

TRAINING IN THE COMMUNITY OF PEOPLE WITH DISABILITIES.

By Einar Helander , Padmani Mendis, Gunnel Nelson and Ann Goerd

Published by the World Health Organization , Geneva Switzerland

Explanations

The process of why and how this book on CBR technology was produced appears in

- (1) E . Helander, (2007), The Origins of Community-based Rehabilitation, Asian and Pacific Rehabilitation Journal, 18:2
- (2) E . Helander, (2007), The Origins of Community-based Rehabilitation, extended version available on Homepage.
- (3) E .Helander (1999) Prejudice and Dignity, United Nations Development Programme, New York , USA

Chapter 9 in (3) describes the process behind the development of this book. It is built on indigenous technology, observed during studies made in several developing countries, in 1974-1979. Many visits were made to villages and slum areas in Africa, Asia and Latin America. Many persons with disabilities had then remained without any functional training, schooling, and insufficient health services, and – as few had jobs – were living a in extreme poverty. It was noticed that disabled persons of all ages had very high morbidity, malnutrition and mortality rates. There were human rights problems: as a group people with disabilities of all ages suffered very high levels of abuse and neglect. I then concluded: “most persons with disabilities are poor, dependent, abused, neglected, excluded from education, training and jobs; they die early and have no power while alive “ (1974).

Among these villages and slum areas there were, however, families with disabled members, who has quite successfully ‘invented’ methods to successfully train them in daily life activities: walking, dressing, eating, communicating, behaviour and so on. With these abilities, there followed independence and possibilities for jobs or for the setting up of a small enterprise and an income. Successful people with disabilities then started interest organizations, which resulted in growing influence and empowerment.

The book has a set of four Guides and a set of 30 training packages.

The four guides are for community members carrying out special tasks for the CBR programme:

(a) Guide for Local Facilitators -

for the community worker who implements the programme;

(b) Guide for the Community Rehabilitation Committee -

for the committee that manages the programme;

(c) Guide for People with Disabilities -

describes what people with disabilities can do for themselves and for others in the community;

(d) Guide for Schoolteachers -

will help teachers who include children with disabilities in the class.

These are followed by 30 Training Packages, which are designed to be carried out by family members and the person with disability her/himself.

At the beginning of each package, the educational objective is stated. Then follows a simple description of the training procedures, illustrated by line drawings. . Appended to each package are a Result Sheet to be filled in by the family and some advice on what to do in the absence of progress.

TRAINING PACKAGES

Training packages for family members of people who have difficulty seeing.

1. Information about the disability and what you can do about it
2. How to train the person to take care of himself or herself
3. How to train the person to move around

Training packages for family members of people who have difficulty speaking and hearing, or speaking and moving

4. Information about the disability and what you can do about it
5. For the child who has difficulty hearing and has not learned to speak, how to train the person to communicate
6. For the adult who has difficulty hearing but can speak - how to train the person to communicate
7. For the child who has difficulty speaking and moving but can hear, how to train the child to communicate

Training packages for family members of people who have difficulty moving

8. Information about the disability and what you can do about it
9. How to prevent deformities of the person's arms and legs
10. How to prevent sores caused by pressure on the skin
11. How to train the person to turn over and to sit
12. How to train the person to move from sitting to standing
13. How to train the person to move around
14. How to train the person to take care of himself or herself
15. How to train a person who has aches and pains in the back or the joints to do daily activities
16. Exercises for weak, stiff, or painful arms and legs

Training packages for family members of people who have no feeling in the hands or feet

17. Information about the disability and what you can do about it
18. How to prevent injuries and deformities of the hands and feet

Training packages for family members of adults who show strange behaviour

19. Information about the disability and what you can do about it
20. How to train the person to take care of himself or herself

Training package for family members of people who have fits

21. Information about the disability and what you can do about it

Training packages for family members of people who have difficulty learning

22. Information about the disability and what you can do about it

23. How to train a child who has difficulty learning to take care of himself or herself
24. How to train an adult who has difficulty learning to take care of himself or herself

General training packages

25. Breast-feeding a baby who has a disability
26. Play activities for a child who has a disability
27. Schooling
28. Social activities
29. Household activities
30. Job placement

The description of the evaluation of the programme appears in
E Helander: Quality and Cost Control of Rehabilitation Programmes (p. 15-25)

Translations and adaptations

Official WHO languages

- 1) English
- 2) French
- 3) Arabic
- 4) Spanish
- 5) Chinese, by WHO Collaboration Centre, Hong Kong
- 6) Russian, by SIDA, Stockholm

Translations by contracts with WHO Publications

- 7) Lithuanian
- 8) Oshindonga
- 9) Hindi
- 10) Marathi
- 11) Telegu
- 12) Kikamba
- 13) Romanian
- 14) Akan
- 15) Czech
- 16) Hungarian
- 17) Polish
- 18) Slovak
- 19) Mongolian
- 20) Korean
- 21) Bahasa Indonesia
- 22) Italian
- 23) Portuguese
- 24) Malayalam
- 25) Tamil
- 26) Albanian
- 27) Serbian
- 28) Swedish
- 29) Sinhala
- 30) Rukwangali

Other translations/adaptations

- 31) English, adapted version for Hong Kong, WHO Collaborating Centre
- 32) English, adapted version for India, by SIDA
- 33) Burmese , first versions by UNDP
- 34) Burmese, second adapted version, by Ministry of Health Rangoon
- 35) Tigris, by Norwegian Red Cross and AIFO Bologna
- 36) Swahili, by ILO, plagiary version
- 37) Urdu, by PAK, Sweden
- 38) Bengali by VHAI, India
- 39) Nepalese , first version by WHO, second by a NGO
- 40) Thai, Ministry of Health , Bangkok
- 41) Lao, by WHO
- 42) Vietnamese, Save the Children, Sweden
- 43) Tagalog, by WHO Collaborating Centre, Negros Philippines

- 44) English, plagiarized version in the Philippines, paid by UNICEF
- 45) Spanish, plagiarized version for Peru
- 46) Creole, for Haiti, grant for Dr Hannelore Adamson
- 47) Pashtun, by UNDP
- 48) Dardi, by UNDP
- 49) Farsi, by Welfare Organization Tehran
- 50) Shona, by SIDA
- 51) Ndbele, by SIDA
- 52) Amharic by Directorate of Welfare Addis Ababa
- 53) Tswana, by Norwegian Red Cross

Last updated in 2005