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REVIEW ARTICLE

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## ACCESSIBILITY AND SOCIAL INCLUSION OF PEOPLE WITH PHYSICAL DISABILITIES: A INTEGRATIVE REVIEW

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### ABSTRACT

**Objective:** The objective was to analyze the current scenario of accessibility and social inclusion of people with physical disabilities, by means of an integrative review. **Methods:** A qualitative, exploratory study was carried out, using national and international articles as sources, obtained from the National Library of Medicine of the United States Virtual Health Library and Google Scholar, from the last 5 years, with pre-defined descriptors. **Results and discussion:** In the total of 22 studies selected, it was observed that there are laws that advocate accessibility in means of transportation, communication, information and technical aids, in addition to standards for the adequacy of urban architecture. However, difficulty was noted in the full implementation of the legislative writings, preventing the progression of inclusive improvements for the studied public. **Conclusion:** The current scenario of accessibility and inclusion for PcDF has been developing, however slowly. Representative social symbols, such as schools and health units, in addition to private sectors, sometimes show little awareness in terms of cooperation to build a fairer and egalitarian society in view of the rights reserved for the described public.

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## INTRODUÇÃO

According to statistics from the World Health Organization (WHO, 2020), about 1 billion people worldwide have some type of disability. In Brazil, according to data from the Brazilian Institute of Geography and Statistics (2010), the number of people with disabilities (PwD) corresponds to 45,606,048, equivalent to approximately 23.9% of the population. Of this percentage, 6.95% are people with physical disabilities (PwPF), corresponding to approximately 13 million individuals. Physical disability is more significant in females, affecting 9.75% of women, which represents 8 million of this population. In males, the prevalence described is 5.33%, totaling 5 million men. In dealing with the evaluation of public policies, the granting of benefits and the exercise of rights granted by law, it is necessary to define technical and more objective criteria in order that injustices are not committed in admitting the individual's condition. In the case of the 'Quota Law', for example, PwD are considered to be those who, upon presentation of a medical report, fall within the definitions of physical, visual, hearing, mental or multiple disabilities contained in federal decree no. 5,296 of 2004 (BRASIL, 2004).

Still about this model, physical disability is defined as a complete or partial alteration of one or more segments of the human body, causing impairment of physical function. That is, presenting as paraplegia, paraparesis, monoplegia, monoparesis, tetraplegia, tetraparesis, triplegia, triparesis, hemiplegia, hemiparesis, ostomy, amputation or absence of limb, cerebral palsy, dwarfism, limbs with congenital or acquired deformity. In general, the main causes of the deficiencies are congenital and perinatal disorders, resulting from the lack of assistance or inadequate assistance to women in the reproductive phase; in addition to communicable and chronic noncommunicable diseases; psychiatric disorders; alcohol and drug abuse; malnutrition; and traumatic, due to frequent automobile accidents in urban centers (MINISTÉRIO DA SAÚDE, 2008). In 2015, Law 13.146 was introduced in Brazil, which provides for the Inclusion of PwD, aimed at the social inclusion and citizenship for the PwD, at ensuring and promoting, on equal terms, the exercise of fundamental rights and freedoms for them. Thus, it reinforces the idea of including PwD in the social environment, as a result of the accessibility strategies, adding participation as an element of fullness and effective citizenship (BRASIL, 2015). This work is justified by the need to understand the current scenario of accessibility and social inclusion

of people with physical disabilities, in order to know the scientific context developed in Brazil; and, from there, identify positive and relevant points that need greater government support and that can serve as a basis for use in the various sectors of society able to receive them. In this way, it will also serve as a support in guiding government agencies and responsible institutions for creating public or affirmative policies about negative aspects that permeate the interaction of these individuals in society, highlighting, for example, architectural, educational barriers and in the context of access to health services. Given this, the present study aimed to analyze the current scenario of accessibility and social inclusion of people with physical disabilities, through an integrative literature review.

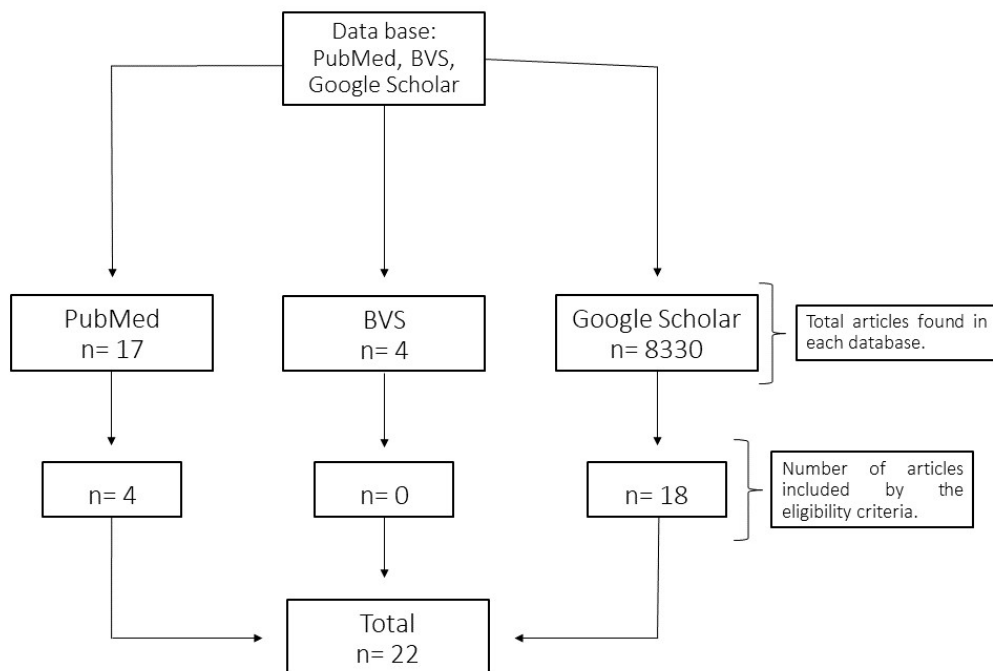
## METHODS

The present qualitative, exploratory study, carried out in March 2021. We chose to search national and international databases by reading, analyzing, interpreting, and selecting articles from national and international scientific journals. The search in databases, integrated the United States National Library of Medicine (PubMed), Virtual Health Library (VHL) and Google Scholar (PEREIRA et al., 2018). Therefore, based on literary references, the following Descriptors in Health Sciences/Medical Subject Headings (DeSC/MeSH) were used: "Acessibilidade", "Acessibilidadefisica", "Inclusão", "Deficientefisico", "Deficiênciافisica", "Pessoa com limitação", "Pessoa com incapacidadefisica" and "Pessoa com deficiênciافisica" for Portuguese, "Right to Health", "Accessibility", "Social inclusion", "Physically Handicapped", "Physically Disabled", "Physically Challenged" and "Brazil", for English.

to accessibility and social inclusion of people with physical disabilities in Brazil. In view of this, those who included people with other disabilities (visual, hearing, intellectual, mental), discussion of cases presented in other countries and those written in other languages were excluded. At the end of the database search, the texts were selected and interpreted by reading the title, abstract and full text, respectively. Thus, it was possible to identify and compose the group of studies that met the eligibility criteria and could proceed to the data extraction stage. The latter refers to extracting the most relevant information for the discursive and critical construction of the textual body.

## RESULTS

The result of the search in the PubMed database comprised seventeen articles (Diagram 1), and was based on the observation of the inclusion criteria, four articles on physical disability remained in accordance with the research proposal. In turn, in the VHL database, four articles were obtained, but none were included. The search for Google Scholar, on the other hand, made it possible to return 8330 articles, of which eighteen were included. In turn, in the VHL database, four articles were found, but none was included. The Google Scholar search, on the other hand, resulted in 8330 articles, of which eighteen were included. The top text box of the Diagram, shows the three databases used in the search for the studies, which together resulted in 8351 articles. Given the broad result found, a significantly smaller number (22) represented those eligible after the selection criteria were assigned.



Source: the authors, 2021

**Diagram 1 - Inclusion flow of selected studies**

The set of descriptors was organized using the Boolean operators AND and OR. As inclusion criteria, the articles should address themes of public policies, legislation and affirmative actions for the Person with Disabilities – physical type (PwD-physical), accessibility and social inclusion, characteristics of the disabled, having been published in the last 5 years, and are presented in Portuguese, English or Spanish. The research was carried out by the authors, autonomously, using electronic devices, following logical search criteria and data analysis (KOCHE, 2011; LUDKE, M.; ANDRÉ, M., 2013). Articles were excluded from the study if they were not related

## DISCUSSION

Accessibility is a right and a fundamental issue in the lives of people with physical disabilities, which results in the construction of individual and social values, eliminating obstacles and enabling communication with the world. It generates the right to interact with the environment, with the exercise of the right to citizenship and the right to come and go. The lack of accessibility takes people at the margins of society, contributing to social exclusion (PEREIRA et al.,

2011). In the school environment, when addressing the educational assistance of students with physical disabilities, Melo and Pereira (2013) heard a report from a teacher stating that it is not yet the time for the inclusion of this public in the regular school, as education professionals are not prepared to deal with that kind of situation. At this point, the authors defend, stating that denying the school inclusion of students with physical disabilities represents disregarding a right that has already been acquired and should not be questioned. Education must be given to everyone and equally, and the educational system must be prepared to face these specific cases. In the same survey, other teachers were in favor, highlighting the adaptation of the physical structure of most schools and that they develop more convivence. In view of this, it becomes necessary that the responsible organizational systems build efficient alternatives and, serve as an example to combat the various forms of prejudice and exclusion that exist in society against individuals who have physical disabilities. It is noticed that referential actuators in education, as teachers, still promote inconsistent attitudes with the purpose of fighting for the rights of people with disabilities, a fact that should occur in an opposite way, thus, there should be collaboration in the search for accessibility and inclusion.

Nogueira et al. (2016) investigated the epidemiological profile of PwD-physical in compliance with current public policies. From this it can be argued that, people with physical disabilities need interventions capable of eliminating environmental and social barriers. However, they are individuals who have the same health needs as anyone else and their health conditions are influenced by the social context in which they live, such as income, difficulty in accessing services and rehabilitation. They are more vulnerable to the development of health problems, such as pressure ulcers or urinary tract infections due to the deficiency. In the study by Gasparoto et al. (2012) an instrument built by researchers based on the Characterization of Students with Physical Disabilities and the Conditions of Accessibility and Mobility in the Regular School was used. This instrument addresses 35 organized issues regarding accessibility and social participation in the community. It is an instrument for assessing home accessibility used in children with physical disabilities, attended at the pediatric physiotherapy outpatient clinic of a university hospital. According to the study's results, it was possible to identify a higher incidence of unevenness present in most rooms, and climbs / slopes at the entrance and grounds / patios of all residences. Most of the floors were smooth, which promotes less stability in displacement and leads to falls. It was observed the existence of few carpets and / or smooth coverings in the access routes of the evaluated homes. We observed inadequate width of bathroom doors (less than 74 cm, the standard used by the baseline instrument). Another important point refers to the low financial status of the families, which reflects in the absence of improvements for effective adaptations in the environment.

Following this school context, the study by Teixeira, Tavares and Bisco (2015) points out that the adequacy of the physical space is not the only obstacle to be overcome, since the lack of teacher training compromises the performance of activities, makes strategies limited and without goals aimed at children's physical conditions, and also impair development and learning. The results show that only some physical structures of the schools are in good conditions for the free access and permanence of students with disabilities. According to Paula and Costa (2007), an inclusive school has to guarantee the conditions to move around in all environments for the students, providing ramps, elevators, adapted bathrooms, handrails and non-slip floor which facilitates the students' school routine. In Brazil, in 2005, MEC (2005) implemented the Inclusive Education Program, with the aim of promoting inclusive educational systems and, thus, guaranteeing everyone the right of access to schooling, specialized educational assistance and the guarantee of accessibility (MEC, 2005). The public sectors need to take the first step more firmly, as an initiative to the inclusive practice of these groups in the various sectors of society, especially those considered fundamental in the individual's development process, as is the case of education. When this does not happen by governmental bodies at the service of the

community, what to expect from the private sectors, those more concerned with profit? Indeed, there is a need for effective methods to achieve the praised legislative writings. On the other hand, within tourism services, which are important recreational and leisure strategies, it is no different. In their research, Silva, Abreu and Gosling (2015) investigated the current situation of accessibility for people with physical disabilities in this field. The results show that these experiences do not always take place only in pleasant moments. Difficulty in consumption, other times the unpreparedness of tourist companies and the mistaken and discriminatory view of people with disabilities, constitute barriers in the full access of these individuals to tourist environments. In this way, unpleasant situations are triggered in the tourist experience and directly influences the purchase decision of these individuals. Thus, it is known that facilitating accessibility represents basic criteria for choosing a tourist service, in the same survey, some respondents described other factors considered important for the purchase decision, including price, location, leisure area, appearance of the hotel. These factors complement a good consumer experience, and tourism managers should adopt measures to ensure such accessibility and inclusion conditions.

In another sector, Leal, Mattos and Fontana (2013) investigated the weaknesses and injuries experienced by workers with physical disabilities in the work environment. It was identified that most of them suffered from forms of prejudice and social exclusion, however, they affirmed to be positive about favorable perspectives in view of the construction of public policies, strategies that lead to the facilitation of accessibility, and strengthening in the legislative sphere. When analyzing the historical context of the formal insertion of people with physical disabilities in the Brazilian labor market, Garcia (2014) revealed that the education of people with disabilities is relatively low, concentrated in precarious, discontinuous and informal activities. Thus, many times they are aggregated to undervalued employment situations that do not recognize the mental (and physical) potentialities of the individual, reflecting in problems for the insertion in the formal professional market.

Law 8,213/91, known as the "Quotas Law", considers that discrimination on the basis of disability means any differentiation, exclusion, or restriction based on disability, with the purpose or effect of preventing or hindering the recognition, enjoyment, or exercise, on an equal basis with others, of all human rights and fundamental freedoms in the political, economic, social, cultural, civil, or any other field. It covers all forms of discrimination, including the refusal of reasonable adaptation (BRASIL, 1991). In this aspect, Carvalho (2012) reports that the technological advances processed in companies, coupled with the lack of knowledge of business people about public policies for the inclusion of PwD-physical, makes it even more difficult to employ these individuals, due to the degree of qualification, evidenced in official statistics and in concrete cases, but does not restrict companies from complying with current legislation. Therefore, we also have to refer to the situation of public policies and accessibility on the part of those responsible for managing health services. In this respect, we want to believe that there is a positive model to be followed. In this context, Girondi et al. (2014) evidenced that in the work processes and assistance flows, the National Policy for the Health of the Elderly is not properly incorporated by the managers of the local health sector investigated, and it would still be necessary to disseminate knowledge about the principles and guidelines that govern this policy to guide the actions directed to the referred group, the elderly with physical disabilities. The authors highlighted that, in the health care field, managers and health professionals have been adopting some strategies related to the use of disability as a health marker; the interdisciplinary care supported by the teams of Family Health Strategy Support Centers (NASF in Portuguese); the welcoming of the elderly and their families; the systematic follow-up and monitoring carried out by the Strategy Support Teams (ESF in Portuguese). Thus, the implementation of such markers, characterizes humanized care and attention in the face of the political-social situation and the personal limitation of the individual with disabilities, characterizing these markers as

differentials with regard to the search for just causes. In addition, another sector investigated was the prison system, in this study Spinieli and Mange (2017) address the treatment provided by the laws and legal-administrative decisions of Brazil in relation to the conditions of physical accessibility of the person with disabilities inside the prisons. In view of this, the authors state that the realization of the basic fundamental rights of people with disabilities in prison is still an unfinished challenge. Once they state that there is a notorious difficulty in the practical realization of these rights and, consequently, the lack of minimum public resources to provide adequate prison facilities to the individual translates into a chaotic picture, leading to consider, again, a product of state omission. This attitude is repeated on a larger scale as a reflection of the delay in the development of these countries, as in Brazil. There is a slowness to transform physical environments into more appropriate spaces for the displacement and coexistence of people with physical disabilities. Brazil has started to manage affirmative policies more strictly in relatively recent times, compared to other countries, such as the United States and England. The effectiveness of the Quotas Law and a greater control boosted a movement which involved private companies, public agents, assistance entities, health and rehabilitation professionals, and, also, the people with disabilities themselves (FÁVELO, 2004; ASSIS e POZZOLI, 2005; BRASIL, 1999). In view of this, law number 10.098/2000 establishes general standards and basic criteria for the promotion of accessibility for people with disabilities or reduced mobility, and makes other provisions. In this sense, it is clear the intention of guiding public and private agencies to the guarantee of accessibility, reducing architectural barriers which hinder the rights of these citizens (BRASIL, 2000).

## CONCLUSION

It was possible to verify that the current scenario of accessibility and inclusion for PwD-physical is still in slow progress. One observes representative social symbols, such as schools and health services, limiting cooperation in the fight for improvements for this group, in view of small barriers, once even overcome by time. Therefore, it is necessary to join forces and consolidate a work that modifies people's social patterns regarding the mistaken view of PwD-physical and restructure the architectural design inappropriate for the access of these people to diverse environments. However, despite the fact that professionals such as doctors, teachers, and others represent important groups in their respective social, educational, and health contexts, we still observe a certain inconsistency in their attitudes towards the search for improvements in accessibility for this public in the fields of health and educational services, as well as little interest shown in the fight against discrimination. Nevertheless, this fact is added to the negative reality found in other aspects of society, such as the difficulties promoted by architectural and urban barriers. Meanwhile, the educational environment needs adaptations regarding accessibility for students with physical disabilities. Inclusive education must be understood from the perspective of meeting the learning difficulties of any student in the educational system and as a means to ensure that students with some kind of disability have rights similar to others with full participation in society. This could contribute to the construction of a more just and egalitarian society and ensuring the improvement in the quality of education, and guarantee the rights reserved to the public described. However, we found as limitations of the study, the small amount of research done on the theme. Furthermore, most studies include specific population groups from an area, for example, a particular school in a municipality. Therefore, it is understood that the participants and material structures cannot be representative of the PwD-physical population and of the architectural situation in other locations, respectively. This ends up reducing the generalization power of the study. Therefore, given the large number of people with disabilities in Brazil, further research in this field needs to reach more regions, in a decentralized manner, in order to identify more variables and representative results.

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