

## Module 2



## LU 5 - International Classification of Functioning, Disability and Health

**Games Without Barriers project** Co-funded by the Erasmus+ Programme of the European Union  
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# Objectives of the LU

- Principles of the ICF
- possibilities to improve the environmental context supporting inclusion of everyone





# Disability



World Health  
Organization

« Disability is characterized as the outcome or result of a complex **relationship** between an individual's **health** condition and **personal** factors, and of the **external factors** that represent the circumstances in which the individual lives ».

Source ICF (WHO, 2001)

<https://www.who.int/classifications/icf/en/>





# ICF

- published in **2001**
- realized by WHO
- provides an international, standardized and unified language
- reference model for the description of health, disability and environmental factors
- changes the paradigm of disability, which is now the result of a correlation between persons health, characteristics and the environment
- gives tools to « action » for policy makers in different fields (social policies, transport...tourism)





# ICF (2001) and ICIDH (1980)

The ICF is the result of a long revision process on the

**ICIDH** (International Classification of Impairments, Disabilities and Handicaps, 1980)

of which it represents an **evolution and complement.**





# ICIDH (1980)

**Impairment:** loss or abnormality of a psychological, anatomical, physiological structure or function.



**Disability:** any limitation or loss (resulting from impairment) of the ability to perform an activity in the manner or extent considered normal for a human being.

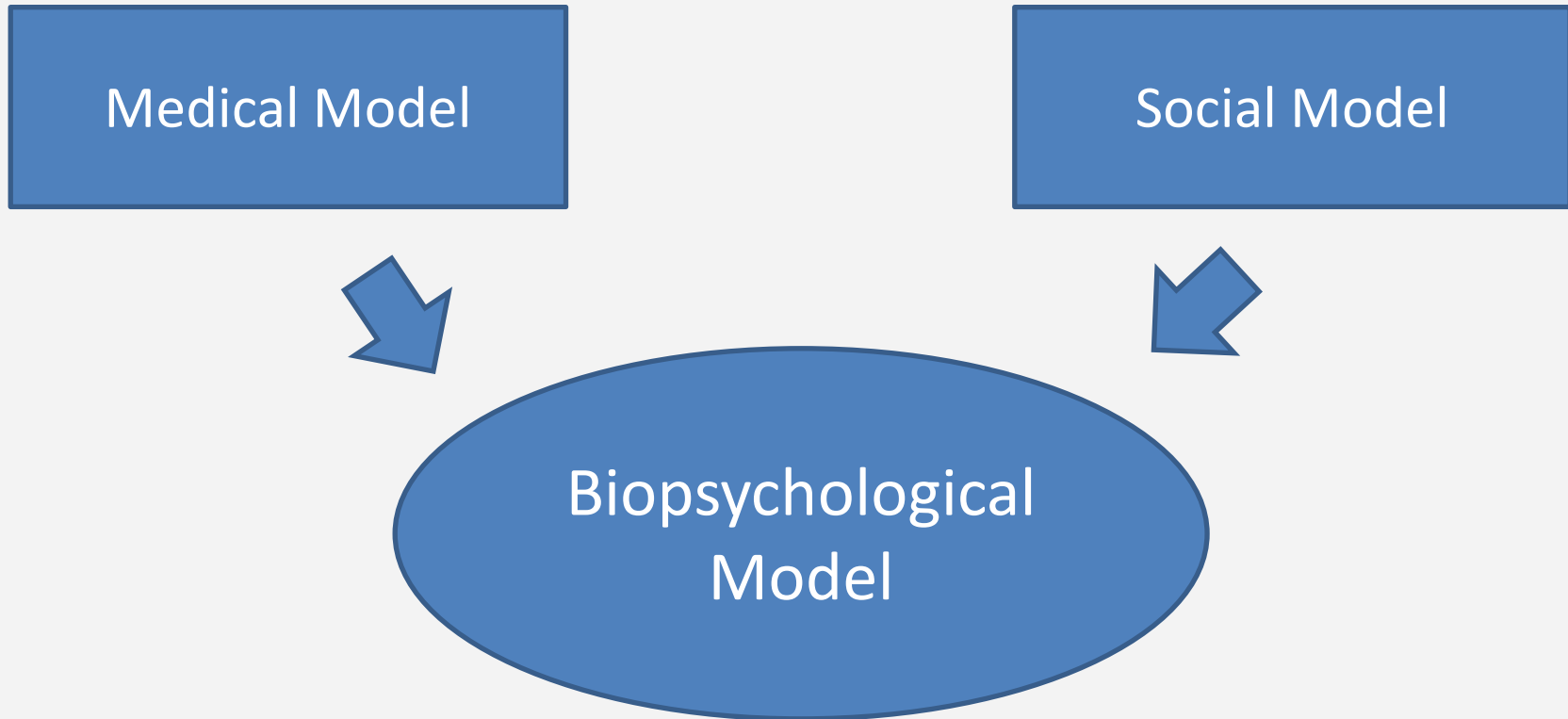


**Handicap:** the condition of disadvantage resulting from an impairment or a disability which in a certain subject limits or prevents the fulfillment of the normal role for that subject in relation to age, gender and socio-cultural factors.





# A new model





## Medical Model

The medical model views disability as a feature of the person, directly caused by disease, trauma, or other health condition which requires medical care provided in the form of individual treatment by professionals.

Impairments > Disabilities > Handicaps





## Social Model

The social model sees disability as totally a socially created problem and not at all an attribute of the individual.

On the social model disability demands a political response.

« Society disables impairments »





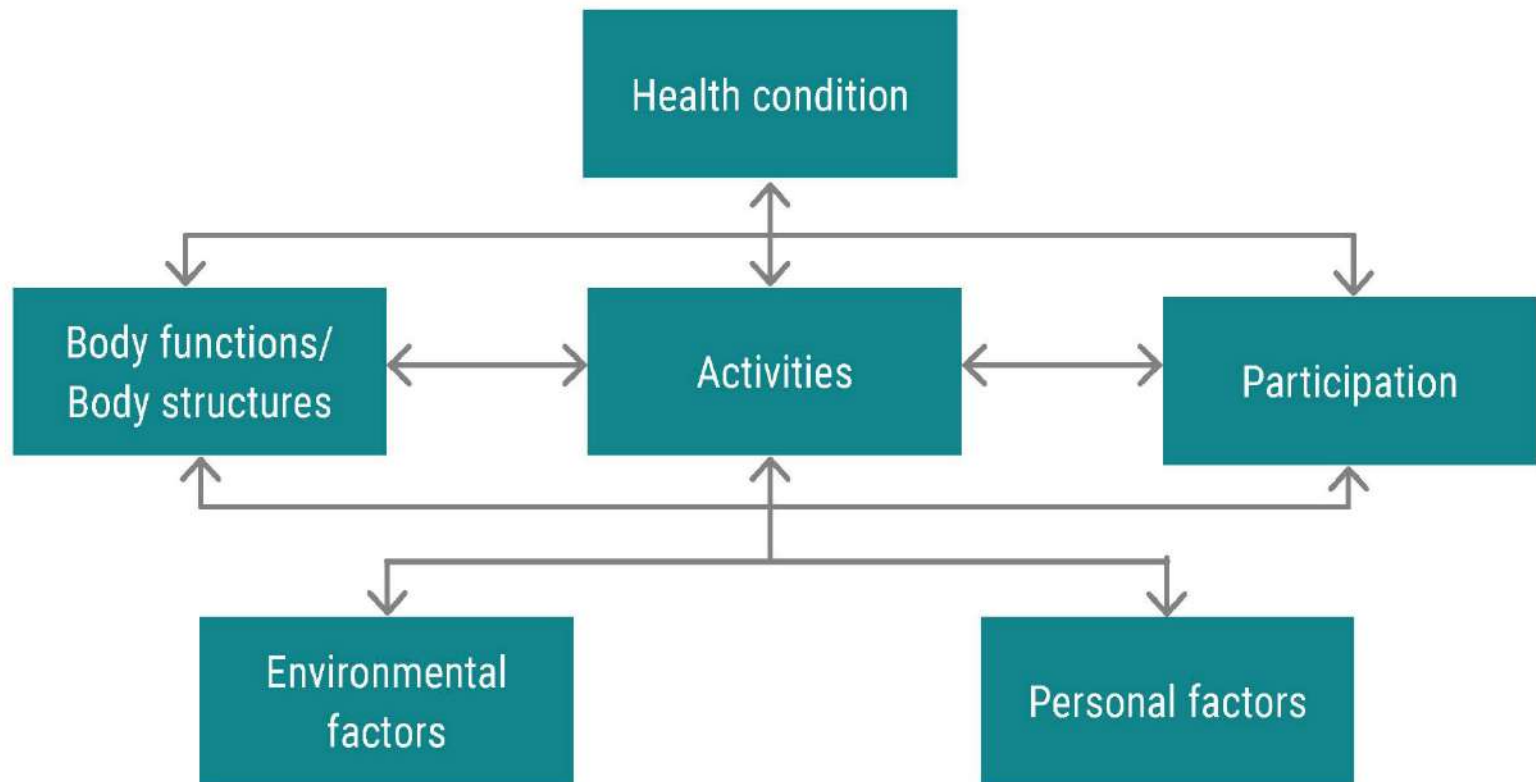
## Biopsychological Model

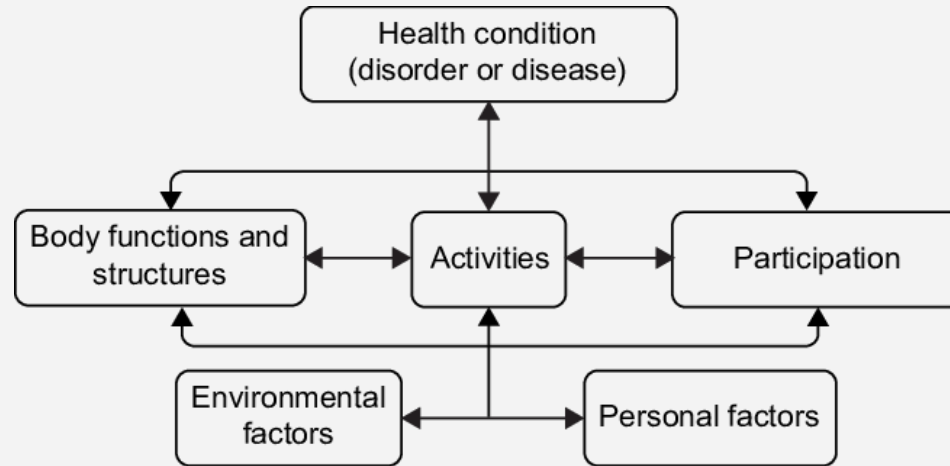
- Provides a coherent view of different perspectives of health: biological, individual and social
- Moves the concept of disability away from solely being a consequence of diseases to a recognition of the interaction of health and functioning and environmental and personal factors





# Biopsychosocial model of Functioning, Disability and Health



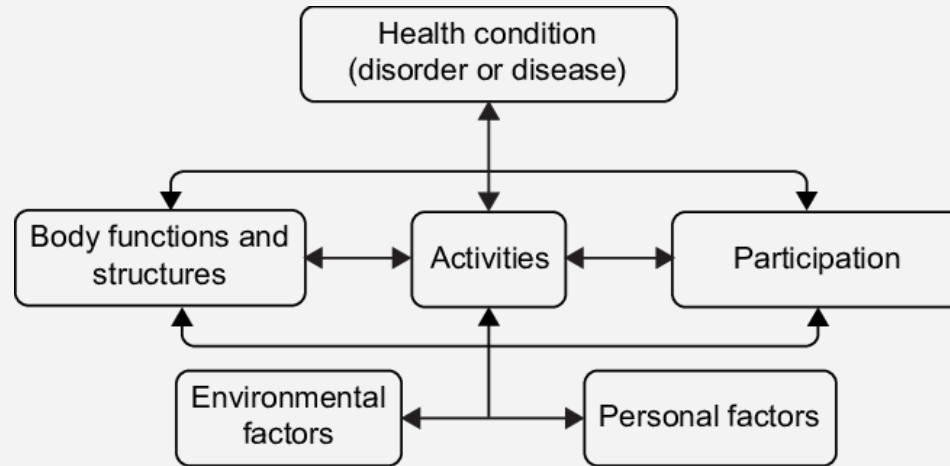


A **health condition** is an umbrella term for disease, disorder, injury or trauma. Health conditions are coded using the ICD-10.

**Impairments** are problems in body functions or structure as significant deviation or loss.

**Activity limitations** are difficulties an individual may have in executing activities.



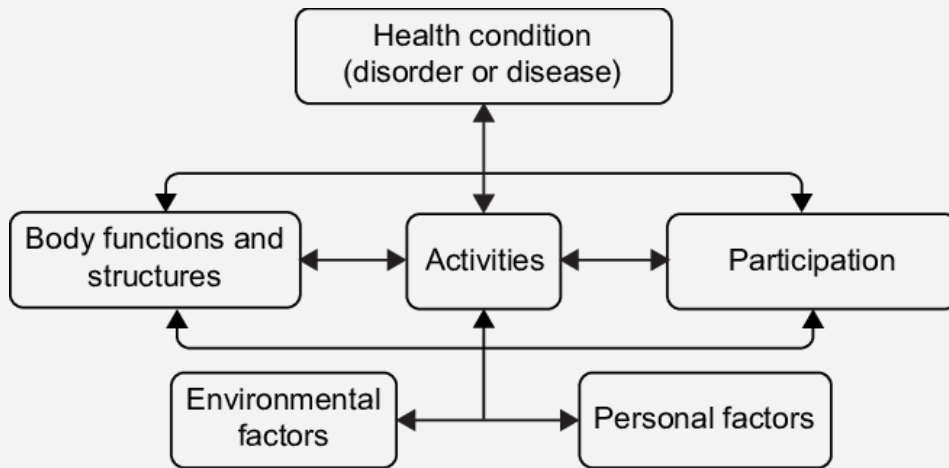


**Participation restrictions** are problems an individual may experience in involvement in life situations.

**Environmental factors** make up the physical, social and attitudinal environment in which people live and conduct their life. Environments may **facilitate** functioning or be a **barrier** to functioning.

**Personal factors** are the particular background of a particular life and living, and comprise features of the individual that are not part of a health condition or health state.





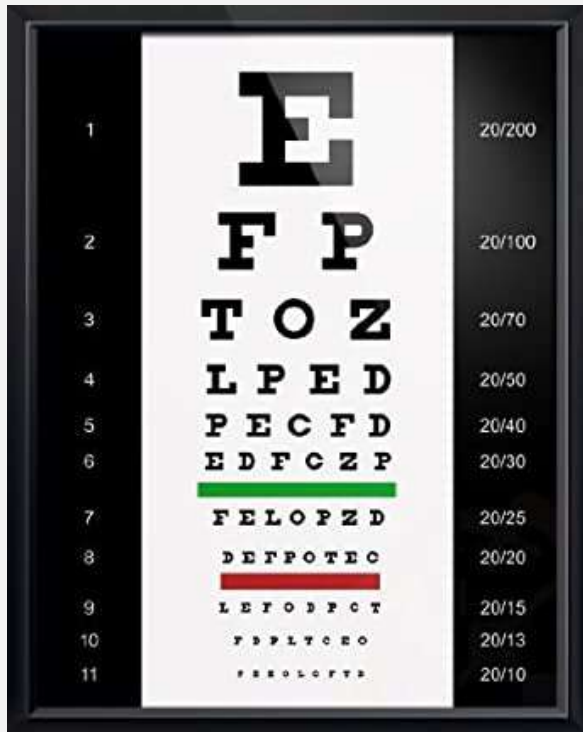
## Case Study: Gina

- After an accident I became paraplegic.
- I have a problem in my lower extremity and stiffness in my muscles.
- I cannot walk, I cannot stand up, but I started practicing wheelchair basket.
- It is difficult for me to go around shopping as many streets are not accessible, I have an adapted car which makes me easy to go to drive to work.
- I am a very optimistic person, I started a new fulfilling life and met new friends.

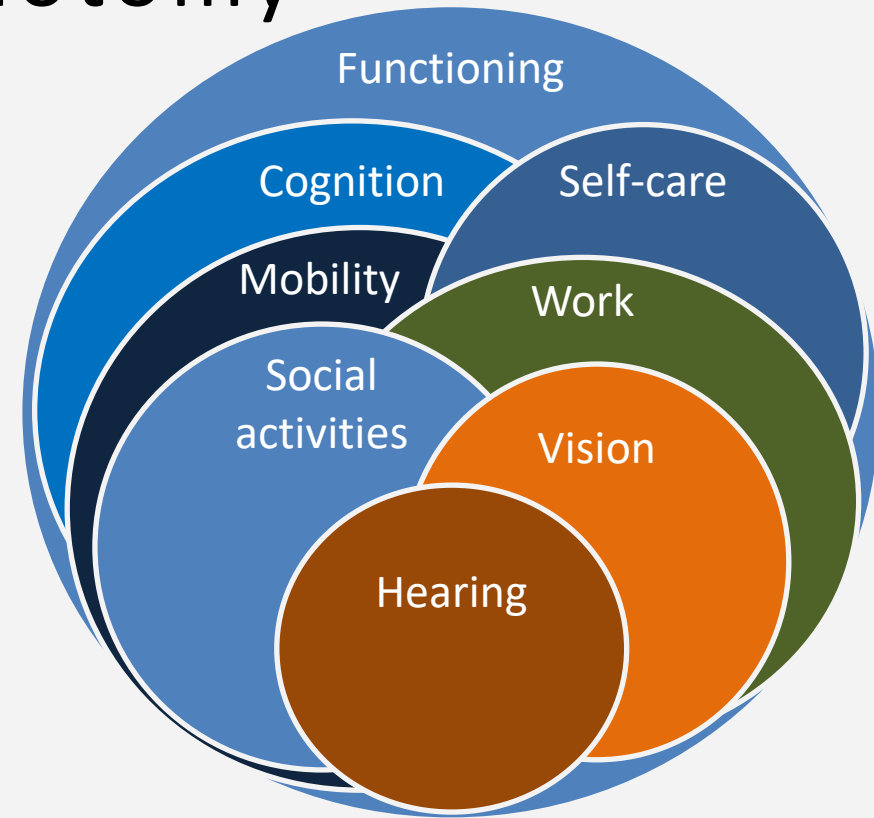




# Continuity vs. Dichotomy



Different levels of disability  
Ex. visual impairments...



An overall level of functioning may be established by combining multiple domains.





## Biopsychosocial model of ICF vs previous models

Human functioning - **not** merely disability

Universal model – **not** minoritarian

Integrated model - **not** only medical or social

Interactive model – **not** progressive/linear





# Biopsychosocial model of ICF vs. previous models

Equality (of factors) - **not** etiological causality

Includes context - **not** just the person

Cultural applicability - **not** only western concepts

Operational - **not** guided by theory alone

It covers entire life - **not** only adulthood

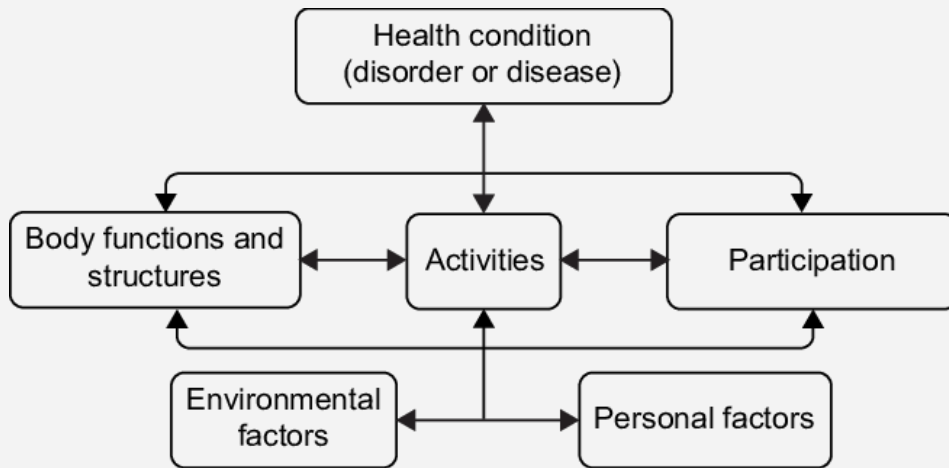




## Human functioning (not only disability)

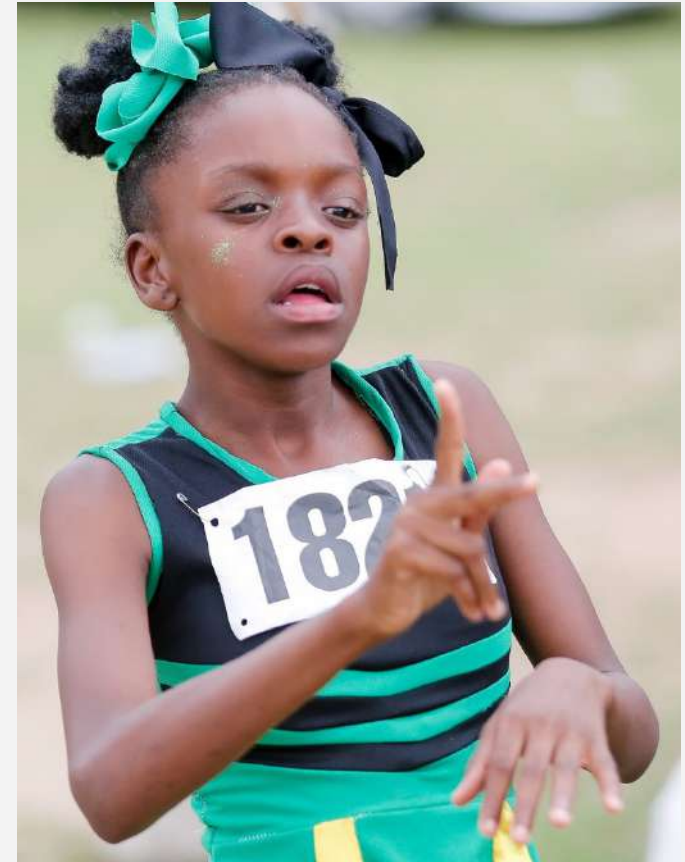
- **Body functions vs. impairment**
- **Body structures**
- **Activity vs. limitation of activity**
- **Participation vs. handicap**





## Case Study: Cécile (EXERCISE)

- Health...
- Body Functions...
- Activities...
- Participation..environmental factors
- Personal factors...

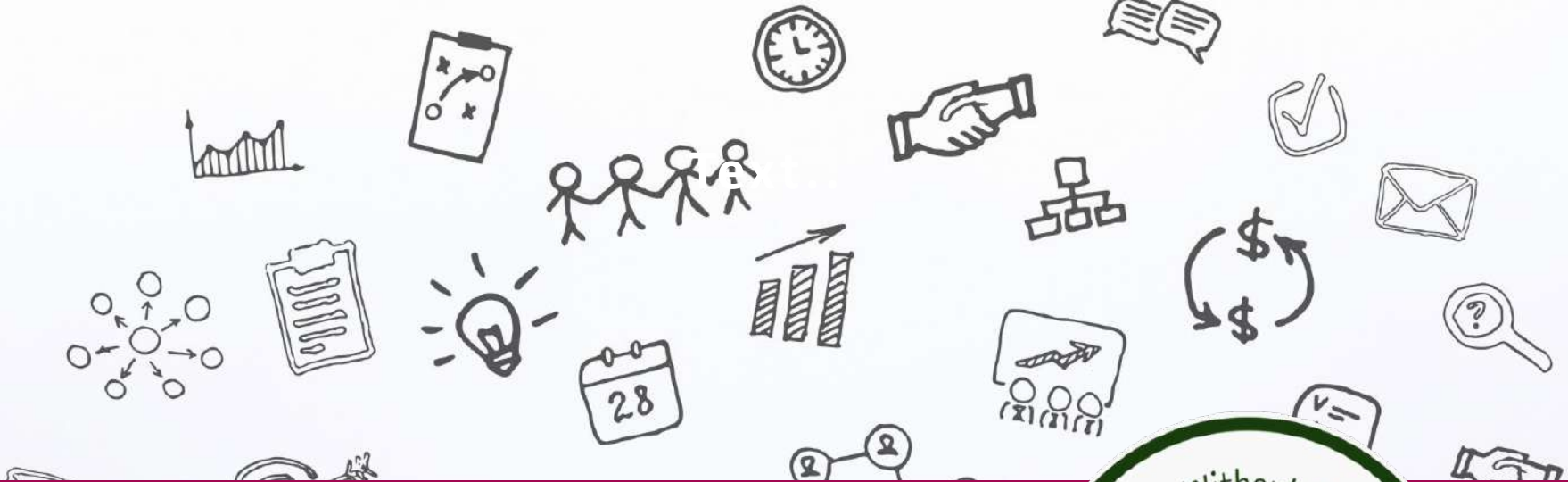




# Conclusions

- the **environmental context** has a fundamental role in facilitating or, vice versa, hindering participation in the social, economic and working life of each individual.
- **Accessibility** to places, spaces and equipment therefore represents the means by which to allow and guarantee everyone participation in life activities in an active and autonomous way.





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