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A Health Handbook for **Women with Disabilities**

The Hesperian Foundation is a non-profit publisher of books and educational materials that help people take the lead in their own health care and organize to improve health conditions in their communities. Their books are simply written, heavily illustrated and developed in collaboration with groups around the world.

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Post-polio syndrome

Health problems caused by aging

Women often do not think about Women often do not think about themselves as growing older until their children are grown or until bodies start to change. You When I grew up I was always referred to as disabled. Now I'm just seen as an old woman with a stick.



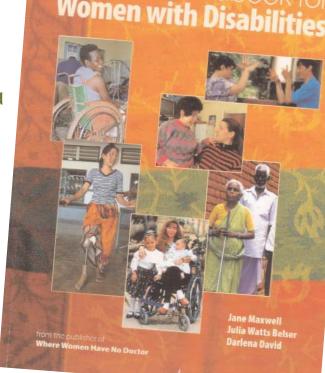
not work as well as another t that works better to make up

ise the 'good leg' more than ints may become weak from

time, the joints in your hands, m overuse and start to wear out. may find you start to get pains in e reaching and climbing you have

a wheelchair or spending more time aportant to move around and change as you can to prevent pressure sores

e wheelchairs usually get less exercise other people to help you stand or use a so you can put weight on the bones in your o keep the bones in your arms strong by For more exercise ideas, see pages 88 to 95.





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