**International Seminar of Felm Asia Disability Rights Network 2026**

**FELM Asia Disability Rights Network 2026**

# Kathmandu Declaration 2026, Nepal

Advancing Psychosocial Disability Rights in Asia: Inclusion, Participation & Lived Experience

We, the delegates and representatives of Organizations of Persons with Disabilities (OPDs), persons with lived experience, government authorities, development partners, civil society organizations, service providers, and other stakeholders from Nepal, Cambodia, Myanmar, Thailand, Finland, and other parts of Asia, convened in Kathmandu, Nepal, from 23–25 September 2026 for the FELM Asia Disability Rights Network (FARDN) International Seminar 2026;

Guided by the United Nations Convention on the Rights of Persons with Disabilities (CRPD) and reaffirming the principle of "Nothing about Us without Us";

Recognizing the expertise, leadership, resilience, and contributions of persons with lived experience;

Recognizing the importance of inclusive, participatory, community-based, person-centered, and rights-based approaches to disability, mental health, and psychosocial support;

Acknowledging the value of regional collaboration, peer learning, evidence-based advocacy, and partnership among OPDs, governments, development partners, and other stakeholders;

Affirming our shared commitment to inclusion, meaningful participation, and Lived Experience, we hereby adopt the following strategic mandates:

## 1. Institutionalizing Lived Experience in Leadership and Advocacy

Institutionalize the meaningful participation, representation, and leadership of persons with psychosocial disabilities and persons with lived experience in policy development, research, programme design, implementation, monitoring, evaluation, and decision-making.

Recognize lived experience as expertise and ensure participation is meaningful, accessible, adequately supported, and accountable.

## 2. Guaranteeing Autonomy and Legal Capacity

Advocate for legal, policy, and institutional reforms that uphold the dignity, autonomy, equality, legal capacity, independent living, and participation of persons with psychosocial disabilities.

Promote supported decision-making and safeguards against discrimination, coercion, abuse, and other violation of rights, consistent with the CRPD.

## 3. Integrating Psychosocial Disabilities in Broader Disability Rights Agendas

Ensure that psychosocial disabilities are recognized, represented, visible, and meaningfully included within broader disability rights agendas, policies, programmes, network, and structures.

Promote collaboration and solidarity across disability constituencies while recognizing the diverse experiences and specific rights of persons with psychosocial disabilities.

4. Advancing Rights-Based and Inclusive MHPSS Systems

Champion accessible, inclusive, community-based, person-centered, and rights-respecting mental health and psychosocial support (MHPSS) systems that uphold dignity, autonomy, informed choice, participation, and non-discrimination..

Promote the integration of disability-inclusive MHPSS into health, education, social protection, humanitarian, disaster-risk-reduction, and development systems, supported by sustainable resources, appropriate workforce capacity, and accountable service mechanisms.

Strengthen the collection and use of inclusive and disaggregated data, including by relevant characteristics such as age, sex/gender, disability, psychosocial disability, geographic location, and other forms of vulnerability, while protecting privacy and dignity.

**5. Strengthening Regional Advocacy and Knowledge Sharing**

Strengthen cooperation, peer learning, knowledge exchange, and collective advocacy among OPDs, governments, development partners, civil society, service providers, and other stakeholders across Asia.

Promote platforms to share lived experiences, evidence, research, innovations, good practices, and practical tools, and develop joint advocacy priorities to advance psychosocial disability rights and inclusive development.

**6. Promoting Accessible, Flexible, and Sustainable Financing**

Advocate for accessible, flexible, predictable, and long-term financing for psychosocial disability rights and inclusion.

Promote investment in rights-based, community-based, locally led, and inclusive approaches, including accessible funding opportunities for OPDs and organizations led by persons with lived experience.

**7. De-institutionalization:** Take active action against all forms of institutionalized practice and promote gender responsive community-based care and support.

## Our Collective Commitment

We commit to translating these mandates into concrete national and regional actions, with persons with psychosocial disabilities and persons with lived experience at the centre of implementation, decision-making, monitoring, evaluation, and accountability.

We call upon governments, OPDs, development partners, civil society organizations, service providers, donors, and other stakeholders across Asia to:

- Ensure advocacy for disability inclusion in different way including dialogue, creativities, and arts
- Uphold the rights, dignity, autonomy, equality and participation of persons with psychosocial disabilities;
- Ensure meaningful participation and leadership of persons with lived experience;
- Strengthen accessible, inclusive, community based, and rights-based community services and support systems;
- Promote inclusive policies, laws, programmes, budgets, and financing mechanisms;
- Strengthen inclusive and disaggregated data and evidence to identify inequalities and guide action;
- Strengthen collaboration and solidarity across disability movements and sectors; and
- Invest in sustainable, locally led, flexible, and evidence-informed approaches to psychosocial disability inclusion.

We further commit to continuing the dialogue initiated through the FARDN International Seminar 2026 and to using the knowledge, partnerships, lived experiences, and commitments generated through this gathering to strengthen national and regional action on psychosocial disability rights and inclusion.

**Nothing without us!**

**Adopted on 25 September 2026, in Kathmandu, Nepal.**

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**Kathmandu, Nepal**