

# KYRGYZSTAN

## Gulzar Diushenova: Advocating for people with disabilities



Women human rights defender Gulzar Duishenova is a fighter. In 2002, she lost movement in her legs after a car accident involving a drunk driver. The next year, her husband died suddenly and she became the sole caregiver for her two young children.

Years later, she met other people living with disabilities who were organizing in the capital city of Bishkek. She recognized that they face common problems. One challenge is finding jobs because work places aren't adapted for wheelchairs. Another is having to rely on others to lift them onto buses – an embarrassing and intrusive experience.

Gulzar Duishenova has made it her life's mission to ensure that people with disabilities can live with dignity and move around freely. She's met officials, organized training for bus drivers, and pushed for action on TV and in social media.

But she continues to face barriers. She needs help to get down the stairs to her front door. Her road is pot-holed and bumpy, so she can't manage her wheelchair alone. She faces daily discrimination in a society where women aren't meant to speak out and people with disabilities are seen as "invalids".

But Gulzar presses on with determination. Her personal experience has strengthened her commitment to her human rights work.

**Ask Kyrgyzstan to support Gulzar's fight for change.**

*Everyone is entitled to the realization of the economic, social and cultural rights indispensable for his/her dignity.*

*Article 22,  
Universal Declaration  
of Human Rights*

**WRITE  
FOR  
RIGHTS**

**AMNESTY  
INTERNATIONAL**



## Unleash your pens and keyboards!

### Please write to Kyrgyzstan's parliament.

- ◆ Start with Dear Speaker.
- ◆ Describe who you are and what concerns you about the challenges that Gulzar Duishenova and other individuals with disabilities face.
- ◆ Ask him to support Gulzar and other activists as they fight for the rights of people with disabilities.
- ◆ Urge parliament to ratify the Convention on the Rights of Persons with Disabilities to help address discrimination and improve access to health, buildings, jobs and transport.



Gulzar prepares a meal in August 2018  
© Svetlana Zelenskaya

### Send your letter to

Speaker of Parliament Jogorku Kenesh  
Chui Prospekti, 205  
Bishkek  
Kyrgyzstan 720000  
Email: [kenesh001@gmail.com](mailto:kenesh001@gmail.com)  
or [kattar@kenesh.kg](mailto:kattar@kenesh.kg)  
Postage: \$2.50

### Please send a copy to

His Excellency Kadyr Toktogulov  
Ambassador for the Kyrgyz Republic  
to the USA and Canada  
2360 Massachussets Avenue NW  
Washington, DC 20008, USA  
Postage: \$1.20  
Fax: 1 202 449 8275  
Email: [info@kgembassy.org](mailto:info@kgembassy.org)

*Human rights defenders like Gulzar are at risk around the world. Join Amnesty's efforts to protect the rights of those who defend our rights.*

#WriteforRights #WHRD #W4R2018  
[www.amnesty.ca](http://www.amnesty.ca)

### Support Gulzar!

Send your messages of solidarity to let her know that you support her work towards a world where people with disabilities can live with dignity.

Gulzar likes music, needlework, crocheting and reading. She would enjoy receiving art supplies or crafts made for her. She works as a translator.

Gulzar Duishenova  
c/o Amnesty International Ukraine  
POB 40  
04050 Kyiv, Ukraine

Postage: \$2.50  
Email: [gulzardujsenova@gmail.com](mailto:gulzardujsenova@gmail.com)

*Women human rights defenders around the world often face a heightened risk of discrimination and violence because of their gender and because of the social change for which they advocate. These risks are compounded for women experiencing multiple and intersecting forms of discrimination (i.e. women with disabilities).*

CANADA

AMNESTY  
INTERNATIONAL



TAKE PART: [writeathon.ca](http://writeathon.ca)