

## **Speech Outline by Mr. Lokman AYVA**

### **I. NUB Theory**

Although the problems of people with disabilities seems very complicated we can categorize them in 3 items. We can call this categorization The Theory of NUB. This theory explains the reasons of the problems and difficulties which people with disabilities have to cope with.

1. Not inclusive system: (Exclusive system)The world is designed for spesific human being. Middle sized aproximately 140-190 centimeters heigh, 40-110 kilos weigh, right handed and eating salty and well sugared things. And ofcourse for human beings who have healthy organs. The others except the ones who have these specialities; have to cope with some problems in their life. For example cameras, music instruments, gear and lightening systems of cars are all desinged for right handed people. If you are left handed you have troubles with using chairs in seminar rooms. People with disabilities face with difficulties just because of nearly the same reasons. Because they have some disabilities in using their some organs. The solution is organizing inclusive systems for effective inclusion.

2. Unable person" approach of the society: For example there is person called Mehmet in this room. Mr. Mehmet thinks that Lokman is disabled and unable to carry out anything. This thought doesn't affect me because I don't care his thoughts. But lets say I'm a child and Mr Mehmet believes that blind people can not benefit from education. As a result of this belief he will not let me go to the school. Lets say Mr Mehmet is a director of a school. Does he accept me to the school? Or lets say he is a father. Does he let me marry his daughter? Ofcourse not. If a mayor thinks that disabled people are unable to go out he does not make the pavements for disabled. If an university president or dean thinks that disabled can not benefit from education, he does not take educative precautions. If a president thinks that disabled can not take place in political life, he does not nominate a disabled candidate. This is a real event that I am going to tell now which occured recently. A retired police killed his son and then himself. Why he did such a dramatic action? Maybe because of becoming anxious about what would happen to his son when he, himself died. Maybe he felt himself desperate, tired and helpless.

3. Becoming inured to desperation: (Learned desperation) The person with disability him or herself is in the base of this problem. For example; there is an experiment in psychological studies. The scientists make this experiment with a flea. They get a flea and make it to jump. When the scientists measured the height of the distance that flea jumps they see that it is 70 centimeters. Then they put the flea into a bottle of 30 centimeters length and close the bottle. The flea hits to the cover of the bottle every time he jumps and begins to jump to a shorter height in order not to hit the cover. This means that it can only jump about 30 centimeters. Afterwards scientists open the cover and make the flea jump again. But they realize that the flea can only be able to jump only 30 centimeters. This is becoming inured to desperation. When we deal with subject in this point of view, we can say habitual desperation is one of the fundamental causes of the main problems of the poeple with disabilities.

Attitudes of people around the people with disabilities have great importance. These attitudes can be devastating for disabled or just the contrary can be helpfull to them to have a great success in life. The point of view and the way of thinking of a person are determing causes of the behaviors and attitudes towards the disabled people. As a result, it is really important to change the point of view to disability. In order to promote the rights and full participation of people with disabilities and in order to improve the quality of their life, authorities should take necessary measures.

**II. Access to rights for people with disabilities and their full and active participation in the society.**

**III. Disability Action Plan of Council of Europe**

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**V. AER should have the initiatives to make things better for the people with disabilities at local level.**