

# FİZİKSEL YETERSİZLİĞİ OLAN ÖĞRENCİLER VE EĞİTİMLERİ

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## GİRİŞ

Fiziksel yetersizlik, bireyin hareket yeteneğini sınırlayan, günlük yaşam aktivitelerini kısıtlayan ve sosyal katılımını zorlaştıran bir durum olarak tanımlanmaktadır (Organization, 2007). Bu yetersizlik, doğuştan gelen yapısal sorunlar, genetik hastalıklar, nörolojik bozukluklar, travmatik yaralanmalar veya edinilmiş fiziksel sağlık sorunlarından kaynaklanabilir. Fiziksel yetersizliği olan bireyler, yaşamın birçok alanında olduğu gibi eğitim sürecinde de çeşitli engellerle karşılaşmaktadır. Ancak, çağdaş eğitim yaklaşımları, bu bireylerin eğitime erişimini ve sosyal katılımını destekleyecek biçimde düzenlenmekte, bireysel ihtiyaçlara uygun eğitim programları geliştirilmektedir (Leanne Robinson MPhty & PGcertCT, 2024).

Fizyoterapist, bireylerin hareket ve fonksiyonel bağımsızlıklarını artırmayı hedefleyen sağlık profesyoneli (Black & diğ., 2016; Rose, 1989). Kas-iskelet sistemi, nörolojik yapılar ve hareket fonksiyonları üzerinde uzmanlaşarak, bireyin fiziksel kapasitesini geliştirmek için bilimsel temelli müdahaleler uygular. Özel eğitim alanında fizyoterapistlerin katkıları, fiziksel yetersizliği olan öğrencilerin fiziksel kapasitelerini artırmak, hareket becerilerini geliştirmek ve bağımsızlık düzeylerini yükseltmek açısından büyük önem taşımaktadır. Fizyoterapistler, hareket sistemine yönelik bilimsel bilgilerini ve klinik bece-

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- destek sağlanmalı; bu öğrencilerin sosyal becerileri ve duygusal dayanıklılıkları güçlendirilmelidir.
8. Ailelerin Sürece Katılımının Teşvik Edilmesi: Aileler, evde uygulanabilecek destekleyici etkinlikler ve okulda yürütülen çalışmalar hakkında bilgilendirilmeli; okul-aile iletişimi güçlendirilerek öğrencinin gelişim süreci çok yönlü olarak desteklenmelidir.
  9. Akran Eğitimi ve Sosyal Uyum Programları: Kaynaştırma eğitimine katılan öğrencilerin sosyal kabulünü artırmak için akran eğitimi, empati atölyeleri ve ortak sosyal projeler gibi programlar uygulanmalıdır. Tipik gelişim gösteren öğrencilerde kapsayıcılık ve bireysel farklılıklara saygı bilinci oluşturulmalıdır.
  10. Politika, Mevzuat ve Uygulama İzleme: Fiziksel yetersizliği olan bireylerin eğitime erişimini artıracak yasal düzenlemeler yapılmalı; mevcut politikalar daha kapsayıcı hale getirilmelidir. Bu kapsamda hem öğretmenlere hem de okullara yönelik kaynak ve destekler artırılmalıdır.
  11. Toplumsal Farkındalık Kampanyaları: Fiziksel yetersizliğe sahip bireylerin sosyal yaşama tam ve eşit katılımını desteklemek amacıyla kamuoyunda farkındalığı artıracak kampanyalar yapılmalıdır.

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