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PEOPLE WITH DISABILITIES: ADAPTATION TO THE SOCIAL ENVIRONMENT

Abstract: The article discusses the problems that people with disabilities face every day. Loneliness, misunderstanding, detachment, lack of money make such people unhappy. The article proposes the solution of many social issues, such as finding a job, government support, changing the attitude of ordinary people to people with disabilities, the formation of an inclusive society, the fight against discrimination, leisure activities. There are also examples of successful implementation of various projects and holding large-scale events in Yekaterinburg, such as «Accessible Yekaterinburg», the First World Congress for People with Disabilities in 2017, «Lessons of Goodness» in schools. This article reveals the problem of social adaptation of persons with disabilities, not only as a state, but also a public. It proves that only by joint efforts of the state and common citizens is it possible to make significant changes to the problem under discussion. Also, in this article there are examples of the real value of the equipment necessary for the daily life of people with disabilities. Today, despite the large number of changes in the social sphere, there are a large number of unresolved issues in improving the quality of life of people with disabilities.

Keywords: adaptation, disabilities, social problems.

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ЛЮДИ С ОГРАНИЧЕННЫМИ ВОЗМОЖНОСТЯМИ: АДАПТАЦИЯ К СОЦИАЛЬНОЙ СРЕДЕ

Аннотация: В статье рассмотрены проблемы, с которыми инвалиды сталкиваются каждый день. Одиночество, непонимание, отстраненность, нехватка денег делают таких людей несчастливыми. В статье предлагается решение многих социальных вопросов, таких как устройство на работу, государственная поддержка, изменение отношения обычных людей к людям с инвалидностью, формирование инклюзивного общества, борьба с дискриминацией, организация досуга. Также имеются примеры успешного внедрения различных проектов и проведение масштабных мероприятий в Екатеринбурге, таких как «Доступный Екатеринбург», Первый Всемирный конгресс для людей с инвалидностью в 2017 году, «Уроки добра» в школах. Данная статья раскрывает проблему социальной адаптации инвалидов не только как государственную, но и общественную. Она доказывает, что только совместными усилиями государства и обычных жителей возможно внести существенные изменения в обсуждаемую проблему. Также в этой статье имеются примеры реальной стоимости инвентаря, необходимого для повседневной жизни людей с инвалидностью. На сегодняшний день, несмотря на большое число перемен в социальной сфере, имеется большое количество нерешенных вопросов в улучшении качества жизни людей с инвалидностью.

Ключевые слова: адаптация, ограниченные возможности, социальные проблемы.

Disability is a severe medical and social problem that is relevant around the world. Nowadays in developed countries, on average, almost every tenth resident has health restrictions [2]. A disabled person is a person who has a health disorder with a persistent disorganization of the body's functions that is caused by diseases, the consequences of injuries or defects. All this leads to limited life activity and calls for the social protection of such a person. The limitation of life is expressed in the total or partial loss of the ability or opportunity to engage in self-service, independently move, orient, communicate, control their behavior, learn and work.

Limitation of opportunity is fraught with a multitude of challenges. A person usually loses job, he begins to feel loneliness, often sinks into depression. Occasionally there are cases of suicide. Such a sorrowful outcome is quite logical: the absence of support and fun makes a person hermit and he doesn't see the point in living [4].

However, the diagnosis isn't a stigma. Any society has different kinds of work for people with disabilities. They can be designers, operators or dispatchers in different companies, actors, singers, auditors, professional athletes, motivational speakers, etc. Today more and more disabled people are becoming self-confident personalities and making success [3, 4]. But in order to achieve all this, we need change conditions for social adaptation.

It is self-evident that we need to create supportive systems – specialized institutions, social services and so on. For example, in Yekaterinburg, there is a big regional rehabilitation center for disabled people, which provides medical rehabilitation services and also deals with leisure for patients. The Center is equipped by state-of-the-art, it is the base for carrying out all kinds of events, both urban and international.

Furthermore, our social institutions try to develop of an inclusive society – a society that respects differences from one another and actively struggles with prejudice. This includes the implementation of comfortable conditions for people with disabilities: sufficiently wide doors, elevators in the metro and shops, special sound signals at traffic lights, the introduction of necessary functions in gadgets, the creation of special education programs in schools and universities, etc. [5]. For instance, there is a project «Accessible Yekaterinburg». The main task of this program is to assess the facility of access of the environment for low-mobility citizens. Special itinerary is created on the maps 2GIS, according to which a disabled people can walk along the city without obstacles.

It stands to reason that, it is support at the legislative level. The Ministry of Social Policy is concerned with the problems of people with disabilities [1]. In the Sverdlovsk region it holds conferences, meetings and councils, organizes exhibitions, competitions, festivals and other mass events, develops and implements programs to provide social support measures, and enacts laws.

In addition, the organization of various festivals and sports events of international caliber [4]. Of course, in the capital of Ural the most important event of this kind was the First World Congress for People with Disabilities in 2017, which were participated more than 700 people from 30 countries.

However, despite a number of advantages, disabled people meet with a lot of problems, which they can't solve on their own. The main problem is the unwillingness of employers to cooperate [2]. Of course, we can come over to side of specialists from the personnel department: an able-bodied person implies more reliability. However, sometimes an employee with disability can execute a piece of the same work even better than a healthy one. For example, work in the office doesn't imply motor activity, so any person can do it well, regardless of the presence of bodily or physical defects.

The absence of a workplace includes money scarcity. A person with a disability does not have enough bankroll not only to meet daily living needs, but also to purchase the necessary equipment, medicines, medical procedures. For instance, the average cost of a wheelchair exceeds 15,000 rubles, wheelchairs with an electric drive – 50,000 rubles, canes for blind people – 1000 rubles, and the price of adaptive furniture starts at 6,000 rubles and can reach 200,000 or more. It is very expensive, and a disabled person can't acquire such things on his own.

However, the state will not cope with this problem if the reaction of healthy people does not change to people with disabilities. Therefore, social services need to lead conversations, and start it as early as childhood [5]. For example, the so-called «Lessons of Goodness» are held in some schools in Yekaterinburg. People with disabilities tell how they got a disability, what problems they have, what they feel now. Usually it is very useful and interesting for children to visit such meetings.

In conclusion, the topic of social adaptation of disabled people in the Russian Federation is still relevant. On one hand, there is a tendency towards the development of an inclusive society, and on another hand,

there is remain a large number of unresolved problems, which require attention, both of the state and citizens.

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