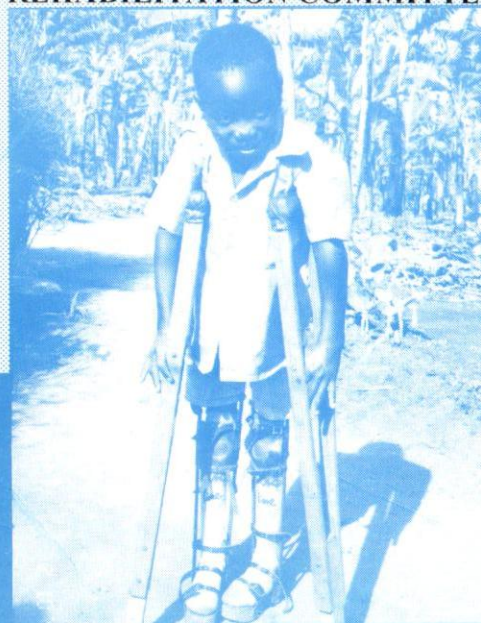




THE REPUBLIC OF UGANDA

**THE COMMUNITY BASED
REHABILITATION CURRICULUM
FOR TRAINING PERSONS WITH
DISABILITIES AND THEIR
PARENTS AT COMMUNITY LEVEL
AND
TRAINING COMMUNITY BASED
REHABILITATION COMMITTEES**



Ministry of Gender, Labour and Social Development 1998

*The Community Based
Rehabilitation Curriculum
for training Persons with
Disabilities and their
Parents at community level*

and

*Training Community Based
Rehabilitation Committees
1998*

*Ministry of Gender, Labour
and Social Development,
P.O. Box 7305, Kampala*

Foreword

The purpose of this book is to provide a standard curriculum as a basis for training parents and persons with disabilities at the community level in Community Based Rehabilitation programmes.

It provides guidelines for the extension workers working in the field of disabilities on how to train the different types of participants as the need requires.

The context is based on experiences developed by the Uganda Government's Community Based Rehabilitation programme for the past five years.

It will be a good guide to districts & NGO's who would like to initiate Community Based Rehabilitation programmes at village level

I therefore urge you to utilise this invaluable information and do not hesitate to contact the Ministry in case there is any vital information that can be added to this curriculum.

Mr. J.M. Rwabeire - Baira

*Director for Community Development,
Ministry of Gender, Labour and Social
Development,
KAMPALA.*

General Introduction

The booklet has two parts; part one addresses the curriculum for training Persons with Disabilities and their parents at community level in Community Based Rehabilitation Programmes and part two addresses the curriculum for training Community Based Rehabilitation Committees in Community Based Rehabilitation.

The training, targets all parents with children with disabilities and persons with disabilities in their respective communities. This training package acts as a general sensitisation package to the target group empowering them to sensitise other community members about the plight of Persons with Disabilities.

The package also includes:

- On going training for parents and PWDs;
- Integration in other community development activities like functional adult literacy;
- Income generating activities;
- Cultural activities;
- Production of Appropriate Aids;
- Referral for Medical intervention, Education & Vocational Rehabilitation;
- Promotion of nutrition and food security in the homes of PWDs.

Part two of the booklet addresses the training of Community Based Rehabilitation Committees, which organically or otherwise grows up after the programme has been established in the community.

The training package emphasises organisational and leadership skills, planning for other community members, and knowledge about existing referral programmes.

PART ONE

The Community Based Rehabilitation (CBR) Curriculum for training Persons with Disabilities and their Parents at Community Level:

Background:

The philosophy of the CBR programme is to transfer knowledge from professionals to the community in order to integrate persons with disabilities into the main stream of the society. Parents/family members are key partners in the implementation of the programme. In order for community workers to be effective and make impact on the prevention and management of disability, they need to take parents as partners. This is because the causes of most childhood disabilities take place in a home. Parents in one way or another try to find out a solution often by

seeking help from a traditional healer as a health worker may not readily be available. Most childhood disabilities can be prevented by actions taken in the home and the community level. For instance, good nutrition reduces a child's susceptibility to disability related diseases. Improved water and sanitation facilities can prevent communicable diseases, children who are fully immunised are protected against killer diseases.

The key factor to the success of the CBR programme is the effective communication between parents and community workers (CDAs). There is therefore need to ensure that parents fully understand basic messages in prevention and management of disabilities, attitudes towards disability, referral services, income generation and any other information that may uplift the well-being of PWDs.

The training serves as an entry point to the community and an eye opener to the parents and PWDs themselves to start various interventions in the community. After the training a good number of parents have in turn trained other parents in the management of disability. The trained parents also assist the CDAs in identification, location, mobilisation, sensitisation and referral. Apart from giving knowledge and skills the training also gives an opportunity for mutual support amongst parents as they exchange

Objectives of the course.

Self introduction (using participation approach).

Introduction to Disability.

At the end of the course parents will be able to explain the causes of disability and relate this to their experience in the community. They will be able to recognise negative attitudes towards PWDs in the community and address these.

Content

Beliefs and attitudes and Practices on disability:

- Attitude of persons with disabilities towards themselves and community.
- Parents towards their disabled children.
- Community towards disabled persons. **(2 hours)**
- Effects of beliefs, attitudes and practices.
- How to change the negative attitudes and practices.

SESSION TWO

Introduction to Community Based Rehabilitation

Specific Objective

At the end of the course the participants will be able to explain the different types of rehabilitation. They will be able to explain the different components of CBR and how it is carried out in the community.

Content

- What is Rehabilitation.
- What is CBR? (Main features). **(1 hour)**
- Specific programmes: Referral and follow-up, home programmes, training, Income Generating Activities cultural activities etc.

SESSION THREE

Role of Primary Health Care.

Specific Objective.

At the end of the course participants will be able to explain different aspects of Primary Health Care and how they can be applied in the community.

Content

- Causes of disabilities
- Prevention of disabilities **(2 hours)**
- Immunisation.
- Nutrition and hygiene

SESSION FOUR

Child growth and development

Specific Objective

At the end of the course participants will be able to explain the different stages in the development of a child and how this relates to disability.

Content

- Miles stones
- Learning skills
- Education

(2 hours)

SESSION FIVE

Management of Disability

Specific Objective

At the end of the course participants will be able to explain the effect of disability on the functioning of an individual and how this effects her/his daily activities. Participants will be able to demonstrate how disability management activities can be used to improve the functioning of PWDs.

Content

- Role of parents & PWDs in the home.
- Skills in management of disabilities.
- The use of exercises and activities.
- Integration of PWD in the family and community.

(5 hours)

SESSION SIX

Practicals.

Specific Objective

At the end of the course participants will be able to demonstrate skills in making simple appliances using locally available resources.

Content

- Introduction of Appropriate Aids.
- Simple methods of making and maintaining appropriate Aids for stimulation, sitting and moving.
- Locally available resources that can be used in making different appliances such as poles, banana fibres.

SESSION SEVEN

Group formation

Specific Objective

At the end of the course participants will be able to explain strategies for the formation of groups and support group activities.

Content

- Leadership skills;
- Group formation and groups strengthening;
- Group dynamics;
- Formation of CBR committees.

SESSION EIGHT

Income generating activities

Specific Objective

At the end of the course participants will be able to identify

suitable activities for income generation in their community and start these activities.

Content

- Research into suitable activities for income generation.
- Plannings, management and sustaining of IGAs
- Training of group members e.g. (savings, loan management, record keeping etc.) **(3 hours)**

SESSION NINE

The way forward.

Specific Objective

At the end of the course participants will be able to discuss strategies to sustain the CBR activities in their community.

Content

- Sustainability of CBR activities.
- What can be done in your community to sustain CBR activities.
- Identifying and utilising of support structures.
- The role of CBR committees. **(2½ hours)**

Curriculum for Training members of the Community Rehabilitation Committees.

PART TWO

Background:

The CBR programme has been running in Uganda since 1992. In the communities the Chief implementor is the CDA who is based at the sub-county from where he/she coordinates the relevant key players like extension workers, Local councillors (these are the political leaders at village level) and sub-county chiefs.

As means of instilling a sense of ownership of the CBR programme in the community it is vital that the community is fully participating and involved in the planning, implementing and monitoring of the CBR activities in a well defined structure. This calls for the initiation of Community Rehabilitation Committees at parish and sub-county levels. It should be noted that these Community Rehabilitation Committees are composed of trained PWDs/family members, Community members interested in the Community Based Rehabilitation programme, Local Councillors who will assist the Community Development Assistant to lobby and advocate for the plight of Persons with Disabilities in the community.

The training will equip the Community Rehabilitation Committees with basic knowledge and skills to facilitate various interventions in the community e.g. community and resource mobilisation, data collection, available referral services, organising group activities, sensitisation and how to organise and conduct meetings.

Goals

The training is designed to attain community participation and involvement by equipping participants with knowledge and appropriate skills in planning, implementing and monitoring Community Based Rehabilitation activities.

Objectives

By end of the training participants will be able to;

- a) Explain CBR activities carried out in the communities.
- b) Explain methods of collecting and interpreting data at community levels.
- c) List referral services existing within and outside the community.
- d) Understand basic leadership skills, mobilisation and management of resources at community level.
- e) Describe the role of Community Rehabilitation Committees in relation to those of Community Development Assistants.
- f) Draw an action plan for their activities in the community.

Methodology

The following participatory methods are recommended:

- Group work
- Discussions
- Visual aids
- Role plays
- Practical demonstrations
- Case studies and any other relevant participatory approaches.

Resource Personnel:

The Chief trainer will be the Community Development Assistant and other extension staff as may be required.

COURSE CONTENT

SESSION ONE

Expectations and course Objectives. (30 Minutes).

Specific Objective

At the end of the course parents/PWDs and facilitators will clearly spell out their expectations and develop objectives of the course.

Content

- Expectations of the participants
- Objectives
- Expectations of the course leaders.

Introduction to Disability.

(2 hours)

Specific Objective

At the end of the course Community Rehabilitation Committee members will be able to explain causes of disability and relate this to their experience in the community. They will be able to discuss negative attitudes towards PWD's in the community and address them.

Content

- Definitions: impairment & disability.
- Types of disabilities seen most frequently in the community.
- Causes of these disabilities (discussion on tradition and scientific causes).
- Measures that can be taken to prevent disabilities.

SESSION: TWO

Introduction to Community Based Rehabilitation. (1 hour).

Specific Objective

At the end of the session participants should be able to

discuss and explain activities under the CBR programme.

Content

- Background of Community Based Rehabilitation
- Community Based Rehabilitation approach and its objectives;
- Features of Community Based Rehabilitation.

SESSION THREE

Data Collection and Interpretation (30 Minutes)

Specific Objective

At the end of the session participants will be able to explain different methods of collecting data and know their role in the data collection.

Content

- Data collecting methods
- Uses of data collection.
- Data analysis

SESSION FOUR

Referral services. (30 Minutes)

Specific Objective

At the end of the session participants will be able to identify

various referral services existing within and outside their communities and spell out their roles in delivering referral services.

Content

- Referral services.
- Educational.
- Health.
- Vocational.

SESSION FIVE

Leadership skills

(2 Hours)

Specific Objective

At the end of the session participants will be able to describe key leadership issues.

Content

- Define leadership.
- Qualities of a good leader.
- Conflict management.

SESSION SIX

Mobilisation:

(2 hours)

Specific Objective

At the end of the session participants will be able to discuss

basic skills in mobilising the community.

Content

- Explain
 - a) Community
 - b) Mobilisation
 - c) Resources
 - d) Management
- Target group.
- Budgeting and Book-keeping.

SESSION SEVEN

Roles of Community Rehabilitation Committees (CRCs) and Community Development Assistants (CDAs). (2 hours)

Specific Objective

At the end of the session participants will be able to describe roles of CRC's in relation to those of a CDA.

Content.

- Roles of CRC and CDA
- Relationship of CRC and CDA.

SESSION EIGHT

Way forward

(1 hour)

Specific Objective

At the end of the session participants will be able to put in place strategies to sustain CBR activities in the communities and also develop action plans

Content

- Sustainability strategies of CBR activities.
- Action Plan.

Participants who participated in the CRC's and Parents training (Curriculum) at Ruti Rehabilitation Centre.

1. Maronga B
2. Mwonge S.
3. Kotaki J.
4. Muhanguzi B
5. Kakono Mpumwire
6. Baingana F.R
7. Turyakira H.
8. Tusasiirwe J.
9. Mubangizi E.
10. Kamashoro D.
11. Muzaare A.
12. Okolongo
13. Wandera S.
14. Mugoya S.
15. Tusiime A.
16. Kafeero W.
17. Kabegambire P.
18. Kyabasheka J.
19. Mushabe S.
20. Ahimbisibwe F.
21. Joseph Ojiambo
22. T.M. Bwire
23. Sam Oribboh
24. Sam Wekesa Masaba
25. Bernard Kagonyera
26. A.R. Barekye
27. Anne Marie Neeteson.