

Children with disabilities have also been impacted. Those who were in schools have suffered from a great deal of stigma and anxiety for the closure of schools and public places for recreation. Since now they have to stay at home with the adults, they are more susceptible to the increased risk of anxiety, fear, and of their needs not being identified and met. This makes them also vulnerable to domestic abuse by adults out of anxiety and depression. This can take a toll on their mental health and their psychological condition (Berger, Evans, Phelan, & Silverman, 2020).

This pandemic also puts women and girls with disabilities that the same risk of having to face abuse and violence at home. Since women are more emotionally vulnerable, so it is more likely for them to be more anxious about the pandemic and be more fearful. Thus, the need for proper medical support for them is even higher. Along with the lack of access to the PPE equipment and the implementing social distancing measures, the absence of protective measures against domestic abuse and sexual exploitation puts these community groups at a higher risk of suffering from mental illness and other psychological issues in the pandemic (Yang et al., 2020).

The Coronavirus has left no one unaffected. People with disabilities have taken a toll because of this novel disease. Some of them have suffered from constant denial of the public facilities, and the others have been denied access to medical care.

The world's economies have collapsed, and hence the resources to deal with the pandemic have fallen short. This has made it immensely difficult for the governments to make the necessary facilities available to the public, especially the ones with disabilities (Safta-Zecheria, 2020).

6. Urban Design and Planning for Disabled People

Today, the urban areas are developed for the creation of sustainable communities in terms of three factors, which are economic, social, and environmental. Now, the economic factor accounts for the provision of well-paid jobs for the residents, and the social factor means high education opportunities with high quality and sports facilities for physical growth and mental health. Third, the environmental factor accounts for the better sanitation conditions and living standards, so the lifestyle of the people can be improved. So, this means that the cities are built to add beautification to the environment of a country.

The major problem is the approach that's followed along the way to achieve these goals. The approach is top-down, which neglects the ground people. Designing the urban area from the perspective of an architect or a planner is important considering all the people living in the city, so the residents are fully met, and their needs are entirely catered for. Such inadequate urban planning does not seem to bother anyone, as the people who can afford the urban lifestyle are living in it. It affects the lives of the bottom-line people who cannot even have access to the basic amenities of life. That is where creating sustainable environments for all fails.

Cities have long been built on the same concept, and hence the developers have always been unable to deliver to the community entirely. The criticism on the approach usually says (Dias, Curwell, & Bichard, 2014) that the experts involved in the development of such areas usually comply with the funding agencies. Hence, the needs of the community members are simply neglected.

The critics demand to be built upon the bottom-up approach. That way, the needs of all the people have a better chance to be taken care of. It would also help explore the strengths and weaknesses of the traditional top-down approach. They believe that with the help bottom-up approach, the involvement of all the relevant groups can be made sure. Hence, the developers would have a better understanding of their needs and the requirements since they will be the ones living in it once the development is finished (Peters, 2020).

When the situation that the pandemic has caused is considered, if the cities were built on the bottom-up approach since the start, the cities would have been more prepared to face an epidemic

such as this. Proper systems would have been present there to make sure that everyone receives the proper care when they need it the most. However, since the urban areas only focused on a specific community group, this was never accomplished (Berger et al., 2020).

Now the systems have collapsed, and the residents have been affected by this situation. Lack of proper sustainable living models for all has made it difficult for the community members to fight the pandemic. The only people who are receiving proper care and all the essentials are the ones who were still living the exceptional lifestyles when the pandemic was nowhere to be seen or the ones with enough resources to survive the time.

The poor and the disabled people have been left wondering if they will live another day. This situation presents a proper insight into how terribly the systems are made in the countries. The pandemic has shown the world how important it is to redevelop all the systems, keeping in mind all the community and not just a few top sections of the community. Every individual deserves the same access to the facilities provided in a city (Schiariti, 2020).

7. Conclusion

This essay highlights the problems that disabled people are facing in times of pandemic. The city-systems are not adequately designed for people with disabilities, and the governments need to come up with more efficient policies to cater to the needs of persons with disabilities in these desperate times. People with disabilities never had a life full of comforts. However, the pandemic has shown this to the world, and now the people responsible for providing sustainable environments should take them into account, too, while developing new projects. The local authorities and the governments should take more responsibility and take steps towards making the lives of the disabled people less miserable in the times since it has already been established that the disabled people are more vulnerable to contracting the disease than anyone else. If they are not given proper protective measures, their physical and mental health can deteriorate because of being at a higher risk of contracting the disease.

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