

PARENTS REFRESHER TRAINING REPORT



Children enjoying recreation at Adwari resource centre

VENUE: LIRA DISTRICT

Training Duration: 9TH -14TH February 2009

Submitted by :
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1.0 Introduction

The Lira umbrella parents support organization (LUPSO) in collaboration with the Community Based Rehabilitation Alliance (COMBRA) with the support of PACT organized a Refresher Training for parents of the peer committees in 3 sub counties of Lira District namely: Adwari, Apala and Lira. The training was conducted from 9th – 14th February 2009 and were held at Subcounty headquarters.

1.2 Purpose

The purpose of the training was to build capacity of parents in the management of child related disabilities in Lira District.

1.3 Objectives

The training was guided by four objectives outlined below:

- To outline causes of delayed child development
- Demonstrate how to perform range of motion exercises
- Demonstrate how to make stimulating devices for children with delayed and learning difficulties
- Plan realistic interventional strategies for rehabilitating children with disabilities at family level

2.0 Participants

The workshop comprised of 17 participants where by Adwari and Lira sub counties were represented by six participants each while Apala was represented by five participants.

Table 1: Showing Participant's Composition

| Sub county | No. of Female | No. of Male | Total No. of Participants |
|-------------------|----------------------|--------------------|----------------------------------|
| Adwari | 3 | 3 | 6 |
| Apala | 3 | 2 | 5 |
| Lira | 3 | 3 | 6 |
| Total | 9 | 8 | 17 |

2.1 Expectations

Participants on this training had the following expectations:-

- To get transport refund after the training
- To get enough knowledge and skills on how to handle PWD and support parents.
- Expect to get some gifts after the training.
- Expect to get skills of lobbying for children with disabilities.
- Creating friendship
- Where to refer PWDs
- Fear to learn in English
- Get lunch and break tea.



Parents in group discussion in Apala Subcounty

3.0 Resource Persons

Trainers for this training were drawn from Community Based Rehabilitation Alliance (COMBRA) and The Lira umbrella parents support organization (LUPSO). This combination of facilitators enabled participants to share and acquire realistic experience regarding Rehabilitation of children with delayed development and disabilities. The team from Lira further played a translation role which helped participants to understand better what was being taught.

4.0 The Training

The training was carried out for a period of 6 days whereby the each sub county was given two days respectively.

4.1 Training Methodology

A variety of training methods were used to enable participants to clearly understand the presented knowledge and skills. They included:-

- Demonstrations
- Modified lectures
- Group discussions
- Brain storming
- Asking questions

4.2 Training Content

The training package was made up of the following topics aimed at imparting parents with practical skills. It comprised of the following topics

- Analysis of current situation in the care for children with disabilities.
- Development stages/ mile stones.
- Range of motion exercises
- Stimulation
- Activities of diary living
- Devices for learning and stimulation

- Role of parents with disabilities of children with disabilities.
(See Annex 1 for training content)

4.3.0 Training per each sub county

Training in each subcounty was held for two days respectively below is a highlight

4.3.1 Adwari sub-county

The vice chairman of Adwari Sub-County Local Council 3 officially opened the training. He was also participated in the first session which was an encouragement to participants. He appealed to participants to be very active through out the training. He appealed to participants to be very active throughout the training and also be ready to impart similar skills and knowledge to other parents. Finally the chairman of LUPSO echoed that participants selected for this training are hard working thus were given the opportunity to acquire more knowledge and skills.

4.3.1.1 Sharing Experiences

One of the sessions during the training was about sharing experiences on how parents have been caring for their children with disabilities and the aim of this session was to enable parents learn from each other. Below is what the parents shared:

- Performing regular exercise
- Sensitization
- Making assistive devices for children with disabilities
- Encouraging children with disabilities to perform tasks
- Making stimulating toys advocating for disability rights
- Construction of simple ramps for homes.
- Data collection
- Reference

- Counseling
- Net working

4.3.1.2 Expected parental roles

This was one of the sessions that facilitators strongly emphasized throughout the training. It mainly focused on what roles parents can play in the rehabilitation of children with disabilities

Below is a summary of roles parents are expected to perform:

- Monitoring progress of CWD's
- Provision of good nutrition
- Maintenance of good hygiene for children with disabilities
- Training in activities of daily living activities
- Making devices for children with disabilities.
- Performing simple exercise.



Demonstrating how to improve a floppy neck in Apala subcounty

4.3.1.3 Way Forward

The way forward was based on the individual roles each participant would implement after the training. For Adwari Sub-County the following was agreed as their way forward.

| Name | Subcounty | Roles parents pledged to implement |
|-----------------|------------------|--|
| Ayo David | Adwari | Sensitization and advocacy for PWDs |
| Anna Okene | Adwari | Identification of PWDs and counseling parents of PWDs |
| Amuge Christine | Adwari | Sensitization about the use of ramps and making devices. |
| Okullo Lameck | Adwari | Promote good feeding for disabled children |
| Akite Christine | Adwari | Perform exercises, counseling and identification PWDs. |
| Ocen Martin | Adwari | Home visits, promoting family dialogue and referrals. |

4.3 .2 Apala Sub-County

4.3.2.1 Sharing Experiences

Participants in Apala Sub-County shared their experiences regarding the care and rehabilitation of children with disabilities. The following is the highlight of how they have been caring for their children.

- Sensitization of parents above Education for children
- Identification of persons with disability
- Carrying out exercises
- Counseling and guidance of parents
- Giving children with disabilities good medical treatment.
- Mobilization of parents of children with disabilities in the community
- Training parents on good health and sanitation

- Net working and collaboration with implementing partners
- Referrals

4.3.2.3 Role for parents

Parents in Apala Sub-County outlined the following as roles they have to perform in order to effectively rehabilitate children with disabilities:

- Perform exercise
- Construction of ramps in homes
- Make stimulating toys and other devices
- Show disabled children parental love
- Offer counseling and guidance
- Lobbying for assistive devices
- Train children with disabilities in performance of activities of daily living.
- Monitoring progress of children offered rehabilitation services
- Formation of parents support groups and participate in planned activities

4.3.2.4 Way forward

Just like was the case in Adwari Sub-County, also the way forward in Apala Sub-County was based on roles each parent is to perform as follows:-

| Name of parent | Sub-County | Roles |
|-------------------|------------|--|
| Ocen George | Apala | Adapting his home to meet the needs of persons with disability. |
| Mildret Obong . J | '' | Sensitization of persons with disabilities and their parents on disability aspects. |
| Ocen BBC | '' | Identification, data collection, Counseling and guidance |
| Okello Ester | '' | Referring children with disability to schools and Advocacy for children with disability's rights |
| Mildret Okello | '' | Training her child in activities of daily living e.g. toileting, Counseling and guidance. |

4.3 .3 Lira Sub-County

The last phase of the training run from 13th – 14th Feb. 2009 and was conducted in Lira Sub-County.

4.3.3.1 Sharing Experiences

During the session to share experiences on the good practices regarding rehabilitation of children with disabilities, parents shared the following experiences.

- Showing love to children with disabilities was highly promoted
- Provision of basic needs like food to their children especially food and clothing.
- Trained children with disabilities in self care activities.
- Making some assistive devices like walking frames, parallel bars and cover seats.
- Conducting referrals for specialized services.
- Offering counseling and guidance.
- Promoting rights of disabled children.

Interesting to note is that some parents were able to give testimonies which inspired other parents as follows:-

"I used to lock my child with disability in the house because she was helpless, but after attending one CBR training I got knowledge and skills on how to rehabilitate my child and now I can move any where with her"

(Lucy Ojede - parent of a child with disability).

"I would ignore my child because of her disability but after seeing those with severe disabilities I changed my attitude"

(Betty Ecwinya - parent of a child with disability).

4.3.3.2 Expected parental roles

Parents in Lira Sub-County outlined the following as roles they should play in the rehabilitation process of children with disabilities.

- Training children with disabilities in activities of daily living.
- Making simple assistive devices especially toys.
- Making home adaptation
- Sensitization of parents on good rehabilitation practices
- Promoting rights of children with disabilities
- Sharing information
- Counseling and guidance.

4.3.3.3 Way forward

The way forward was based on individual roles each parent was to carry out after the training as follows:-

| Name of parent | Sub-County | Expected roles |
|-----------------------|-------------------|--|
| Lucy Ojede | Lira | - Making devices and exercises. |
| Selestis Omara | Lira | Not around |
| Betty EC winya | Lira | - Exercises, making devices, ADL training and counseling. |
| Stella Okalo | Lira | - ADL training, exercises and making devices. |
| Grace Ocan | Lira | Mobility training, making stimulating toys, counseling and referrals. |
| Charles Otitit | Lira | - Identification of PWDs, making reports, ADL training and counseling. |

5.0 Challenges experienced.

During the session to share experiences on how parents have been carrying out the rehabilitation of their children with disabilities, some challenges that hinder the process were outlined and at the same time realistic interventional solutions were identified as indicated below:

Table 2: showing challenges experienced by parents

| Challenge | Proposed interventions |
|--|---|
| Poverty | Formation of groups and also encouraging individual projects |
| High expectations from some parents | Need to continuously sensitize and educate parents on their expected responsibilities regarding rehabilitation of disabled children |
| Lack of coordination | Organize regular meetings |
| Transport constraints to peer committee members in Apala sub county | Provision of bicycles |
| Lack of tools to make devices | Should borrow from lupso |
| Lack of own resource team to continuously build capacity at lower levels | Village / sub county parent capacity building teams should be established (use experienced parents to educate others) |

6.0 Workshop Evaluation

At the end of the workshop participants evaluated the training as follows:

- Training was good; facilitators were so friendly to the participants.
- The topics covered were good and clearly understood
- Meals were well organized.
- All participants were given a chance to participate which enriched learning.
- Interpretation in Luo was done well which enabled participants to understand clearly.
- Participants were able to get more knowledge and skills in the handling of children with disabilities.

7.0 Achievements

At the end of the training some achievements were attained which indicated that the objectives of the training together with some expectations of the participants as highlighted below:

- Parents are now able to perform range of motion exercise
- Parents were able to get skills in training and breaking down ADLs
- Parents got skills of analyzing stimulating toys and their functions
- Parents were able to understand causes of delayed child development and how to over come them.

8.0 Appreciation

Special appreciation is extended to Ms. Cissy Adie and Mr. Morris Ogwal for ensuring that all sessions were translated in Luo which enabled parents to clearly follow and understand.

9.0 Observations

During the training the following observations were made:

- Sessions on the first day started late due to delayed arrival of most participants in all the 3 subcounties.
- Transport refund for boda boda was insufficient due to increased prices currently.
- Some time was lost during the translations from English to Luo

10.0 Participant's Recommendations

- Similar trainings should be organized for other parents too.
- More refresher trainings should be organized in future to strengthen the capacity of parents.
- In future transport refund should be increased in relation to changes in fuel prices.

- In Apala subcounty members of the parents' peer committee requested to be given bicycles to as minimize transport constrains.

11.0 General Recommendations


- LUPSO should monitor the trained parents and offer them support as they deliver new skills acquired.
- LUPSO should organize the trained parents to impart similar skills to other parents.

12.0 Conclusion

The training was successful held and parents were able to gain new insights regarding rehabilitation of children with Disabilities. This is a great achievement and it is hoped the acquired skills will be fully utilized to improved quality of life of children with disabilities in Lira District.

COMBRA would like to acknowledge the financial support and trust extended to the organization by PACT and the LUPSO peer committee to carryout this training. We look forward to continued collaboration.

Signed



17/02/09

MOSES KIWANUKA

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COMBRA.

ANNEX 1

REFRESHER TRAINING FOR PARENTS IN LIRA DISTRICT

Purpose

To build capacity of parents in the management of child related Disabilities.

Objectives

By the end of the training, participants should be able to:

- Outline causes of delayed child development
- Demonstrate how to perform of range of motion exercise
- Demonstrate how to make stimulating devices for children with delayed and learning difficulties.
- Plan realistic interventional strategies for rehabilitating children with disabilities at family level.

Training content

Topic 1: Analysis of the current situation in the care for children with disabilities.

- Challenges experienced by parents in offering rehabilitation to children with disabilities
- Sharing experiences on the good and bad practices in caring for children with disabilities.
- Identification of realistic and Practical solutions to challenges experienced.

Topic 2: Developmental stages/ milestones

- Definition
- Different developmental stages
- Factors that promote child development
- Challenges of child development and solutions
- Role of parents in child development

Topic 3: Range of motion (Exercise)

- Definition
- Types of exercises
- Importance of exercise
- Precautionary measures while performing exercise
- Variation of exercise for children with cerebral palsy (Positioning, Relaxation and Facilitation)

Topic 4: Stimulation

- Definition
- How to stimulate
- Relevancy of stimulation in rehabilitation
- Precautions of stimulation

Topic 5: Activities of Daily Living (ADL)

- Definition
- Types of ADLs
- How to promote ADLs
- Breaking down ADL Tasks
- Roles of parents

Topic 6: Devices for stimulation

- Types of devices
- Function of the devices
- How to make the devices
- Role of parents

Topic 7: Roles of parents in rehabilitation of children with disabilities

- The different roles parents can play
- How parents should play their roles
- Why parents should be involved in rehabilitation of children with disabilities
- Challenges parents experience and how they can be over come.