ABiD ALLGEMEINER BEHINDERTENVERBAND IN DEUTSCHLAND E.V.

Statement on Invisible Disability

In our society, disability is often associated primarily with the use of a wheelchair or other obvious limitations resulting from medical aids. However, disability or illness also presents as invisible symptoms, leading to significant restrictions in work, social, and public life. These symptoms include fatigue, certain types of palsy without visible medical aids, numbness, bladder disorders, allergies and intolerances, changes in mood and behavior, breathing difficulties, and reduced performance. Thus, numerous individuals with neurological, cardiovascular, pulmonary, gastroenterological, immunological (including immunodeficiency and autoimmune diseases), hemato-oncological, nephrological, metabolic, and psychiatric conditions are affected.
This list is not exhaustive.

We therefore demand:

1. **Recognition in Reports**
   Assessment bodies must acknowledge invisible disabilities in social law and assessment reports on equal terms with visible disabilities, based on current medical literature and research. Medical documentation from treating physicians must be accepted without requiring additional verification.

2. **Awareness Campaigns**
   We require comprehensive information campaigns and dedicated funding to raise public awareness of invisible disabilities throughout society.

3. **Access to Medical Aids and Professional Care**
   Insurance providers must cover individualized medical aids and professional care tailored to each person's specific needs. Public insurance must cover these costs in full.

4. **Workplace Adaptation**
   Employers must implement workplace adaptations, including flexible working hours and breaks, protected work environments, and flexible work locations. The government must provide clear funding mechanisms and financial incentives, as well as mandatory education programs about opportunities for work-life integration.

5. **Improved Medical Care**
   Healthcare systems must urgently improve medical care for patients with invisible disabilities by establishing accessible clinics within reasonable travel distances, providing video consultations as a standard option, and reducing specialist waiting times. They must create specialized diagnostic and treatment centers for complex cases.

6. **Access to Specialists and Financial Support**
   Healthcare systems must ensure sufficient medical and dental specialists with expertise in invisible disabilities, as well as adequate care centers to meet patient demand. Public health insurance must cover all associated costs. Furthermore, insurance systems must provide clear financing provisions for migrants and refugees requiring access to these specialists.

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7. **Investment in Research** Government and research institutions must invest in research concerning conditions requiring further medical understanding and diagnostic criteria, particularly those currently underrecognized by medical systems.

8. **Chemical Warning Labels**
   Manufacturers must clearly indicate on product packaging all chemicals linked to chronic health conditions and long-term health effects.

9. **Quiet Hours**
   Public and commercial spaces must designate regular quiet hours to facilitate social integration for people with sensory sensitivities, including retail establishments, public transportation hubs, and community centers.

10. **Barrier Removal**
    All levels of government and public institutions must consistently remove barriers for people with invisible disabilities throughout society, in full accordance with the UN Convention on the Rights of Persons with Disabilities (UNCRPD).

11. **Opportunities for Participation** Public institutions and service providers must create additional opportunities for participation, including accessible online participation options with accommodations for diverse needs.

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