



1

Rehabilitation

Rehabilitation is not a luxury, to be accessed by the few. Its an essential healthcare service; and yet it is often overlooked , leaving many vulnerable people in low and middle income countries, especially those affected by conflict, unable to receive vital rehabilitation

Many of us will need physical rehabilitation at some stage in our lives, following a disease, illness, injury or as we get older. It is estimated that one in three people – around 2.4 billion – are living with a health condition that would benefit from rehabilitation.

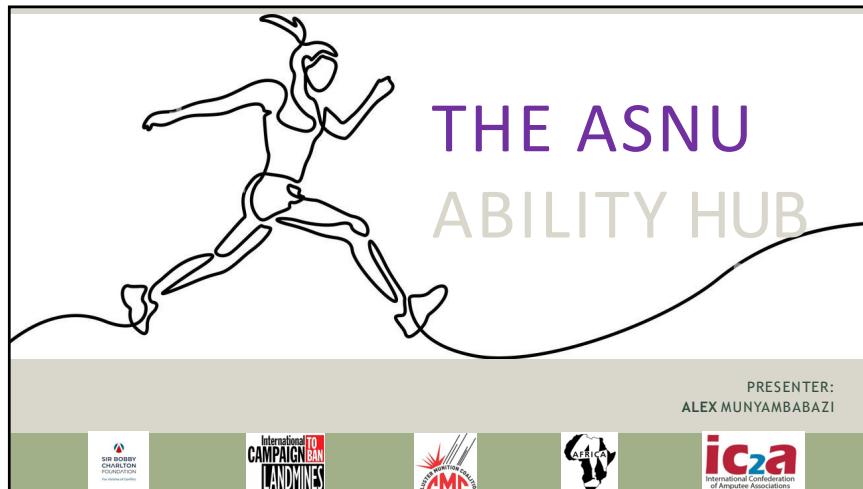
mean the only way you can be sure that you won't have a leg today is waking up with one.

With the technology available today, we should all be focused on taking advantage and make the best of it instead of putting a band aide.

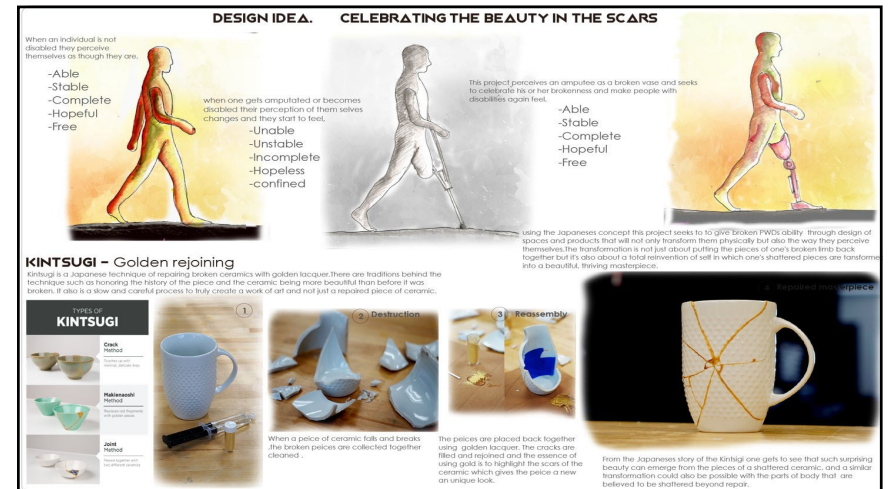
Yes, it's expensive , but how much would any of us pay just to stay with all your limbs attached to our bodies .



2



3



4

BACKGROUND

According to Uganda's ministry of health, about 4.5 million Ugandans live with a disability, with landmine survivors estimated to be 2,039.

These are mainly as a result of :

- Civil wars, as a result of landmines and explosive remnants of war.
- Road traffic Accidents,
- Poor medical care
- Medically developed.

Due to these disabilities, majority of the people with disability (PWDs) have lost self-esteem and are confined to their homes, depending on others for help, yet, they too have great potential, which is not being explored



6

5

GENERAL OBJECTIVE

To restore survivors' abilities to live to their full potential through mental Health, Psycho-social and physical rehabilitation as well as provision of trained skills and adaptive sports services that can boost their confidence to live independently.

SPECIFIC OBJECTIVES

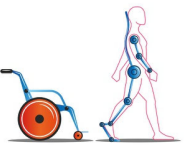
- Providing Mental Health and Psycho-social rehabilitation.
- Provide affordable and effective assistive and aiding devices like orthotics and prosthetics.
- Create a skilling center to provide survivors with skills to live independently.
- Engage in awareness campaigns to promote the need to respect the rights of PWDs
- To be a hub for research and design of prosthetic and orthopedic equipment that are functional, and aesthetical.
- Restore the survivors' abilities to live complete lives








6

6

LIVING WITH A DISABILITY (Stages of adjustment)



<p>Stage One - Finding out that you are about to get or have just been amputated</p> <p>state of mind</p> <ul style="list-style-type: none"> • Shock • Disbelief • Anxiety • Fear • Despair 	<p>Stage Two - Demonstrating anger outwardly</p> <p>The amputee tends to</p> <ul style="list-style-type: none"> • Deny their disability • withdrawal • Passive from intense feelings of guilt
<p>Stage Three - Amputee become resigned to the fact that they have been amputated</p> <p>Feelings of</p> <ul style="list-style-type: none"> • shame • guilt • hopelessness • hiding themselves from the public 	<p>Stage Four-Acceptance</p> <ul style="list-style-type: none"> • A person achieves unconditional positive regard for themselves • Starts to cope with life's trials • Psycho-social support and mental health rehabilitation is very necessary at this stage. • Past this stage, a person learns to live with their disability happily and gains back self esteem






6

7

Why sports? IT'S PSYCHOLOGICAL IMPORTANCE

Sports psychology plays a very vital role in enhancing the performance of persons, It deals with the various mental qualities such as concentration, confidence, emotional control, and commitment

The success that comes with sports improves and can be an inspiration to other persons

(National joint committee on Learning Disabilities, 1996)

Through sport, persons with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change. Sport teaches individuals how to communicate effectively as well as the significance of teamwork and cooperation and respect for others".

(Andrew Parsons, 2009)





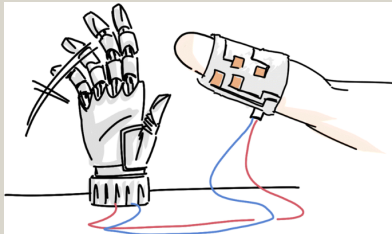




6

8

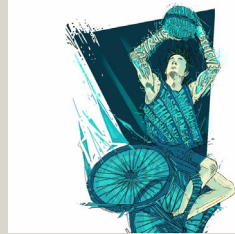
ABILITY HUB Design breif



PHASE ONE- Rehabilitation Center



PHASE TWO- Skilling Center



PHASE THREE - Sports Center



6

ABILITY HUB Design breif

PHASE ONE- Rehabilitation Center

This phase will entail an amputees' regional referral hospital and will comprise of the following

- Administrative spaces
- Counseling spaces
- Examination spaces
- Orthopedic Operation theatre
- Recovery Spaces
- Physiotherapy
- Orthopedic workshops
-



6

THE FOCUS IN PHASE ONE

- Mental health and psycho-social support
- Physio therapy
- Survivor assessment for specific assistive device needs
- Physical rehabilitation
- Follow up



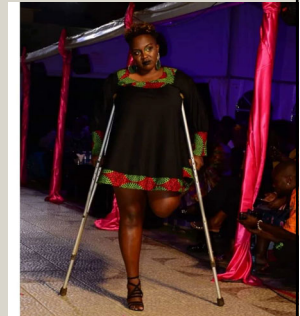
11

PHASE TWO- Skilling Center

This is mainly to empower amputees/Survivors to live life independently and they will be trained in skills like,

- Smart farming and entrepreneurship
- Computer literacy and electronics
- Home economics, catering, and con
- and crafts
- Dance
- Fashion
- photography
- Motor vehicle mechanics
- Welding, carpentry and joinery, brick laying etc

ABILITY HUB Design breif









12

PHASE THREE - Sports Center

This very important for the recovery of survivors/amputees and the objective is for it to be the first of its kind in the East African region. The center will have the following sports facilities:

- Outdoor sports facility for sports like football/tack and field
- Multi-purpose Indoor arena for indoor sports
- Gym and health club
- Olympic size Swimming pool










ABILITY HUB

Site Plan

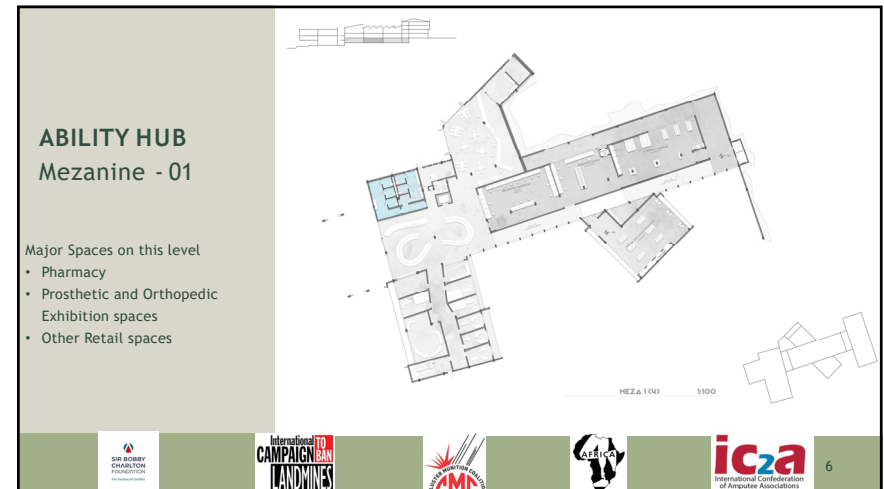






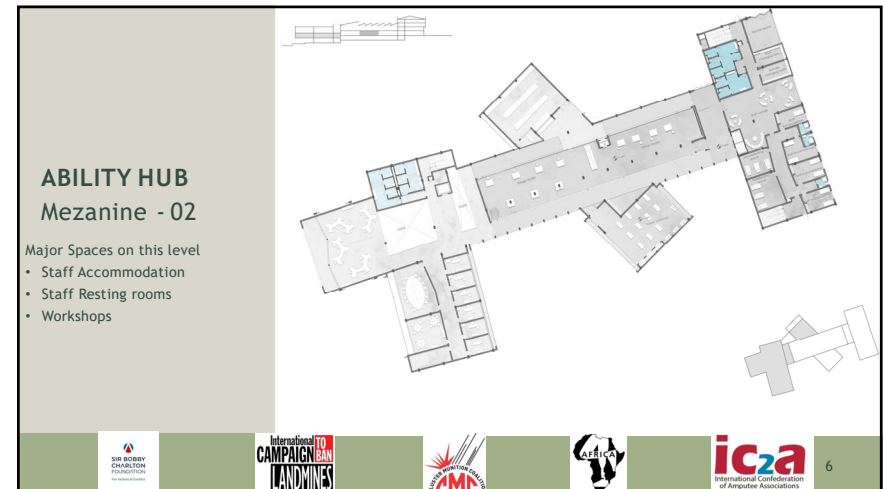

15



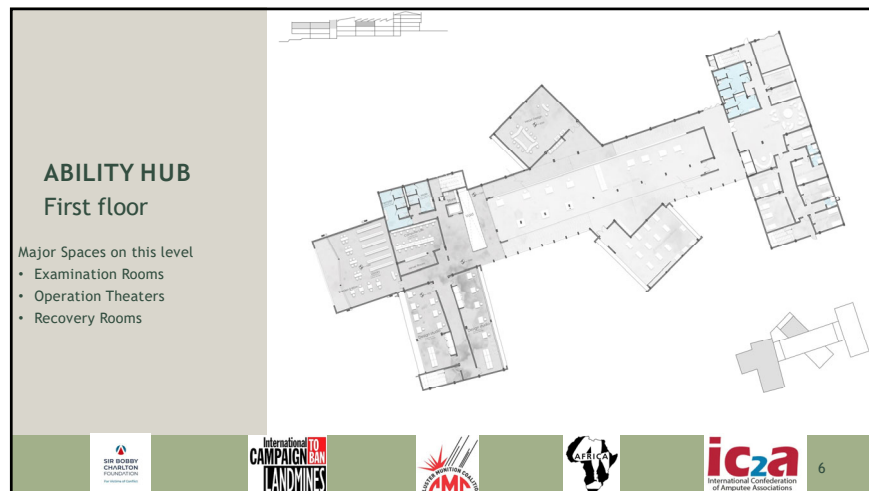
16



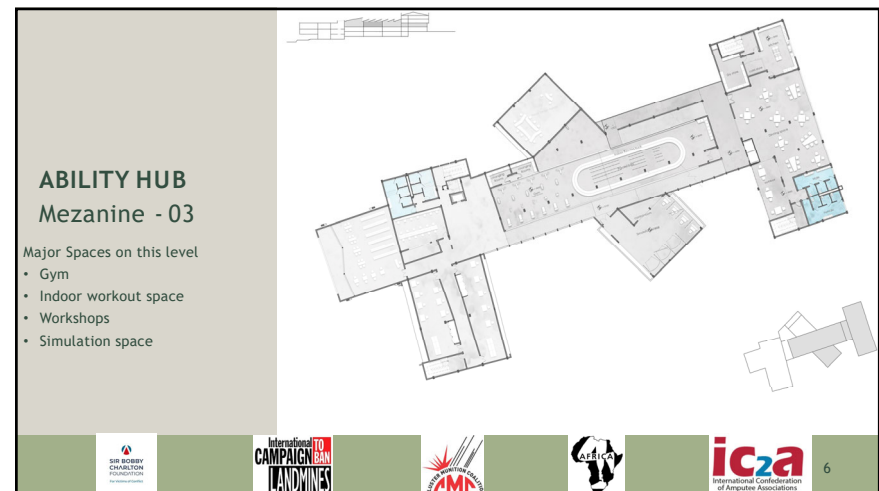
17



18



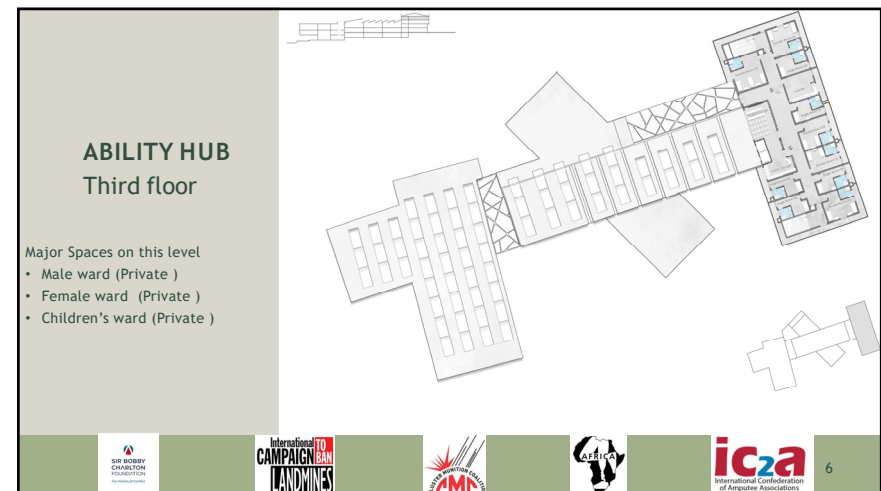
19



20



21



22



23



24



25



26



27

PHASING PLAN

S/N0.	DESCRIPTION	Amount(US\$)
1.01	Provisional sum for Land (10 acres)	197,368.4
1.02	Phase one (Rehabilitation center)	3,040,612.6
1.03	Phase Two (Skilling center)	2,118,780
1.04	Phase Three (Sport Center)	3,928,548
	TOTAL	9,285,309

Logos at the bottom: Sir Bobby Charlton Foundation, International Campaign to Ban Landmines (ICBL), Africa, and ic2a International Confederation of Amputee Associations.

28

