

Community Approaches to Handicap in Development

NEPAL's case study

1. Facts about Nepal

- Population of 23 million
- Approx. 90% population live in rural areas
- Average \$250 income per capita per year
- 40% literacy rate
- 42% of population below the poverty line
- 81% of labour force in agriculture
- 1.63% people with disabilities (official figure)
- Approx 2-3% disabled people access services they need

2. Constraints in the Nepalese environment

- Political instability and regular Bandh (strike) days
- Maoist activities
- Floods
- Landslides
- Remote mountainous areas
- Extreme poverty

3. Principles of CAHD

The CAHD methodology has been developed to enhance effective implementation of Community Based Rehabilitation.

CAHD does **not** aim to set up specialised organisations which focus only on the needs of disabled people.

CAHD focuses on enabling existing organisations and networks to include disabled people within their programmes.

The existence of specialised services is however vital.

4. Objectives of CAHD

Implementing CAHD will result in improved:

- attitudes of families, communities & development organisations
- methods of disability prevention
- access to rehabilitation services, economic resources & education
- social integration, influencing policy & decision making
- empowerment of disabled people

5. The role of Handicap International in CAHD in Nepal

Handicap International is **not** an implementing agency, but a facilitator providing:

- Technical expertise
- Capacity building
- Financial support to its partners

6. Current CAHD network developed by Handicap International in Nepal

- 5 international organisations
- 1 government agency
- 2 training organisations

- 3 advocacy organisations
- 3 service delivery organisations
- 20 development organisations
- Informal groups

7. Handicap International: CAHD team in Nepal

- Country Director
- Project manager – CAHD co-ordination
- Project officer – Management support
- Technical expert – Social worker
- Technical expert – Physiotherapist
- Finance & administrative staff
- Driver

8. The 4 components of CAHD

a) Social communication

Changing attitudes and providing knowledge about disability related issues to individuals and organisations.

b) Inclusion and rights

Providing disabled persons the equal opportunity to access their rights as citizens and to participate in all of the activities in their families and communities.

c) Rehabilitation

Minimising the physical, mental or sensory difficulties and maximising individual's personal development.

d) Management

Adapting the structure and systems of an organisation to ensure that the previous 3 activities can be implemented simultaneously and that these activities are relevant, efficient and effective

9. Social communication

a) Who are the target groups?

- Political leaders, policy makers & government staff
- Community leaders
- Teachers
- Women's groups
- Female healthcare workers & traditional birth assistants
- Social workers
- Families & community members
- Disabled people's organisations
- Local NGOs & international organisations

b) How are disability messages communicated? CD Rom

- Booklet
- NFE Leaflets
- Posters
- Pamphlets
- Discussion flipcharts
- Street drama
- Celebration of disability days
- Awareness-raising workshops

c) What other existing networks can we use? Two examples

- ✍ **Non-formal education classes for illiterate women** 3 months discussion about development issues such as women's rights, education, sanitation, health & disability
 - 6 months literacy skills using government published NFE booklets which contain several lessons on disability prevention, intervention & inclusion
 - 3 months continued literacy, numeracy skills and savings & credit support
- ✍ **Child clubs (Girls & boys under 18 yrs)**
 - Street drama about disability issues
 - Peer education & discussion within families
 - Child-to-child awareness raising
 - Inclusion of disabled children in child clubs
 - Designing posters
 - Promotion of vaccinations to mothers' groups
 - Raising awareness about health & sanitation
 - Organising celebrations on disability day

10. Inclusion and rights

a) How are disabled people's organisations (DPO's) promoting disability rights?

- Collecting & distributing information about disability rights
- Policy influence & advocacy
- Advocacy for employment
- Training of disabled journalists
- Media campaigns & publishing of disability magazines
- Free legal aid & telephone help-line
- Promotion & distribution of ID cards
- Advocacy for free transport
- Advocacy for free education & extended exam times

b) Examples of inclusion in education

☞ **Inclusion of children with disabilities into early education centres i.e. under fives.**

This encourages:

- Child development
- Social inclusion
- Peer education about disability issues
- Parents to go to work to provide financial support for future support of the child

☞ **Inclusion into secondary school**

11. Rehabilitation

☞ **Examples of rehabilitation activities**

- Primary rehabilitation therapy
- Counselling
- Referrals for surgery
- Provision of mobility aids
- Mobile disability camps
- Mobility training for blind people
- Screening for deafness & sign language training
- Preparation for inclusion into school
- Vocational skills training
- Improving accessibility of schools

☞ **Sign language training**

12. Management and training

a) Adapting to CAHD through training:

≈ **Disability awareness for managers (DAM)**

- 10-day training
- Understanding problems faced by disabled people
- Adapting organisational policies
- Developing social communication skills
- Designing implementation plans, time frames & budgets to include disability focused activities
- Learning skills for implementation of CAHD

≈ **Community Disability Workers' training**

- 3-months training
- General concept of CAHD
- Impairment, disability & handicap
- Prevention measures
- Identification & assessment
- Primary rehabilitation therapy skills
- Social communication skills

b) Management support given by Handicap International

- Regular management support visits
- Training & staff development
- Support for organisational self-assessment
- Planning CAHD objectives, activities & time schedules
- Advice & technical support
- Developing proposal writing skills
- Financial support
- Support for monitoring and evaluation

c) Using methods of full staff participation, partner organisations are encouraged to carry out a detailed self-assessment

The organisational assessment tool guides partner organisations to:

- Identify institutional strengths, areas for improvement, opportunities and threats
- Assess capacity for effective & efficient operation
- Monitor institutional progress
- Identify resources & other support requirements

The tool focuses on self assessment of:

- Internal organisation
- External relations
- Programme planning and implementation
- Rights and inclusion
- Technical issues

d) The project cycle

- Concept development
- Programme planning
- Funded by DFID in October 2001
- Developing partnerships & defining terms of agreement
- Training of partner staff (ongoing)
- Development of detailed CAHD action plans with partners
- Implementation of CAHD
- Mid-term evaluation for DFID (end May 2003)
- Learning from mid-term evaluation and feedback to partners
- Continued implementation
- Final evaluation for DFID (September 2004)
- Future development of CAHD

13. Some areas for further development

- Disability issues in official training curriculum
- More trained Community Disability Workers
- Continued social communication activities
- Recognition of disability rights
- Development of specialised services
- Development of effective referral systems
- Effective methods of economic reintegration

14. Summary

COMMUNITY

People, their families & the organisations that influence their daily lives

APPROACHES TO

The 2-way, interactive relationship within communities needed to change attitudes so that disabled persons will be included and have access to the services and assistance that will minimise their disability and maximise their personal development

HANDICAP

Not recognising the existence of disabled persons, excluding them from society, and not providing services to meet their needs

IN DEVELOPMENT

Including disabled persons in the continuing processes: of increasing personal freedom; &, of sharing in a more equitable distribution of the world's resources

15. Contact details

Handicap International UK

5 Station Hill, Farnham, Surrey, GU9 8AA, UK

Telephone: 00 44 (0)870 774 3737

Fax: 00 44 (0)870 774 3738

Email: hi-uk@hi-uk.org