World Health Organization

Physical rehabilitation & Community based rehabilitation (CBR)

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- Multi-sectoral strategy:
  - basic needs
  - poverty reduction
  - rehabilitation
  - reaching out
  - equal opportunities
  - social inclusion
  - human rights

CBR Guidelines
a joint project of WHO, ILO, UNESCO & INGOS

- CBR is community action to facilitate people with disabilities having the same rights & opportunities as all other community members.
  - including equal access to health care, education, skills training, employment, family life, social mobility, political participation

- CBR is a strategy for Community Based Inclusive Development
  - Inclusive Health, Inclusive Education, Inclusive livelihood, Inclusive Society

GOAL: INCLUSIVE DEVELOPMENT ~ INCLUSIVE SOCIETY

COMMUNITY BASED REHABILITATION (CBR)

HEALTH
- Promotion
- Prevention
- Medical Care
- Rehabilitation

EDUCATION
- Literacy
- Skills Development
- Non-formal
- Formal

LIVELIHOOD
- Self-Help Groups
- Financial Services
- Employment

SOCIAL
- Self-Help
- Social Welfare

EMPOWERMENT
- Social Mobilization
- Political Participation
- Language
- Self-help Groups

DISABLED PEOPLE’S ORGANIZATIONS
WHO-ISPO joint position paper

- Physical rehabilitation is usually provided from a city based Institute/centre known as IBR (Institute based rehabilitation)
- IBR and CBR are complimentary to each other
- CBR’s success depends on its linkages with referral/specialized services (including IBR)
- Most basic rehabilitation activities carried out at community level whereas, specialized services are by referrals.

Partnership with CBR

- Providing a good quality orthosis or prosthesis does not achieve its ultimate goal until a person becomes an active contributor than a passive receiver.
- Orthosis/prosthesis/physical rehabilitation – often, first step towards inclusion and participation. Partnering with CBR or any community based activities/organizations helps to achieve it.
- CBR programme and specialized/referral services need to work together to ensure benefit of physical rehabilitation programme reaches to the majority.

Strength of partnership

- Early identification & Intervention
- Better follow up
- Optimization of physical rehabilitation programme
  - children attending school
  - adults accessing skills for possible employment
  - earning a livelihood
  - having equal citizenship
- Adaptability of local condition, minor repair & maintenance
- Resource mobilization

Weaknesses

- Isolated physical rehabilitation programme
- Poor linkages with Ministry of Health
- Poor linkages with CBR or any community based programmes
- Physical rehabilitation is not often part of the development/rights based approach/movements
- Short term commitments – often donor driven
Opportunities

- UN Convention on the Rights of Persons with Disabilities – "enjoyment of all human rights and fundamental freedoms" especially, Article 20 - Personal mobility and Article 26 - Habilitation and rehabilitation
- Better political environment especially, Article 32 - International cooperation; Article 33 - National implementation and monitoring
- Lessons learnt from past mistakes
- World Health Assembly resolution (WHA58.23) on disability, including prevention, management and rehabilitation

Challenges

- Attitude, knowledge and skills of professionals
- Economic and social argumentation on the need and benefit of Rehabilitation services
- Initiation of programmes during crisis/emergency situation
- Involvement of State especially Ministry of Health
- Looking beyond prosthetics and orthotics programme
- Sustainability – linkages with CBR/CBO

Chain for Action

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Conclusion

- Physical rehabilitation makes a difference – all stakeholders need to work together, especially to promote the concept "allocating resources to rehabilitation is an investment"
- Physical rehabilitation personnel to understand the need and benefit of linking up with a CBR programme and vice-versa.
- Develop a long-term programme with a mechanism for community reach out from the initiation of programme; partnership with CBR or facilitate formation of CBR/SHGs/DPOs