



COMMUNITY BASED REHABILITATION (CBR)

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KEYWORDS :

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Rehabilitation is a creative procedure that includes the cooperative efforts of various medical specialists, and associates in other health, technical and environmental fields, to improve the physical, mental, social and vocational aptitudes of the disabled, with the objectives of preserving and improving their ability to live happily and productively on the same level. Children who are born with disabilities need stimulation for development and adaptation – habilitation (Winnick, 1979), and those who acquire disabilities also need rehabilitation. CBR is a model which brings rehabilitation to community and help to facilitate people to take responsibility for their own lives and also promoting community involvement and ownership, developing and strengthening of multisectoral collaboration;

CBR-Definition: A strategy within general community development for the rehabilitation, equalisation of opportunities and social inclusion of opportunities and social inclusion of all people with disabilities.

Disability- Definition: International Classification of Functioning, Disability and Health (ICF), which states that disability is an "umbrella term for impairments, activity limitations or participation restrictions", which result from the interaction between the person with a health condition and environmental factors (e.g. the physical environment, attitudes), and personal factors (e.g. age or gender).

Aims of Community based rehabilitation

CBR works with people with disabilities to develop their capacity, address their specific needs, ensure equal opportunities and rights, and facilitate them to become self-advocates.

- Trained to identify children with disabilities, who are often hidden by their families. Evaluate the individual needs of children. For example, a child might require immediate medical attention, physiotherapy, crutches, a wheelchair, hearing aids or spectacles.
- Help parents about how they can support and strengthen their child with specific physiotherapy exercises.
- CBR also has a positive impact on the inclusion of disabled people within a community
- Training the disabled to live by themselves and to work according to their abilities so that they become contributing members in the family and in the society.

Why Community based rehabilitation ?

- The model of Community-Based Rehabilitation has number of advantages which account for its popularity, especially in middle and low-income countries.
- CBR works even in rural regions with little existing infrastructure
- CBR positively affects the well-being of both persons with disabilities and the communities they live in
- CBR creates awareness in society and combats prejudice against people with disabilities.

Concepts of Community based rehabilitation

- **Disability and rehabilitation:** disability is defined as a physical, mental, cognitive, or developmental condition

that impairs, interferes with, or limits a person's ability to engage in certain tasks or actions or participate in typical daily activities and interactions. Rehabilitation is defined as the restoration of something damaged or deteriorated to a prior good condition.

- **Human rights:** Human rights are moral principles or norms that describe certain standards of human behaviour and are regularly protected in municipal and international law.
- **Poverty:** Poverty refers to lacking enough resources to provide the necessities of life—food, clean water, shelter and clothing.

Activities in Community based rehabilitation .

- Promotion of positive attitudes towards people with disabilities.
- Making public utility and offices accessible.
- Preventing causes of disabilities.
- Providing rehabilitation services.
- Facilitating education and training opportunities.
- Supporting local initiatives.
- Monitoring and evaluating CBR programmes.
- Supporting micro and macro income-generation opportunities.

Steps of Community based rehabilitation

1. Identification of person requiring rehabilitation services
2. Assessment of disabilities and various needs for rehabilitation of identified person
3. Provide the basic services through PHC
4. Assessment of problems
5. Refer to secondary or tertiary health centres
6. Facilitating to rehabilitative services
7. Review meetings
8. Coordinating with other departments

Challenges

- Lack of understanding the concept
- Poor planning and coordination
- Lack of communication
- Lack of acceptance

Community based rehabilitation Model**5 Key Components**

1. HEALTH
2. EDUCATION
3. LIVELIHOOD
4. SOCIAL
5. EMPOWERMENT

Community based rehabilitation Model

- In health, attention is focussed on wellness promotion, disease prevention, medical care rehabilitation and use of assistive devices.
- The subsets of education are early childhood development, non-formal education, formal.
- Livelihood is concerned with skill development, self-employment, waged-employment, financial services and social protection.
- The subsets of social components are personal

assistance, relationship, marriage and family, culture, religion, arts, sports recreation, leisure and access to justice

- On empowerment, the disabled individual is involved in social mobilization, political participation, selfhelp groups and disabled peoples' organizations (WHO, 2007).

Community Based Rehabilitation in Nursing

It involves rehabilitating the person in his/her own family and community with the cooperation of the family members, community, and use of various resources available within and outside the community.

Aim is to provide training the disabled to live by themselves and to work according to their abilities so that they become contributing members in the family and in the society.

Nurses Role

- Mainstreaming the disabled people in to the society.
- Give importance to the ability of the person rather than their disability.
- Improve the quality of life of the disabled persons by promoting their integration in their community, by preventing them being marginalized and by assisting them to realize their full potential.
- Training the physically disabled to do his/her daily activities with the help of necessary equipments such as cane, specs, orthopaedic shoes, hearing aids etc.
- Train the children to dress by himself, to take bath, to wash the dishes, to eat without any support, to wash his/her own clothes and to manage his daily life.
- Those who have difficulty in learning because of their impairment in hearing, seeing, going to school etc are offered special education either at home or at a regular school.

Awareness Programmes: To introduce CBR programme and to create an attitudinal change towards the wrong conception towards disability, we organized community awareness programmes

The various causes and type of disability and its preventive measures behavior problems, problems faced by parents were explained.. Also the community awareness programmes helped to ensure the community involvement and participation in the effective implementation of the programme.

School awareness programmes: organizing awareness programmes in schools. Along with students teachers are also included in the training. The disabled children are always disregarded as they are not competitive with normal children. Through the programme the teachers and students were got awareness on communication with disabled children, what are disability and its causes and what they can do for disabled

MCH programmes: We are conducting mother and child health programmes and training to mothers and were enriched with care and precautions in pregnancy, prenatal, and Postnatal. They were also trained in preparation of nutritious food and immunization programmes for children. The programme also helped us to identify the disabled Health education subjects like care of pregnant mothers, child rearing, care of lactating period and preparation of nutritious food for children

Medical Camps: Identify the disabled children through medical camps and giving awareness to parents. House visit and village level Survey:

Staff training: Community-based rehabilitation (CBR) as a developmental strategy addresses the needs of people with

disabilities and their family. CBR personals at remote rural play an important role in early detection and prevention of disabilities. The identification with proper guidance can help to overcome the scarcity in early detection. An effective training for rehabilitation workers should contain training program emphasis on multiple disabilities.

CONCLUSION

The physically-disabled still face a lot of obstacles or barriers to full participation in their affairs and in the society. Aside involving the disabled in the running of CBR, developing a strong disabled community network will also go a long way in sustaining this project and making the disabled part of the solution of overcoming the restriction in participation in all areas of human endeavour.

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