

# Refresher training of Community Based Rehabilitation Volunteers

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Cbr

Topic/Paper: Introduction to Community Based Rehabilitation and definition of Key concepts.

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**Programme goal:** Empowerment, full participation and inclusion of PWDs in the Society.

## Introduction:

In 2005 the Government of Uganda renewed an Agreement with Norwegian Association of Disabled (NAD) to expand Community Based Rehabilitation (CBR) Programme to two other new Districts, that is Busia and Kayunga. Before this, CBR Programme with support of NAD was only operating in Tororo District which is also regarded as a model District.

**CBR Definition** - CBR is a strategy based on Community Development for rehabilitation, equalization of opportunities and social integration of all people with disabilities. (PWDs) CBR also covers families where PWDs live, their Communities with appropriate Health, Educational and Social Services.

Community Based Rehabilitation therefore empowers persons with Disabilities to take action to improve their own lives, and contribute rather than drain or deplete whatever scarce resources that are available and thereby benefiting the whole Community.

The vision of CBR is to have a fully integrated PWDs Community, accessing equal opportunities and enjoying good quality life in society. And its mission is " *to create an enabling environment for equalization of opportunities and services leading to improved quality of life of PWDs.*

## **CBR intends to:**

- Reach as many PWDs in the environment they are accustomed to.
- Decrease occurrences / incidences 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.

## **The goal of CBR is to:**

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

## **Definition of key concepts:**

**Disability:** Means difficulties / restrictions in performing daily activities leading to failure to participate like other people.

A person is considered disabled if he/she is experiencing difficulties in:-

- Seeing
- Hearing
- Speaking
- Moving around using body parts
- Loss of skin feeling
- Strange behavior
- Fits.

**Impairment** - Any loss or abnormality of psychosocial, physical or anatomical structure or function (WHO) or loss of a body part (social context).

- Handicap** - Disadvantage for a given individual resulting from an impairment.
- Rehabilitation** - Returning of ability or helping a PWDs to manage better both home and in the community (social context).
- Community Based Rehabilitation strategy within Community Development for the Rehabilitation equalization of opportunities and social integrated of all PWDs.

### **User friendly terms when working with Disability.**

#### **DON'T SAY**

#### **SAY**

- |            |                                     |
|------------|-------------------------------------|
| Cripple    | - Person with mobility impairment   |
| Leper      | - Person affected by Leprosy (PALs) |
| Epileptic  | - Person affected by epilepsy       |
| Polio case | - Person affected by Polio          |
| Dumb/Deaf  | - Person with hearing impairment    |
| Mongol     | - Person with learning difficulties |
| Mad        | - Mentally ill                      |



## **Objectives of the training**

- To help volunteers develop the skills of helping the communities understand and adopt the Community Based Rehabilitation concept to rehabilitate persons with disability.
- To acquire skills to explain the cause, prevention and management of disabilities in the community.
- To expose to the participants the spirit of voluntarism in the community.
- To empower participants with disability and parents to develop positive attitudes towards PWDs.
- To discuss with the participants the roles of all stakeholders.
- To facilitate the participants with skills to initiate and develop simple economically viable income generating activities for self reliance.