APCD

Community-based

Inclusive Development

Principles and Practice

Asia-Pacific Development Center on Disability

"Asia-Pacific Development Center on Disability" (APCD) is a regional center on disability and development established in Bangkok, Thailand as a legacy of the Asian and Pacific Decade of Disabled Persons 1993-2002, under joint collaboration of the Ministry of Social Development and Human Security, the Royal Thai Government and Japan International Cooperation Agency (JICA), the Government of Japan.

In collaboration with more than 30 countries in the Asia-Pacific region, APCD is currently managed by the APCD Foundation under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn.

APCD has been recognized by the United Nations Economic and Social Commission for Asia and the Pacific as a regional center for its Biwako Millennium Framework for Action towards an Inclusive, Barrier-free and Rights-based Society for Persons with Disabilities in the Asian and Pacific Decade of Disabled Persons, 2003-2012.

FOREWORD

The Foundation of the Asia-Pacific Development Center on Disability (APCD Foundation) was established in 2004 under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn.

APCD Foundation has been conducting Community-based Rehabilitation (CBR) Trainings since its inception, and is now recognized as the Asia-Pacific Regional Secretariat for the CBR Asia-Pacific Network endorsed by the World Health Organization (WHO).

APCD's mission is to empower persons with disabilities (PWDs) to become "Agents of Change" by promoting community-based inclusive development. APCD has made it a priority to train leaders with disabilities in the community to promote an inclusive, barrier-free and rights-based community.

WHO has the CBR Guidelines, which consist of a matrix with health, education, livelihood, social and empowerment components. APCD has been developing CBR to empower PWDs and self-help organizations of PWDs by means of an empowerment model. Currently, we are promoting an accessible community model.

APCD does not focus on disability, but rather on accessibility in the community in regards to health, education, income generation, the built environment, transportation, communication, recreation, sponsored religious activities, etc.

Since PWDs are the most knowledgeable about the needs of PWDs, the PWDs in the community will continue to live and work for sustainable inclusive development. The key leaders for the Asia-Pacific CBR activities have been PWDs; CBR trainings have been conducted for PWDs and service providers such as medical, educational, vocational, and social agencies.

This book is to be a guide for APCD's approach on community-based inclusive development. APCD Foundation acknowledges the commitment and tireless efforts of the leaders with disabilities and the professional service providers who have worked diligently to develop a better quality of life in the community through understanding and collaboration.

Akiie Ninomiya
Executive Director
Asia-Pacific Development Center on Disability

FOREWORD

On behalf of the Japan International Cooperation Agency (JICA) Technical Cooperation Team to the Asia-Pacific Development Center on Disability (APCD), it is my great pleasure to have this memorable booklet on Community-based Inclusive Development published.

Since 2002, the APCD Project has been a successful and cooperative regional initiative between the Government of Japan and the Government of Thailand in the Asia-Pacific region, to empower persons with disabilities and promote their social participation. In 2004, APCD buildings were completed with support from Japan's grant aid.

In collaboration with the United Nations Economic and Social Commission for Asia and Pacific (UNESCAP) according to the Biwako Millennium Framework for Action (BMF) and Biwako Plus Five in the Asian and Pacific Decade of Disabled Persons, 2003 – 2012, APCD has focused on promoting a barrier-free society. Community-based Inclusive Development is an approach to create an inclusive way.

Since 2002, persons with disabilities especially those who were leaders in their communities, participated in CBR training courses at APCD. The current trend of CBR is now shifting from a medical model to a social model highlighting the environmental aspect. This booklet identifies the important components of CBR with a "Community-based Inclusive Development" approach.

Finally, I would like to express my deepest appreciation to our JICA experts and Thai counterparts, the APCD Foundation, the Royal Thai Government, as well as persons and organizations concerned for their contribution to this booklet.

Katsuji Onoda
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CONTENTS & CONTRIBUTORS

ACCESSIBLE INFORMATION:

This booklet is available in a text format for person with visual impairments and blind persons free of charge. Please contact APCD (info@apcdfoundation.org) for further details.
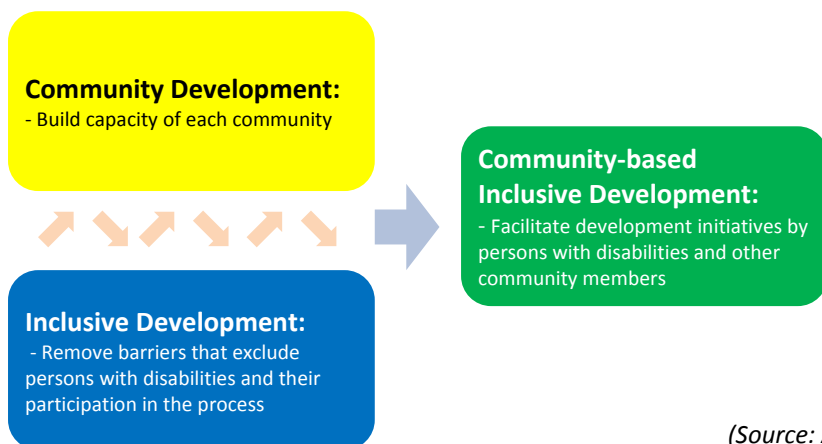
WHY COMMUNITY-BASED INCLUSIVE DEVELOPMENT?

CONCEPT

Community-based inclusive development (CBID) has its roots in Community-based Rehabilitation (CBR) which is defined as "a strategy within general community development for the rehabilitation, equalization of opportunities and social inclusion of all people with disabilities. CBR is implemented through the combined efforts of people with disabilities themselves, their families, organizations and communities, and the relevant governmental and non-governmental health, education, vocational, social and other services (CBR Joint Position Paper of ILO, UNESCO and WHO, 2004)."

CBID is the goal or end result to be achieved, while CBR is the strategy to reach the goal. The aim here is to ensure that persons with disabilities are fully included in all aspects of community life and have full access to all facilities and services. The twin track approach is often used: focusing on society to remove barriers that exclude persons with disabilities; and focusing on persons with disabilities to build their capacity and supporting them to promote their inclusion. Poverty is an important issue to be noted in disability and development: poverty cannot be alleviated without empowering persons with disabilities.

IMAGE 1: COMMUNITY-BASED INCLUSIVE DEVELOPMENT

Community Development:
- Build capacity of each community

Inclusive Development:
 - Remove barriers that exclude persons with disabilities and their participation in the process

Community-based Inclusive Development:
- Facilitate development initiatives by persons with disabilities and other community members

(Source: APDRJ)

BOX 1: WHAT IS COMMUNITY-BASED INCLUSIVE DEVELOPMENT?

- It is a process which allows community members including persons with disabilities to express their needs and to decide their own future with a view to their empowerment, ownership and sustainability. It recognizes the importance of the needs of persons with disabilities from the community perspectives.

- It seeks to understand the community's concerns and priorities, mobilizing persons with disabilities and other community members, and engaging them in activities and programming.

- Persons with disabilities and other community members define, plan and implement activities and programs related to their own future. They manage the resources available to them.

- The focus is on helping persons with disabilities and other community members organize themselves to solve their own problems.

- All constituents of the community are part of this process, including persons with disabilities, women, the elderly and children.

- An external facilitator's role is to build, rebuild or strengthen the community's capacities to solve their own problems.

STAKEHOLDERS

In developing countries in the Asia-Pacific region, CBID focuses on the basic needs and inter-dependence of persons with disabilities and their immediate families. Taking into consideration that the majority of persons with disabilities are in rural areas, stakeholders include neighbors, extended families, friends living nearby, Disabled People's Organizations (DPOs), NGOs, village and community leaders, personnel in health and education institutes (hospitals, schools), potential employers, and local, provincial and national governments, in addition to persons with disabilities and their immediate families.
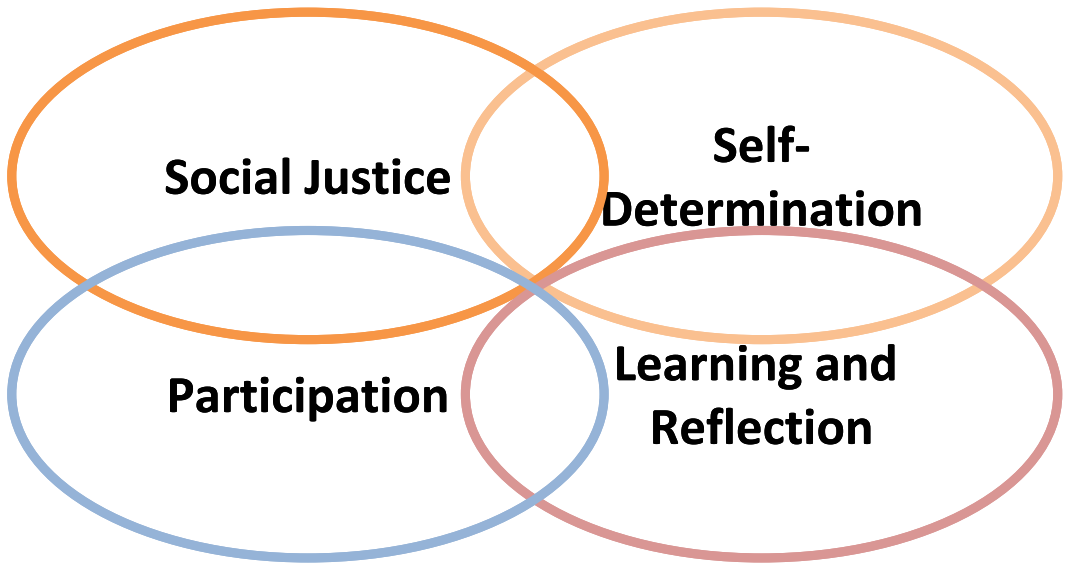
PRINCIPLES

The key principles for community-based development include social justice, self-determination (demand driven), participation (inclusion of all), and, learning and reflection. These principles are applicable when activities are designed in partnership with all sectors in the community including Disabled People's Organizations, government, NGOs, donors, media and the business sector.

CBR emerged around 30 years ago in response to the needs of large numbers of persons with disabilities living in developing countries. The principles of CBR have been evolving over the last 4-5 years and basically have focused on the strategies that lead to CBID. Moreover, CBID encompasses the principles of independent living, participatory community development, and inclusive community development.

IMAGE 2: KEY PRINCIPLES

Social Justice

Self-Determination

Participation

Learning and Reflection

(Source: APCD)

BOX 2: WHAT ARE THE KEY PRINCIPLES OF COMMUNITY DEVELOPMENT?

SOCIAL JUSTICE
- Respecting and valuing diversity
- Challenging discriminatory policies, actions and attitudes
- Promoting policy and practices that are just and enhance equality
- Addressing power imbalances between individuals, within groups and society
- Committing to ensure rights for all

SELF-DETERMINATION
- Communities identify their own concerns or issues
- People are aware of the range of choices open to them, and have opportunities for discussion of their options
- Accepting that some groups do not have the right to oppress others
- Working with conflict within communities

PARTICIPATION
- Promoting participation of individuals and communities, particularly those traditionally marginalized / excluded
- Recognizing and addressing barriers to full and effective participation
- Supporting communities to gain skills to engage in participation and contribute to the community
- Developing structures that enable communities to participate effectively
- Sharing good practice in order to learn from each other

LEARNING AND REFLECTION
- Developing a culture of informed and accountable decision making
- Showing how effective working together as a community can be
- Changing practice based on reflection
- Learning from good practice of others

COMMON BARRIERS
TO INCLUSIVE DEVELOPMENT AND PARTICIPATION

Diversity, community values and culture, poverty, differing priorities, mind-set and expectations of the community have been noted as barriers from the perspective of participation of persons with disabilities in the Asia-Pacific region. Among such barriers, lack of capacity of persons with disabilities is a major issue.

BOX 3: WHY IS DISABILITY A DEVELOPMENT ISSUE?

- Poverty is a cause and consequence of disability.

- There can be no alleviation of poverty without including persons with disabilities.

- Many groups are currently excluded from or marginalized in relation to participation in development. Persons with disabilities are one such group, and are also represented in all other groups (women, children, persons with HIV/AIDs, ethnic minorities, nomads, persons in conflict/refugee situations

- Development happens through collaboration and partnership with all sectors of the community: Disabled People's Organizations, government, civil society, donors, media, and industry.

COMMON SOLUTIONS

The term 'CBR' has been well recognised, and is perhaps the only 'brand name' that has survived for such a long time in the development sector. This is reflected in the 2004 joint position paper of ILO, UNESCO and WHO, the WHO CBR Guidelines that are due to be released later in 2010, and two key articles of the UN Convention on the Rights of Persons with Disability that support CBR. Article 26 of the Convention states: "Support, participation and inclusion in the community and all aspects of society are voluntary, and are available to persons with disabilities as close as possible to their own communities, including in rural areas." Article 19 refers to "the equal right of all persons with disabilities to live in the community, with choices equal to others".

In accordance with such international instruments, CBR has been evolving in the last 10 years as a strategy to reach the goal of CBID, and is the key to empower community members, particularly persons with disabilities who can make changes, speak for themselves and advocate to policymakers.

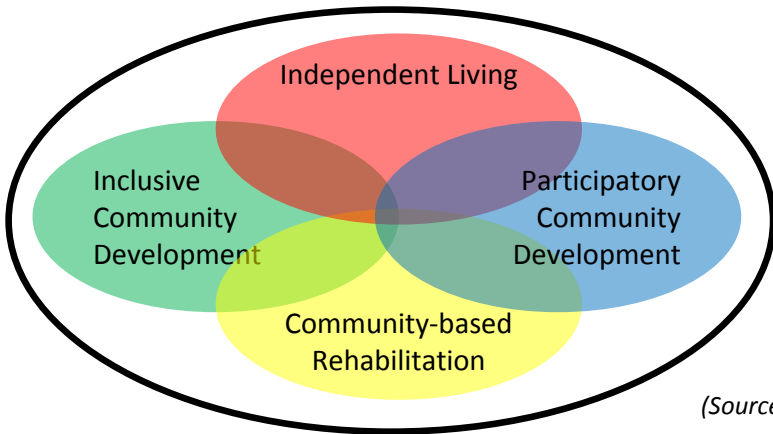### BOX 4: COMMUNITY-BASED INCLUSIVE DEVELOPMENT IN RELATION TO DISABILITY

- Poverty alleviation is central
- Community development principles and approach
- Human Rights Framework; including basic rights/needs
- 'Nothing about us without us' – consultation with persons with disability
- Collaboration, networking, listening and tolerance between all stakeholder groups – 'nothing about us without all of us'
- Twin track approach
- Capacity building of DPOs
- Capacity building of persons with disabilities from birth (life skills) and including family members
- Rights-based CBR, including development of cross-disability self advocacy groups
- Identification of particularly vulnerable groups (age/ gender/ impairment)
- Comprehensive accessibility for all impairment groups

CBID is an aim or goal to be reached; and CBR, Independent Living, Participatory Community Development and Inclusive Community Development are the tools or strategies to achieve the goal. Backed by the rationale that no one should be excluded from development for any reason, CBID uses the principles of participatory community development - social justice, self-determination, participation, and learning and reflection – in an attempt to make development inclusive of all persons with disabilities. CBR also uses a 'twin-track' approach to achieve the goal of CBID: working with persons with disabilities to build their capacity to become agents-of-change for inclusion in all development processes; and working with the community and society at large to remove barriers that exclude persons with disabilities.

These developments reflect the changes in CBR from medical orientated, often single sector approach, to a comprehensive, rights-based approach based on inclusive community development principles. The positive benefits of CBR have been documented in evaluation studies from different countries, indicating that CBR is increasingly accepted as the most appropriate strategy to reach the goal of community-based inclusive development, which is inclusive of all persons with disabilities.

IMAGE 3: VARIOUS APPROACHES FOR DISABILITY AND DEVELOPMENT

Independent Living

Inclusive Community Development

Participatory Community Development

Community-based Rehabilitation

(Source: APCD)

WHY SELF-HELP GROUPS IN COMMUNITY-BASED INCLUSIVE DEVELOPMENT?

WHAT IS A SELF-HELP GROUP?

Persons with disabilities are often marginalized, deprived, ignored and left behind in the community and development process. The inaccessible environment in their daily lives provides fewer opportunities for persons with disabilities for inclusion, socialization, education and information to live in a community on an equal basis. With attitudinal barriers in the community, persons with disabilities become more vulnerable. Most of them are not aware of their own rights. With regional instruments such as the Biwako Millennium Framework for Action Towards an Inclusive, Barrier-free and Rights-based Society for Persons with Disabilities in Asia and the Pacific and Biwako Plus Five, there has been more attention to disability issues to monitor the progress in the first (1993-2002) and the second (2003-2012) Decades of Persons with Disabilities in the Asia-Pacific region. Various initiatives have been undertaken to ensure full participation of persons with disabilities in society. With this background, persons with disabilities need to realize that they should have their own voice through their own groups: Self-help Groups (SHGs) of persons with disabilities.

BOX 5: IMPORTANCE OF SELF-HELP GROUPS

- Empowering through peer-counseling.
- Developing capability to get opportunities
- Understanding problems
- Sharing experiences and information

SHGs should be organized by persons with disabilities in each community focusing on their basic needs. Other community members can facilitate but not dominate the groups. Through peer-counseling and support, SHGs can empower persons with disabilities, enhance their capability, and provide various opportunities for them to share problems, information and experiences.

BOX 6: ABILITY / WHAT SELF-HELP GROUPS CAN DO?

- Empower person with disabilities and their immediate families
- Make actions to overcome difficulties
- Work for their rights and inclusion on an equal basis in society
- Share information and build alliances with other community members
- Take responsibility collectively to break down all types of barriers
- Provide peer-support
- Promote leaders with disabilities

SHG members often stay together to fulfill common needs. The goals need to be clear and shared by all members. All members of SHGs can work as "Agents of Change" by making their own decisions and playing a role to achieve their goals. Each member can add value to each SHG. The size of a SHG can vary according to the needs. Characteristics of SHGs can be different in rural and urban communities. Members in urban areas tend to have access to information and resources. They get together to raise awareness, improve service provision and support each other. However, members in rural areas tend to lack information, awareness and resources.

COMPETITIVENESS OF SHGS

Persons with disabilities who establish and organize SHGs are masters of their own situation. They are leaders with disabilities! They have experience with disability; they know their barriers and needs: they know the capability and resources in their own communities; they are the communicators within the community. They can support each other through discussion about common problems, share their experiences and resources, and, find solutions together.

SHGs do need support to develop their capacity to promote a comprehensive community-based inclusive development approach. With independent living skills, persons with disabilities can maintain their self-esteem. They also need trained CBR workers to be facilitators, interpreters, counselors and opportunity providers.

SHGs can be a key connection to all stakeholders in the community, at the national and international levels to mainstream disability issues in all development movements. SHGs can work to include women with disabilities in gender movements and include children with disabilities in children's movement. For example, SHGs can work to include women with disabilities in "International Women's Day" and children with disabilities in "International Children's Day."

BOX 7: WE CAN DO / COMPETITIVENESS OF SELF-HELP GROUP

- Build self-confidence among members and strengthen their expertise.
- Advocate for their rights and facilitate to promote the access for persons with disabilities.
- Enhance confidence, motivation and self-esteem of persons with disabilities to help them have control over their lives.
- Create more alternatives for persons with disabilities towards living by collaborating with community.
- Raise the voice of persons with disabilities to make them visible in society.
- Become self-advocates and role models in changing attitudes and raising awareness on disability.
- Promote greater involvement of persons with disabilities as resources in the community development process.

COMMON CHALLENGES

Since persons with disabilities are likely to be excluded in the community, their needs are often viewed as a low priority by other citizens due to the lack of disability awareness. SHGs experience difficulties collaborating with others in the community. SHG members, persons with disabilities are often over-protected and restricted by family members since they are often viewed as beneficiaries rather than contributors.
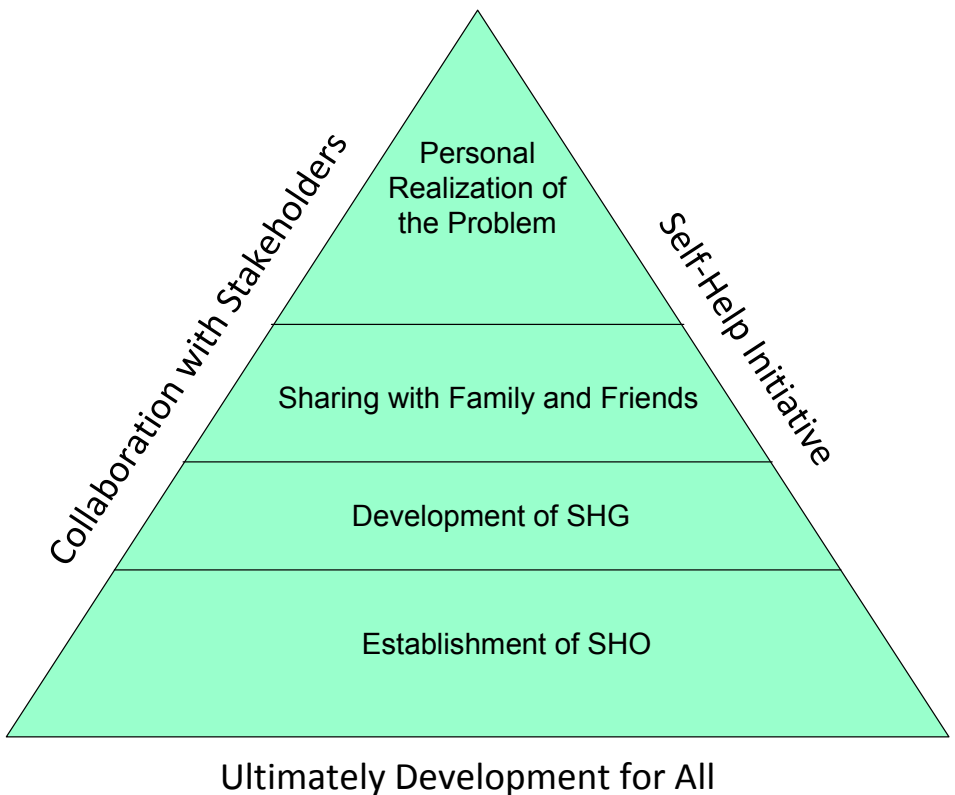
As a result, poverty, a lack of disability awareness and a negative attitude towards disability are viewed as bad karma, a curse or shame which also limit the participation of persons with disabilities. Moreover, parents don't recognize the need to have SHGs. They prefer to take care of their children by themselves. They focus on treatment and rehabilitation and try to institutionalize the children and adults with intellectual or psychiatric disabilities.

Since persons with disabilities in urban areas exhibit many forms of social discomforts, do not easily have close human bonding and show less concern for collective causes, the initial time taken for group formation in this context can take quite long; while, persons with disabilities in rural areas have problems with distance and difficult terrain, group formation can be less practical.

SHGs empower persons with disabilities to overcome internal threats in the community but it's the external challenges that can affect them. Natural disasters become more violent and cause environmental change and in the community at the   grass-root level. Conflicts and urbanization are also barriers for community-based inclusive development.

IMAGE 4: CORE VALUE OF SELF HELP

Personal Realization of the Problem

Sharing with Family and Friends

Development of SHG

Establishment of SHO

Collaboration with Stakeholders

Self-Help Initiative

Ultimately Development for All

(Source: ASHA)

WHAT ROLE SHOULD EXTERNAL STAKEHOLDERS PLAY IN PROMOTING SHGS?

External stakeholders should play a capacity-building role in facilitating group leadership roles in programme activities; promoting group activities for advocacy and access to resources; promoting leadership development with a specific focus on women and young people; promoting alliance-building; and, promoting capacity- building of persons with disabilities as service providers, leaders, politicians and policy-makers.

HOW TO MAKE SHGS SUSTAINABLE?

SHGs have several advantages to be recognized by society as a collective voice to make persons with disabilities visible in society. Groups can be a comprehensive tool for overall empowerment of persons with disabilities to promote an inclusive and barrier-free society.

It is important for persons with disabilities to spend time and make an effort in the process of group formation before the formalization of the self-help groups to prevent future disintegration or loss of interest. The presence of an external facilitator is important, to prevent hijacking of benefits, keep the group motivated, and train them regarding different functions of a group, such as, micro-credit, livelihood and economic development. The external facilitator can help to facilitate formation of a group but the governance and decision-making should be the responsibility of its members.

In conclusion, all members of the community including SHGs should get involved in the community development process inclusively. SHGs can function as a platform to connect all stakeholders, facilitate and motivate them for the same goal. In this sense, SHGs should have action plans as a document which can cover all the important activities. The group should have collective goals to fulfill the commonly perceived needs. The goal should be clear, known to and shared by all members. Members of SHGs should share information, opinions and experiences with other community stakeholders so they will come to respect differences and other persons' opinions. Assignments and responsibilities in the inclusive development process in the community should be shared by all members with SHGs acting professionally.

IMAGE 5: SUSTAINABILITY OF SHGS IN COMMUNITY-BASED INCLUSIVE DEVELOPMENT

Worse approach	Better approach
Being Silence	Giving your information and views
Attacking the other person's competence or values	Asking for the other person's perspective
Blaming the other person for the problem	Accepting the responsibility of mistakes
Withholding information	Information Sharing
Not listening	Actively listening with concentration
Not accepting differences	Respect the Differences
Providing an evaluation of the other person's idea	Asking questions to better understand the other person's idea
Ignoring the other person's feelings	Acknowledging other person's feeling (with reflection of emotions)
Labeling opinions on others	Describing the opinion with logics
Conducting activities verbally	Documenting activities
Working with out planning	Working with action plan
Performing every task	Sharing the tasks and jobs
Adding new issues during discussion	Focusing on one issue at a time

(Source: ASHA)

CASE STUDY IN MYANMAR

OUTLINE OF THE PROJECT

1) Association for Aid and Relief (AAR-Japan) in Myanmar

Our project started in the NARGIS cyclone affected area in February 2009; the second phase is scheduled to be completed in April 2011. The primary purpose is to build a society where persons with disabilities (PWDs) can fully utilize their abilities, have access to public services and opportunities available, and actively participate in their local communities. Currently, we have 9 full-time staff, including 4 persons with disabilities. Twelve part-time volunteers also support the project.

Community-based Inclusive Development : Principles and Practice

Our project strategy includes:

- Compiling a list of PWDs in the target area
- Assessing the needs with the beneficiaries
- Supporting PWDs for referral and necessary services & opportunities
- Advocacy and raising awareness on disability with the stakeholders
- Capacity-building and empowering PWDs and their SHGs in the communities
- Working together for sustainable and inclusive development
- Evaluation, lessons learned and reporting

BOX 8: OUR CURRENT CBR ACTIVITIES

1) Collecting the list of PWDs and need assessment in target area

2) Implementation
  - Livelihood Support
    i. Refer to vocational trainings
    ii. Provide capital fund for income generation activities

  - Assistance to PWDs
    i. Support for medical refer and surgical operation
    ii. Rehabilitation training by Physiotherapists and Community volunteers
    iii. Provide assistant devices
    iv. Emergency support for PWDs

  - Inclusive Education
    i. Support children with disabilities for schooling
    ii. Awareness raising activities in schools
    iii. Renovate the schools as universal design

  - Universal Design Promotion
    i. Renovate houses of PWDs as barrier-free

  - Disability Awareness Raising
    i. Awareness training to local authority, community leaders and partner staffs
    ii. Special events together with SHGs of PWDs
    iii. Publish CBR Manual and Project activities' photo booklet
    iv. CBR Project experience sharing meeting to GO, NGOs, DPOs and media

  - Support SHGs
    i. Advice and technical support to SHGs of PWDs
    ii. Organize leadership training for SHGs' leaders
    iii. Support capital for SHG's income generation activities
    iv. Experience exchange meeting among SHGs' representatives
    v. Support for disabled sport activities of SHG members

  - Capacity Development of Staffs & Volunteers
    i. Provide trainings to staffs and volunteers
    ii. Refer to other trainings (as necessary)

3) Monitoring & Evaluation

2) Centre for Disability in Development (CDD)

The Centre for Disability in Development (CDD) established in 2007 which is the only disability related training centre in Myanmar, collaborates with Leprosy Mission International (TLMI) and Eden Centre for Disabled Children (ECDC). CDD does not implement CBR projects directly. CDD is willing to provide the necessary support to build the capacity of people working for CBR and community-based inclusive development for PWDs. CDD has conducted CBR trainings using the effective CBR training curriculum which was developed in collaboration with APCD in October 2009.

CDD, in cooperation with Disabled People's Organizations (DPOs) and some international and domestic NGOs related to disability, has held several trainings to assess needs of the communities. In order to give effective feedback regarding the needs identified, key CBR stakeholders were invited to our training. CDD is planning to conduct a Community Resource Persons Training based on the concepts of "Participatory Community Development" and "Inclusive Community Development". To empower SHGs, CDD has been facilitating gourd planting with a local SHG in Myaungdaga where CDD is located. CDD is also planning to support livelihood activities with several SHGs in Yangon. The focus is to conduct disability related trainings in cooperation with various stakeholders.

Another activity conducted by CDD is implementing a model farm where PWDs work in agriculture and breeding livestock using organic methods. As an alternative livelihood system, CDD is promoting an accessible farming system for PWDs.

APPLICATION OF KEY PRINCIPLES IN BOTH PROJECTS

1) Social Justice

It is important to promote the role of self-help groups of persons with disabilities in Myanmar where evidence-based awareness-raising is the key. CBR activities have been strongly supported by PWDs, especially in rural and urban slum areas.

2) Self-Determination

We facilitate self-help groups of persons with disabilities who know their needs, problems and challenges the best. In this sense, it is necessary for CDD to empower persons with disabilities and build their capacities determined by themselves in the livestock and agriculture production.

3) Participation

Considering all aspects of society, we have been motivating persons with disabilities to participate by sharing knowledge, developing skills, and auditing public facilities (e.g. school) regarding accessibility.

4) Learning and Reflection

Programs to share experiences have been conducted among members of various self-help groups, family members and CBR workers. One of the main topics has been to identify the barriers faced by persons with disabilities personally. Feedback is always given to training participants through group discussion among persons with and without disabilities.

SUCCESSFUL FACTORS / LESSONS LEARNED

Since we stay within our target community, it is easier for persons with disabilities to assist other persons with disabilities according to their needs. Through a networking and collaborative mechanism among persons with disabilities established through the project, representatives of self-help groups can participate in the decision-making process in the community.

Systematic orientation to the project needs to be strengthened when livelihood programs are initiated. Some people have misunderstood the purpose of the project and only asked for benefits. Capacity-building of persons with disabilities is needed to raise awareness concerning "ownership" of one's own life. It is not always shared among persons with disabilities.
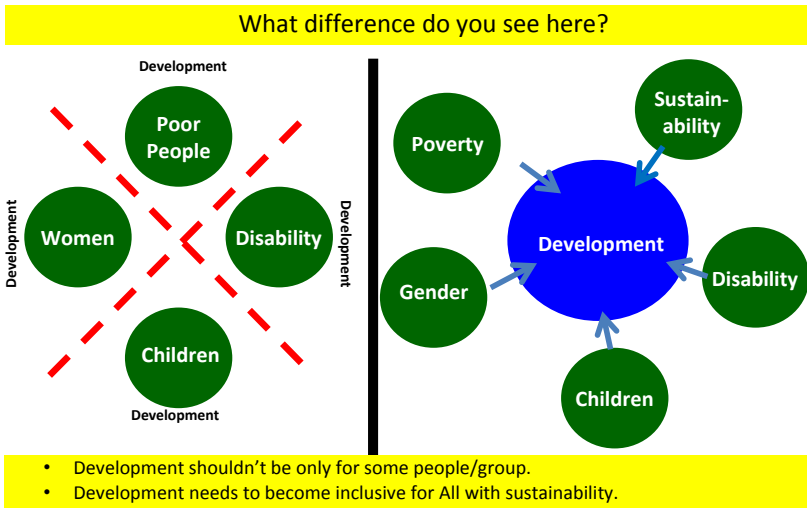
IMAGE 6: INCLUSIVE SOCIETY
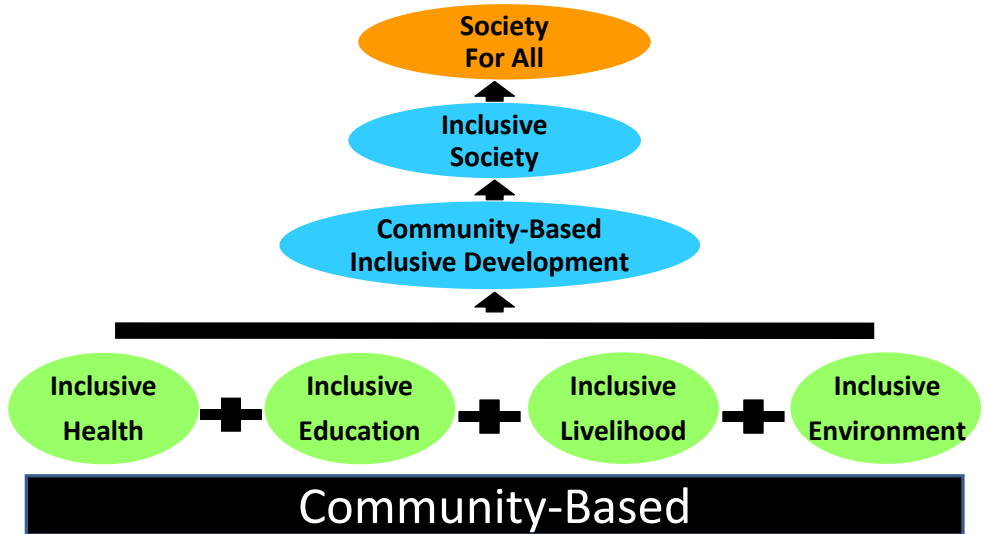
(Source: DPDO)

KEYS CHALLENGES

"Poverty" is the primary issue that persons with disabilities struggle with daily. Most persons have no time to participate in community work since they need to find a way to support themselves on a daily basis. For this reason, there are some persons with disabilities who are too dependent   on other resources. An inaccessible environment particularly due to transportation is also a problem. This can linked to the general public's discriminatory attitude on disability. On the other hand, a lack of knowledge and capacity among persons with disabilities needs to be acknowledged and addressed.

IMAGE 7: BASIC CONCEPT OF DEVELOPMENT

What difference do you see here?

- Development shouldn't be only for some people/group.
- Development needs to become inclusive for All with sustainability.

(Source: DPDO)

FUTURE PLANS

1) CDD plans to continue training for both disability & livelihood activities. A project proposal is being drafted in order to strengthen and enlarge current training activities long term. The model farm activities will continue to be conducted throughout 2011.

2) CDD is also planning to start CBR projects in Myaung-da-ga Village Tract and Wa-net-chaung Village Tract in Hmaw-bi Township in the near future.

3) In collaboration with the Eden Inclusive Education Project, CDD plans to conduct Inclusive Education Training for school teachers.

4) In the future, CDD hopes to strengthen regional collaborative activities in partnership with local governments, domestic and international NGOs, and other stakeholders such as ASEAN. Capacity development programs will be planned to enable management of a comprehensive and sustainable disability resource centre in Myanmar.

5) In Myanmar, CDD plans to take a leading role in disseminating disability concepts through good collaboration with international stakeholders related to disability.

6) The "First Conference of Stakeholders to CBR for PWDs" is scheduled for Myanmar in January 2011.

MEDIA'S VIEWPOINT ON COMMUNITY-BASED INCLUSIVE DEVELOPMENT

PERCEPTION OF DISABILITY AMONG MEDIA PEOPLE

It is important to note that persons with disabilities must have a good positive perception of themselves before they speak out. Quite often persons with disabilities lament about the media. Frequently asked questions include, "Why don't you give us media coverage?" or "Why don't you pay any attention to us?" The common answer is simple: journalists want to write and dwell focus on issues that are relevant to society. Sometimes, they opt for sensational stories but they also report on issues related to development and progress, especially stories of inspiration and human achievement. In the case of persons with disabilities, the media want to write about challenges related to their daily lives and the future. But realistically, journalists need to be sensitized and informed about such topics before they can write perceptively.

Even though Thailand has a multi-cultural environment, we need to change the mindset on disability at the community level. The Thai word related to "disability" has a very cruel meaning. The majority of Thai society do not connect with this sentiment at all. Within various communities, the public can have such extreme views that can swing from one pendulum to the other, from sympathy to empathy without any rationale. I have encountered some people who understand the vision of disability, potential challenges and limitations, without becoming emotional. But there are just a few of these people.

Inaccessibility   *Invisibility*

COMMUNITY DEVELOPMENT IN ASIA

We need to start focusing on small things at the individual level no matter how big each community is. Our problem is that we want publicity in the media—a huge spread—related to our success. That is silly because each individual can do much that can build small links with other people in the community. Such networking is important even without media coverage.

Community life is full of prospects and challenges. There are different values, norms and traditions in each community within our region. Each community has a variety of groups including persons with disabilities. They have to live and work together. When it comes to disability, somehow the situation is quite similar. Asian governments have not yet adequately addressed the issues on disability. Societal perception on disability, including that within families, needs to be improved.

LINKAGE BETWEEN ASIAN UNIQUENESS AND DISABILITY

According to our family tradition and practice, we must care for our family members, especially our parents. In Asia, when a family member has a disability, it is common to see him or her being well taken care of, but the person with a disability has no contact with the outside world. Families of persons with disabilities are socially stigmatized so they try to avoid it by confining the person with a disability at home. Disability is viewed as a burden, not as a potential that can be explored. It is a shame indeed. For generations, persons with disabilities in Thailand have been hidden. At the present time, the general public has become more sensitive to persons with disabilities and their needs.

BOX 9: WHAT IS LEADERSHIP?

- Leaders require vision, mission and strategy.
- Leaders must have good communication skills and self-knowledge.
- Leadership does not belong to a few individuals.
- Leaders need to establish trust.
- Leaders should learn values of the community.
- Leader should maintain and respect democracy.

It is pivotal that changes must come first within persons with disabilities and their families since they can be good examples to be emulated within our society and across borders. It is true that Thailand has been trying to create a friendlier environment for persons with disabilities, but much more can be done if concerned authorities and the public could have a better understanding concerning issues related to disability.

In each community in Asia, a key for inclusive development is to increase the number of leaders with disabilities and families who have a pro-active attitude on disability, which then can promote a barrier-free environment for all.

Community-based Inclusive Development : Principles and Practice

WAY FORWARD

APCD AND COMMUNITY-BASED INCLUSIVE DEVELOPMENT

An important principle to promote community-based inclusive development is "learning and reflection". APCD has a key role in facilitating and promoting this aspect as a regional center for training, knowledge and information support. APCD is in an advantageous position to do this with years of experience in building networks and facilitating exchanges between key stakeholders in this region. Apart from training and exchanges, APCD can also help coordinate multi-centric research studies on CBR and inclusive development, to build up the evidence base for CBR and to generate and disseminate good practice from the region. The coordinating and facilitating role of APCD should be further strengthened in this globalized era as a knowledge generation, exchange and dissemination center.

FUTURE DIRECTION OF COMMUNITY-BASED INCLUSIVE DEVELOPMENT

The future lies in working in line with the principles of the UN Convention, aiming for the goal of community-based inclusive development. Participatory and inclusive development in the CBR context means that partnerships and alliances are necessary between different stakeholders. Strong partnerships are necessary, especially with disabled people's organisations (DPOs), families of persons with disabilities and with governments. Barriers exist in building these partnerships, especially between DPOs and CBR, because of a lack of awareness about each other's strengths. Many DPOs see CBR as a service delivery mechanism in rural areas, while DPOs themselves are seen as urban based and elitist, with little knowledge of the realities faced by people with disabilities living in poverty in many developing countries. Some DPOs at national or international levels are not fully aware of the current understanding of CBR as an inclusive, rights-based approach. It is important for DPOs to work with CBR programmes, especially those working in rural and remote areas, to share resources and information. DPOS can play a role in sensitising governments, including local government authorities, of the importance of the UN Convention, of CBR and of DPOs; DPOs should advocate and work with governments to promote CBR and other programmes for persons with disabilities in their countries through appropriate policies and legislation.

Because of its multi-dimensional nature, CBR needs networking and building of partnerships at different levels and across different sectors. The goal of community-based inclusive development cannot be reached if there is 'territorialism' or dogmatic, 'either-or' stances on the part of key stakeholders. Instead of territorialism, all stakeholders need to understand the importance of working together to capitalise on each other's strengths and work in a complementary manner to fulfil the goals and principles of community-based inclusive development through CBR.

The adapted slogan from the 3rd CBR Africa conference held in Malawi in 2007 sums it up well – 'Nothing about us without all of us'.

ANNEX: APCD'S FOCUS ON CBR

The WHO CBR Matrix is a framework for inclusive development and all the six components (health, education, livelihood, social, empowerment and environment) are crucial in ensuring full participation and equality of persons with disabilities in a community where they reside. In the past, CBR tended to be limited in focus, with mainly indivisually focused "interventions", such as medical, educational or vocational aspects. CBR today is moving away from an individual approach in which persons with disabilities are seen not as "objects" of interventions, but as members of interventions, but as members of a community who have equal rights as well as potentials to contribute to the community.
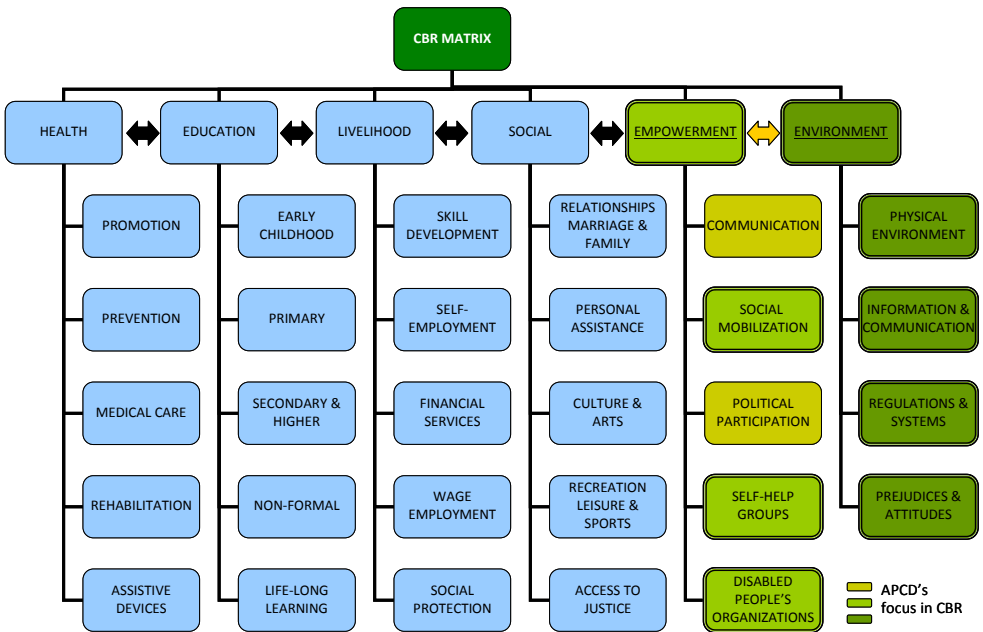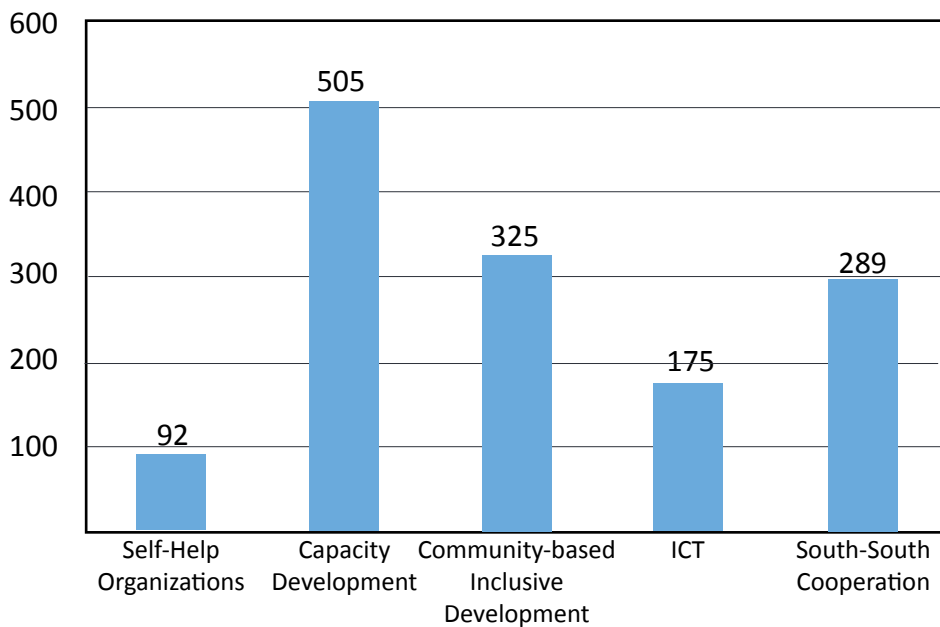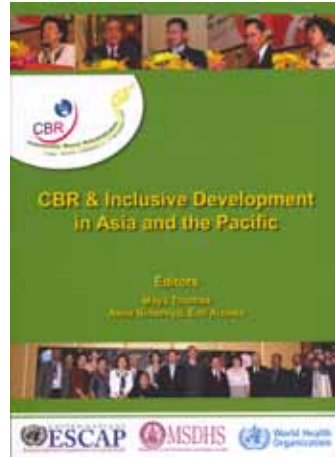

Source: WHO, arranged by APCD

ANNEX: APCD'S TRAININING ON COMMUNITY DEVELOPMENT

Participants:
1,676 persons
(As of Aug 2010)

Figure: Bar chart of training participants by category

- Self-Help Organizations: 92
- Capacity Development: 505
- Community-based Inclusive Development: 325
- ICT: 175
- South-South Cooperation: 289

ANNEX: APCD'S PUBLICATIONS ON COMMUNITY DEVELOPMENT

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