF LIFE

Most of the respondents are motivated to do sport activities and they mostly do multiple sport activities, such as leisurely walking, bicycling, skating swimming, light gardening and housework, dancing or other moderate exercises, running, weight training and only a few of them do not do any sport activities. They stressed that they are mostly motivated by intrinsic motivation and personal beliefs, family and friends influence, doctoral and health professional, adequate infrastructure and accessibility.

Also, they stated that some of the reasons for lower participation in sport activities were lack of time, family and friends' influence, appropriate facilities, transportation problems, financial constraints, lack of interest, lack of confidence, illness and other reasons. The main factors make easier their participation in sport activities are family and friends' support, personal assistive devices, facilities and infrastructure, mobile health and sports, the role of the organisations and policies, and other reason.

KEY RECOMMENDATIONS:

- Raising awareness on sports benefits and existing possibilities to facilitate the participation of children who suffer from diabetes in sports activities;
- Better conditions in order to increase children participation in sport activities;
- Offering online psychological session to support them during the pandemics;

