Community Based Rehabilitation: A Tool for Inclusion

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LIMITATIONS OF IBR

- India is a developing country where 72% of the population lives in villages.
- Hence people with disabilities also reside in rural areas.
- Small % of Special Needs Children are availing Residential Education.
- Not possible & viable to cover all disabilities in IBR.
- In most urban education centers, there is an age limit. Most cases, it is up to 14 years.
- Special Education does not lead to employment and is expensive.
COMMUNITY PROBLEMS

- Disability is not known or understood
- Disability not visible
- Poverty is the main issue
- Services are not present
- Disabled people are excluded
- Assistive, Mobility and Educational devices are not available so disabled are not mobile
CBR was developed in the 1980s, to give people with disabilities access to education and rehabilitation in their own communities using predominantly local resources.

The WHO & UN promoted CBR as a means of delivering services at the community level through the primary health care system.
WHAT IS COMMUNITY BASED REHABILITATION (CBR)?

- CBR IS A STRATEGY WITHIN GENERAL COMMUNITY DEVELOPMENT
- FOR REHABILITATION, EQUALIZATION OF OPPORTUNITIES,
- AND SOCIAL INCLUSION OF ALL PEOPLE WITH DISABILITIES
- CBR CARRIED OUT THROUGH COMBINED EFFORTS OF PEOPLE WITH DISABILITIES, THEIR FAMILIES, COMMUNITIES & GENERIC HEALTH, WELFARE & EMPLOYMENT SERVICES
LIMITATIONS OF TRADITIONAL APPROACH TO CBR

- CBR practised in more than 90 countries
- Part of many national strategies
- Most CBR follow a vertical approach
- Focuses on a single sector or domain
- Health - an exclusive focus on physical rehabilitation
- Education - an exclusive focus on pre-primary and primary school inclusion
- Need for well-being in different domains including health, education, livelihood, environment
- CBR to adopt a multi-sectoral comprehensive approach addressing key domains of well-being
Inspiration for CBR Guidelines:

- Question - how do we take on this approach?
- Developing guidelines to help CBR practitioners develop an effective multi-sectoral strategy encouraging inter-sectoral activities
- UNCRPD has both inspired & informed development of these Guidelines
- Guidelines - a tool for ensuring that rights of people with disabilities are effectively realized at community level
Purpose of CBR Guidelines

- To provide support on how to initiate a CBR program
- How to strengthen an existing CBR program
- Target group - CBR managers, personnel from local & international NGOs, Government, Development Organizations, primary health care programs, education initiatives and Organizations of People with Disabilities
- Designed as a practical guide to strengthen delivery of CBR and promote inclusive development
A comprehensive multi-sectoral CBR program should cover key domains of well-being:

- Health
- Education
- Livelihood
- Social and
- Empowerment of people with disabilities and their families

Matrix to help visualize range and depth possible in a CBR program
Matrix of 25 Sub Components

- It consists of five key components, each divided into five key elements which a comprehensive CBR program may address depending on local circumstances.
- Each of these elements has a dedicated chapter in the guidelines. The elements are sub-divided into content headings. Each element has between four to nine key content headings.
GOAL: HUMAN RIGHTS ~ SOCIO-ECONOMIC DEVELOPMENT ~ INCLUSIVE SOCIETY

COMMUNITY BASED REHABILITATION (CBR) MATRIX

PRINCIPLES: PARTICIPATION ~ INCLUSION ~ SUSTAINABILITY ~ SELF ADVOCACY

- HEALTH
- PROMOTION
- PREVENTION
- MEDICAL CARE
- REHABILITATION
- ASSISTIVE DEVICES
- EARLY CHILDHOOD
- PRIMARY
- SECONDARY AND HIGHER
- NON FORMAL
- LIFE-LONG LEARNING
- SKILLS DEVELOPMENT
- SELF EMPLOYMENT
- WAGE EMPLOYMENT
- FINANCIAL SERVICES
- SOCIAL PROTECTION
- PERSONAL ASSISTANCE
- RELATIONSHIP MARRIAGE & FAMILY
- CULTURE & ARTS
- RECREATION, LEISURE & SPORTS
- SOCIAL PROTECTION
- EMPOWERMENT
- ADVOCACY & COMMUNICATION
- COMMUNITY MOBILISATION
- POLITICAL PARTICIPATION
- SELF-HELP GROUPS
- DISABLED PEOPLE'S ORGANIZATIONS

PRINCIPLES:
- PARTICIPATION
- INCLUSION
- SUSTAINABILITY
- SELF ADVOCACY

FINANCIAL SERVICES

JUSTICE

LIVELIHOOD
GOAL: HUMAN RIGHTS ~ SOCIO-ECONOMIC DEVELOPMENT ~ INCLUSIVE SOCIETY

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HEALTH → EDUCATION → LIVELIHOOD → SOCIAL → EMPOWERMENT

PROMOTION

PREVENTION

MEDICAL CARE

REHABILITATION

ASSISTIVE DEVICES
HEALTH - ACTION POINTS

- Build Public Policy
- Create supportive environment
- Ensure that people with disabilities and their families are aware of types of prevention and curative activities available in their communities
- Ensure that health personnel are aware of needs of people with disabilities
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- LIVELIHOOD

- EMPOWERMENT

- SOCIAL

LIFELONG LEARNING
EDUCATION – ACTION POINTS

- PwDs have access to learning
- Local school have adequate resource facilities & are welcoming
- Age related training – formal & non formal education is inclusive
- Community mobilization & involvement
- Rights awareness training
- Accessing Govt. & other funding support
- Parent involvement
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- EMPOWERMENT
LIVELIHOOD – ACTION POINTS

- Understanding of types of livelihood
- Helping PwDs to acquire skills
- Involving family members & community in livelihood for PwDs
- Identifying community resources for livelihood
- Awareness & Publicity about importance of livelihood for PwDs
SOCIAL– ACTION POINTS

- Increase social participation of PwDs by community awareness and demonstration
- Remove barriers that exclude PwDs
- Develop personal assistance
- Working with media/religious leaders to promote positive images of PwDs
- Increase participation of PwDs in community functions & cultural affairs
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- SOCIAL

- EMPOWERMENT
  - ADVOCACY & COMMUNICATION
  - COMMUNITY MOBILISATION
  - POLITICAL PARTICIPATION
  - SELF-HELP GROUPS
  - DISABLED PEOPLE'S ORGANISATIONS
EMPOWERMENT - ACTION POINTS

- Empower THEM so that they can speak up for themselves
- Sharing information & creating awareness about different communication modes
- Provide information to about rights and options so that they can make a choice
- Encourage communication friendly environment
- Mobilize the community for creating positive images
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PRINCIPLES:
- PARTICIPATION
- INCLUSION
- SUSTAINABILITY
- SELF ADVOCACY
EXPECTED OUTCOMES

- Ensuring protection of Human Rights
- Through Comprehensive Development and inclusion
- In an Inclusive Society
- Where their Participation in mandatory
- Through sustainable initiatives
- With scope for Self Advocacy
- Resulting into “Complete inclusion” in every sphere of Social Life