



VA Parallel Programme
November 29th, 2010

Community-Based Rehabilitation HEALTH COMPONENT

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Content

- CBR and health
- Key aspects of health care for people with disabilities, CBR programmes recognize, support and advocate:
 - ▶ Health promotion
 - ▶ Prevention
 - ▶ Medical care
 - ▶ Rehabilitation
 - ▶ Assistive devices

CBR and Health

- Role of CBR
 - ▶ The role of CBR is to work closely with the health sector to ensure that the needs of people with disabilities and their family members are addressed in the areas of :
 - health promotion,
 - prevention,
 - medical care,
 - rehabilitation
 - assistive devices.

CBR and Health

- Role of CBR
 - ▶ CBR also needs to work with individuals and their families to facilitate their access to health services and to work with other sectors to ensure that all aspects of health are addressed.

What is health?

- Health is “a state of complete physical, mental and social well-being and not merely the presence of disease or infirmity”
- Health is a valuable resource that enables people to lead individually, socially and economically productive lives, providing them with the freedom to work, learn and engage actively in family and community life.

Health determinants (factors)

- A person’s health status is influenced by a wide range of personal, economic, social and environmental factors:
 - ▶ Genetics
 - ▶ Individual behaviour and lifestyle
 - ▶ Income and social status
 - ▶ Employment and working conditions
 - ▶ Social support networks
 - ▶ Gender
 - ▶ Physical environment
 - ▶ Health services

Inclusive health

- Inclusive health means that all individuals can access health care irrespective of impairment, gender, age, colour, race, religion and socioeconomic status
 - ▶ Inclusive health is built on the primary health care “Health for All” concept
 - “health care should be accessible to individuals and families in the community through their full participation and at a cost that the community can afford”

CBR and Health

- CBR programmes recognize, support and advocate a number of key aspects of health care for PwDs:
 - ▶ Health Promotion
 - ▶ Prevention
 - ▶ Medical care
 - ▶ Rehabilitation
 - ▶ Assistive devices

Health Promotion

- Health promotion focuses on addressing those determinants of health that can potentially be modified:
 - ▶ individual health behaviours and lifestyles,
 - ▶ income and social status,
 - ▶ education,
 - ▶ employment and working conditions,
 - ▶ access to appropriate health services
 - ▶ and the physical environment

Health Promotion

- The role of CBR is to identify health promotion activities at a local, regional and/or national level and work with stakeholders (e.g. ministries of health, local authorities) to ensure access and inclusion for people with disabilities and their family members.
 - ▶ Another role is to ensure that people with disabilities and their families know the importance of maintaining good health and encourage them to actively participate in health promoting actions.

Health Promotion

- CBR suggested activities related to health promotion:
 - ▶ Support health promotion campaigns
 - ▶ Strengthen personal knowledge and skills
 - ▶ Link people to self-help groups
 - ▶ Educate health-care providers
 - ▶ Create supportive environments
 - ▶ Become a health promoting organization

Prevention

- The main focus of prevention in health care is to stop health conditions from occurring (primary prevention).
- Prevention also involves:
 - ▶ early detection and treatment to stop the progression of a health condition (secondary prevention) - **medical care components**
 - ▶ and management to reduce the consequences of an existing health condition (tertiary prevention) – **rehabilitation and assistive devices components**

Prevention

- The role of CBR is to ensure that communities and relevant development sectors focus on prevention activities for people both with and without disabilities.
- CBR programmes provide support for people with disabilities and their families to ensure they can access services

Prevention

- CBR suggested activities related to prevention:
 - ▶ Facilitate access to existing prevention programmes
 - ▶ Promote healthy behaviours and lifestyles
 - ▶ Encourage immunization
 - ▶ Ensure proper nutrition
 - ▶ Facilitate access to maternal and child health care
 - ▶ Promote clean water and sanitation
 - ▶ Help to prevent injuries and secondary conditions

Medical care

- Medical care can be defined as the identification, assessment and treatment of health conditions and/or resulting impairments. Medical care can:
 - ▶ provide a cure
 - ▶ reduce the impact
 - ▶ prevent avoidable impairments
- Access to quality medical care, when and as often as needed, is critical for maintaining good health and functioning levels of health.

Medical care

- The role of CBR is to work in collaboration with people with disabilities, their families and medical services to ensure that people with disabilities can access services designed to identify, prevent, minimize and/or correct health conditions and impairments.

Medical care

- CBR suggested activities related to medical care:
 - ▶ Gather information about medical services
 - ▶ Assist with early identification
 - ▶ Ensure access to early treatment
 - ▶ Facilitate access to surgery care
 - ▶ Promote self-management of chronic conditions
 - ▶ Build relationship with medical care providers

Rehabilitation

- Rehabilitation is aimed at removing – or reducing as far as possible – restrictions on the activities of disabled people and enabling them to become more independent and enjoy the highest possible quality of life.
- Depending on the type of disability, various measures – such as medical care, physical rehabilitation, vocational training, social support or help in achieving economic self-reliance – may be needed for this.

Rehabilitation

- The role of CBR is to promote, support and implement rehabilitation activities at the community level and facilitate referrals to access more specialized rehabilitation services.

Rehabilitation

- CBR suggested activities related to rehabilitation:
 - ▶ Identify needs
 - ▶ Facilitate referral and provide follow-up
 - ▶ Facilitate rehabilitation activities
 - Provide early interventions activities for child development
 - Encourage functional independence
 - Facilitate environmental modifications
 - Link to self-help groups
 - ▶ Develop and distribute resource materials
 - ▶ Provide training

Assistive devices

- Assistive devices are external devices that are designed, made, or adapted to assist a person to perform a particular task. Many people with disabilities depend on assistive devices to enable them to carry out daily activities and participate actively and productively in community life.
- Access to assistive devices is essential for many people with disabilities and is an important part of any development strategy

Assistive devices

- The role of CBR is to work with people with disabilities and their families to determine their needs for assistive devices, facilitate access to assistive devices and ensure maintenance, repair and replacement when necessary.

Assistive devices

- CBR suggested activities related to assistive devices:
 - ▶ Train CBR personnel
 - ▶ Build capacity of individuals and families
 - ▶ Train local artisans
 - ▶ Facilitate access to assistive devices
 - ▶ Address barriers in the environment

Conclusion

CBR programmes can facilitate access to health care for people with disabilities by working with primary health care in the local community and by establishing links between people with disabilities and the health-care system