



**RESPITE
CARE**
giving ability in disability

DISABILITY AWARENESS BOOKLET



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA



Publication Information

Department of Social Development and Japan International Cooperation Agency (2026)

This booklet aims to provide essential information on disabilities, raise awareness. It offers practical resources and guidance to assist families in accessing the support they need.

This booklet does not cover all types of disabilities or every individual situation. The information provided is general and intended for awareness and educational purposes only.

Acknowledgement

Compliments of the Department of Social Development and the Japan International Cooperation Agency

Amplifying disability awareness through the "Project for the Expansion of Respite Care Services to Families of/and Children with Disabilities"

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Contact Information

For suggested amendments, inquiries, or to report misuse of content, please contact:

DSD / JICA Respite Care Project

Tel: +27 (0)79 020 4862 / +27 (0)76 112 3394

Email: jica.respitecare@gmail.com

Official websites:

Department of Social Development: www.dsd.gov.za

Japan International Cooperation Agency:

www.jica.go.jp/english/

Amendments

This disclaimer may be revised from time to time without prior notice. The most current version appears in the latest edition of this booklet.





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Providing Support to Families & Children with Disabilities.



2026 CALENDAR

January

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PUBLIC HOLIDAYS 2026

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|-----------------------------|----------------------|---|-------------------------------------|
| 1 January - New Year's Day | 6 April - Family Day | 16 June - Youth Day | 24 September - Heritage Day |
| 21 March - Human Rights Day | 27 April - Freedom | 9 August - National Women's Day | 16 December - Day of Reconciliation |
| 3 April - Good Friday | 1 May - Workers' Day | 10 August - National Women's Day (Observed) | 25 December - Christmas Day |
| | | | 26 December - Day of Goodwill |

2027 CALENDAR

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What is disability?

I want to go shopping

How can we make him happy?



©Kuno, JICA, DET Forum

*A person who has difficulty walking has an impairment, **but they have disabilities only when there are no ramps, mobility aids, or other forms of support.***

- Disability does not mean something is "wrong" with a person.
- Many people may have difficulties with their body or mind –but the biggest problem comes when society does not give them the support they need.



*Disability happens not because of the person, **but because of barriers in society.***

***Some children are born with impairments
– differences in how their body or mind works.***

***This is not anyone's fault,
and it is not a punishment or a curse.***

- Anyone can have functional limitations due to illness, accident, or aging.
- Children with disabilities can live **full and happy lives** if family members, neighbours, and the community understand their needs and **give them the right support**.
- Disability is often made worse by barriers in society – for example, lack of information, negative attitudes, or buildings without access. If we remove these barriers, children with disabilities can learn, play, and **participate** just like other children.

Families are not alone — support is available

You can:

- Talk to a clinic or hospital if you notice that your child may have an impairment (a difficulty with their body or mind).
- Connect with other families through support groups.
- Use welfare services such as respite care and day care centres.

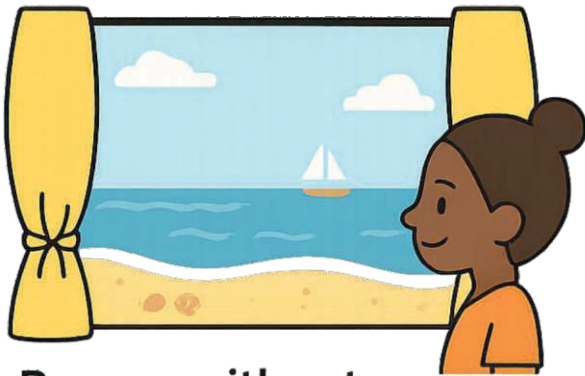


***Let us create a community where every child is
appreciated, supported, and respected***

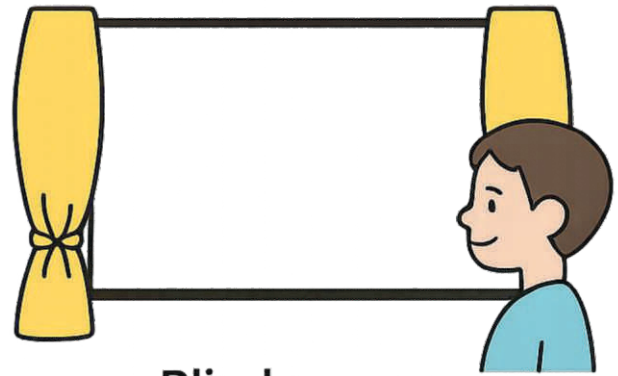
Blind and partially sighted



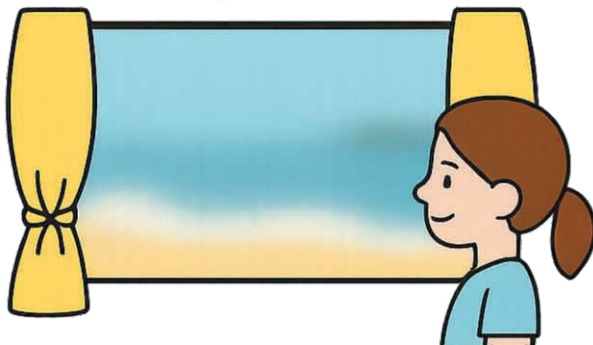
People who are blind or partially sighted experience different kinds of vision loss. This can include not being able to see at all, having low vision, not being able to see certain colors, or only seeing a small area clearly.



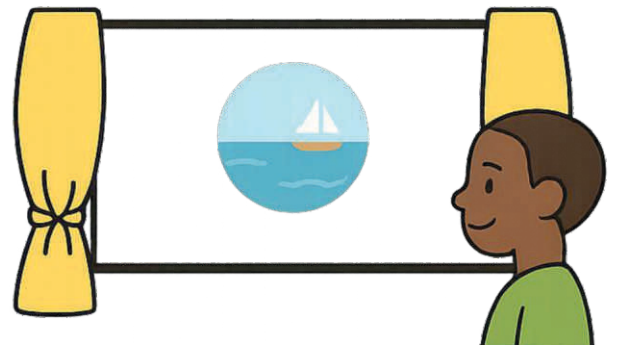
Person without vision impairment



Blind person

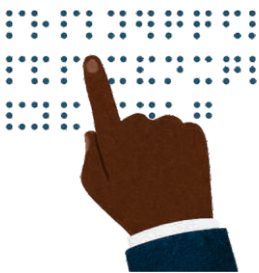


Person with low vision



Person with narrow vision

Alternative text formats for blind and partially sighted people



Braille



Large Print

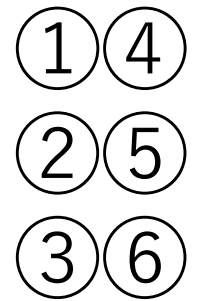


Audio format



Descriptions of graphs and pictures

Braille



Braille characters are formed using a combination of six raised dots arranged in a 3×2 matrix, called the braille cell.

A	B	C	D	E	F	G	H	I
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When supporting blind and partially sighted people

- When guiding a blind or partially sighted person, the guide should place their hand on the person's shoulder or elbow and communicate verbally.
- Use concrete expressions.
For example: There is a step 1 meter ahead.

Content verified by Blind SA

Deaf and hard of hearing

Deaf and hard of hearing people experience sound and spoken language in different ways. Some identify strongly with the Deaf community and use **South African Sign Language (SASL)** as their first language. Others may use hearing aids, cochlear implants, or assistive devices. Being Deaf is not only about hearing levels: it is about identity, culture, and communication.

Information that is easily accessible to hearing people is often inaccessible to Deaf people

- Emergency alerts without SASL or captions
- Public announcements (e.g. at schools, stations, airports)
- Orally transmitted instructions in workplaces, hospitals, or courts
- Media and education without SASL access



Deaf and hard of hearing people may use a variety of communication methods



SASL



Written communication



Assistive devices



Captioning

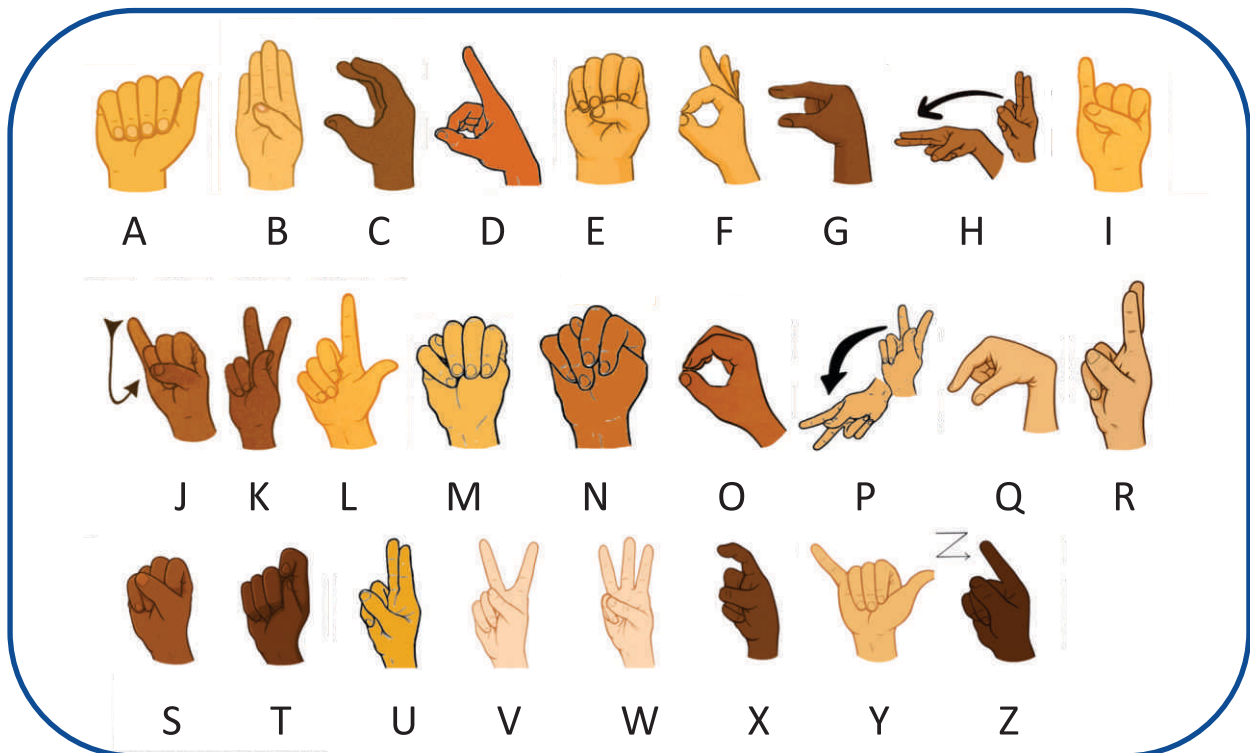
When communicating with Deaf and hard of hearing people

- Prioritise South African Sign Language whenever possible.
- Provide a qualified SASL interpreter or real-time captioning.
- Use visual information (presentations, written notes, subtitled media).
- Be patient and respectful – each person's communication preference may differ.
- Avoid assuming that lipreading is enough—most Deaf people prefer SASL.

Content verified by South African National Deaf Association

Let's learn South African Sign Language (SASL)

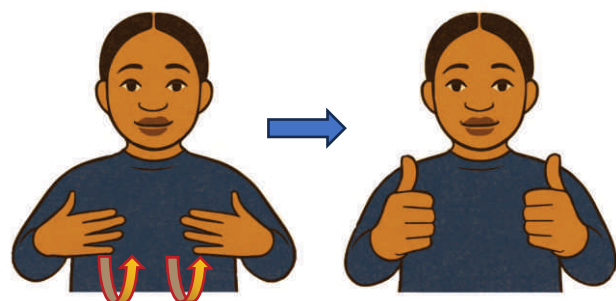
SASL is officially recognized as the 12th official language in South Africa. This recognition affirms the linguistic and cultural rights of the Deaf community. However, more work is needed to ensure equal access in: Education, Employment, Public services and Media and broadcasting.



Hello
Touch your forehead with your hand, then move it away



Thank you
Palm touches chin then move out slightly



How are you?
Flat hands, fingers run up chest and then hands move forward into thumbs up

Content verified by Deaf Federation of South Africa

Cerebral Palsy

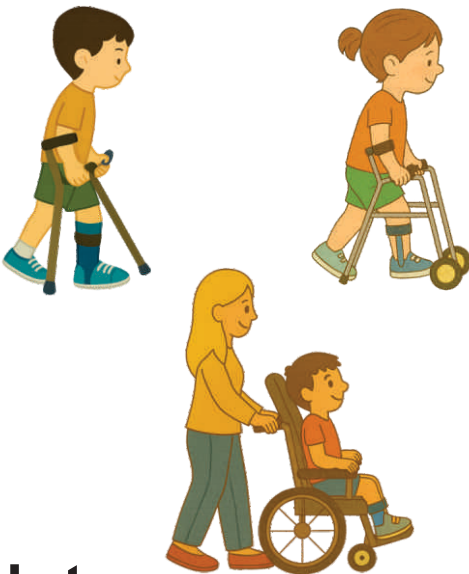
Cerebral palsy is a condition that results from damage to the developing brain, which can occur during pregnancy, at birth, or within the first five years of life.



Cerebral Palsy varies from person to person

- Muscles may be too stiff or too floppy.
- It can affect movement in different parts of the body, such as the arms, legs, or body.
- Some persons may find talking difficult, and they might use pictures, gestures, or devices to help them communicate.

Some persons with cerebral palsy may also face other challenges, such as:



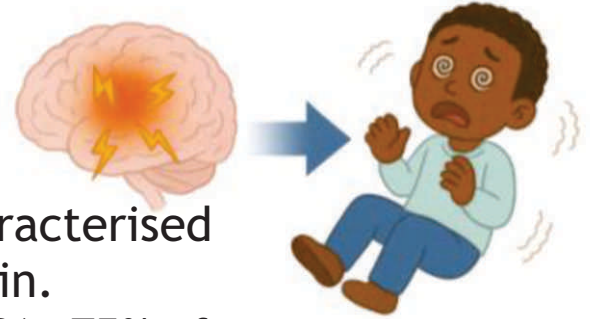
- Seizures (Epilepsy). This affects about 4 in 10 persons with CP
- Learning and/or intellectual difficulties (depending on the extent of brain damage)
- Vision or hearing problems
- Trouble swallowing food safely
- Deformaties of the bones and joints
- Breathing difficulties

Note:

- Cerebral Palsy is not always easy to see in babies.
- There is no cure, but the good news is that therapy can make a big difference. Physiotherapy, Occupational Therapy, and Speech Therapy can help children move, play, and communicate better, and also prevent difficulties from getting worse over time.

Content verified by National Association for Persons with Cerebral Palsy

Epilepsy



- Epilepsy is a neurological condition characterised by unusual electrical activity in the brain.
- Epilepsy affects 1 out of 100 people in SA. 75% of people with epilepsy have their first seizures before the age of 20. A single seizure does not mean that you have epilepsy.
- Epilepsy is not contagious.

Types of Seizures



The person falls and loses consciousness. Their limbs jerk violently.



A part of the body jerks for a moment.



A brief loss of consciousness.



The person suddenly loses consciousness and falls.

First aid for seizures

- Cushion the head and protect the person from injury
- Place the person on their side.
- Do not restrict movement or put anything in their mouth
- Help breathing by laying the person on the side
- Stay with him or her until fully recovered

Support method

- Lack of sleep, fatigue, and light stimuli are likely to cause seizures, so make sure your child gets enough sleep and be careful of strong light stimuli such as from television.
- Consult your doctor and take anti-epileptic medication

Note:

- People with epilepsy are still able to participate in all activities.
- Seizures can be unpredictable so it is advisable to have adult supervision nearby during all activities.
- Children with epilepsy should always be supervised in water such as swimming pools.



Content verified by Epilepsy South Africa

Autism

Autism is a neurodevelopmental condition (a difference in the brain) that means autistic people experience and interact with the world differently.

Features



Communication differences
E.g.: Can be non-speaking



Interpersonal differences
E.g.: Find group activities difficult



Special interests and repetitive behavior
E.g.: Passionate about certain things.

Note:

- It's not the result of an illness or parental upbringing, but an innate difference in the brain.
- Some people have trouble controlling their bodies. For example, they may find it difficult to speak even though they know what they want to say.
- Many autistic people experience sensory input differently, which may include being oversensitive, undersensitive, or a combination of both to sensory input. This can make it difficult to tolerate stimuli such as crowds, loud noises, or bright lights.

Support method

- Autistic people can have difficulty understanding ambiguous expressions.
- When explaining things include visuals, explain each point in order, and be specific and direct.
- For people with sensory sensitivities, create a safe environment that does not increase discomfort from such stimuli.



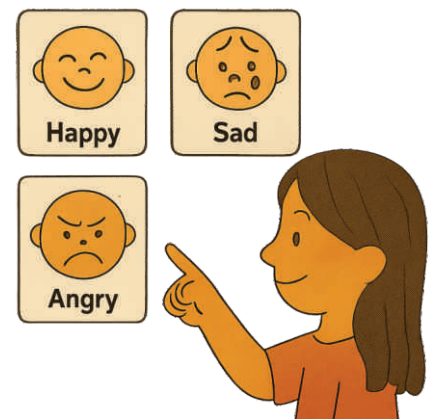
Communicating with a non-speaking autistic person

There are autistic children who have difficulty communicating through speaking. It's not that they don't understand, it's that they have trouble because they can't speak. Even if they can't speak, don't forget that they have a heart.

Communication using picture cards is helpful



Visual support can make it easier for them to understand.



By practicing picture communication, they will also be able to express themselves using picture cards.

Use schedules

Object schedule – use actual objects to represent each activity of the day:



Breakfast



Brush teeth



Get dressed

A schedule will provide autistic children with reassurance.

Many autistic people have very high levels of anxiety.

By providing a schedule, you are providing predictability and structure.

This will help to reduce the anxiety.

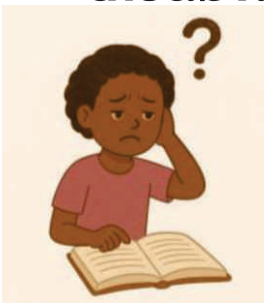
A schedule can be done for a part of a day or a whole day. You can make a schedule for home, or you can make a schedule for school. They are easy to create, and all you need to do is think about your day and break it down.

Content verified by Autism South Africa

Intellectual disability

An intellectual disability means that someone's brain learns and understands things more slowly than other people. They can still learn, play, and do many things, but they might need extra help and a bit more time. Just like some people need glasses to see better, people with an intellectual disability may need special support to learn and grow.

Situations where some children with intellectual disabilities may need additional support



Learning information



Feeding themselves



Calming down



Communicating feelings

Tips for better communication

- Use simple, easy-to-understand words
- Speak in short, clear sentences
- Talk slowly and give time to respond

Note:

- Each person with an intellectual disability is unique, with their own strengths, personality, and abilities. While development may be slower, children with intellectual disabilities go through the same stages as other children. With healthcare, early intervention, inclusion, and love and support from their families, they can grow up to live happy, healthy, and meaningful lives.
- Some tasks may take people with intellectual disability more time to learn, but with patience, support and practice, progress is possible. It helps when we approach this with kindness and remember that learning happens little by little.
- If you think your child may have an intellectual disability, please speak to your nearest clinic, school, or local mental health NGO for advice today. There is nothing to be ashamed of, and help is available.

Content verified by SA Federation for Mental Health

Psychosocial disability

A psychosocial disability is a term used to describe a disability that comes from having a **diagnosed mental health condition** (e.g. depression, bipolar, schizophrenia). It is not about a diagnosis—it happens when the **social environment makes everyday things harder**, affecting how a person function. Psychosocial disabilities can be overcome if we make the world easier to navigate. For a child, this might include creating safe, predictable spaces at home and school and adjusting schoolwork and expectations to the child's pace.

We can help make these challenges easier by changing the child's environment. This could mean:



Create safe and predictable spaces at home and school



Adjust schoolwork or expectations to match the child's pace



Encourage activities that build confidence and self-esteem

- Each child with a psychosocial disability is unique. It is important to work together with them to find the best ways to support them, rather than assuming that you know what they need.
-Some tasks may take children with a psychosocial disability more time to learn, but with patience, support and practice, progress is possible. Approaching learning with kindness and understanding helps a lot.
- With the proper dwelling and access to care, children with mental health conditions can grow up to live happy, healthy, and meaningful lives.
- If you think your child may need extra help with their mental health, please speak to your nearest clinic, school, or local mental health NGO for advice today. There is nothing to be ashamed of, and help is available.

Content verified by SA Federation for Mental Health

Down syndrome

Most people are born with **46 chromosomes** in their body's cells. People with Down syndrome are born with an **extra copy of chromosome 21**, giving them 47 in total.

This is why Down syndrome is also called **trisomy 21**.

There are three types of Down syndrome:

Trisomy 21 - the most common form, where every cell has an extra chromosome 21.

Translocation Down syndrome - when an extra part or whole copy of chromosome 21 attaches to another chromosome.

Mosaic Down syndrome - when only some cells in the body have an extra chromosome 21, while others have the usual 46.

Common Features

Some features often seen in people with Down syndrome include:

- Low muscle tone (hypotonia)
- Distinct facial features, such as almond-shaped eyes that slant upwards, a flatter nose bridge, and sometimes a single deep crease across the palm
- Increased flexibility in the joints



Not every person with Down syndrome will have all these features, and the degree to which they appear can vary greatly.

Down syndrome is a naturally occurring genetic condition. Each person with Down syndrome is unique, with their own strengths, personality, and abilities. While development may be slower, children with Down syndrome go through the same stages as other children. With healthcare, early intervention, inclusion, and—most importantly—love and support from their families, they grow up to live happy, healthy, and meaningful lives.

Content verified by Down Syndrome South Africa

Fetal Alcohol Spectrum Disorder (FASD)

FASD is an umbrella term referring to a range of conditions, which occurs when an unborn baby (or fetus) is exposed to alcohol during pregnancy. **Even small to moderate amounts of alcohol can cause damage to the unborn baby.**



FASD can affect a child's development in many ways, including difficulties with learning, memory, attention, and social skills. The effects can vary from mild to severe, and each child may experience different challenges. Early support and intervention can help improve outcomes.

Possible features of FASD



- Small head circumference
- Pre and post-birth growth delays (height & weight)
- Physical disabilities and birth defects (e.g. organ damage)
- Learning disabilities
- Intellectual disability
- Memory impairment
- Behavioural and social difficulties



No amount of alcohol is safe any time during pregnancy

Partners, family, and friends can help support a healthy, alcohol-free pregnancy.

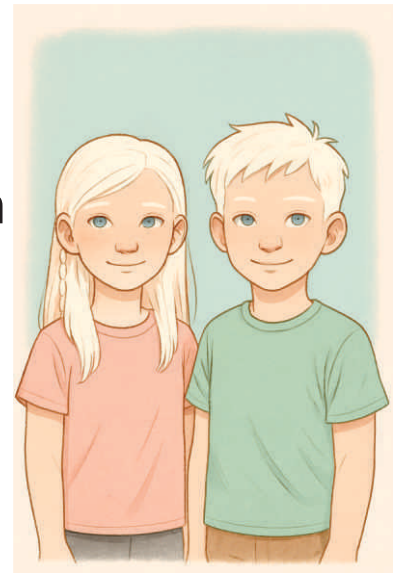


Content verified by Foundation for Alcohol Related Research

Albinism

Albinism is a condition that people are born with. It happens when the body does not make enough **melanin**, the color that gives skin, hair, and eyes their shade. Because of this, people with albinism often have **very light skin, light hair, and eye problems.**

Albinism cannot be cured, but people with albinism can live happy lives just like everyone else.



People with albinism may have **uncontrolled eye movement, and low vision.** To support their vision, they may use glasses and other visual aids or tools.



People with albinism **need to protect their skin and eyes from the sun.** Their skin can burn easily, and their eyes can be more sensitive to light and UV rays.

They can do this by:

- Using sunscreen
- Wearing hats, long sleeves and sunglasses

Note:

In some places, people believe false stories about albinism. For example, some say *"they have magic powers"* or *"they are cursed."*

These stories are **not true. Albinism is a medical condition, not a curse.**

It is important to help other people understand this truth. By doing so, we can break stereotypes and stigma about albinism.



Content verified by National Albinism Task Force

Fathers' active involvement changes the future

Fathers play an important role in raising children with disabilities. Active involvement by fathers is not only helpful for mothers, but is essential for the healthy growth and happiness of the child, and for the well-being of the whole family.

When fathers participate in caregiving, children benefit from stronger emotional bonds, better development, and greater confidence. Mothers feel supported and less stressed, and families become more united.

What fathers of children with disabilities can do

Be an equal caregiver

- Take turns in daily care: bathing, feeding, helping with mobility, playing, and attending medical appointments.
- Share household tasks such as cooking, cleaning, and laundry, so that care responsibilities are balanced.

Build a strong relationship with your child

- Spend time reading, talking, or playing together.
- Attend therapy sessions or school visits together with your child.
- Show love and encouragement every day.

Support the family as a whole

- Spend quality time with siblings so that they also feel valued.
- Give mothers time to rest and take care of their own well-being.
- Work together with extended family and community members.

Connect with society

- Join parent support groups and meet other fathers.
- Share experiences and learn new ways of supporting your child.
- Encourage other fathers in your community to also take part.

Message to fathers

"You are not just helping the mother – you are a father, a partner, and a caregiver. Your active role changes your child's future and strengthens your family. By being involved, you give your child confidence, love, and hope."





What is Respite Care Service Programme?

Respite care services provide care and protection services for children with disabilities and their families, offering support and temporary relief to caregivers of children with disabilities.

The respite care services area basket of services designed to meet both the child's and family's needs. (e.g. family empowerment programs, caregiver training, children's rights programs, and stimulation activities for children with disabilities to promote the child's development)

Community-based respite care service models include home-based and daycare centre services, host family programme, and short-term stay.

Respite care services ensure the well-being of caregivers and promote effective caregiving, while also enabling the fullest possible social participation/integration and individual development of children to ensure the best interests of the child with disabilities.



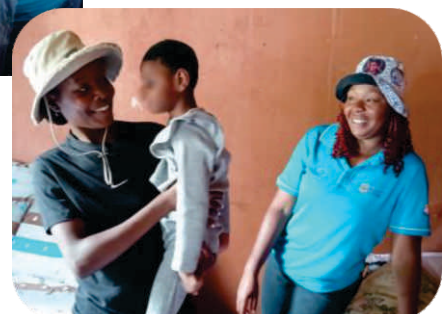
Centre-based
respite care at Oasis
skills development
centre



Parent empowerment workshop
in Northern Cape



Home-based respite care
in Mpumalanga



Respite care services to children with disabilities and their families

How to use the services?

Families of children with disabilities consult with a DSD social worker or NPO staff providing respite care services.

Based on the child's and family's needs, they will be referred to the appropriate respite care services.

The service is provided free of charge.

Beneficiary's Voices from Mpumalanga and Northern Cape



Nelisiwe from
Mpumalanga

I am a mother of two children with disabilities. The caregiver visits us once a week to support our family. She helps my daughter with cerebral palsy by assisting with feeding, personal hygiene, and massages. She also provides lessons with toys for my son with autism. Both of my children love her and always look forward to her visits. Thanks to her, I now have someone I can rely on, and my stress has decreased. I truly appreciate her.



Monique from
Northern Cape

My 5-year-old son has cerebral palsy. He has been attending the Oasis Centre for about nine months, and thanks to the centre, I am able to go to work. He enjoys going there every day and has made remarkable progress. He couldn't stand on his own before, but now he can. He used to play alone, but now he has many friends. The teachers at the centre are very kind, and I feel comfortable talking with them about anything. Thanks to their support, I feel so happy to see his growth and to realise his potential.

Understanding the concerns of siblings of children with disabilities

It is also important to consider the feelings of siblings of children with disabilities.

Siblings often grow up in an environment where the child with a disability receives much of the family's attention. As a result, they may feel overlooked or sidelined. Although parents are doing their best and have no intention of neglecting them, siblings can experience a complex mix of emotions – including loneliness, isolation, jealousy, and a sense of responsibility.



Many siblings are expected to be "good kids" and may take on responsibilities such as helping to care for their brother or sister with a disability or doing extra household chores from an early age. This can be a heavy emotional and physical burden.

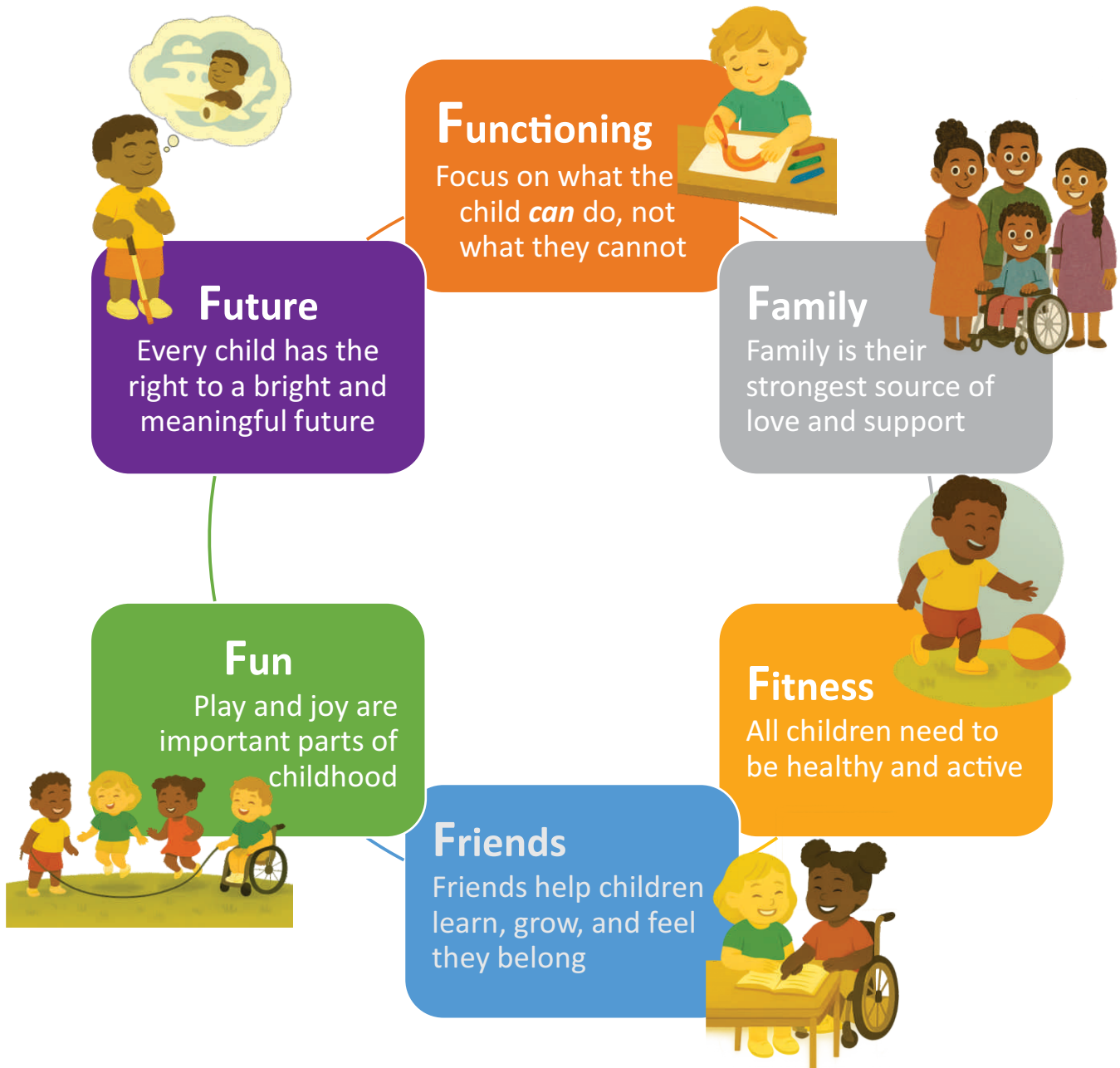
The first step is to show empathy and acknowledge their feelings



It is important to remind siblings that they are loved and valued as a member of the family, that they can rely on their parents with peace of mind, and that "you are important too."

The Pillars of Child Development: Functioning, Family, Fitness, Friends, Fun, and Future

The "Pillars of Child Development" help us see each child as a person with strengths, dreams, and needs – not as a problem to be fixed.



When communities care, listen, and include everyone, children with and without disabilities can grow and shine together.

Respect and Support

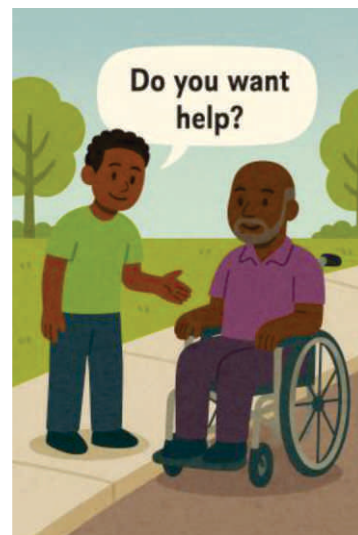
—Small Actions, Big Difference

Etiquette for Persons with Disabilities

Respect persons with disabilities as individuals.
Respect their abilities and wishes.

Simple Ways to Do This:

- Look at the person, not their wheelchair or aid.
- Ask before helping: *"Do you want help?"*
- Ask the person directly before helping, not their caregiver or family.
- Speak clearly and slowly, or write if needed.
- Give directions or guide blind and partially sighted people using words.



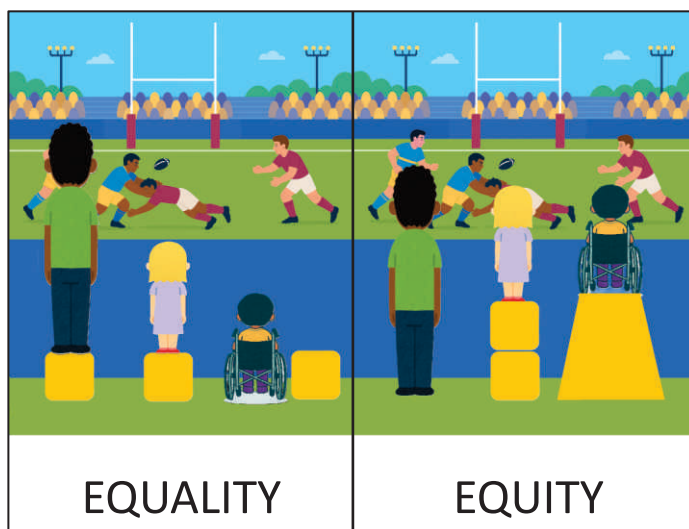
Reasonable Accommodation

Reasonable accommodation gives each person the support they need so everyone can participate fairly.

"Equity" means providing support based on individual needs.
Reasonable accommodation makes this possible.

Examples:

- Ramps and wide paths for wheelchair users.
- Quiet spaces or clear, simple instructions when needed.
- Easy-to-read documents with large font or simple language.
- SASL interpretation and live captions for Deaf and hard of hearing people.
- Audio versions of written materials for people who find reading difficult.



Remember:

It is not special treatment — it is support based on individual needs.

Care dependency grant

- Get a grant to take care of a child who has a severe disability and is in need of full-time and special care.
- The care dependency grant covers children with disabilities from birth until they turn 18.

How do you know if you qualify?

You must:

- be a parent, primary caregiver or a foster parent appointed by the court
- be a South African citizen or permanent resident or refugee
- It is means tested, depending on family income.
***Note:** The means test does not apply to foster parents.

The child must:

- be younger than 18 years
- not be cared for permanently in a provincial institution
- have a severe disability and need full-time and special care.
- Both you and the child must live in South Africa.

*Note:

- A provincial medical officer must assess the child before the grant will be approved.
- Submit the birth certificate of the child (noting that this is a soft requirement).

How much will you get?

You will get R2 320 per month. *As of November 2025

Forms to complete

You can get the application form at your nearest (SASSA) office.

Who to contact

South African Social Security Agency (SASSA)

SASSA Toll free: 0800 60 10 11

Email: GrantEnquiries@sassa.gov.za



DEPARTMENT OF SOCIAL DEVELOPMENT

EASTERN CAPE PROVINCE	5th Floor Dukumbana Building, Independence Avenue, Bhisho	Tel: 043 605 5000/5442 Email: customercare@ecdsd.gov.za PAIA.Infor@ecdsd.gov.za URL: http://www.ecdsd.gov.za/home.aspx
FREE STATE PROVINCE	15 Mayula Building, 4th Floor, Wes Burger Street, Bloemfontein, 9300	Tel: 066 487 6238 URL: www.socdev.fs.gov.za E-mail: hodpa@fssocdev.gov.za
GAUTENG PROVINCE	Thusanong Building, 11th Floor, 69 Commissioner Street, Johannesburg	Tel: 011 355 7600/56 / 011 227 0000 URL: https://provincialgovernment.co.za/units/view/41/gauteng/social-development
KWAZULU-NATAL PROVINCE	208 Hoosen Haffejee St, Pietermaritzburg, 3201	Tel: 087 158 3000 URL: https://www.kzndsd.gov.za/
LIMPOPO PROVINCE	Olympic Towers Building, 21 Biccard Street, Polokwane	Tel: 015 230 4300 Email: info@dsd.limpopo.gov.za URL: https://www.dsd.limpopo.gov.za/
MPUMALANGA PROVINCE	Building 3, No.7 Government Boulevard, Riverside Park, Mbombela, 1200	Tel: 013 766 7066 URL: https://www.mpg.gov.za/
NORTHERN CAPE PROVINCE	Lathi Mabilo Complex 257 Barkley Rd Kimberley 8301	Tel: 053 874 9100 URL: http://socdev.ncpg.gov.za/
NORTH WEST PROVINCE	Provident House University Drive Mmabatho 2735	Tel: 018 388 1426 URL: https://dsd.nwpg.gov.za/
WESTERN CAPE PROVINCE	Union House, 14 Queen Victoria Street, Cape Town, 8001	Tel: 021 483 5045/ 0800 220 250 Email: SD.CustomerCare@westerncape.gov.za URL: https://www.westerncape.gov.za/social-development

Nonprofit Organization (NPO) List

**South African
Disability Alliance**



15 Kingfisher Drive
Sedgefield, 6573

Melanie Lubbe
Office: 083 320 2267
E-mail: secretariat@sada.org.za
URL: www.sada.org.za

**Autism
South Africa**



24 Sussex Rd, Parkwood,
Johannesburg,
2193

Juliet Carter
National Director
Email: director@autismsouthafrica.org
Office Tel: 011 489 9909
Email: info@autismsouthafrica.org
URL: www.aut2know.co.za

**Down Syndrome
South Africa**



93 Lyttleton Road,
Clubview, Centurion,
0157

Elaine Passmoor
National Executive Director
Office Tel: 072 652 2377
Email: dssa.ned@icon.co.za
URL: www.downsyndrome.org.za

Blind SA



5 Fuchs Street, Alrode,
Alberton, 1451

Jace Nair Chief Executive Officer
Office Tel: 011 839 1793/4
Email: ceo@blindsa.org.za
URL: www.blindsa.org.za

**Muscular Dystrophy
Foundation of SA**



12 Botes Street, Florida,
Johannesburg, 1709

Gerda Brown General Manager
Office Tel: 011 472 9703
Email: gmnational@mdsa.org.za
URL: <https://www.mdsa.org.za/>

**Epilepsy
South Africa**



85 East Geduld Road,
Geduld, Springs, 1559

Sharlene Cassel (National Director)
Office Tel: 079 119 3607
Email: nationaldirector@epilepsy.org.za
URL: www.epilepsy.org.za

**Shonaquip
Social Enterprise**



Units 7 & 8, Independence
Square Corner of
Strandfontein Road &
New Ottery Rd, Ottery,
Cape Town, 7800

Shona McDonald (Founder & CEO)
Office Tel: 021-797 8239
Email: Shona@ShonaquipSE.org.za
Email: info@shonaquipse.org.za
URL: <https://shonaquipse.org.za/>

**Deafblind
South Africa**



7 Baring Street,
Worcester, 6850; or
Suite 80 PO Box 3105
Worcester, 6849

Rochelle McDonald
National Director
Office: 060 979 1348
Email: rochelle@deafblindsa.co.za
URL: www.deafblindsa.co.za

Nonprofit Organization (NPO) List

**National Association for
Persons with Cerebral
Palsy (NAPCP)**



Working remotely
NAPCP
c/o Dr Esther Wallis
Private Bag X30
Brakpan 1540

Dr Esther Wallis (Chairperson)
Email: estherwallis01@gmail.com
Elizma Woods (National Administrator)
WhatsApp +27-082349 9630
elizma.woods@napcp.org.za
URL: <https://www.napcp.website/>



SA Federation for
Mental Health

Working remotely

Office Tel: 011 781 1852
Email: info@safmh.org
URL: www.safmh.org
SAFMH's helpdesk provides members
of the public with guidance on mental
health services and referrals

**South African
National
Deaf Association**



Unit 1, Pendoring Office
Park, 299 Pendoring Rd,
Randburg, 2195; or
PostNet Suite 263,
P/Bag X1, Northcliff, 2115

Jabulane Blose
National Executive Director
Office Tel: 012 343 0661 / 086 602 9585
SMS: 082 572 0947
Email: jabulane@sanda.org.za
URL: <http://www.sanda.org.za/>

**The Stroke
Survivors
Foundation**



5 Taylors Place,
Midstream Estate,
1692; or
PostNet Suite #10,
Private Bag X10050,
Linksfield, 1610

George Scola (Founder & CEO)
Office: 010 006 5656
Cell: 082 306 3214
Email: George@strokesurvivors.org.za
URL: <https://www.strokesurvivors.org.za/>

**National Albinism
Task Force (NATF)**



78 Venice Complex
Centurion 0157

Nontsikelelo Loteni
Office: 083555 5530
Email: info@natf-sa.org.za



South African
Guide-Dogs
Association

126 Wroxham Road,
Paulshof, 2191

Vernon Tutton (Executive Director)
Office: 011705 3512
Email: info@guidedog.org.za
URL: www.guidedog.org.za

**Foundation for
Alcohol Related
Research**



Unit 5 Amber Place,
42 Bloemhof Street,
Bellville, 7535
PO BOX 4373,
Tygervalley, 7536

Dr Leana Olivier
Office: 021 686 2646
Email: info@farrsa.org.za
Lo@farrsa.org.za
URL: <https://farrsa.org.za/>

Deaf Federation of
South Africa (Deaf SA)



20 De Korte Street,
Johannesburg; or
Private Bag/X04,
Westhoven, 2142

Bruno Druchen
Francois Deysel
Office: 011 482 1610 / 082 333 4442
+27 11 482 1640
Email: brunodruchen@deafsa.co.za

NPO's providing Respite Care Services

Iris House
Children's Hospice



Home & Centre-based
Respite Care in Cape Town

House 1 Stikland Estate,
Stikland Estate 59 Old Paarl
Road, Cape Town

Sue van der Linde
Founder/ Chairman
Office: 021 910 1578
E-mail: info@iris-house.org
URL: <https://iris-house.org/>

Strong Women



Home-based Respite
Care in Upington,
Northern Cape

40 Leeubekkie street,
Progress, Upington

Jameelah Shah (Chairperson)
Cell: 076 422 6744
Email: jameelahshah01@gmail.com
Melanie Matthys (Secretary)
Cell: 073 687 8413
Email: melaniematthys098@gmail.com

Oasis skills
development centre



Centre-based Respite Care
in Upington, Northern Cape

5 Brand Street
Lemoendraai, Upington

Irvin Eksteen
Cell: 082 853 1574
Email: irvin.eksteen1@gmail.com
Megan Eksteen
Cell: 073 149 8928
Email: meganeksteen30@gmail.com

Sizakhele
Stimulation
Centre



Home & Centre-based
Respite Care in Daantjie,
Mpumalanga

Stand no: 2579, Sibuyile,
1216, Mbombela, Mpumalanga

Mduduzi Blessing Mndawe
Centre Manager
Cell: 076 614 4048
Email: sizakele309@gmail.com

Siviwe Stimulation
Centre



Home & Centre-based
Respite Care in Khumbula,
Mpumalanga.
Khumbula Trust,
Kabokweni, 1245, Mpumalanga

Judith Sibiya
Centre Manager
Cell: 076 561 0165
Email: siviwesti@gmail.com

Siyakwazi



Home & Centre-based
Respite Care in KwaZulu-Natal
Bhambula, KwaNzimakwe,
KZN, South Africa

Thuwe Jula / Siyakwazi Helpdesk
Cell: 063 123 3990
Email: info@siyakwazi.org
URL: <https://siyakwazi.org/>

***If you or your family needs supports,
please contact us. You are not alone.***



About JICA (Japan International Cooperation Agency)

The Japan International Cooperation Agency (JICA) is a governmental agency that delivers the bulk of Official Development Assistance (ODA) on behalf of the Government of Japan.

JICA works with about 140 countries to support development through technical, grant and loan assistance, the dispatch of volunteers, and emergency assistance.

To supplement efforts made by the Government of South Africa and its people for achieving sustainable development, JICA is extending its support in line with the priority areas of Japan's assistance policy for South Africa.



In the field of disability, JICA has been an active player since 2012 in South Africa. The Department of Social Development (DSD), together with some of its provincial peers and JICA, are making every effort to promote the inclusion of persons with disabilities in society.

In addition to the Respite Care Project (2024-2028), JICA also provides support for independent living for people with disabilities, and provides training in Japan to empower leaders with disabilities.

To supplement efforts made by the Government of South Africa and its people for achieving sustainable development, JICA is extending its support in line with the priority areas of Japan's assistance policy for South Africa.





**PROVIDING SUPPORT TO FAMILIES
& CHILDREN WITH DISABILITIES**