A Study on the Life Plight of the Disabled and the Ways to Help Them from the Perspective of Social Exclusion

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Abstract. As one of the disadvantaged groups in society, the disabled should be helped to protect their rights and interests. However, there are still many difficulties in the economy, education and interpersonal relationship of the disabled in China, such as low income, difficult employment, large medical expenses, insufficient allocation of public resources and travel obstacles. The causes of these difficulties lie in the multiple social exclusion factors such as economic exclusion, institutional exclusion and relational exclusion, which hinder the reasonable rights and interests of the disabled. Therefore, we should persist in advocating the spirit of humanitarianism, build a multi-support platform, and give full play to the initiative of the disabled, so as to establish a support path that meets the real demands of the disabled in China.

A Study on the Life Plight of the Disabled from the Perspective of Social Exclusion

Since the 1980s, the concept of social exclusion has gradually attracted extensive academic attention. Pease and other scholars pointed out that social exclusion means that individuals cannot enjoy the full rights and interests of ordinary citizens because of barriers to participation in politics, economy, social interaction and other fields. Social exclusion can be defined as the exclusion of some "unfortunate" people not only in the labor market, but also in the field of social security. The essence is to study how the social vulnerable groups are excluded in the labor market and social security system by the mainstream society, and become increasingly lonely and helpless groups. As one of the disadvantaged groups in society, the disabled are excluded from the society in life, and most of them are in trouble. The research on employment of disabled people by social exclusion theory is no longer limited to the level of simple economic problems, but the analysis of the development plight and poverty of disabled people is deeply carried out in the multi-dimensional fields of economy, education and other aspects related to citizens' living conditions. This is not only in line with the traditional view of the protection of the citizenship of the disadvantaged groups, but also leads the exploration and practice direction of the practical problems of the disabled.

Life Difficulties and Exclusion Factors Faced by the Disabled in Employment

Economic Exclusion

China still has 85 million disabled people, 15 million of whom are in poverty, accounting for 12.0 percent of the country's total population, according to the China Disabled Persons' Federation. The disability security project is an important part of China's social assistance, which shows that the economic situation has an important impact on the life of the disabled. If the economic situation becomes worse, the ability of self-protection and development will gradually weaken, and low income can only meet the most basic needs of life, unable to face the risk society and great competitive pressure. There are two reasons why people with disabilities tend to be low-income. On the one hand, in daily life, the disabled will need to spend more energy and time, and may even be unable to go out to work because of physical defects, unable to get a matching job and income in the labor market, income reduction, thus losing the ability to achieve personal and security, resulting in...
life difficulties. On the other hand, the disabled have to face more economic challenges. If the disabled want to receive good medical rehabilitation training, they need to spend high extra costs, which may even bring down the whole family, thus causing life pressure on the disabled. In a word, with low income and poor economic situation, the disabled are weak in resisting risks. Any minor economic shock or even emergency may cause them to fall into poverty and face more life pressure. Therefore, the above factors should be fully attached to the impact of the living conditions of the disabled, and efforts should be made to improve the situation to help the disabled out of the plight of life.

**System Exclusion**

Education and employment are also factors of institutional exclusion that affect living conditions. Data from the second national sample survey of disabled people showed that only 4.9 percent of the disabled had received education at or above the high school level, and 1.1 percent had received education at or above the junior college level. For the disabled, it is difficult for them to receive a normal education because of their physical handicap. If the disabled can receive education assistance, on the one hand, they can realize the right to education, enjoy the right equally, and feel self-esteem and self-confidence. On the other hand, receiving education can help the disabled increase their knowledge, broaden their horizon and feel the charm of knowledge. At the same time, they have the power to possess knowledge. Through learning, the disabled are likely to change their destiny. If the disabled cannot enjoy the assistance of education, then he is likely to live a life of ignorance, a life of inaction, living in their own frustration and complain, cannot see the hope and strength. For others, increasing educational opportunities can provide them with a better learning environment. On the other hand, if the access to education is limited, it may lead to dropouts. Therefore, we should pay attention to the education of the disabled, to provide them with a good educational environment, reduce the burden. Second, is the lack of employment adjustment mechanism. The employment problem is an important factor affecting the living pressure. If the disabled can find employment, on the one hand, they can realize their sense of self-worth. They will not feel that they are everywhere or a burden to their families, but they can create value and realize their dreams. On the other hand, employment can bring economic income, not only to provide a guarantee for their own future, but also to increase the total income, reduce the economic pressure, cannot worry about the future development. On the contrary, if the disabled lack employment support and employment services, they may not be able to get jobs easily, thus deepening their living difficulties. Therefore, we should pay attention to the education and employment of the disabled. From employment, education and other aspects of the disabled to help the disabled out of the plight of life.

**Relationship Exclusion**

Disabled people do not have a healthy body, it is difficult to complete basic activities as normal people, easy to lose social contacts and other opportunities, affecting the normal development of interpersonal relations. Caregivers often spend more time with people with disabilities. If they suffer from serious diseases, they will put a heavy burden on the economy, increase the financial pressure on the family, test the family relationship and often cause difficulties in life. At the same time, poor health will affect mental health. People tend to have wild thoughts after illness, worry about their future, and form a sense of pressure. In particular, elderly people with disabilities, health conditions are gradually becoming worse, care pressure has increased, and the relationship with the caregiver has been greatly challenged. In terms of living conditions, compared with the living conditions and quality of life of ordinary people, if the living conditions of the disabled gradually become worse, they will have a sense of relative deprivation, feel the social injustice and feel the pressure in life. On the other hand, due to their lack of ability to change their current life conditions and lack of confidence in life, they will impose pressure on themselves, which will also bring life difficulties. If the caregivers of the disabled rarely receive respite service, the meticulous care day after day will result in no free time for themselves, unable to do what they want to do, or even no rest time, which will cause great
pressure on their spirit and psychology, resulting in life difficulties. The caregiver of the disabled has spent a lot of energy and excessive exhaustion, which may bring negative emotions to the disabled, or lead to the disabled cannot be taken care of, thus causing some life troubles to the disabled. Therefore, we pay attention to how to reduce the stress of care and pay attention to the impact of respite services on the living conditions of the disabled. In a word, we should pay full attention to the impact of relationship exclusion on the plight of the disabled, try to reduce the care pressure of caregivers, reduce the mental burden, and create a good interpersonal network for the disabled.

The Way to Help the Disabled from the Perspective of Social Exclusion

Advocate Humanitarian Spirit

At present, a funding guarantee mechanism mainly based on government financial funds and supplemented by social funds has been preliminarily formed. First, we will incorporate working funds for the disabled into local financial budgets and set up funds for the disabled separately, with special funds for the disabled. Second, expand funding sources, attract social funds to participate, so as to customize more personalized social services for the disabled. At the same time, the proportion of the renovation of barrier-free facilities in financial funds should be increased, and the promotion of barrier-free environment in public places and communities should be accelerated to create an environment suitable for the disabled to live and work. In terms of overall system design, we should practice appropriate classified system design. On the basis of the national unified social security or social assistance system arrangement and under the premise of maintaining the system unification, some additional service projects or subsidy projects of social security or assistance for the disabled should be appropriately designed. At the same time, we can provide different services and allowances according to the disability category, population type and population size of the disabled, such as parents employment but children disabled, unemployed severely disabled, with two or more disabled and elderly, disabled, multi-disease integration. In terms of economic AIDS, policy programs for the disabled should effectively enhance the interaction with poverty alleviation policies, and do a good job of "supporting the base" of poverty. Dynamic adjustment mechanism can be developed to narrow the gap in support. Institutionalized and standardized dynamic adjustment mechanism should first clarify the adjustment cycle and basis. Although the existing "two subsidies for the disabled" can relieve the economic pressure on the difficult and severely disabled to a certain extent, it is sometimes unable to fully play its role due to the limitation of threshold and actual conditions. Therefore, it is suggested that the standard of special assistance fund for the disabled should be at least higher than the standard of urban and rural subsistence allowance, which can not only guarantee the basic survival needs of the disabled, but also enable the disabled to feel dignity. Psychological counseling is also one of the important factors affecting the living conditions of the disabled. Psychological counseling can prevent mental illness, relieve mental stress, contribute to mental health, improve work efficiency, is conducive to people to adjust a variety of emotions caused by life difficulties, restore psychological balance. If there is no psychological guidance, then the negative emotions such as irritability and anxiety experienced in the process of caring may not be able to be dissolved. In the long run, this will only aggravate the difficulties in life. If expend a lot of energy, excessive exhaustion, can reduce happiness, it is a kind of overdraw on physiology, psychology, spirit.

Build a Multi-support Platform

We should guide social organizations to participate in helping and building a support system for diverse subjects. We will guide public welfare organizations to establish support funds for the disabled and care organizations for the disabled. Set up a volunteer service team, regularly do volunteer work for the disabled, help the disabled to solve the difficulties in life. We will establish a linkage mechanism for all people's organizations to help each other. AIDS to the disabled involves many fields such as daily care, medical assistance and psychological counseling, which is a systematic project. We will give full play to the advantages of trade unions, communist youth league, women's
federations and other people's organizations in carrying out caring activities to help the disabled get out of their mental depression, regain their confidence in life and improve their quality of life. We will improve the mechanism of mutual assistance among people with disabilities. People with disabilities are empathetic to each other and are often more willing to help. At present, policy design in China is limited to emergency intervention and missing detection due to the policy orientation of instrumentalized operation. Although the family planning development department has been set up under the national health and family planning commission, its main responsibility is still to establish and improve the "special difficulty assistance system", without breaking through the original policy concept. Relying solely on "instrumentalist" policies and projects, it is difficult to take into account modern multiple interests, and social policies and public services based on "individuals" cannot cope with increasingly complex development trends. Should be introduced on the basis of integrity management mode, clearly put forward the concept of "modern construction", as the objects of policy as a whole, in order to satisfy the demands of the development of the modern as a starting point, the balance between state and the individual different interest orientation, policy can not only focus on the weak and passive emergency, have the function of the prevention and development. At the same time, the relationship and influence between the disabled and others should be paid attention to, so as to enhance the completeness of policies and avoid contradictory situations. Specifically, the role of the government and the society is clearly defined. As the decision-maker and the maintainer of a good social environment, the government is the provider of services and the integrator of resources. The government should focus on promoting crowd innovation, crowd sourcing, crowd support and crowd funding, and develop multiple platforms of intelligent services in combination with the hot spots of The Times.

**Give Play to the Initiative of the Disabled**

Disabled people belong to vulnerable groups. When constructing specific paths, they should not only pay attention to the practical survival needs and only provide materials and money, but also respect the development needs of disabled people, give full play to their initiative and pay attention to the sustainability of decision-making. Recognizing the value and potential of people with disabilities, providing motivation and space for their potential development, and changing the mindset of problematic, labeled and vulnerable groups, focusing on such groups as their right to development rather than compassion and compassion. Therefore, the actual needs of the disabled should be taken as the starting point in the specific support system and specific decisions should be made according to the urgency of their improvement requirements. Education and training, psychological counseling and respite services will be provided in the form of cooperation between the government and professional social organizations to meet the needs of development and self-realization, and play an active role through market pricing, government subsidies and the mechanism of self-selection for the disabled. Strengthen the training and management of human resources for the provision of disabled persons. It mainly involves management personnel of party and government organizations, social organizations, professional social workers, community neighbors, parents and relatives, school teachers, volunteers and so on. Make clear the specific duties and responsibilities of the staff of party and government organs, mass organizations and relevant departments at all levels to ensure that the work is done and the responsibility is borne by others. Give play to the function of mutual help, mutual assistance and mutual aid, play the role of human resources, update professional care skills to enhance the protection function of the disabled, and relieve the care pressure in methods. Efforts should be made to train social work professionals, gradually covering all service areas, improve the three-level linkage mechanism among communities, social organizations and social work talents, and improve the ability training level of the disabled.
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