



DISABILITY - TESTIMONY

Video : Disability & Inclusion: A Nurse Shares the Challenges of Everyday Life.

Topic

Disability

Module

Understanding

Territory

France

Subject

Testimony

Disability in
elderly people

Text transcription of the video

Disability & Inclusion: A Nurse Shares the Challenges of Everyday Life.

Hello everyone,

My name is Adeline, I'm 32 years old and I've been a nurse for over 10 years. I worked for 6 years in a nursing home for dependent elderly people, and I've been working independently for almost 5 years now.

In this video, I'd like to share my thoughts on inclusion—both for people living with disabilities and for elderly people who are losing their independence.

For me, inclusion means that people with disabilities can go anywhere they want without facing physical barriers or psychological ones. And by psychological, I mean the looks, the criticism, or even the mockery they sometimes face. Inclusion is not only about the workplace—it's also about making every public place truly accessible.

Some of the biggest challenges I see every day are linked to accessibility. Yes, more and more rules exist, but they're still not enough. For example, I recently went to the cinema. There were only steps at the entrance, and no wheelchair ramp.

Immediately I thought of the patients I work with—people with physical disabilities who would have no way to get in.



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The same goes for residential buildings. Many still don't have elevators. I know patients who are literally trapped at home because there are only stairs. And if there's a fire, they can't get out unless someone comes to help them.

Aging has become a public health issue. There are more and more elderly people who are physically dependent. Most of them stay at home, isolated, just waiting for time to pass, because nothing is organized to help them get out. Of course, some don't want to leave their homes, but many others would love to join activities or outings—they just don't have access to them.

This isolation is very difficult, both for them and for their families. Sometimes relatives are even in denial, refusing to see the loss of autonomy, even though it keeps getting worse.

I believe these challenges can be overcome. For example, people could automatically receive invitations to activities, meals, or outings to help break isolation and keep a social connection. We also need to invest more seriously in accessibility—installing elevators wherever there are stairs, building more ramps and adapted sidewalks.

I often see people in wheelchairs forced onto the road because the sidewalk is simply not usable. Maybe we even need something like "wheelchair lanes," just like bike lanes.



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And beyond that, society needs to change its attitude towards disability. Things are improving little by little, but there's still a long way to go. People with disabilities should never feel excluded—whether at work or in public life.

If I were speaking to a professional, a family caregiver, or anyone close to someone with a disability, my first advice would be to listen—to really take the time to answer questions, explain things, and most of all, to put yourself in the other person's shoes. Try to understand their struggles, their frustrations, and the barriers they face every single day.

And if I were talking to someone who has experienced discrimination, I'd first let them speak freely, to let out everything they're holding inside. Then I'd encourage them to step back a little from what they're going through, and share some tips on how to protect themselves emotionally.

Finally, I'd suggest they reach out to associations that can support them, help them live better within society, and keep fighting to change the way people see disability.