

**Žene sa invaliditetom i samostalni život**  
**Women with disability and Independent Living**



**Centar za samostalni život osoba sa invaliditetom Srbije**  
**Center for Independent Living Serbia**

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## Žene sa invaliditetom i samostalni život

I ove 2026, obeležavamo Evropski Dan samostalnog života, posvećen Gordani Rajkov, ženi koja je obeležila samostalni život u Srbiji i regionu. U skladu s tim ovogodišnja tema su Žene sa invaliditetom i samostalni život.

Od suštinskog je značaja da žene sa invaliditetom, kao raznolika grupa, koja se suočava sa jedinstvenim izazovima i prilikama, mogu da žive samostalan život. Promovisanje njihove samostalnosti podrazumeva rešavanje društvenih, ekonomskih i infrastrukturnih prepreka, kako bi im se omogućio ispunjen i slobodan život.

Malim ispitivanjem smo došli do toga šta za žene sa invaliditetom znači samostalni život, kao i koja je prva stvar bez koje ne bi mogle da žive samostalno. Svoja razmišljanja je sa nama podelilo 60 žena sa invaliditetom i njihovi odgovori slede.

*Mimica Živadinović  
Svjetlana Timotić*

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## Šta za vas znači samostalan život?

1. Za mene samostalan život znači da u svakom trenutku mogu da ispunim svoje potrebe, aktivnosti i da vodim normalan društveni život.
2. Samostalan život za mene znači slobodu da donosim sopstvene odluke i živim po svojim pravilima. To je odgovornost da se brinem o sebi finansijski, emotivno i zdravstveno.
3. Za mene samostalnost znači da slobodno o svom životu mogu da odlučujem šta mi je potrebno i šta želim i da sve to mogu sebi i da ostvarim.
4. Samostalan život za mene znači grad bez prepreka, gde su ivičnjaci spuštjeni gde treba, rampe imaju smislen nagib, a lift nije luksuz rezervisan za zgrade sa pet spratova i više, nego osnovna stvar bez koje zgrada nije funkcionalna. Prevoz je posebno bolna tačka za OSI jer samostalnost ne može da se svede na unapred zakazane vožnje za posao i školu kao da ostatak života ne postoji. Isto važi i za medicinske ustanove, kulturne sadržaje, kafiće, restorane, prodavnice, nije dovoljno da postoje, nego da budu stvarno dostupni. Toaleti, koji se često preskoče u planiranju, direktno određuju koliko dugo i gde može da se boravi. Samostalan život podrazumeva i stvari koje se ne vide na prvi pogled: mogućnost da se prilagodi prostor bez komplikacija i ogromnih troškova, fleksibilne uslove rada, finansijsku podršku za adaptaciju vozila ili nabavku opreme. Važno je da može da se organizuje dan po volji, a ne po preprekama i da nismo ograničeni samo na posao i školu, nego da imamo pravo na običan, društven život.
5. Za mene, samostalni život predstavlja mogućnost samostalnog donošenja odluka i obavljanja osnovnih životnih potreba.
6. Samostalan život za mene znači sposobnost da organizujem svakodnevni život (hrana, stanovanje, radne i društvene obaveze), redovno plaćanje računa, briga o svom zdravlju.

7. Samostalni život za mene znači živeti bez konstantnog nadzora, sposobnost da uradim neke stvari bez pomoći. Korišćenje elektronike, čitanje, slušanje muzike, to sve samostalno mogu.
8. Sve to što čini samostalni život kao prvo prelazak i transfer s kreveta u kolica, odlazak u pozorište, na pijacu, mnogo drugih sitnica koji je za mene predstavljaju samostalni život.
9. Biti osamostaljen, donositi sopstvene odluke o postupcima i životu, od najobičnijih stvari - oblačenja pa do ozbiljnijih - odlazaka na terapije, posao, školu. Veoma važna stvar je imati samostalan život i verovati u bolje sutra! Za mene samostalan život znači bolje sutra!
10. Za mene samostalni život znači što manje zavisiti od pomoći druge osobe u svakom smislu.
11. Samostalan život za mene znači slobodu u svim aspektima života.
12. Sloboda i dostojanstvo.
13. Samostalan život za mene znači da "živim na svoj račun". Pored novčanih sredstava koja treba da budu daleko uznad proseka, neophodan je i dom gde se može živeti u miru i bez stresa. Vanredno visoka sredstva su potrebna radi obezbeđivanja potrebnih tehničkih aparata i pomagala koja su izuzetno skupa.
14. Reči za samostalnost bi za mene bile: nezavisnost, sloboda pri odlučivanju, autentičnost, svojevolsnost, sloboda izbora, odgovornost, samostalna organizacija, pravo na grešku. Meni samostalnost stvara osećaj zadovoljstva, sreće i čini mi se da sam nešto postigla.
15. Znači mi sve.
16. Samostalni život za mene predstavlja slobodu biranja, kretanja i nezavisnost od porodice, koja je mene od početka pripremala na to da u jednom trenutku počnem samostalno da se krećem i odvojim od njih. Lagano idem ka tom putu, i neizmerno sam zahvalna svim ljudima iz mog okruženja koji su me ohrabivali ka tom putu i slobodi.

17. Za mene samostalan život znači da sve mogu sama oko sebe i za sebe da uradim bez tuđe pomoći. To znači, da mogu sama da se okupam, jedem, obučem, sredim stan, idem na posao, trening i da imam svoju platu od koje mogu da živim.
18. Samostalni život za mene znači što manje zavisnosti od drugih osoba da što više stvari mogu da uradim sama, mislim u smislu da ne moram puno da molim druge osobe.
19. Način da imamo svoje dostojanstvo, i da budemo vidljivi i korisni članovi društva.
20. Za mene samostalan život podrazumeva mogućnost da se više približim životu ljudi koji nisu osobe sa invaliditetom.
21. Samostalan život podrazumeva izgraditi sebe snažno da niko ne donosi odluke u vaše ime, niti utiče na njihovu realizaciju.
22. Kada mogu da potrebne i želje izvršim onda kada ja to želim i na način koji meni odgovara.
23. Samostalni život znači da mogu da radim i zarađujem za život bez pomoći porodice.
24. Samostalan život za mene znači da osoba ne zavisi od drugoga, ni finansijski ni u smislu odlučivanja, pa ni u kom drugom pogledu.
25. Za mene samostalni život znači, da osoba sa invaliditetom živi samostalno, što u većini slučajeva nije moguće zbog prirode invaliditeta. Smatram da uz pomoć raznih institucija i uz pomoć kompletnog društva taj samostalni život osoba sa invaliditetom bi možda i mogao da se realizuje, ne u potpunosti ali samo ako se uključi celo društvo i angažuje niz faktora i pomoći takvoj osobi. Na žalost u našoj zemlji je takva politika da su osobe sa invaliditetom ne primećene, možda i zaboravljene da postoje. S'toga zaključujem da bi se samostalni život ostvario kod jedne osobe sa invaliditetom potrebno je menjati mnogo toga u ovom društvu, prvenstveno svest o tome da i mi postojimo i da se borimo sa bolestima i životom kao i svaka druga osoba.

26. Samostalni život za mene podrazumeva donošenje odluka samostalno, kao i prihvatanje sopstvenih grešaka. Jako je bitno da osoba bude samouverena i da ne odstupa od svojih želja, naravno u skladu sa svojim mogućnostima. Podrška porodice je takođe važna. Samostalni život = samopouzdanje, odlučnost, doslednost.
27. Da mogu da radim šta ja hoću, i da idem gde god želim. Sa kim želim. Da sama donosim odluke o svom životu kako želim.
28. Samostalan život za mene znači preuzimanje potpune odgovornosti za sopstvene postupke, finansije, donošenje odluka i svakodnevne obaveze bez oslanjanja na roditelje ili druge.
29. Da samostalno odlučujem. Da imam izbor. Da odlučujem o svojim izborima. Da imam planove i da ih realizujem na način na koji meni odgovara.
30. Za mene samostalni život znači biti slobodna i odgovorna osoba. To nije ni malo jednostavno i podrazumeva neprestanu borbu, ali sve, pa i suočavanje sa problemima, ide lakše kada ste okruženi adekvatnim servisima podrške i dobrim ljudima u koje imate poverenje.
31. Za mene je samostalni život pravo na donošenje sopstvenih odluka slobodno i samostalno, odlučivanje kao i kontrola nad svojim životom, pravo na grešku, a takođe i preuzimanje odgovornosti za svoje odluke.
32. Da mogu da ravnopravno učestujem u svakodnevnim raznoraznim aktivnostima (nabavka namirnica, plaćanje računa itd) i da uz pomoć asistenta obavljam sve ono što mi je potrebno i neophodno.
33. Samostalan život je jako važan, pogotovo za nas. Moram napomenuti da sam ja ranije samostalno hodala. Život nosi sa sobom različite prilike i neprilike, stresove... Meni se desila baš ta velika neprilika i veliki stres, prestala sam samostalno da hodam. Nisam mogla da se pomirim sa činjenicom da neke stvari ne mogu više sama. Vremenom sam se mirila sa tom činjenicom i uskraćivala sebi mnogo toga. Bilo je teško ali život natera čoveka da se prilagodi. Jako sam patila a i dan danas patim, međutim ne treba živeti u prošlosti nego u sadašnjosti i gledati da ti budućnost bude lakša uz prilagođavanje.

34. Šta za mene znači samostalni život? Dah, bez stega, sav moj život je bio težnja da ne zavisim od tuđe odluke, volje i sažaljenja, oduvek sam težila i sanjerala da ostvarim sebe ili bar deo onoga što sam imala na umu. Nakon 39-te sam osetila život i često se preispitujem "šta da sam ostala tamo i da li bi danas čekala kraj u nekom geronto domu?"
35. Samostalan život za mene je pre svega mogućnost izbora i odlučivanja o ključnim stvarima u mom životu.
36. Samostalni život znači slobodu u svakom smislu (planiranje svojih ciljeva i zadataka, odlučivanje, kretanje, kreiranje svakodnevnog života po potrebama i mogućnostima i dr).
37. Za mene vođenje samostalanog života podrazumeva da imam dobro zdravlje i da mogu sama da obavljam svakodnevne životne aktivnosti.
38. Za mene samostalan život znači slobodu da biram šta je najbolje za mene, da imam kontrolu nad svojim dnevnim rutinama.
39. Za mene se samostalnost ne meri time *šta mogu fizički da uradim*, jer me stepen invaliditeta u mnogome ograničava da bez podrške druge osobe obavim bazične potrebe. Samostalnost vidim kao mogućnost da pravim sopstvene izbore, da mogu da pravim planove i donosim odluke o svakodnevnim aktivnostima i da imam kontrolu nad realizacijom životnih aktivnosti. Da imam punu slobodu i mogućnost da odlučujem o sebi. Da što manje zavisim od „dobre volje drugih“, da imam priliku da pokažem šta sve mogu.
40. Samostalnost je za mene mogućnost da imam svoju porodicu i da živimo u sopstvenom domu. Da organizujemo porodični život bez uplitanja sa strane. Da imam više finansijskih sredstava da mogu sebi da priuštimo bolje uslove stanovanja i bolji kvalitet života.
41. Uklanjanje barijera i svih smetnji sa kojima se susreću osobe sa invaliditetom.
42. Za samostalni život najvažniji su rad i mogućnost zarađivanja.

43. Samostalan život žene sa invaliditetom ne bi trebalo da se razlikuje od života drugih žena. Važno je pravo na školovanje i posao, kao i obezbeđivanje personalnog asistenta i socijalne zaštite za osobe koje nemaju pomoć porodice.
44. Srećan je ko živi u porodici pa funkcioniše koliko-toliko samostalno.
45. Samostalni život ne znači da osoba mora sve da radi sama, već da ima pristupačno okruženje i podršku društva u kome živi. Smatra da je najveća vrednost samostalnog života osećaj da može i da nije sputana.
46. Samostalni život znači nezavisnost u odlučivanju o svim aspektima života i mogućnost izbora. Ističe značaj mogućnosti rada uz odgovarajuću tehnologiju i pomagala, kao i mogućnost da živi u svom domu uz pomoć personalne asistencije, a ne da zavisi potpuno od porodice ili bude smeštena u ustanovu.
47. Samostalni život znači da možete samostalno da odlučujete i kreirate svoj život po sopstvenom izboru.
48. Pravo na kretanje i pravo na samostalno donošenje odluka (gde ću kada ću i kada ja želim, a ne kada neko od članova porodice npr. može da me odvede).
49. Da možeš sama da sebi priuštiš ikakav život dostojan čoveku.
50. Kao žena s invaliditetom i diplomirani ekonomista, smatram da je zapošljavanje ključ samostalnog života, jer omogućava ostvarenje potencijala, finansijsku nezavisnost i prepoznatljivo mesto u društvu.
51. Samostalan život za mene znači imati svoje pravo na slobodu kretanja, mišljenja, odlučivanja... Pravo da budemo nezavisne i slobodne, obrazovane, zaposlene i finansijski nezavisne. Da imamo pravo da odlučujemo i biramo vodeći se svojim potrebama i željama. Samostalan život znači pravo na slobodu, dostojanstvo i lični integritet.
52. Samostalan život za mene znači pravo na samostalno donošenje odluka, pravo na izbor, pravo na greške... Ukratko sva ljudska prava po rođenju.

53. Ne mogu baš reći da živim samostalno, jer u velikoj meri zavisim od asistentkinja, čak i pri odlasku u toalet i održavanju lične higijene. A u korenu reči "samostalno" je reč "sam", što asocira na to da možemo sami, bez da zavisimo od drugog lica.
54. Živim sama već 20 godina. Samostalan život za mene znači da sama donosim odluke koje se tiču svakog aspekta mog života. Samostalno snosim odgovornost za donošenje odluka koje se tiču mog života i nisam uslovljena podrškom u stvarima koje ne mogu da uradim bez nečije pomoći, kako bi donosila odluke koje su, po mom mišljenju u mom interesu.
55. Za mene samostalan život predstavlja spoj fizičke, finansijske i emotivne nezavisnosti. U fizičkom smislu, on je nezamisliv bez adekvatnog pomagala - u mom slučaju invalidskih kolica - i usluge personalne asistencije. Pod asistencijom podrazumevam čist profesionalizam: odnos u kojem nema neizvesnosti niti ličnog ustručavanja, već se rad zasniva na principu „profesionalac, a čovek“.
56. Kao radno sposobna osoba, samostalnost vidim i kroz finansijsku nezavisnost i mogućnost da svoje celoživotno znanje, stečeno kroz formalno i neformalno obrazovanje, primenim u praksi. To podrazumeva i rešeno stambeno pitanje - posedovanje sopstvenog prostora koji mi omogućava život nezavisan od primarne porodice. Na kraju, samostalnost je za mene i emotivna stabilnost koja dolazi iz prava na donošenje svesnih i odgovornih odluka o sopstvenom životu.
57. Za mene samostalan život nije samo puko obavljanje svakodnevnih radnji, već mogućnost da ravnopravno učestvujem u društvu. To znači imati istu slobodu izbora, kretanja i odlučivanja kao i svi drugi ljudi. Samostalnost vidim kao mogućnost izbora bez barijera koje me sprečavaju da doprinesem zajednici svojim znanjem, radom i prisustvom.
58. Život u svom stanu uz personalnu asistenciju i drugu podršku zajednice bez podrške porodice ili njihovu minimalnu podršku.

59. Kontrola nad sopstvenim životima, što podrazumeva mogućnost da biramo i odlučujemo gde, s kim i kako ćemo da živimo.
60. Za mene samostalan život znači da imam kontrolu nad sopstvenim životom i da donosim odluke koje se tiču mene. Da biram gde ću živeti, s kim, kako ću organizovati svoj dan, posao ili društveni život. Niko drugi ne može da odlučuje umesto mene samo zato što imam invaliditet. Samostalnost uključuje i pomoć personalnog asistenta, porodicu, ili neke druge socijalne usluge, ali pod mojim uslovima i u skladu sa mojim potrebama. Samostalnost je i pristupačno okruženje (uklonjene arhitektonske prepreke, pristupačan prevoz, dostupnost informacijama i tehnologiji). Samostalan život takođe znači da mogu da radim, izlazim, glasam i učestvujem u zajednici kao i svi drugi ljudi koji nemaju invaliditet.



- Dominantno značenje samostalnog života: mogućnost da sam donosim odluke i kontrolišem svoj život.
- Više ispitanika povezuje samostalnost sa društvenim životom i učešćem u zajednici: izlazak, kultura, kafići, prijatelji, ne samo posao i škola.
- Snažan je i emocionalni aspekt: dostojanstvo, sloboda, nada i osećaj postignuća često su istaknuti.
- Strukturalne prepreke: pristupačnost prostora i javnog prevoza, dostupnost toaleta, nagibi rampi i liftovi spominju se kao osnovni uslovi za realnu samostalnost, podrška i pomagala, servisi kao što su - personalni asistenti, tehnološka i finansijska podrška za adaptacije i pomagala često su pomenuti kao neophodni.

### **Kratki zaključci za dalje korišćenje (preporuke)**

1. Jačanje prava na autonomiju i odluke (pravna/edukativna podrška, info kampanje).
2. Pобољшanje fizičke pristupačnosti (transport, javni objekti, toaleti) - konkretne infrastrukturne intervencije.
3. Osiguranje finansijske podrške i programa za zapošljavanje (obuka, prilagođeno zapošljavanje).
4. Razvoj dostupnih servisa: personalna asistencija, fleksibilni uslovi rada, subvencije za pomagala i adaptacije.
5. Programi za društvenu inkluziju (kultura, rekreacija, društveni događaji).

## Women with Disabilities and Independent Living

IAs well as before, we mark the European Day of Independent Living in 2026, dedicated to [Gordana Rajkovic](#), a woman who has left her mark on independent living in Serbia and the region. Accordingly, this year's theme is Women with Disabilities and Independent Living.

It is of essential importance that women with disabilities, as a diverse group facing unique challenges and opportunities, are able to live independently. Promoting their independence involves addressing social, economic, and infrastructural barriers to enable them to lead fulfilling, free lives.

Through a brief survey, we explored what independent living means to women with disabilities and what the first thing they could not live without is. Sixty women with disabilities shared their thoughts with us, and their answers follow.

*Mimica Zivadinovic  
Svjetlana Timotic*

Photographs taken from [www.Pinterest.com](http://www.Pinterest.com)



## What does independent living mean to you?

1. For me, independent living means that I can fulfill my needs, engage in activities, and lead a normal social life at any moment.
2. Independent living for me means the freedom to make my own decisions and live by my rules. It is also my responsibility to care for myself financially, emotionally, and health-wise.
3. For me, independence means that I can freely decide about my life, what I need and want, and that I can achieve all of that myself.
4. For me, independent living is a city without barriers, where curbs are lowered where needed, ramps have a meaningful incline, and elevators are not a luxury reserved for buildings with five or more floors but a basic feature without which a building is not functional. Transportation is a particular challenge for people with disabilities because independence cannot be reduced to scheduled rides for work or school as if the rest of life does not exist. The same applies to healthcare facilities, cultural venues, cafes, restaurants, stores – they must not only exist but also be truly accessible. Restrooms, often overlooked in planning, directly determine how long and where one can stay. Independent living also includes less visible aspects: the ability to adapt spaces without huge costs, flexible working conditions, financial support for vehicle adaptation or equipment procurement. It's important to organize your day as you wish, not limited by barriers, and to have the right to a normal social life beyond just work and school.
5. To me, independent living represents the ability to make decisions independently and meet basic life needs.

6. For me, independent living means the ability to organize daily life (food, housing, work and social obligations), pay bills regularly, and care for my health.
7. Independent living for me means living without constant supervision, the ability to do certain things on my own. I can independently use electronics, read, listen to music, and more.
8. All the things that constitute independent living for me include transferring from bed to wheelchair, going to the theater, to the market, and many other small things that I see as parts of independent living.
9. Being independent, making my own decisions about actions and life, from simple things like dressing to more serious ones like attending therapies, work, or school. Having an independent life and believing in a better tomorrow is very important to me! To me, independent living means a better future!
10. For me, independent living means relying as little as possible on help from others in every sense.
11. Independent living for me means freedom in all aspects of life.
12. Freedom and dignity.
13. For me, independent living means "living on my own." Besides having financial resources well above the average, a home where I can live peacefully without stress is essential. Extraordinarily high funds are needed to provide necessary technical devices and aids, which are extremely expensive.
14. Words that define independence for me are: independence, freedom to decide, authenticity, voluntariness, freedom of choice, responsibility, self-organization, the right to make mistakes. Independence creates a feeling of satisfaction, happiness, and the sense of achievement.
15. It means everything to me.

16. For me, independent living represents the freedom to choose, move, and independence from family, which has prepared me from the start to eventually move independently and separate from them. I am slowly walking that path and am immensely grateful to all the people around me who encouraged me toward that freedom.
17. To me, independent living means I can do everything for myself without help from others - I can bathe, eat, dress, clean my apartment, go to work or training, and I have my own salary to live on.
18. Independent living means minimizing dependence on others so I can do as many things as possible on my own, meaning I don't have to ask others for help frequently.
19. A way to maintain our dignity and be visible and useful members of society.
20. For me, independent living involves the possibility of getting closer to the life of people without disabilities.
21. Independent living means building oneself strongly so that no one makes decisions for you or influences their implementation.
22. When I can fulfill my needs and desires whenever I want and in a way that suits me.
23. Independent living means I can work and earn a living without family assistance.
24. For me, independent living means the person does not depend on others, neither financially nor in decision-making, nor in any other aspect.
25. To me, independent living for a person with a disability means living independently, which in most cases is not possible due to the nature of the disability. I believe that with the help of various institutions and the whole society, this independence could perhaps be realized, not completely, but only if society is involved and a range of factors and assistance are engaged for the

person. Unfortunately, in our country, policies often overlook or forget persons with disabilities. Therefore, I conclude that achieving independent living for a person with a disability requires many societal changes, especially awareness that we exist and that we fight with illnesses and life just like everyone else.

26. Independent living for me involves making decisions independently and accepting one's mistakes. It is very important that a person is confident and does not deviate from their desires, of course within their abilities. Family support is also important. Independent living equals self-confidence, decisiveness, consistency.
27. That I can do whatever I want and go wherever I wish, with whomever I want. To make my own decisions about my life as I see fit.
28. Independent living means taking full responsibility for my actions, finances, decision-making, and daily obligations without relying on parents or others.
29. That I can decide independently. That I have choices. That I can make decisions about my choices. That I have plans and can realize them in my own way.
30. For me, independent living means being free and responsible. It's not easy and involves constant effort, but everything, including facing problems, becomes easier when surrounded by adequate support services and trustworthy people.
31. To me, independent living is the right to make my own decisions freely and independently, to have control over my life, the right to make mistakes, and to take responsibility for my choices.
32. That I can participate equally in daily activities (shopping, paying bills, etc.) with the help of an assistant and perform all necessary tasks.

33. Independent living is very important, especially for us. I must mention that I used to walk independently. Life brings different opportunities and setbacks, stresses... I faced a major setback and great stress - I stopped walking independently. I couldn't accept that I could no longer do certain things on my own. Over time, I accepted this fact and deprived myself of many things. It was hard, but life forces people to adapt. I suffered greatly, and I still do, but we shouldn't live in the past; instead, we should focus on the present and make the future easier through adaptation.
34. What does independent living mean to me? Breathing freely, without constraints. My whole life was a pursuit of not depending on others' decisions, will, or pity. I have always strived and struggled to realize myself or at least part of what I had in mind. After turning 39, I felt life and often ask myself, "What if I had stayed there and would be waiting for the end in a nursing home today?"
35. For me, independent living is primarily the ability to choose and decide about key aspects of my life.
36. Living independently means freedom in every sense (planning goals and tasks, decision-making, movement, creating daily life according to needs and possibilities, etc.).
37. For me, leading an independent life involves good health and the ability to carry out everyday activities on my own.
38. To me, independent living means the freedom to choose what is best for me and to control my daily routines.
39. Independence, in my view, is not solely measured by what I can physically do, because the degree of disability limits my ability to meet basic needs without support. I see independence as the ability to make my own choices, plan, decide on daily activities, and

control my life's realization. I want full freedom and the ability to decide for myself, to rely as little as possible on "the goodwill of others," and to have the chance to show what I can do.

40. For me, independence is having my own family and living in our own home, organizing family life without external interference, having more financial means to afford better living conditions, and a higher quality of life.
41. Removing barriers and all obstacles faced by people with disabilities.
42. For independent living, work and the ability to earn are the most important.
43. The independent life of a woman with a disability should not differ from that of other women. It's important to have access to education and employment, as well as personal assistants and social protection for those without family help.
44. Happiness comes to those who live in a family and function, at least somewhat, independently.
45. Independent living does not mean that a person must do everything alone, but that they have an accessible environment and societal support. The greatest value of independent living, in my opinion, is the feeling that one can and is not hindered.
46. Independent living means independence in decision-making on all aspects of life and the ability to choose. It emphasizes the importance of employment with appropriate technology and aids, as well as living in one's own home with personal assistance, rather than dependence on family or institutionalization.
47. Independent living means you can decide and create your life according to your own choice.
48. The right to movement and the right to make decisions independently (where, when, and how I want - not when someone else in the family, for example, can take me).
49. To be able to afford any life worthy of a human being on my own.

50. As a woman with a disability and a graduate economist, I believe employment is key to independent living because it enables potential realization, financial independence, and a recognized place in society.
51. Independent living for me means having the right to move freely, think independently, and decide... The right to be independent and free, educated, employed, and financially independent. The right to decide and choose based on my needs and desires. Independence means the right to freedom, dignity, and personal integrity.
52. Independent living for me means the right to make decisions independently, to choose, to make mistakes... In short, all human rights from birth.
53. I cannot say I live completely independently because I rely heavily on assistants, even when going to the toilet and maintaining personal hygiene. The word "independent" contains the word "myself," which suggests that I can do things alone, without depending on others.
54. I have been living alone for 20 years. For me, independent living means making decisions that concern every aspect of my life. I bear responsibility for my choices and am not conditioned by support in tasks I cannot do without help, in order to make decisions that I believe are in my best interest.
55. For me, independence combines physical, financial, and emotional independence. Physically, it's unimaginable without aids - in my case, wheelchairs - and personal assistance services. I see assistance as strictly professional: a relationship based on "professional, human" principles, without uncertainty or personal hesitation.
56. As a working-capable person, I see independence also through financial independence and the ability to apply my lifelong knowledge gained through formal and informal education. This includes having a stable housing situation - owning my own space that allows me to live independently from my primary family. Ultimately, independence also means emotional stability, which comes from the right to make conscious, responsible decisions about my life.

57. To me, independent living is not just performing daily routines, but having an equal opportunity to participate in society. It means having the same freedom of choice, movement, and decision-making as everyone else. I see independence as the ability to choose without barriers that prevent me from contributing to the community through my knowledge, work, and presence.
58. Living in my own apartment with personal assistance and community support, without family support or with minimal family help.
59. Control over my own life, which includes the ability to choose and decide where, with whom, and how I will live.
60. For me, independent living means having control over my life and making decisions that concern me. Choosing where I will live, with whom, how I will organize my day, work, or social life. No one else can make decisions for me just because I have a disability. Independence also includes support from personal assistants, family, or other social services, but under my conditions and according to my needs. Accessibility, including removing architectural barriers, accessible transportation, information, and technology, is also part of independence. It also means I can work, go out, vote, and participate in community life like everyone else without a disability.



- The dominant meaning of independent living: the ability to make my own decisions and control my life.
- More respondents associate independence with social life and community participation: going out, culture, cafes, friends, not just work and school.
- There is also a strong emotional aspect: dignity, freedom, hope, and a sense of achievement are often highlighted.
- Structural barriers: accessibility of spaces and public transport, availability of toilets, ramp slopes, and elevators are mentioned as basic conditions for real independence; support and aids - services such as personal assistants, technological and financial support for adaptations and aids are often mentioned as necessary.

### **Short conclusions for further use (recommendations)**

1. Strengthening the right to autonomy and decision-making (legal/educational support, information campaigns).
2. Improving physical accessibility (transport, public buildings, toilets) - concrete infrastructure interventions.
3. Ensuring financial support and employment programs (training, adapted employment)
4. Development of available services: personal assistance, flexible working conditions, subsidies for aids and adaptations.
5. Programs for social inclusion (culture, recreation, social events).

## **Koja je prva stvar bez koje ne biste mogle da živite samostalno?**

1. Ono bez čega ne bih mogla je kretanje van kuće, mobilnost, jer sam veoma aktivna u raznim segmentima života. Sada sam veoma zadovoljna jer imam asistentkinju sa kojom sve mogu da postignem.
2. Ne bih mogla da brinem o sebi verovatno kada bih imala neki ozbiljan zdravstveni problem, a onda bi se to nadovezalo i na ostalo, kao što je posao, novac...
3. Da bi ostvarila ovu samostalnost neophodno je zdravlje, da ne zavisim od tuđe pomoći i raspoloženja, novca da ispunim svoje potrebe, stana i mnogo još čega što možemo da ispunimo naš život.
4. Prva stvar bez koje ne bih mogla da živim samostalno su elektromotorna invalidska kolica koja koristim tokom celog dana, jer bez njih sve ostalo prestaje da bude pitanje izbora i svodi se na zavisnost od drugih.
5. Prva stvar bez koje ne bih mogla da živim samostalno je briga o sebi i ostvarivanje socijalnih kontakata.
6. Prva stvar bez koje ne bih mogla da živim samostalno je sposobnost da donosim sopstvene odluke i brinem o sebi.
7. Ne bih mogla samostalno da živim bez svog laptopa. Na njemu su fajlovi koje koristim, slušam muziku, pišem i drugo. Takođe ne bih mogla ni bez mobilnog telefona, koji mi služi za komunikaciju, društvene mreže i zabavu.
8. Samostalni život ne bih mogla da ostvarim bez pomoći asistenta.
9. Prva stvar koja je najneophodnija u životu osobe sa invaliditetom bez koje ne bismo mogle da živimo samostalno jeste naš personalni asistent i njegova/njena podrška u svakom smislu.
10. Ne bih mogla bez sopstvenog integriteta, donošenja samostalnih odluka i upravljanja sopstvenim životom.
11. Ne bih mogla bez podrške da brinem o sebi.
12. Bez personalne asistencije, naravno.
13. Novčana sredstva koja mi omogućavaju da samostalno živim.

14. Da bih bila samostalna potreban mi je personalni asistent. Prva stvar na koju pomislim je ko može da mi pomogne jer sam osoba s invaliditetom, koristim invalidska kolica.
15. Ne bih mogla bez asistencije.
16. To bi definitivno bila moja asistentkinja. Na nju mogu da se oslonim u svakom trenutku i da od nje očekujem pomoć u bilo kom pogledu, bilo to pomoć u kretanju ili neki topli prijateljski savet. Stvarno sam zahvalna što imam nju pored sebe.
17. A bez čega ne bih mogla, to je sopstveni adaptiran stan za kolica.
18. Personalna asistencija kao takva je super i stvar bez koje ne bih mogla da živim samostalno pa jeste u neku ruku personalna asistencija što se tiče nekih tehničkih stvari koje personalni asistent može da obavi i mislim da život ne bi imao smisla u mom slučaju bez deteta, bez nekog koga voliš i za koga si motivisan da se boriš.
19. Usluga za samostalni život.
20. Prvo na šta pomislim je mogućnost da radim i da tako sebi obezbedim sredstva za život.
21. Postoji neraskidiva veza između kvalitetne usluge personalne asistencije, personalnog asistenta koji strogo profesionalno, etički i moralno ostvaruje saradnju s korisnikom i korisnika koji postavlja jasne granice u tom odnosu, uz puno uvažavanje ličnog asistenta. Ukratko, standard i visok nivo usluge personalne asistencije je ono bez čega ne bih mogla da živim samostalno.
22. Pomoć drugog lica i invalidska kolica.
23. Ne mogu da živim samostalno bez zaposlenja.
24. Bez finansija čovek nemože da živi samostalno, zato je neophodno zaposlenje.
25. Kada bih izgubila podršku porodice, jer praktično samo je porodica uz osobu sa invaliditetom. Jednog dana kada i porodica više ne može ili pak u većini slučajeva roditelji osobe sa invaliditetom preminu, onda je to i ono malo pomoći za osobe sa invaliditetom nestalo. Zato, kompletna promena svesti i zakona u našem društvu vezano za osobe sa invaliditetom.

26. Prva stvar koja je neophodna za život samostalno je usluga personalne asistencije, besplatnog prevoza, kao i pristupačnost grada i okoline u kojoj živimo i najvažnije od svega empatija među ljudima.
27. Novac
28. Posao
29. Finansije, PA, samopouzdanje, motivacija...
30. Prvo mesto dele tri stvari: personalna asistencija, pristupačan prevoz i pristupačno okruženje.
31. Da bih uopšte započela dan potrebno mi je ono osnovno, suštinsko... za život neophodno, a to je ustati iz kreveta i doći do vode i hrane! To bez asistencije ne bih mogla sebi priuštiti.
32. Ne bih mogla da navedem samo jednu stvar već bih izdvojila bar nekoliko, najvažnije: nabavka namirnica, zadovoljavanje socijalnih potreba i obavljanje van kućnih aktivnosti, pomoć u kući i pri poslu.
33. Sada sam svesna da mi je personalna asistencija važna i da mogu da radim sve stvari koje sam nekada radila samostalno. Ne moram da zavisim ni od prijatelja, da se usklađujem sa njihovim vremenom i ne moram da budem nečiji teret (grubo zvuči ali je tako).
34. Prva i jedina stavka je to da ja ne znam drugi način samostalnosti bez asistencije, bar dok roboti ne odu na prekvalifikaciju... Sami poznajete da invaliditet sa napretkom nije umanjen...
35. Bez čega ne bih mogla da živim samostalno: pa definitivno bez mogućnosti izbora i samostalnog odlučivanja. Mislim da žene sa invaliditetom nemaju puno mogućnosti da kažu šta žele, šta ne žele, a bez toga nema napretka u samostalnom životu.
36. Nepristupačnost, mala primanja, ekonomska situacija, ograničeni broj personalnih asistenata i sl.
37. Teško bi mi bilo da vodim samostalan život bez sigurnih primanja. Jako dugo nisam imala posao (stalan) sa predvidivim mesečnim primanjima. Tada mi je bilo jako teško, jer živim sama i morala sam da se snalazim na različite načine.

38. Pristupačan dom koji je prilagođen mojim potrebama. Već duže vreme živim sama sa majkom koja je teško bolesna u kući gde smo podstanari. Bilo mi je jako teško da nađem stan koji mi je koliko toliko pristupačan i da možemo da ga plaćamo. Podrška personalnog asistenta mi je neophodna da bih bila samostalna u obavljanju svakodnevnih aktivnosti.
39. Ne bih mogla da živim samostalno bez podrške (asistencija, kvalitetna pomagala za kretanje, pristupačan stan, pristupačan javni prevoz, dovoljna finansijska sredstva da mogu sebi da priuštim asistivne tehnologije koje bi mi olakšale svakodnevnicu).
40. Zdravlje mi je na prvom mestu, bez njega je sve drugo manje važno.
41. Finansijska sigurnost - veoma značajno bi bilo otvaranje preduzeća u kojima bi osobe sa invaliditetom mogle da rade i doprinesu društvu.
42. Zdravlje i zaposlenje
43. Bilo bi lepo da nemamo potrebu za dnevnim boravkom, personalnim asistentom, prilagođavanjem životnog prostora uz pomoć države, uklanjanjem uličnih barijera, pristupačnošću kulturnih ustanova i prilagođenim gradskim prevozom za osobe sa invaliditetom.
44. Podrška druge osobe / personalnog asistenta.
45. Da okruženje bude pristupačno i bezbedno, da postoje pomagala i tehnologija koja olakšava svakodnevni život, kao i razumevanje i podrška ljudi iz okruženja.
46. Samostalni život nije moguć bez systemske podrške i usluga podrške.
47. Usluga podrške koja omogućava samostalnost.
48. Podrška finansijska ali i u vidu usluge za samostalnost.
49. Ne bih mogla bez personalne asistencije (koja mi je od primarnog značaja u mom životu) i pomoći u kući jer to ništa ne mogu samostalno.
50. Pomagala i personalnog asistenta da možeš uz nečiju pomoć da realizuješ nešto što sama ne bi mogla, npr. angažovanje na mnogim poljima u društvu i životu uopšteno.

51. Prva stvar bez koje ne bih mogla da živim samostalno su prihodi, jer omogućavaju podmirivanje svih potreba - od lečenja i plaćanja troškova, preko pomoći u kući, do odlaska u prirodu i uživanja u kulturnim sadržajima, poput filmova i koncerata.
52. Prva stvar bez koje ne bih mogla da živim samostalno je fizičko kretanje tj. sloboda kretanja, kao i finansijska nezavisnost, tj. pravo na rad i novčanu zaradu koja je osnovni preduslov samostalnog života.
53. Ne bi mogla da živim samostalno bez finansijske sigurnosti, društvene podrške kao i podrške okruženja.
54. Ne bih mogla da preživim bez odlaska u toalet, bez kupanja, bez vode i hrane. Tako da je za mene asistencija nužnost, više nego sloboda. Ali ponekad jeste i sigurnost i sloboda.
55. Prva stvar bez koje ne bi mogla je nabavka hrane, zato što postoje limiti za dostave iz Maksija i održavanje stana jer ne želim da opterećujem obavezama bliske ljude i dugujem bilo kome.
56. To su, pre svega, adekvatna invalidska kolica, usluga personalne asistencije i sopstveni životni prostor.
57. Prva i osnovna stvar su elektromotorna kolica. Ona za mene nisu samo tehničko pomagalo, već ključni alat za slobodu. Ona su moj primarni uslov za kretanje i osnovna karika koja mi omogućava da izađem iz prostora u kojem boravim i aktivno se uključim u svet oko sebe. Bez njih, koncept ravnopravnog učešća o kojem govorim ne bi bio ostvariv u praksi.
58. Personalna asistencija onoliko sati koliko je korisniku potrebna.
59. Personalni asistent je prva stvar bez koje mi jako teško možemo da funkcionisemo. Pogotovo kad imamo prekid usluga personalne asistencije.
60. Prva stvar bez koje ne bih mogla da živim samostalno je personalna asistencija, zatim finansijska nezavisnost i pristupačno životno okruženje. Sve ovo ima smisla samo ako ja mogu da imam kontrolu da upravljam time.

- Najčešći odgovor: personalna asistencija - gotovo polovina ispitanika navodi asistenciju kao prvu i ključnu stvar bez koje ne bi mogli da žive samostalno. PA se pojavljuje kao osnovna potreba za izvođenje ADL i za izlazak iz kuće.
- Finansijska sigurnost i zaposlenje su jasno drugi po važnosti: davanje mogućnosti za plaćeni rad i stabilan prihod smatra se ključem za obezbeđivanje svega ostalog (stan, pomagala, usluge).
- Pristupačnost okoline i prevoza (rampe, prilagođeni stanovi, pristupačan gradski prevoz) često su navedeni zajedno sa PA kao neophodni uslovi za realnu samostalnost.

## Preporuke

1. Prioritet: osigurati i kvalitetnu personalnu asistenciju (regrutacija, obuka, standardi usluge, kontinuiran finansijski model) - to bi najdirektnije povećalo broj ljudi koji mogu da funkcionišu samostalno.
2. Podrška za zapošljavanje i stabilne prihode: programi zapošljavanja prilagođeni osobama sa invaliditetom, subvencije, socijalne beneficije koje pokrivaju troškove pomagala i asistencije.
3. Infrastruktura i pristupačnost: ciljane investicije u pristupačan stanarski fond, prilagođen javni prevoz, javne objekte (toaleti, kulturne ustanove).
4. Razvoj servisa za pomoć u kući i ličnu higijenu, kako bi se smanjila svakodnevna zavisnost i olakšao izlazak iz kuće.
5. Kombinovana politika: integrisani programi - PA + finansijska podrška + pristupačnost - jer ispitanici često navode kombinaciju potreba.

## **What is the first thing you could not live without to live independently?**

1. The one without which I could not live is movement outside the house, mobility, because I am very active in various aspects of life. Now I am very satisfied because I have an assistant who helps me achieve everything.
2. I probably couldn't take care of myself if I had a serious health problem, and that would then affect other areas like work, money...
3. To achieve this independence, health is essential, as well as not depending on others' help and mood, having enough money to meet my needs, housing, and many other things that make life complete.
4. The first thing I couldn't live without to be independent is electric mobility wheelchairs that I use all day, because without them, everything else ceases to be a matter of choice and becomes dependence on others.
5. The first thing I couldn't live without to be independent is caring for myself and maintaining social contacts.
6. The first thing I couldn't live without to be independent is the ability to make my own decisions and take care of myself.
7. I couldn't live independently without my laptop. It contains files I use, including music, writing, and more. I also couldn't do without my mobile phone, which I use for communication, social media, and entertainment.
8. I wouldn't be able to live independently without the help of an assistant.
9. The most essential thing for a person with a disability to live independently is a personal assistant and their support in every sense.
10. I couldn't live without my integrity, making my own decisions, and managing my own life.
11. I couldn't do it without support to care for myself.

- 12.Of course, without personal assistance.
- 13.Financial resources that enable me to live independently.
- 14.To be independent, I need a personal assistant. The first thing I think of is who can help me because I am a person with a disability and use a wheelchair.
- 15.I couldn't do it without assistance.
- 16.Definitely, it would be my assistant. I can rely on her at any moment and expect help in any regard, whether it's assistance with mobility or a warm, friendly advice. I am truly grateful to have her by my side.
- 17.What I couldn't live without is my adapted apartment for wheelchair access.
- 18.Personal assistance as such is great and a crucial element without which I couldn't live independently, especially for technical tasks that a personal assistant can handle. I believe life wouldn't make sense for me without a child or someone I love and who motivates me to fight.
- 19.Service for independent living.
- 20.The first thing I think of is the opportunity to work and thus secure my livelihood.
- 21.There is an unbreakable link between the quality of personal assistance services, a personal assistant who strictly professionally, ethically, and morally collaborates with the user, and the user who sets clear boundaries in that relationship, respecting the assistant. In short, the standard and high-level personal assistance service is what I couldn't live without to be independent.
- 22.Help from another person and a wheelchair.
- 23.I cannot live independently without employment.
- 24.Without finances, a person cannot live independently, so employment is essential.
- 25.If I lost my family's support, because practically only family is with a person with a disability. One day, when

the family can no longer provide support or, in most cases, the parents of a person with a disability pass away, even that little help disappears. That's why there needs to be a complete change in awareness and laws in our society regarding persons with disabilities.

26. The first essential service for independent life is personal assistance, free transportation, accessibility of the city and surroundings, and most importantly, empathy among people.
27. Money
28. Job
29. Finances, PA (personal assistance), self-confidence, motivation...
30. The top three are: personal assistance, accessible transportation, and an accessible environment.
31. To start my day, I need the basic, essential things for life - getting out of bed and reaching water and food! I couldn't do this without assistance.
32. I couldn't list just one thing; I would highlight several, especially: grocery shopping, meeting social needs, outdoor activities, helping around the house, and at work.
33. I am now aware that personal assistance is important and that I can do everything I used to do independently. I no longer have to depend on friends, coordinate with their schedules, or be a burden to anyone (it sounds harsh, but it's true).
34. The first and only thing I know of independence without assistance is, well, until robots are requalified... You know that with the advancement of disability, it is not diminished...
35. The first and only thing I know of independence without assistance is, well, until robots are requalified... You know that with the advancement of disability, it is not diminished...

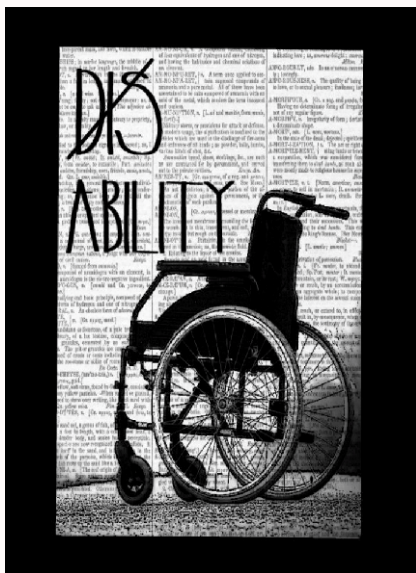
36. Inaccessibility, low income, economic situation, limited number of personal assistants, etc.
37. It would be difficult for me to live independently without a secure income. I haven't had a stable job with a predictable monthly income for a long time. That was very hard because I live alone and had to find different ways to manage.
38. An accessible home adapted to my needs. I have been living alone with my seriously ill mother in a rented place for some time. It was very hard to find an apartment that was somewhat accessible and affordable. A personal assistant's support is necessary for me to be autonomous in daily activities.
39. I couldn't live independently without support (assistance, quality mobility aids, accessible apartment, accessible public transport, sufficient financial means to afford assistive technologies that make daily life easier).
40. My health is the top priority; without it, everything else is less important.
41. Financial security - it would be very important to open businesses where people with disabilities could work and contribute to society.
42. Health and employment.
43. It would be nice if we didn't need day centers, personal assistants, adapted living spaces with the help of the state, removing street barriers, making cultural institutions accessible, and providing adapted city transport for persons with disabilities.
44. Support from another person / personal assistant.
45. For the environment to be accessible and safe, with aids and technologies that facilitate daily life, as well as understanding and support from people around us.
46. Independent living is not possible without systemic support and support services.
47. Support services that enable independence.
48. Financial support as well as services for independence.

49. I couldn't do it without personal assistance (which is of primary importance in my life) and help at home because I can't do everything myself.
50. Aids and personal assistance that help you accomplish things you couldn't do alone, e.g., engaging in various social and life activities.
51. The first thing I couldn't live without is income, as they cover all needs - from treatment and bills, to help at home, going out into nature, and enjoying cultural events like movies and concerts.
52. The first thing I couldn't live without is physical mobility, i.e., freedom of movement, and financial independence, i.e., the right to work and earn money, which are fundamental for independent living.
53. I couldn't live independently without financial security, social support, and environmental support.
54. I wouldn't survive without access to the toilet, bathing, water, and food. For me, assistance is a necessity, more than freedom. Sometimes it's also about safety and freedom.
55. The first thing I couldn't live without is obtaining food, because there are limits on deliveries from Maxi store, and maintaining the apartment, as I don't want to burden close people with obligations or owe anyone.
56. Mainly, adequate wheelchair access, personal assistance services, and my own living space.
57. The first and basic thing is electric mobility wheelchairs. For me, they are not just technical aids but a key to freedom. They are my primary condition for movement and the fundamental link that allows me to leave my space and actively participate in the world. Without them, the concept of equal participation I speak of wouldn't be practically realizable.
58. Personal assistance for as many hours as the user needs.
59. The personal assistant is the first thing we really can't function without, especially when services are interrupted.
60. The first thing I couldn't live without is personal assistance, then financial independence, and an accessible living environment. All of this only makes sense if I can control and manage it.

- Most common response: personal assistance — almost half of the respondents mention assistance as the first and key thing without which they could not live independently. PA is considered a basic need for performing ADLs and for leaving the house.
- Financial security and employment are clearly second in importance: providing the opportunity for paid work and stable income is considered key to securing everything else (housing, aids, services).
- Accessibility of the environment and transport (ramps, adapted apartments, accessible public transport) are often mentioned together with PA as necessary conditions for real independence.

## Recommendations

1. Priority: ensure quality personal assistance (recruitment, training, service standards, continuous financial model) - this would most directly increase the number of people who can function independently.
2. Support for employment and stable income: employment programs adapted for persons with disabilities, subsidies, and social benefits that cover the costs of aids and assistance.
3. Infrastructure and accessibility: targeted investments in accessible housing stock, adapted public transport, and public facilities (toilets, cultural institutions).
4. Development of home assistance and personal hygiene services, in order to reduce daily dependence and facilitate leaving the house.
5. Combined policy: integrated programs - PA + financial support + accessibility - because respondents often mention a combination of needs.



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