

CBR AS A SERVICE STRATEGY

INTRODUCTION

The topic will help participants understand the dynamic nature of CBR, focusing on creating positive attitudes towards PWDs, provision of functional rehabilitation services and equalisation of opportunities to PWDs.

Introduction to CBR

OBJECTIVES

By the end of reading this handout, participants should be able to:

- Explain rehabilitation services before the emergence of CBR.
- Explain CBR as a strategy in community development, goals and modules of CBR.
- Describe CBR programmes/activities in their localities.
- Explain the strengths and weaknesses of CBR.

1. Background to Rehabilitation services

- **Foundation of Rehabilitation services**

Originally rehabilitation services to PWDs focussed on individual model other than the social model; hence the name Institutional Based Rehabilitation (IBR). These services were developed from families, institutions created by missionaries; institutions created by Government and of recent Community based rehabilitation (CBR).

Families

Initially shouldered the responsibility and care for their Persons with disabilities, because of myths, communities beliefs, norms and attitudes.

Missionaries

Missionaries played a big role in this; they either gave handouts to disabled people or put them in specialised institutions e.g. Nalukolongo

Government Institutions

Government institutional services e.g. vocational institutions, schools / units and health services e.g. orthopaedic workshops

2. Introduction to CBR

WHO, ILO and UNESCO defines CBR as:

'A strategy within community development for the rehabilitation, equalisation of opportunities and social integration of all people with disabilities'.

'CBR is implemented through the combined efforts of disabled people themselves, their families and communities and the appropriate health, education, vocational and social services.'

The important elements of the above definition:

- CBR as a strategy in community development
- Focuses on PWDs and their families
- Focuses on community
- Focuses on locally available resources

For rehabilitation, equalisation of opportunities and social integration of all people with disabilities

Good practice of CBR requires a holistic approach that will include many of the following aspect; -

- Understanding community needs.
- Identifying community perceptions and beliefs.
- Promotion of inclusion of PWDs in the main stream.
- Transferring knowledge to and from the community.
- Empowering PWDs and the community.
- Utilisation of local technology and resources.
- Removal of environmental barriers.
- Building strategies for sustainability.
- Addressing medical, educational, social-economic needs.
- Development of positive attitudes towards PWDs.
- Addressing Human rights issues and information sharing as essential components of the CBR programme.
- Promoting community ownership of CBR programmes to complement external support.
- Establishing mechanisms for community management, monitoring and evaluation of CBR programmes.

3. Why CBR?

CBR started as a result of the evaluation of IBR, which showed some gaps in delivering services to PWDs. Therefore CBR was started to:

- Reach as many PWDs in the environment they are accustomed to.
- Decrease the occurrence/incidence of impairments

- Manage prevalence of disability
- Promote community participation to bring about integration / inclusion.
- Demystify disability issues from charity to development issues.
- Promote human rights issues.

4. Goals of CBR

They include among other to;

- Enhance the activities of daily living of the disabled persons
- Promote awareness in respect to disability issues
- Break barriers associated with disability
- Promote community participation in order to encourage PWDs to participate in community activities.
- Promote community ownership of CBR programmes to ensure sustainability.

5. CBR Models

A model is a system used as an example to follow or imitate. Each system may be unique but with strengths and weaknesses. The following are models of CBR: -

- **Professional model**

The WHO is a typical professional model where PWDs receive services from professionals. It is a top - down approach.

- **Neighborhood centre model**

This is when PWDs attend a day care for special service and go home at the end of the day.

- **Neighborhood residential model**

Acts as a day care except that PWDs travel and live in the centre to receive rehabilitation services for a specific period and then return home.

- **Programme Origin model**

The Programme is initiated from the community and it creates a sense of control and ownership (bottom - up approach).

- **Community development model**

In this model, CBR is mainstreamed in the general community development activities for sustainability.

Other authors clarify CBR models according to; -

- Aims of the programme, which may be medical, educational, economical (vocational), community development and finally comprehensive model.
- Structures of the programme; these describe CBR on the structural aspects of the programme e.g. institutions, outreach and network.
- Human resources; this base includes community members, PWDs, community workers who may be specialists or professionals.

- Origin model; describes CBR according to the origin of the programme e.g. National, regional, Non-Government Organisations or multi-sectoral.

6. CBR programmes/activities

A CBR programme should include: -

- (i) Public awareness to create positive attitude through;
 - Mobilization and sensitisation
- (ii) Capacity building focussing on;
 - PWDs, families, and the community
- (iii) Production and distribution of locally made assistive devices.
- (iv) Provision of day care facilities as a respite for parents.
- (v) Improve economic status through Income generating activities
- (vi) Referral service systems
- (vii) Follow-up programmes to ensure continuity.

7. Strengths and weaknesses of CBR

Strengths

- i) Wide service coverage can be achieved.
- ii) Creates awareness leading to reduction and management of disabilities.
- iii) Promotes community interaction and empowerment.
- iv) It is cost effective
- v) Promotes better utilisation of community services and resources.
- vi) Build confidence and self-esteem of PWDs.
- vii) It promotes needs based planning.
- viii) Promote the use of locally available resources.
- ix) Encourages comprehensive and holistic development.
- x) Promotes collaboration and networking with other stakeholders in programme development and implementation e.t.c.

Weaknesses

- i) It dilutes specialised training to service providers and users.
- ii) It provides possibilities of reducing the importance of professional service.
- iii) Unreliability of community involvement.
- iv) Potential for Government denial of responsibility of service provision.
- v) Limitations of local resources.
- vi) It is still viewed by some DPOs as a foreign concept and this has made its acceptance a little bit difficult.

PRINCIPLES OF CBR AND ROLES OF CBR STAKEHOLDERS

OBJECTIVES

By the end of reading this handout, participants should be able to:

- Explain the principles of CBR
- Explain the role of different stakeholders / actors

Principles of CBR

CBR is founded on a set of principles that aim at shaping practitioners professional ethics. The principles promote / give confidence to CBR service beneficiaries.

CBR is based on the principles of: -

i) Equality

The principle states that human beings are:

- All born equal.
 - Entitled to equal rights
 - Should share the same responsibilities
- But it is important to note each develops as a unique individual with different abilities. These differences do not make us unequal in worth.
 - It is important to differentiate '*being*' and '*doing*' when applying that principle.
 - The principle help in fighting prejudice against PWDs

ii) Social Justice

The principle emphasises that services and opportunities are for all people and not for a numerically small group among them. The principle emphasises the importance of equalisation of opportunities and promotes the vision of positive discrimination and affirmative action.

The principle implies that one should not seek to accord PWDs privileges that go beyond what they would have been entitled to had they been able bodied.

iii) Solidarity

Solidarity is unity or agreement of feeling or actions especially among vulnerable groups, with the purpose of emphasising that human life is shared by all. Solidarity that fosters human life should be seen as a privilege of all but not

charity for some. It should therefore be shown among those who are dependent and need help e.g. the PWDs, the children and the elderly. Solidarity is one of the main principles of society without which there would be no survival.

iv) Integration

Integration is bringing into equal participation. It is active participation of all members of society in the mainstream of community life.

Because of equal participation, society should strive not to establish separate institutions / services for PWDs since this would demystify the sense of segregation.

v) Dignity

Dignity is the quality that deserves or earns respect. It is possible when society;

- Recognizes that all human beings have equal rights and worth.
- Is willing to share the available resources in order to promote their self-esteem.
- Recognizes the principle of full participation in societal activities.

Although provisions of services such as referrals, education, vocational training and job opportunities are still unattainable in our communities efforts should be made to provide services that aim at promoting integration.

The roles of CBR stakeholders / actors.

CBR emphasises collaboration among various stakeholders / actors in order to minimise programme costs and reduce duplication of work to harmonise the roles of the stakeholders / actors for the benefit of PWDs.

The following are some of the stakeholders / actors and the roles they play in the field of CBR:

a) Government

The role of Government is to;

- Formulate policy and legislation in favour of PWDs.
- Create a conducive environment for CBR programmes.
- Provide both financial and human resources.
- Ensure accessibility to infrastructure and comprehensive information e.g. Nelson Isiko, a Ugandan blind man remarked ' give me information and I am no longer blind'.
- Provide services relevant to the needs of PWDs.
- Establish monitoring and evaluation mechanisms.

b) Professionals

A professional is one who is qualified and shows skill to a specified activity.

The role of a professional is therefore to;

- Control and provide referral services
- Transfer knowledge to communities
- They give PWDs choices in managing their disabilities e.g. a disabled person with difficulty in holding a cup, there are two choices; change the design of the cup or operate the hand; the PWD is left to make the choice.
- Network

c) Community workers

Community workers include among others: Community development assistants (CDAs), Community Health workers (CHWs) and Special needs Education Co-ordinators (SNECOs).

The role of Community workers is to;

- Identify PWDs
- Assess and design home programmes
- Train PWDs
- Network
- Mobilise community and sensitise them
- Facilitate the formation of support systems
- Make appropriate referrals
- Counselling family members and individuals with PWDs

d) Parents, caregivers and the community

This is an association of individuals and families that plan and act as an organised unit in meeting their common needs using the resources they have both human and otherwise. Community implies two aspects:

- Small geographical area with defined boundaries
- People who are bound together by common ties e.g. behaviour, language or customs.

The role of a community is to;

- Promote and facilitate the participation of PWDs in joint ventures.
- Take affirmative action on developing positive attitudes towards PWDs.
- Provide basic necessary human needs.

e) Disabled persons organisations (DPO's) and Persons with disability (PWDs)

Their role is to;

- lobby and advocate for self and PWDs in general
- identify PWDs
- Assess and design home programmes
- Train PWDs

- Network
- Mobilise community and sensitise them
- Facilitate the formation of support systems
- Make appropriate referrals
- Counselling family members and individuals with PWDs
- Fundraise
- Access PWDs to financial institutions
- Ensure placement of PWDs in employment.
- Promote transparency and accountability

f) Non-Governmental Organisations (NGO's)

The role of NGO's is to;

- Establish programmes in consultation with PWDs on the basis of assessed needs.
- Carry out participatory monitoring and evaluation.
- Carry out self-evaluation.
- Carries out follow up to check on the feedback.
- Promote sustainability of CBR programmes
- Fundraise and fund CBR programmes
- Build the capacity of communities
- Build the capacity of PWDs
- Network
- Promote processes of empowerment and social transformation of PWDs.
- Promote transparency and accountability

g) Donors

The role of donors is to;

- Build the capacity of all the above stakeholders / actors
- fund CBR programmes
- Carry out participatory monitoring and evaluation.
- Carry out self-evaluation.
- Promote transparency and accountability

If CBR is to attain success there must be commitment of all the above stakeholders / actors.

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