

Implementing and Managing Physical Rehabilitation Programmes

to promote full inclusion of persons with disabilities in society

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What is physical rehabilitation?

- ▶ Physical rehabilitation is an important part of the integrated rehabilitation process needed to ensure the full rehabilitation and inclusion in society of persons with disabilities
- ▶ Physical rehabilitation includes the provision of assistive devices such as prostheses, orthoses, walking aids and wheelchairs along with appropriate therapy allowing an optimal use of the device



Important facts

- ▶ Physical rehabilitation enables a person with a disability to gain mobility, which is a main condition for the person to participate in social life, work and education
- ▶ Provision of physical rehabilitation services is a state responsibility
- ▶ Access to physical rehabilitation services is a human right issue



The challenges

- ▶ There is a large and steadily increasing need
- ▶ PR facilities can be found in all countries, but services very often do not meet the need (quantity and quality)
- ▶ The need for physical rehabilitation is determined by the type of disabilities, not the cause
- ▶ Users of devices need lifelong access to functioning physical rehabilitation services



The challenges

- ▶ Frequently not seen as a priority by decision-makers
- ▶ Physical rehabilitation services in low-income countries is unsustainable as a commercial enterprise
- ▶ Physical rehabilitation service provision requires long-term commitments



The objectives

- ▶ To provide persons with disabilities access to physical rehabilitation services
- ▶ To ensure that services provided are appropriate and with quality
- ▶ To ensure long-term functioning of services



Accessibility to services

- ▶ **Accessibility to services implies:**
 - ▶ that the services exist,
 - ▶ that the person knows about the existence of the services,
 - ▶ that the person can physically go to the centre,
 - ▶ that the person can afford the cost of services



Accessibility to services

- ▶ **Physical rehabilitation programmes should:**
 - ▶ ensure that all types of services are available
 - ▶ ensure that all persons who need services know about the services and have equal access to centres, without discrimination
 - ▶ ensure that systems of transportation and accommodation are available
 - ▶ ensure that provided services are affordable, without compromising on quality



Quality of services

▶ Quality of services implies:

- ▶ Services are provided by trained-professionals
- ▶ Services should apply a multidisciplinary approach
- ▶ Provision of assistive devices go along with physiotherapy
- ▶ Provision of services go along with follow-up
- ▶ Utilization of appropriate technology



Quality of services

▶ Physical rehabilitation programmes should:

- ▶ Ensure that trained professionals in the field of P&O and physiotherapy are available
- ▶ Ensure that physiotherapy services are an integrated part of the P&O provision
- ▶ Ensure that all patients receiving services have access to repairs and maintenance
- ▶ Ensure that the technology used is appropriate for the context



Long-term functioning of services

▶ Long-term functioning of services implies:

- ▶ Services are imbedded into a national health care system
- ▶ Services are financially, technically and managerially sustainable

Sustainability is the ability of programmes to continue over time to meet the demands of users, providing appropriate technology, of acceptable quality, at affordable cost, in an accessible manner, enabling PWD to assert their rights, while contributing to the strength of the local health system, with minimal external input



Conclusion

The complicated nature of physical rehabilitation services and the challenges associated with sustaining them mean that establishing and developing a physical rehabilitation programme is a long-term commitment.

Success will depend on the determination and long-term involvement not only of the local agency or organization providing the actual services, but also of supporting organizations and donors.



More information are available in

The image shows two panels, each containing four circular icons. The left panel features an orange icon for the 'Prosthetics and Orthotics Project Guide' and a blue icon for the 'Prosthetics and Orthotics Programme Guide'. The other two icons in each panel are dark grey. The text within the icons is as follows:

- Prosthetics and Orthotics Project Guide**
Reporting PAO Services in Low-income Settings
- Prosthetics and Orthotics Programme Guide**
Implementing PAO Services in Low-income Settings
- A common approach for organizations implementing aid projects**
- A guide for planners and providers of services for persons in need of orthopaedic devices**

At the bottom of each panel, it states: 'A collaborative effort of 28 organizations and agencies'.

