

LAUNCHING OF CBR PROGRAMME

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1. INTRODUCTION:

The community based rehabilitation (CBR) approach was initiated by WHO, more than 10 years ago. In this period, many countries have launched CBR programmes and with time, more and more countries have been expressing the need for launching such programmes. Even within the countries where there are on-going CBR programmes, there is a need to extend these to more provinces/regions/areas.

The new strategy of CBR builds upon several years of observations in launching of existing programmes and transfer of technology as well as on various approaches which have been tried for service delivery. All this shows an effort to design a better system, for changing the conditions so that there is better service delivery for all the persons in need and for more equal opportunities for disabled persons.

For stimulating the group discussions on launching of a CBR programme, the coordinator had prepared a set of 8 questions. The following report follows the discussions according to the same pattern of questions.

2. WHO SHOULD START A CBR PROGRAMME AND WHAT APPROACH SHOULD BE USED:

The initiator of a CBR programme can be a government ministry like for ex. in Vietnam and Indonesia, where the CBR programmes have been initiated by Ministry of Health. In other cases, it may be initiated by a non-governmental organisation, like for ex. in Mauritania where the CBR programme was started by an organisation of disabled persons (though now it is run by the department of Social Affairs of the Government). In Ghana, the CBR programme was started in 1992 by the Ministry of Social Welfare partly because of impossibility of institution based rehabilitation services in responding to all the needs of disabled persons.

However, "who" starts the programme is not so important, but it is necessary that all the bodies related to the disability issue are involved in collaboration with the CBR programme. It is also important that multi-sectoral collaboration is nurtured right from the very beginning of activities. Even if involvement of all the sectors in the CBR programme may sometimes be difficult.

A CBR programme can be started from top to down (from national level, going down to the community level) or from bottom to up (starting the activities at community level and later involving the district and national levels). Both kinds of approaches have been successfully used in launching CBR programmes in different countries. Majority of countries where the CBR programme is launched by governments, top-down approach is used in the beginning. However, this does not exclude the bottom-up approach. For example, in Vietnam, the top-down approach was used in some pilot communes. Other neighbouring communes when came to know about the success of the CBR programme in those areas, started such activities in their areas by their own initiative using the bottom-up approach. While the bottom-up approach can be more catalytic in promoting community involvement and attitude change, the top-down approach can facilitate multi-sectoral involvement as

well as, better support from the referral services.

3. HOW TO SELECT PILOT AREAS FOR STARTING CBR PROGRAMMES:

CBR programmes are usually launched in small areas, which serve as a model, for extending the same approach to other areas. Such areas are called pilot areas or target areas. The main criteria for selecting these areas are as following:

- High political will and commitment towards the CBR programme in the area.
- Good transportation system and easy accessibility of the area.
- Existence of some basic infra-structures like health centres, schools, etc. in the area.
- Existence of on-going activities of community development in the area.
- Presence of good referral system structures in the area.

The importance of selecting pilot areas with good chances of success for the CBR programme is emphasised since these areas can then serve as model for other areas and determine the extension of CBR programme to other areas.

4. STEPS FOR STARTING A NEW CBR PROGRAMME:

- a. Comprehensive preparation of the pilot area including campaigns for creating awareness and changing of attitudes with regards to disability issues should be carried out and political commitment to the CBR programme should be secured. Together with this, a multi-sectorial CBR steering committee should be created and the WHO manual on CBR should be translated and adapted in the local language.
- b. A written plan of action for the CBR programme should be prepared which should include clearly defined objectives, time-frames for the activities, on-going evaluation mechanisms, etc.
- c. Multi-sectorial conferences on CBR should be organised at national, provincial/regional, district and community levels.
- d. Trainers for the CBR programme should be trained.
- e. Training of CBR workers/local supervisors should be carried out.
- f. House to house surveys to identify disabled persons should be carried out. Persons needing rehabilitation and family trainers should be identified.
- g. CBR programme is implemented together with the establishment of monitoring, follow-up and reporting systems. During the initial phase, persons with good knowledge and motivation can be identified as key persons and they need to be given extra training.
- h. Referral system should be strengthened together with the creation of adequate feed-back

mechanisms.

- i. Evaluation, etc.

Steps in the Launching of CBR Programme: Indonesian Experience

A CBR programme was launched in 1979 in Solo area and in 1985 in the Bandung area, through a bottom-up approach. Later on, the Ministry of Health started CBR programmes in other areas, in a top-down approach. After 10 years of practical experience in the Bandung, a set of well defined steps have been identified and these are used for launching CBR programmes in new areas of Bandung municipality.

- A meeting on CBR is organised at sub-district level and this is conducted by the Bandung municipality's CBR team.
- The CBR team at the sub-district level is identified and training of teachers is carried out.
- Visits are carried out at the community level, to meet the rehabilitation workers.
- Community CBR association (committee) chooses the volunteers (cadres).
- Training of CBR cadres is carried out.
- The CBR cadres carry out a house to house survey in their area for the identification of all the disabled persons.
- Community CBR association carries out an assessment of the results of the survey.
- Implementation of CBR programme is carried out.

5. MEASURES FOR PREPARING THE COMMUNITIES FOR THE CBR PROGRAMMES:

For preparing the communities, for the launching of a new CBR programme, the following activities are most important:

- Awareness raising
- Conferences, meetings and communications
- Training of manpower
- Selection of volunteers

Organisation of National Conference for Launching of CBR Programme in Eritrea:

A three days long national conference on CBR is being organised in Asmara, which will be held in March 1995. This conference will involve all the different Government ministries, local government authorities, national and international NGOs and other organisations like WHO, UNHCR, ILO, DPI,

etc.

The conference will be opened by the President of Eritrea, so that all the involved ministries and organisations can feel that the highest office in the country is interested in the success of the CBR programme.

Different medias will also be involved in the conference to get a national press coverage and to create awareness in the country.

A preparatory committee for the conference has been formed which includes persons from university, Ministry of Health, Ministry of Education, Ministry of Constructions, Ministry of Agriculture, National Union of Workers, National Union of Women, Eritrean Youth and Students organisation, National Association of War-disabled persons, Labour office, etc.

To prepare for the meeting, a team has been sent to go around the villages in both, highlands and lowlands of Eritrea, to film interviews with disabled persons, their families and community leaders. This film will be shown during the conference. Other video-cassettes, showing the experiences of CBR from other countries will also be screened during the conference.

6. TRAINING OF CBR PERSONNEL AT DIFFERENT LEVELS:

The group agreed that the development and training of personnel is very important for the CBR programmes. Clear frameworks and curriculum for the training of different categories of personnel should be developed.

6.1 Training Materials:

Before the training, adequate training materials should be adapted and prepared. The following categories of training materials may be needed for the CBR programmes:

- WHO manual, manuals on specific disabilities, etc. Many countries have prepared manuals on specific disabilities according to their own needs like for ex. in Vietnam, Indonesia, Ghana, Guyana, etc.
- Materials about managerial skills, including planning, teaching, evaluation, etc. Many countries have already produced such materials like in Vietnam, Indonesia and Ghana.
- Materials about inclusive education, like the UNESCO pack.
- Materials about vocational training, job placement, income generation, etc.
- Miscellaneous materials on subjects like toy making, puppetery, communication techniques, etc.
- Materials for supporting organisations of disabled persons like the U.N. manual on self-help organisations.

6.2 Training: At all levels, training should be:

- A two-way learning process
- Multi-sectorial
- Basic training should be followed by on-going training
- Should be based upon the roles and tasks

At family level, the family trainers need training for providing information, sharing ideas, learn demonstration skills, use of training packages from the WHO manual, etc. The training can be informal for their specific needs and for creating mutual support groups, etc.

The local supervisors need to learn in addition, technical skills like counselling, support, etc. while the intermediate level supervisors need to learn technical skills of higher level.

The trainers of CBR programmes need additional training on teaching methods as well as multi-sectorial specialised skills. The CBR programme managers, in addition need training on management, planning, supervision, evaluation, fund-raising, motivation, etc.

In general, each level of personnel is responsible for the training of personnel of the level below: international and national personnel for training provincial/regional staff; they in turn would train intermediate staff like at district or subdistrict level; these will in turn train the community level persons like the local supervisors; finally the local supervisors will train the family trainers and disabled persons.

If possible all the training should be carried out under a clearly defined national government policy.

7. WHEN TO PROVIDE SUPPORT FOR THE REFERRAL SYSTEM:

The decision on when to provide support for referral system: before starting the community level activities or after, will depend upon the local conditions. It is important to take care that CBR programme is not seen merely as support for infra-structures or equipments. The referral system should always be multi-sectorial and should involve all levels: national, provincial, district and community. The support to the referral system should involve all the aspects like: social welfare, vocational training, health services, education system, etc.

8. PROBLEMS IN THE MAINTENANCE AND SUSTAINABILITY OF CBR PROGRAM

Some of the main problems related to the maintenance and sustainability of CBR programmes and their possible solutions are as follows:

- a. Problems of finance and transportation: Such aspects should be discussed clearly right at the beginning of activities and can be avoided by good planning.
- b. Problems related to manpower, referral system support, monitoring and evaluation: People need encouragement; discussions with the involved members are needed and if required,

recommendations can be made to the Government; training can be carried out.

- c. Disability is considered to be a low priority: creating of awareness as well as the success of pilot CBR programmes can tackle this problem.
- d. Problems relatd to volunteers: regular training of new volunteers may be needed.

9. WHAT IS THE MOST IMPORTANT THING FOR THE SUCCESS OF A CBR PROGRAMME:

- Creating awareness.
- Continuing commitment and motivation.
- Multi-sectoral approach.
- Manpower training at all levels.
- Clarity of mission and vision of CBR.

Though trained manpower is very important for the CBR programmes, there is also the need for integration of disabled persons in all aspects of CBR programmes. A system for service delivery, which depends entirely on the community would be unlikely to meet all the needs of disabled persons.

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