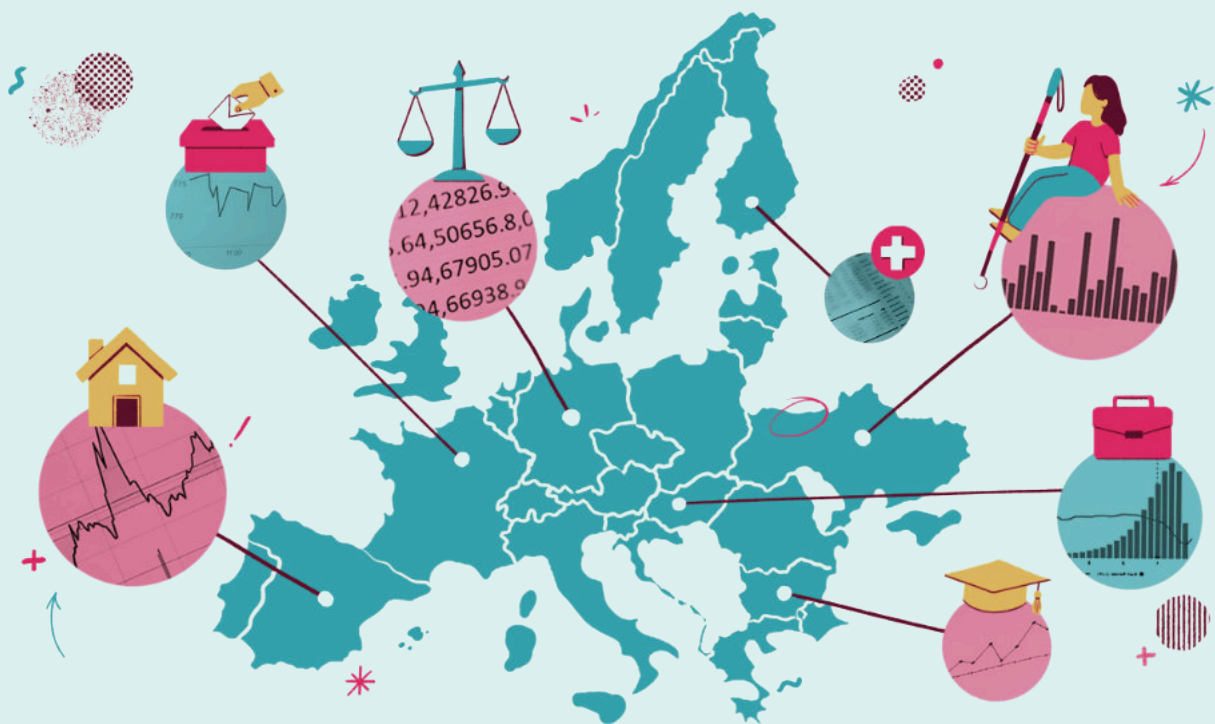


Europe for Us



Inclusion Indicators 2025



Find explanations for words in **bold** at the end of Europe for Us on pages 20 to 26.

Europe for Us is available in:

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

Go to inclusion.eu/europe-for-us-magazine to find the other language versions.

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Editor's Note

Soufiane El Amrani

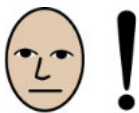


The Inclusion Indicators is a report that Inclusion Europe does every year.



The report is about the situation of people with intellectual disabilities in Europe.

The very first report was written in 2023.



The indicators cover 7 topics that are important to people with intellectual disabilities.

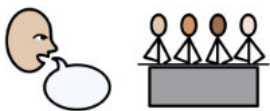


This year, we looked at housing and support in more detail.

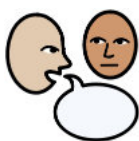


People with intellectual disabilities face a lot of problems when it comes to getting good housing and support.

As a self-advocate, I know that I can use this report:



- When I speak to decision-makers about the experiences I've had.



- When I tell people about the problems people with intellectual disabilities face.

The report shows that there is a lot of work to do.



You can use the indicators in your countries to advocate for change.

You can go to your government and show them how your country is doing.



This way you can say: Look!

It's possible to be doing better,
we should improve the situation
of people with intellectual disabilities in our country!

It is important to make our voices heard.

Soufiane El Amrani

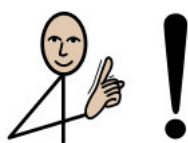
Easy-to-read editor

What are the Inclusion Indicators?



The Inclusion Indicators 2025 report is about the situation of people with intellectual disabilities and their families.

Inclusion Europe publishes it once a year.



It looks at 7 areas that are important.

1. **Right to decide and right to vote**
2. **Right to live independently and be included in the community**
3. **Housing and support**
4. **Education**
5. **Employment**
6. **Healthcare**
7. **Representation**

The report is based on what national disability organisations tell Inclusion Europe about the situation in their country.

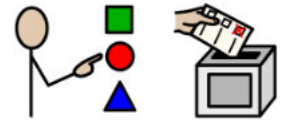
In 2025, there are 33 countries in the report.

We scored the countries from 0 (very bad) to 10 (very good).

The next chapter explains what the results are.

Inclusion Indicators 2025

1. Right to decide and right to vote



In 14 countries legal capacity can be fully removed and the right to decide is not respected.



In 13 countries people can be denied the right to vote because their legal capacity was removed.



People with intellectual disabilities have the right to make decisions about their lives, just like any other person.



They also have the right to vote and the right to stand for elections.



Sometimes, countries don't let people with intellectual disabilities vote or stand for elections.



And even when they can vote, information on voting is often not accessible.

There is not enough easy-to-read information.

And only few people with intellectual disabilities are active in politics.



Some countries changed laws so everyone can vote.

This is a good step.



But more changes are needed.

2.

Right to live independently and be included in the community



Over 1.1 million people with intellectual disabilities are in segregated 'care' institutions.



People with intellectual disabilities have the right to live independently and to be part of the community.



But many people with intellectual disabilities are forced to live in segregated 'care' institutions.



In some countries institutions are closing.

This is very good.



But often support services are still not accessible enough.

And progress is slow.

3. Housing and support



**In 27 countries
few or no adults
with intellectual disabilities
live in their own place.**

Most adults in Europe
live in their own place with
the people they choose to live with.

Some with friends, some alone,
some with their husband or wife and kids.



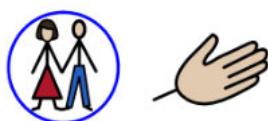
It is very different for adults
with intellectual disabilities.



Most still live with their parents,
because there is not enough housing
and not enough support services for them.



Most people with intellectual disabilities
and their families do not get support.



Because of that, many family members
become the main support person,
instead of just being family.

This year, we asked for our members to tell us more about housing and support.



We wanted to better understand what the situation is like for people with intellectual disabilities who are trying to find good housing and support.

15 countries answered our questions about about housing and support.

They told us 5 main problems.



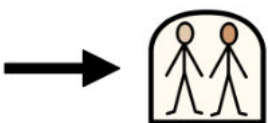
Problem 1: Institutions still exist

Many institutions are still open.

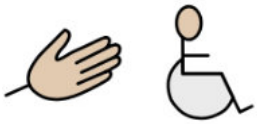
Some institutions are even getting bigger.

Some governments even build new institutions.

When people with intellectual disabilities don't have families they often have to move to get support.



Often, people with intellectual disabilities are forced to live in institutions because there is not enough housing and support in the community.



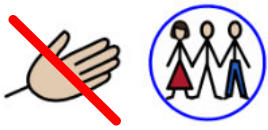
But support should go to the person,
not the person to the support.



There needs to be more houses in the community.



So that people with intellectual disabilities can choose
where and with who they want to live.



Problem 2: Families are not supported

Families still give a lot of support and care.

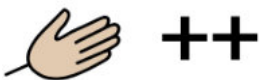


This is a lot of responsibility and stress.

Families don't get a lot of help, money, or information.



People with intellectual disabilities often stay
with their parents because there is no other choice.



Families need to be supported more.



Problem 3: There is not enough money



The money that the government gives
to people with intellectual disabilities is not enough.



People with intellectual disabilities
don't get enough money to support themselves.



It keeps people from being able to support themselves
and from moving out into a home of their own.



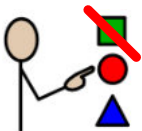
Housing needs to be more affordable
for people with intellectual disabilities.

“I would like to live alone. But right now I
can't because I don't have a job or money.”

— Irene Polina Jiménez, Spain



Problem 4: **Differences in small towns and in cities**



People with intellectual disabilities in small towns have
fewer choices.

Finding the right housing and support can take longer.

Cities can sometimes have more support
for people with intellectual disabilities.

“ “I like it a little where I live, but it’s a very small town and not very accessible. There are lots of hills and people are very nosy.”

— Ana Martinez, Spain



Problem 5: Monitoring does not work



Governments need to check if service providers respect rights.

This often does not happen.

People with intellectual disabilities are not included.



For example, sometimes people with intellectual disabilities cannot say who they would like to support them.



That isn’t fair.



People with intellectual disabilities need to have a say in what kind of support they get, and from who.

“I cannot choose my support for where I live. I cannot choose who works when. And if someone new is hired, we have no say in the matter.”

— Esther Volleberg, Netherlands

Summary



People with intellectual disabilities and their families need more housing and good support.



People with intellectual disabilities want independence and a home of their own.



Housing and support need to get better for people with intellectual disabilities.

“I wish everyone can get the right support, by people they choose. We need the support that suits our needs, no more, no less. Good support is like a suit: it is custom made for you. So, you are not alone when you need help, but you are not overprotected.”

— László Bercse, Hungary

4.

Education



At least 660,000 children with intellectual disabilities are in special schools.



Over 23,000 children with intellectual disabilities are not in education at all.



Children with intellectual disabilities should be going to school, and they should be going to the same schools as all other children.



Many children with intellectual disabilities often attend 'special education' schools where they are segregated from other children.

5.

Employment



In 29 countries few or no people with intellectual disabilities have a job.



Having a job is important for financial stability, social inclusion, purpose and belonging.

But very few people with intellectual disabilities have jobs.



Many stay at home.

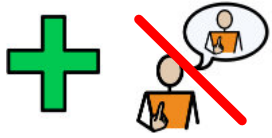


Many work for very low pay.



“I know how hard it is to get employment when you have a disability. I have experience from sheltered workshops, supported employment without pay and work with a salary.”

— **Paulina Bäckström, Finland**



In 13 countries people with intellectual disabilities have no or very little freedom of choice about their reproductive health.

In 11 countries forced sterilisation is still performed.

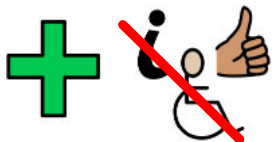


People with intellectual disabilities have the right to equal access to healthcare.

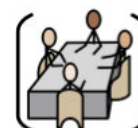


But people with intellectual disabilities still experience stigma, forced treatment and medication, forced sterilisation and forced abortion.

Sexual health of people with intellectual disabilities is often overlooked.



Information on health and healthcare is often complicated.



7. Representation

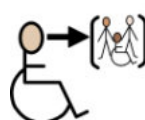


In 26 countries there is no person with an intellectual disability part of the council of the national organisation.



In 11 countries our member organisations do not receive money from the government for their work.

It is important that people with intellectual disabilities are represented and visible.



In all aspects of society,
In civil society organisations
and political parties,
and in the disability movement.



So they can advocate for their rights,
views and expectations.

This is what Europe is like for people with intellectual disabilities and their families.



As you can see, often it's not a very nice picture.



**We would like to ask decision-makers:
what are you going to do to make it better?**

What you can do



It is important to have this report because it shows how things are in different countries in Europe.

You can use the indicators to:



- Learn about how other countries are doing



- Tell your government to change and do better for yourself and others.

“Self-advocacy means learning our rights and who can support us. It helps us achieve our goals.”

— **László Petrovics, Hungary**

Here are some things you can do:



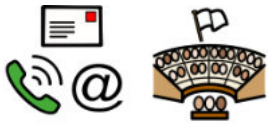
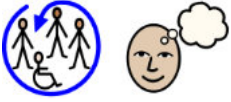
- Join your national or local self-advocacy group.



- Organise workshops or events about the inclusion indicators. Ask your support for help.



- Ask for information in easy-read about the situation in your country.



- Talk about what inclusion means to you.
- Contact your local government and ask what they are doing to improve lives for people with intellectual disabilities. Use the Inclusion Indicators.

Follow Inclusion Europe and subscribe to newsletters to keep informed.

Glossary



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



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.



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.



European Union

The European Union (in short, EU) is a group of 27 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.



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

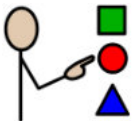
If you have an intellectual disability, that means it is more difficult for you to understand information and learn new skills than it is for other people. This makes some parts of life harder.

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.



Legal capacity

This means that the law allows you
to make your own decisions,
such as signing papers, making medical decisions,
or managing your money.



NGO: Non-governmental organisations

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



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.



Ambitions. Rights. Belonging.

Contact us and share your self-advocacy stories!



Website:

inclusion.eu



Email:

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Telephone:

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Address:

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