



# Europe for us

Everything created  
was destroyed



Find explanations for words in **bold** at the end of Europe For Us on pages 34 to 42.

“Europe for us” is available in:

- English
- French
- German
- Hungarian
- Italian
- Romanian
- Spanish

Go to [www.inclusion-europe.eu/europe-for-us](http://www.inclusion-europe.eu/europe-for-us) to find the other language versions.

# Contents

1	<b>Editor's note:</b> Letter from the director of Inclusion Europe, Milan Šveřepa
5	<b>Letter from the president of Inclusion Europe, Jyrki Pinomaa</b>
8	<b>Raisa Kravchenko and Yuliia Klepets talk about support and the impact of the war</b>
11	<b>How the money collected for Ukraine helps people with intellectual disabilities and their families?</b>
15	<b>The story of Tamara and Seraphim - 11 April 2022</b>
18	<b>Which organisations help persons with intellectual disabilities in Ukraine?</b>
21	<b>Raisa Kravchenko asks organisations for support</b>
24	<b>Thank you message from Tetyana Lomakina</b>

- 28            **The liberation of the city of Kherson –  
11 November 2022**
- 31            **How is the European Union helping the  
people of Ukraine?**
- 34            **Explanations**

# **Editor's note:**

Letter from  
the director of  
Inclusion Europe,  
Milan Šveřepa





Everything we created was destroyed.

That is the message we hear from Ukraine during the Russian war.

What it means is:



- support provided to people with intellectual disabilities by friends and families were destroyed



- the few community based services in Ukraine stopped working



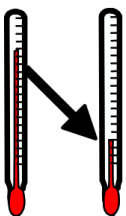
- a lot of people with disabilities ended up in institutions



- everyday problems of hiding from Russian bombs



- the suffering from the lack of food and daily supplies



During this winter the situation will get worse because Russia destroyed the heating and electricity.



And Ukrainians will have to deal with a very cold winter.



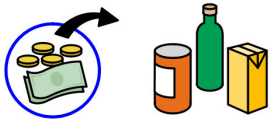
There is also a lot of people with disabilities that are placed in institutions in Ukraine.



Their situation is very bad too.



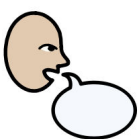
Inclusion Europe tried to support Ukrainians with intellectual disabilities and their families.



Inclusion Europe collected money for Ukrainians to buy food and medicines.



And to provide support such as personal assistance or day centres.



Inclusion Europe also helped by telling the world what is going on and what needs to be done.



All this has been possible thanks to the support and contributions from our members and others.



Thank you!



This issue of Europe for us is here to inform about the situation of people with intellectual disabilities and families in Ukraine.



They need our support and solidarity.

At the time of the making of the magazine in December 2022, VGO Coalition changed its name to Inclusion Ukraine.



For them it is not just a name change they also use this to strengthen the role of self-advocates in the organisation.



# Letter from the president of Inclusion Europe, Jyrki Pinomaa





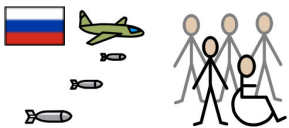
It has also been a sad and shocking year.  
We have a war in Europe.



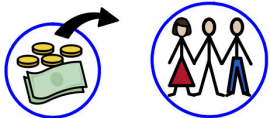
Russia brutally attacked  
Ukraine 24th of February 2022.  
Too many people have  
lost their lives in this war.



Millions of people have had  
to leave their homes.



But more than 260.000 Ukrainians,  
people with intellectual disabilities  
had to stay back because of lack of support.



Inclusion Europe campaign  
has been a success  
and we have been able  
to help by sending money  
to families in need.

By now we have been  
able to raise around 650.000 euros.  
And our campaign is still on.



Since the Russian attack,  
many Inclusion Europe's members  
wanted to help Ukrainian people.

Some started their own fundraising campaigns,  
others wanted to give material support  
or to help those leaving their country.



Inclusion Europe members have proved  
that our common value solidarity,  
isn't just a word on our website.



Thank you all for your help.  
Thank you all for your solidarity  
towards Ukraine.

# Raisa Kravchenko and Yuliia Klepets talk about support and the impact of the war



“If you have a person with an intellectual disability in your family, it means you were building a system of support for years.

For me it took 10 years to build everyday support for my son.

And this system was ruined in one moment.”



Raisa Kravchenko and Yuliia Klepets had a speech on 10 November 2022 to talk about situation of people with intellectual disabilities and families in Ukraine.



Raisa said that now on top of the military attacks, there are also electricity blackouts because of attack on infrastructure.



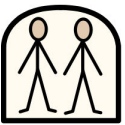
The internet may switch off at any moment because of the problem with the electricity.



Support services are mostly closed.  
All the resources need to go to the military.



Raisa said that they are all are grateful  
for all the international support  
that helps them get some help and restore  
at least some of the support services.



There are 4,000 new people who  
went into institutions during this year,  
since the February attack on Ukraine.

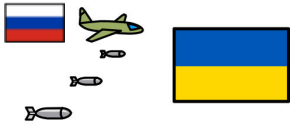


Yuliia said that having the support of personal assistant,  
or services on some days is great help.



Yuliia said that her daughter  
can't sleep any more,  
as a result of the electricity blackouts.

**How the money  
collected for Ukraine  
helps people with  
intellectual  
disabilities and  
their families?**



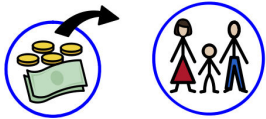
Russia started a war in Ukraine on the 24 February 2022.



Inclusion Europe was in contact with its member called VGO Coalition.



VGO Coalition is an organisation of all Ukrainian NGOs for people with intellectual disabilities.

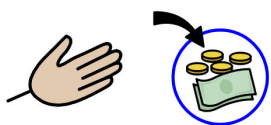


Inclusion Europe created a fund to help people with intellectual disabilities and their families.



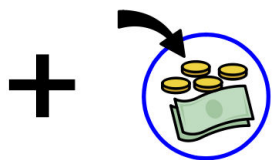
With the fund, VGO Coalition paid for:

- Day-care for persons with intellectual disabilities.
- To hire support people for people with intellectual disabilities.
- To repair buildings where services are given.



Many other NGOs supported the help for Ukraine and gave money to the fund.



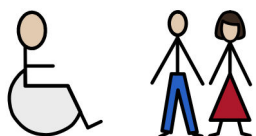


VGO Coalition received more money from the fund.

With the money VGO Coalition:



- Created everyday activities and trainings for adults and children with intellectual disabilities.



- People with intellectual disabilities who lost their families because of the war now live with other families.



- Started again NGOs services to families of people with intellectual disabilities.



- Repair buildings that were destroyed because of the war.



VGO Coalition and its members thanked Inclusion Europe for sending money to help people with disabilities during the war in Ukraine.



"When you know that you are not alone,  
it is much easier to deal with troubles.

Thank you Inclusion Europe for your  
support!"

- from VGO Coalition

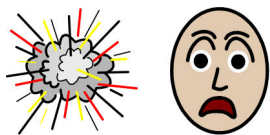


"Our NGO continues its activities.

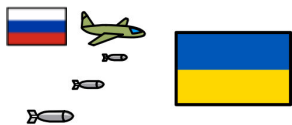
Personal Assistant Service  
has been made possible  
by funds raised by Inclusion Europe  
to support people with intellectual  
disabilities and their families in Ukraine  
affected by the war."

Yryna Sarancha

# **The story of Tamara and Seraphim – 11 April 2022**



On 24 February 2022,  
Tamara and her son  
woke up with the sounds of explosions.



Russia begun the war in Ukraine.



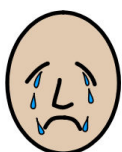
Tamara has a son called  
Seraphim who has a disability.

That day, Seraphim was going to the  
swimming pool but it did not happen.



Because of the war Seraphim  
cannot go to school or go to  
the swimming pool anymore.

And it is difficult for Seraphim  
to understand why he cannot  
do these things anymore.



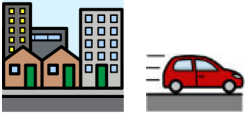
Seraphim started to cry  
and to be nervous.



Tamara and Seraphim went  
to sleep in a shelter.



During the day Tamara and Seraphim did household chores to forget the pain and the shock from the war.



Tamara and Seraphim moved out from their home city called Kyiv.

Tamara and Seraphim were very sad to move out from Kyiv.

An NGO called “Family for Persons with Disabilities” helped Tamara and Seraphim to move to a city called Lviv.

Another NGO called Lyarsh-Kovcheg gave them a shelter to live in.



Now Tamara and Seraphim work and live safely in Lviv.



VGO Coalition gave money to Tamara and Seraphim to help them have a good life.

# Which organisations help persons with intellectual disabilities in Ukraine?



Inclusion Europe was mentioned in an article of a newspaper called Al Jazeera.

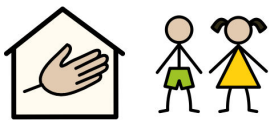


The article is about the life of people with disabilities in care centres.

The care centres are in a city called Lviv in Ukraine.

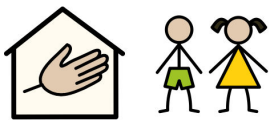


People with disabilities have suffered a lot while fleeing from the war in Ukraine.

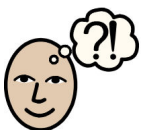


Dzhereho Children's Rehabilitation Centre is an NGO that helps children with disabilities.

The Centre helps children with disabilities who have experienced traumatic events.



Start Centre is another NGO that helps children with disabilities.



In the NGO most children have autism.



Children with disabilities need everyday support.



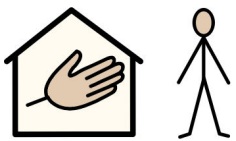
Many children with disabilities could not continue their education because of the war.



Because of the war,  
children were having online education.



But online education is not accessible  
for children with disabilities.



Emmaus Centre is a care centre for  
adults with intellectual disabilities.



Emmaus Centre gives individual care to the residents.

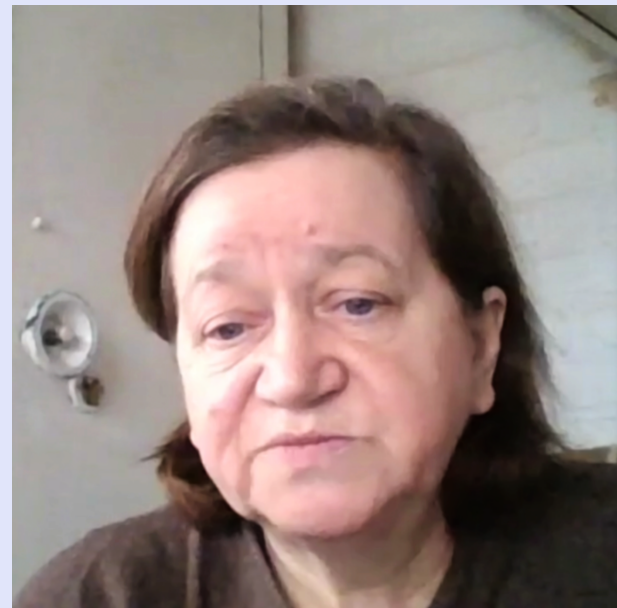
There are 5 residents in the Centre and  
there are 4 support people who help the residents.

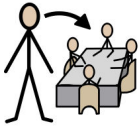


In the Centre, the residents have  
trainings to find jobs and do daily tasks.  
For example, grocery shopping.



# **Raisa Kravchenko asks organisations for support**





Raisa Kravchenko  
represents VGO Coalition.

Raisa Kravchenko is chair of the  
Djerela NGO in Kyiv in Ukraine.

Families have been building  
support for people with disabilities.

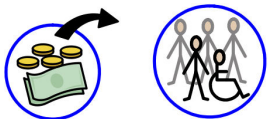


But with the war in Ukraine, the  
support has been destroyed.

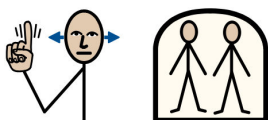
NGOs and services have been  
closed because of the war in Ukraine.



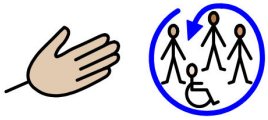
With the war, there is a risk  
that people with disabilities  
will go live in institutions.



Because there is no money from  
the government to provide  
community-based services.



VGO Coalition does not want  
that people with disabilities  
go back to institutions.



Raisa Kravchenko asks  
organisations to support  
the VGO Coalition to end institutionalisation  
in Ukraine.

# Thank you message from Tetyana Lomakina



Tetyana Lomakina is Commissioner  
of the President of Ukraine for the  
Barrier-Free Environment.



Ukraine wants to become  
a member of the European Union.

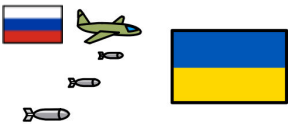


In 2008, Ukraine signed a Convention  
about the rights of people with disabilities.

And in 2010, the Convention  
was respected in Ukraine.

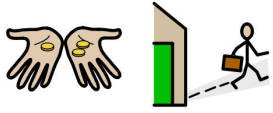


Ukraine was planning  
to end institutionalisation  
and to end guardianship.



But, the plans were interrupted  
because of the war started by Russia.

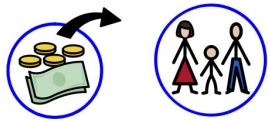
The Ukrainian government knows  
how hard it is for families of people  
with intellectual disabilities to live at war.



The families had to support people with intellectual disabilities with few money and had to move out of houses.

The Ukranian government knows that people with intellectual disabilities have needs.

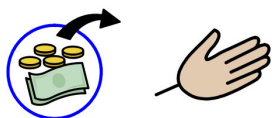
People with intellectual disabilities need to have a job, to have a support person and to have a house.



Inclusion Europe created a fund to help people with intellectual disabilities and their families.



Many other NGOs supported the help for Ukraine and gave money to the fund.



The money helped a lot of families of people with intellectual disabilities to survive the war.



The Ukrainian government thanks Inclusion Europe and its members for supporting people with intellectual disabilities in Ukraine.

Many members of VGO Coalition talked about how the members have used the money from the fund.



The members of VGO Coalition thank Inclusion Europe and its members for creating a fund to help families of people with intellectual disabilities in Ukraine.

# **The liberation of the city of Kherson – 11 November 2022**

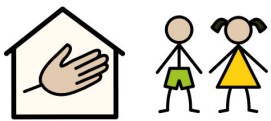




Kherson is a city in Ukraine.  
Kherson was taken by Russia.  
But, on the 11th of November  
Kherson was liberated.

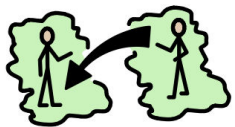


Sunny children of Kherson region  
is an organization created in 2014 in Kherson.



The organization helps children with  
disabilities to be included in activities.  
For example: sports, theater, dance

But the war in Ukraine ruined  
the plans of the organization.



When Kherson was taken by Russia,  
many families had to leave  
to safer regions in Ukraine.  
Other families stayed in Kherson.

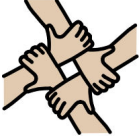
The organization continued to  
help families through messages.



The organization and the families continued  
to meet online using computers.



When the army of Ukraine  
liberated the Kherson,  
the Ukraine people were happy.



The organization became stronger,  
friendlier and more united.



The organization thanks  
everyone who has helped them.

# How is the European Union helping the people of Ukraine?

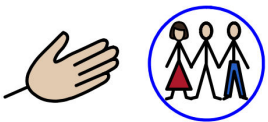


After the invasion of Russia in Ukraine,  
The European Union stands with Ukraine.

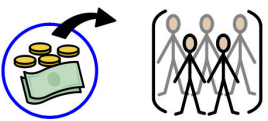
Many countries are helping the  
people of Ukraine to flee the war.

The European Union is helping the  
countries that are helping Ukraine.

The European Union is  
offering help in many ways:



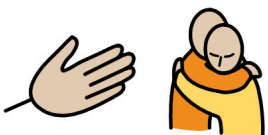
- giving a job, a house and an education  
to families that are fleeing from Ukraine.



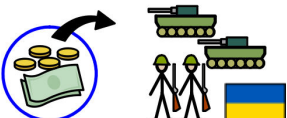
- giving money to organisations  
that are helping the people of Ukraine.



- giving food, water, clothes and medicines  
to the people of Ukraine and the countries  
that are helping the people of Ukraine.



- helping member states of the  
European Union that are housing  
people who are fleeing the war in Ukraine.



- giving money to the Ukrainian army  
to defeat the Russian army.



- protecting the rights of children of Ukraine.



- helping the government of Ukraine to build the Ukrainian country again.

# Explanations



## Accessible

Something that is easy to use for people with disabilities.  
Such as:

- Ramps to get into a building.
- Information in easy-to-read.
- Information in sign language.



## Charter of Fundamental Rights

A paper that says what basic rights every person has.  
For example, the right to freedom, the right to education.



## Commissioner at the European Commission

A Commissioner is a person who is responsible  
for a field of work at the European Commission  
and manages a lot of people.



## Community

People that belong to something.

For example, neighbourhood community.

People who live in the same neighbourhood.

Or religious community.

People who have the same religion.



## Community-based services

Support given by people from the community.



## Convention

An agreement between countries or

organisations which talks about many topics.



## Deinstitutionalisation

Deinstitutionalisation is helping people  
to move out of institutions.

It is when the people who lived in institutions get help  
so they can live independently in the community.





## Educate

Educate means to teach.

It means to make sure people have access to training so they can learn new skills.



## European Union

The European Union (in short, EU) is a group of 28 countries.

We call these countries “member states”.

They have joined together to be stronger politically and economically.

The EU makes laws on many important things for the people who live in those countries.

The EU makes laws in different areas.

Some examples are:

- Laws to protect the environment.
- Laws for farmers.
- Laws to protect consumers.

A consumer is someone who buys things.

The EU also makes laws that are important for people with disabilities.

It also made a law that gives people with disabilities more rights when they are travelling.

The EU also gives money to its member states.

Some of this money is used for people with disabilities.



## Fund

To give money to someone or to an organisation which helps people or organisations.

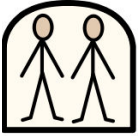


## Inclusion Europe

Inclusion Europe is an organisation for people with intellectual disabilities and their families.

We fight for their equal rights and inclusion in Europe.  
We also want to make a difference to the laws in Europe.  
We started in 1988.

We have 79 members in 39 European countries.  
We are based in Brussels in Belgium.



## Institutions

Institutions are places where people with intellectual disabilities live with other people with intellectual disabilities.

They live apart from other people.

This is what we call “segregated”.

Sometimes this happens against their will.

People who live in institutions have to follow the rules of the institution and cannot decide for themselves.



## Intellectual disability

If you have an intellectual disability, that means it is more difficult for you to understand information and learn new skills than it is for other people.

This makes some parts of life harder.

People with intellectual disabilities often need support in learning or at work.

Intellectual disability often starts before you are an adult.

It affects you for your whole life.

There are things that can make life easier  
for people with intellectual disabilities.

For example, information in easy-to-read language.

Some people say learning disabilities  
instead of intellectual disabilities.



## **NGO** **Non-governmental organizations**

Non-governmental organizations, or NGOs are  
generally defined as nonprofit and independent of  
governmental influence.



## **Online Schooling**

Online schooling is a way for students to attend  
their classes using a computer or another device  
to connect to the internet.

These classes happen with the help of online  
applications for meetings or online classrooms.



## Organisation

A group of people who work for the same thing.



## Segregation

Segregation is when someone is set apart from others for an unfair reason.

For example, because of their disability.



## Self-Advocacy

Self-advocacy is when people with intellectual disabilities speak up for themselves.

These people are called self-advocates.



## Services

Support for people with disabilities.



## Training

A class often given at work where people learn new things.



Ambitions. Rights. Belonging.

**Contact us and share your self-advocacy stories!**



**Website:**

[inclusion-europe.eu](http://inclusion-europe.eu)



**Email:**

[secretariat@inclusion-europe.org](mailto:secretariat@inclusion-europe.org)



**Telephone:**

+32 2 502 28 15



**Address:**

Avenue des Arts 3, 1210 Brussels, Belgium



**Facebook:**

[facebook.com/inclusion europe](https://facebook.com/inclusion europe)



**Twitter:**

[twitter.com/InclusionEurope](https://twitter.com/InclusionEurope)

**Sign up to get Europe for Us when it comes out:**  
[bit.ly/Inclusion Europe Newsletter](http://bit.ly/Inclusion_Europe_Newsletter)



Co-funded by  
the European Union