

# A Health Handbook for Women with Disabilities

Contributed by Hajera  
Sunday, 24 May 2015  
Last Updated Sunday, 24 May 2015

Â

Â  
Dari Translation

Â

Â

B Front Cover 2nd& Table of Contents

C Introduction

Chapter 1- Disability and the Community

Chapter 2- Organizing for Disability - Friendly Health Care

Chapter 3- Mental Health

Chapter 4- Understanding Your Body

Chapter 5- Taking Care of Your Body

Chapter 6- Health Exams

Chapter 7- Sexuality

Chapter 8- Sexual Health

Chapter 9- Family Planning

Chapter 10- Pregnancy

Chapter 11- Labor and Birth

Chapter 12- Caring for Your Baby

Chapter 13- Growing Older with a Disability

Chapter 14- Abuse, Violence and Self-defense

Chapter 15- Support for Caregivers

D Green Pages

E Take Care of Your Equipment

F List of Difficult Words

G Cover Page Back& UN Convention- New