Alarcos Cieza, MSc, MPH, PhD
Mystery
Rehabilitation

- is key for optimizing healthy life expectancy;
Rehabilitation

- is key for reducing disability and optimizing functioning associated with chronic conditions;
Rehabilitation

• is effective in improving clinical outcomes;
Rehabilitation

- is cost effective;
Rehabilitation

- makes a huge difference in people’s lives;
- ...
Dual Strategy

- Demand
- NEED
- Supply

Advocacy

Technical Capacity
REHABILITATION

2030

a call for action

#rehab2030

WHO’s commitment
Change the conversation on rehabilitation
Rehabilitation is not only for persons with disabilities
Rehabilitation contributes to inclusion,
HOWEVER it is not EVERYTHING we do for inclusion of persons with disabilities
2
Integration
Along the continuum of care

Acute  Post-acute  Long-term
Coordination
Across services

- Rehabilitation
- Palliation
- Promotion
- Treatment
- Prevention

Across sectors

- Health (REHAB)
- Education
- Labor
- Finance
- Social
REHABILITATION in health systems
http://www.who.int/rehabilitation/en/
Investing in rehabilitation is investing on health
Rehabilitation targets to optimize or maintain **health** and what we do with our health in everyday life, such as self-care, moving around, leisure time activities and working.
Rehabilitation needs to be part of Universal Health Coverage
Universal Health Coverage

• Provision of quality, **essential services** for
  – Health promotion,
  – Prevention,
  – Treatment,
  – **Rehabilitation** and
  – palliation

according to need

• Protection from **financial hardship**
Universal Health Coverage

COSTS TO BE COVERED

POPULATION TO BE COVERED

SERVICES TO BE COVERED

- Reduce non-covered
- Reduce cost sharing and fees
- Include other services

$ $$
OPPORTUNITY
Sustainable Development Agenda

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace and Justice Strong Institutions
17. Partnerships for the Goals

The Global Goals for Sustainable Development
Goal 3

Ensure healthy lives and promote well-being for ALL at ALL ages
Goal 3

12 + 1 UHC

Targets
Dual Strategy

Demand

NEED

Supply

Advocacy

Technical Capacity
Package of Rehabilitation Interventions

- Workforce
- Equipment & consumables
- Assistive products
- Infrastructure

Tertiary
National, Referral hospitals
Specialist centres

Secondary
District hospitals

Primary
Clinics, health centres

Community
Homes, schools, workplaces
Strengthening the Health System

Countries need to know:

- Where am I?
- Where I want/need to be?
- How do I get there?
1. Determine the situation
2. Develop strategic plan
3. Develop M&E Process
4. Implement

Do
Review

Plan
Do
Review
<table>
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<tr>
<th>FOUR-STEP PROCESS</th>
<th>ACCOMPANYING TOOLS</th>
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<tr>
<td>1. Determine situation</td>
<td>Systematic Assessment of Rehabilitation Situation (STARS)</td>
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<td>2. Develop a rehabilitation strategic plan</td>
<td>Guidance for Rehabilitation Strategic Planning (GRASP)</td>
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<td>3. Establish a rehabilitation monitoring framework and</td>
<td>Framework for Rehabilitation Monitoring and Evaluation (FRAME)</td>
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<td>evaluation and review processes</td>
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<td>4. Implement</td>
<td>Action on Rehabilitation (ACTOR)</td>
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