



# Double Minority Challenge

A situation where a disabled person  
is also an immigrant  
but the system is providing services  
based on only one factor



People with  
immigrant  
backgrounds\*

**80,776**

\*Registers Iceland, February 1, 2025

Population  
of Iceland\*\*

**407,548**

\*\*Registers Iceland, May 6, 2025



**36%**

of children in Iceland referred  
to counselling have at least  
**ONE PARENT** who  
does not speak Icelandic\*\*\*

\*\*\* Counselling and Diagnostic Centre, 2022



**Family-centered care  
has a positive impact  
on the quality of life  
for disabled children**

REDUCES STRESS • IMPROVES COMMUNICATION  
SOLVES CONFLICTS • SPREADS KNOWLEDGE  
LEADS TO BETTER UNDERSTANDING

## Challenges of immigrant families with disabled children

- ✓ LANGUAGE BARRIERS
- ✓ LACK OF SUPPORT
- ✓ CULTURAL DIFFERENCES
- ✓ LACK OF ACCESSIBILITY  
TO INFORMATION
- ✓ DIFFICULT SOCIAL  
AND ECONOMIC SITUATIONS

Families with Disabled Children  
of immigrant backgrounds are:

Systematically underrepresented

Almost invisible in ethnicity & immigrant  
studies and research

Fall between minority and disability



## How to support immigrant families of disabled children?

- Translate information, and provide it  
in a language accessible to the family
- Create a digital counselling center,  
support group, or a social media forum
- Make service providers more aware  
of challenges that come from  
both factors: of being an immigrant  
and a disabled person

