

# An introduction to the Social Model of Disability

***" Disability Wales aims to promote the understanding, adoption and implementation of the Social Model of Disability throughout Wales. "***

Disabled people in Wales are more likely to live in poverty, less likely to be in work and have fewer qualifications than many non-disabled people.

There are two different ways of explaining what causes disabled people to have a very different life experience compared with non-disabled people and using 'models' can illustrate these, namely: a Medical Model of Disability, and a Social Model of Disability.

- Within the Medical Model of Disability, it is the failure or limitation of the individual's body that causes disadvantage.
- Within the Social Model, how an individual's body works doesn't matter because people are "disabled" through lack of access to buildings, information, communication or personal support or by the attitudes of others.

The **Medical Model of Disability** regards 'disablement' as the problem - and fault - of the individual. It looks at impairment as something that needs to be cured and the disabled person made well and 'normal'. The emphasis is put on a person's ability to be the same as everybody else, or on the effort needed to get them back to as 'normal' as possible.

The **Social Model of Disability** turns the Medical Model approach on its head by saying that institutional, environmental and attitudinal barriers erected and enforced by society cause disablement. A person's medical condition is irrelevant.

***" Use of words like patient, case, tragedy, handicap, sufferer, pity, and charity to describe disabled people are symptomatic of the Medical Model of Disability "***

The Social Model of Disability turns the Medical Model approach on its head by saying that institutional, environmental and attitudinal barriers erected and enforced by society cause disablement. A person's medical condition is irrelevant.

Society, not disabled people, is the problem. Disability is viewed as something which is imposed on people with impairments (whether they have a physical impairment, sensory impairment, learning difficulty or mental health issue) by a society which creates barriers to equality.

***" Words like independent living, inclusion, choice, control, human rights, dignity, diversity, equality, opportunity, participation, are at the centre of the Social Model of Disability "***

## The key definitions within the Social Model are:

### Impairment

An injury, illness, or congenital condition that causes or is likely to cause a long-term effect on physical appearance and/or limitation of function within the individual that differs from the commonplace.

### Disability

The loss or limitation of opportunities to take part in society on an equal level with others due to institutional, environmental and attitudinal barriers.

## The Social Model in Wales

Several key public bodies and institutions in Wales, for example, the National Assembly for Wales, Welsh Government and some local authorities, have adopted the Social Model. Some key third sector bodies have also recognised the Social Model.

But Disability Wales wants more than just words; we need to make sure words are put into deeds.

### For example, in Wales we still have:

- Inaccessible transport services
- Lack of inclusion in education
- Harassment and hate crimes against disabled people
- Poor access to goods and services, for example, leisure centres, cinemas and shops
- Inaccessible housing
- Limited choice in social care and support services

The evidence on the ground is that many public and private sector bodies have not embraced the Social Model and a great deal of work needs to be done to remove disabling barriers at all levels in society.

***" The Social Model of Disability is a positive approach to disability. Disabled people are all members of society because if barriers can be created, then they can also be removed "***

For more information about how DW is seeking to promote the implementation of the Social Model, please see our website.

If you would like to know more about our work, please contact us at:

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# Cyflwyniad i'r Model Anabledd Cymdeithasol

**" Nod Anabledd Cymru yw hyrwyddo dealltwriaeth, mabwysiadu a gweithredu'r e Model Anabledd Cymdeithasol ar draws y wlad. "**

Mae pobl anabl yng Nghymru yn fwy tebygol o fyw mewn tloedi, yn llai tebygol o gael gwaith a chael llai o gymwysterau na llawer o bobl nid-anabl.

Mae dwy ffordd o esbonio beth sy'n peri pobl anabl i gael profiadau byw gwahanol iawn o gymharu â phobl nid-anabl ac mae defnyddio 'modelau' yn gallu dangos hynny, sef Model Anabledd Meddygol a Model Anabledd Cymdeithasol.

- Yn ôl y Model Anabledd Meddygol, methiant neu gyfyngiadau corff unigolyn sy'n achosi anfantais.
- O dan y Model Cymdeithasol, nid yw gweithrediad corff unigolyn yn bwysig oherwydd bydd pobl yn wynebu "anabledd" wrth fethu cael mynediad i adeiladau, gwybodaeth, cyfathrebu neu gymorth personol, neu oherwydd agweddau pobl eraill.

Mae'r **Model Anabledd Meddygol** yn ystyried 'anabledd' fel problem - a nam - yr unigolyn, gan drafod amhariad fel rhywbeth sydd angen ei drin a gwella, a gwneud y person anabl yn 'normal'. Rhwir pwyslais ar allu person i fod yn debyg i bawb arall, neu ar yr ymdrech angenrheidiol i'w wneud mor 'normal' â phosibl.

Ar y llaw arall mae'r **Model Anabledd Cymdeithasol** yn mynnu mai rhwystrau sefydliadol, amgylcheddol ac agweddol o fewn cymdeithas sy'n achosi anabledd. Nid yw cyflwr meddygol person yn berthnasol.

**" Mae defnyddio geiriau fel cleifion, achosion, trasiedi, anfantais, dioddef, trueni a chardod wrth ddisgrifio pobl anabl yn nodweddiadol o'r Model Anabledd Meddygol "**

I'r gwrthwyneb mae'r Model Anabledd Cymdeithasol yn mynnu mai rhwystrau sefydliadol, amgylcheddol ac agweddol o fewn cymdeithas sy'n achosi anabledd. Nid yw cyflwr meddygol person yn berthnasol.

Cymdeithas yw'r broblem, nid pobl anabl. Ystyrir anabledd fel rhywbeth a orfodir ar bobl gydag amhariadau (boed yn amhariad corfforol neu synhwyrol, anhawster dysgu neu broblem iechyd meddwl) gan gymdeithas sy'n creu rhwystrau rhag cydraddoldeb.

**" Geiriau fel byw'n annibynnol, cynhwysiad, dewis, rheolaeth, hawliau dynol, parch, amrywiaeth, cydraddoldeb, cyfleoedd, cyfranogiad sy'n nodweddiadol o'r Model Anabledd Cymdeithasol "**

## Diffiniadau allweddol y Model Cymdeithasol:

### Amhariad

Anaf, salwch neu gyflwr cynhenid sy'n achosi neu'n debyg o achosi effaith hir dymor ar olwg corfforol a/neu gyfyngu gweithredu gan unigolyn sy'n wahanol i'r cyffredin.

### Anabledd

Colli neu gyfyngu cyfleoedd i gymryd rhan mewn cymdeithas ar lefel gyfartal ag eraill oherwydd rhwystrau sefydliadol, amgylcheddol ac agweddol.

## Model Cymdeithasol yng Nghymru

Mae llawer o gyrff cyhoeddus a sefydliadau allweddol yng Nghymru fel Cynulliad Cenedlaethol Cymru, Llywodraeth Cymru a rhai awdurdodau lleol wedi mabwysiadu'r Model Cymdeithasol. Ac mae rhai gyrff trydydd sector hefyd wedi cydnabod y Model Cymdeithasol.

Ond mae Anabledd Cymru am ddatblygu mwy na geiriau; mae am fynnu gweithredu ymarferol.

### Yng Nghymru mae'r isod dal yn gymwys:

- Gwasanaethau trafndiaeth anhygyrch
- Diffyg cynhwysiad ym maes addysg
- Pobl anabl yn wynebu aflonyddwch a throeddau atgasedd
- Mynediad gwael i nwyddau a gwasanaethau, er enghraifft canolfannau hamdden, sinemâu a siopau
- Tai anhygyrch
- Opsiynau prin o ran gofal cymdeithasol a gwasanaethau cymorth


Mae tystiolaeth bod llawer o gyrff cyhoeddus a sector preifat heb anwesu'r Model Cymdeithasol a bod angen llawer iawn o waith i ddileu rhwystrau ar bob lefel o gymdeithas.

**" Mae'r Model Anabledd Cymdeithasol yn ddull positif o drafod anabledd. Mae pobl anabl yn aelodau o gymdeithas fel pawb arall; os oes modd creu rhwystrau mae'n dilyn bod modd eu dileu "**

Mae manylion pellach am waith AC i weithredu'r Model Cymdeithasol ar ein gwefan.

Cysylltwch â ni os am wybod mwy am ein gwaith:

Anabledd Cymru  
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