



## DISABILITY INCLUSION INTERVIEW WITH AN EXPERT

### Video : Disability Inclusion in Cyprus interview with an expert

#### Theme Disability

#### Module Introduction

#### Territory Cyprus

#### Subject Interview with an expert

#### Text transcription of the video

Hello, I'm Zoe. I am a cognitive psychologist. I'm working on EU-funded projects, and I have experience in inclusion and supporting people with disabilities.

Q: How do you define inclusion in terms of disability?

For me, inclusion is an environment where people feel secure, respected, valued, and supported—by the community, by their loved ones, by everyone. It means having equal opportunities for participation in social activities and, of course, in everyday life.

Q: What are the main challenges you have observed or encountered when trying to promote or achieve inclusion related to disability?

The first thing that comes to my mind is the lack of accessibility. We face these difficulties every day in our work. Accessibility in transportation, difficulties in finding help through social services, reaching social services, and the social barriers people face that limit their participation in everyday activities—all of these create significant challenges.

Q: How do you think these challenges can be addressed or overcome?

Through empowerment—empowerment that includes training, changing stereotypes, and challenging negative attitudes, which are among the major obstacles. It's important to educate people that individuals with disabilities should not be stigmatized because of their challenges. They can be included, they need to be included, they will be included. They have all the skills necessary to participate. So we need to train society to accept them—not train these individuals. This is my motto: "Train the society."



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Q: What advice would you give to a professional working with people with disabilities?

Adaptation. Adapt your curriculum, adapt your work, adapt your policies—but always keep in mind the needs of the people. One small step for you can be a big step for the person who wants to be included, who wants to take part in your initiatives, programs, or activities.

Q: What advice would you give to someone who has experienced discrimination?

You have every right to be included. Never forget this. You need to seek your rights. How can you do that? By finding organizations, societies, and people who can support you and include you in their activities.