

Community broadcasting reduces loneliness for people with a disability and their carers



People with mental illness are prone to loneliness, as a symptom or through other things like anxiety.

People with a physical disability or vision impairment may feel lonely and excluded from social activities.

It is common for carers to feel isolated or alone, particularly if they don't receive respite or support.

People with disabilities need community broadcasting

Many people with disabilities feel invisible. Funding for community broadcasting creates opportunities for more people with disabilities to have their voice heard. To be seen. To matter.

More than half of the submissions received for the National Disability Strategy Consultation Report suggested addressing the negative social attitudes towards people with disabilities through education and awareness campaigns.

Community media is the natural launch pad for education and awareness campaigns to inform and change negative social attitudes towards people with disabilities. This can counteract the widespread misconceptions, fears and stereotypes about people with a disability, including that they are a danger, a burden, and a threat.

Funding of community radio has allowed:

- 3CR's annual Disability Day which normalises and focuses on the skills and abilities of people with disabilities. Topics include disability in politics, desegregating the workplace, representation in movies and social issues.
- Seven RPH radio reading stations serve the vision impaired and print handicapped audience to read daily news, magazines, local papers etc. Thanks to radio reading one listener said "I'm not so alienated within the workplace by acting like the blind bunny who doesn't know what's going on in the world".
- The Ability Radio Project is a social inclusion initiative engaging people with intellectual disabilities (ID) through radio. People with ID make up about three per cent of the Australian population, but remain largely unheard in mainstream media. Community media provides those opportunities to speak *and be heard*.
- Companionship over the airwaves - presenters become friendly members of the listener's family, speaking directly to them, reducing feelings of loneliness and isolation.



Kim Stewart, Ability Radio Project

"There are still widespread misconceptions, fears and stereotypes about people with a disability.

These include that they are a danger, a burden, and a threat."

National Disability Strategy
Consultation Report



Together we can beat loneliness

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