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## TRAINING IN THE COMMUNITY FOR PEOPLE WITH DISABILITIES

# Community Based Rehabilitation (CBR) Manual

## Guide for the Community Rehabilitation Committee





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*Improving the access to social services for People with disabilities in Rwanda*

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## What Is This Guide For?

This CBR Manual will help you to form a Community Rehabilitation Committee. Your Committee can work to improve the lives of people with disabilities and to prevent disability in the community.

### Introduction

#### What is a disability?



You have seen that some people in your community have difficulties that other people do not have. For example you have seen that some people have difficulty seeing. Some people have difficulty hearing, speaking, learning, or moving around in the same way as others. Some people show strange behaviour, or have fits, or have no feeling in their hands and feet. Such difficulties are called disabilities.

Every community has some people with disabilities. Seven out of every 100 people are said to have a disability. You will find that some people with disabilities live in the same way as others in the community. But you will find because of their disabilities some people have problems. They have problems doing their daily activities that other family and community members do.

#### Activities that people need to be able to do

- Families of people with disabilities and community members tend to think that people with disabilities cannot do the same activities that they do. This is not so. Many people with disabilities can do all daily activities. With training many others who do not walk, take care of themselves, or communicate can learn to do such activities better.
- Families and communities often do not give people with disabilities the opportunity to learn how to do the activities they need to do. They do not encourage people with disabilities to go to school, to work, or to join in family and community activities.
- All people with disabilities who are not able to do the activities other people should do have training and education. This will make it possible for them to develop the abilities that they have and to get over their disabilities.

## **What can training do?**

### **Training can help babies**

- Breastfeeding
- Playing.



### **Training can help Children**

- Playing
- Taking better care of themselves by eating, drinking, keeping clean, using the latrine, and dressing with as little help as possible.
- Moving with as little help as possible around home, yard, and village and travelling by bus, train, boat, or on an animal.
- Communication with others.
- Joining in family and community activities.
- Going to school.



### **Training can help adults**

- Taking better care of themselves.
- Moving around with as little help as possible.
- Communicating with others.
- Joining in family and community activities.
- Doing household activities.
- Doing a job.



## How people with disabilities can have training

- The CBR manual “TRAINING IN THE COMMUNITY FOR PEOPLE WITH DISABILITIES” is about how children and adults can have training to improve their lives.
- The programme described in the MANUAL is called Community-Based Rehabilitation
- This Guide which has been written for you is part of the Manual.



This Guide describes what you and other members of the Community Rehabilitation Committee can do. You can support people with disabilities, their families, and your community in order to improve the lives of your community members who have disabilities.

- A Local Supervisor is a person who is responsible to the community for organizing and running the training programmes for members with disabilities. He or she can do this with the support of the community.
- The Local Supervisor does the following:



- Involves the community in the Community-Based Rehabilitation programme.
- Locates and identifies members in the community who have disabilities.
- Advises on which people need training.
- Finds and teaches a family or a community member to be a trainer for each person who needs training.
- Chooses training material from the manual for each person who will have training.
- Teaches guides, supervises, and encourages people with disabilities and trainers to continue training.
- Assesses the progress made by each person who is training.
- Keeps records.



- Seeks the cooperation of schoolteachers for the schooling of children and adults who need schooling.
- Chooses and refers people who need other available services.
- If there is already a Local Supervisor in your community, he or she will have met you and given you this guide.
- Your Local Supervisor may have already asked for your help in starting a Community-Based Rehabilitation Programme for your people.

## **Management of the Community-Based Rehabilitation Programme**

### **Involving the community and choosing the Community Rehabilitation Committee**

- Your community may have decided to start a rehabilitation programme and may have already set up a local rehabilitation committee. If so, this Guide may have been given to you because you have been chosen by your community to be a member of the Committee.
- If not, you may have received this Guide from someone who wants you to help set up a local rehabilitation programme. Or you may yourself have asked for and received this Guide because you want to start a programme in your community.
- Read the information and follow the instructions on the following pages to set up a rehabilitation programme for community members with disabilities. From the very beginning involve your community in the rehabilitation programme. Involve the community in planning, setting up, and running the programme and in making sure the programme is going well.
- Get the community together at a meeting to discuss the need for a rehabilitation programme for your community. Inform the whole community about the meeting and ask as many members as possible to be present. Also meet the people on the following list and ask them to be present:

People with disabilities and their families.

Active community members and others interested in the development of the community. Community leaders, such as village and tribal chiefs, council members, religious leaders, schoolteachers, and traditional healers.

Leaders of nongovernmental organizations, such as village cooperatives and women's, youth, cultural, and sports group.

Health workers, such as primary health workers, public health officers, public health nurses, and medical officers.

Other governmental officials, such as social workers, rural development officers, and agricultural officers.

- Explain to those present at the meeting why you arranged it. Suggest that the community should take the responsibility for improving the lives of its members with disabilities. Tell them that this could be done through a community-based rehabilitation programme. Explain how the community could set up and run such a programme.
- There may be people present who do not agree that rehabilitation programme is necessary. Some people may think that there are not many members with disabilities in the community. They may say that nothing needs to be done for members with disabilities. If there are people who have these views, explain and discuss the following:

The approximate number of members with disabilities you can expect to find in your community.

Problems that these members have.

How the rehabilitation training can help these members.

How rehabilitation for these members will benefit the community.

Why members with disabilities should be included in the community development activities.

- When discussing the list, make sure the people with disabilities and their family members take an active part. Encourage them to express their views. Support and help them to persuade the community to agree to start a rehabilitation programme.
- When the community has agreed that a rehabilitation programme is necessary, discuss how this can be done. The community may decide to choose a small group to represent them and to take responsibility for the programme. This group can be called the Community rehabilitation Committee.
- If there is already a local committee which could be responsible for rehabilitation, the community may decide to give the responsibility to that committee.
- If not, the Community Rehabilitation Committee should include members who are interested in people with disabilities. The committee should include, among others, some people with disabilities and members of their family.

### **The role of the Community Rehabilitation Committee**

- The purpose of the community rehabilitation committee is to manage the community rehabilitation programme for the community. Through the committee, the community takes responsibilities for its members with disabilities. For this reason the committee should report to the community about everything it does. The committee should meet community members regularly to inform and discuss with them the rehabilitation programme, and to seek their approval. In this way the community participates and is involved in improving the lives of its members with disabilities.

- Your tasks, as members of the Community Rehabilitation Committee, are the following:
- To set up the rehabilitation programme for people with disabilities in your community and to make sure that it goes well.
- To make sure that people with disabilities have the same opportunities as others in your community.
- To make sure that people with disabilities participate in the activities of your community in the way that others do.
- To take steps to prevent disability in your community.

### **Setting up the Community-Based Rehabilitation Programme**

- Arrange for the community rehabilitation committee to meet regularly. When you first meet, discuss the steps you will take to set up and run the rehabilitation programme.
- The steps described here are suggested as guidelines.

#### **Step 1: Choose a Local Supervisor**

- The tasks of the local supervisor have been described on page 6 of this Guide. Choose a Local Supervisor who will be able to do these tasks. A Local Supervisor should have the following qualities:



- Is concerned about people who have disabilities.
- Can read and write.
- Is a member of your community and knows its traditions and customs.
- Is well known and trusted by other community members.
- The job of a Local Supervisor can be done by a village health worker. It can also be done

by a schoolteacher, or someone who does other community development work. Adults with disabilities and their family members make good Local Supervisors because they know well the problems caused by disability.

- If your community is large, you need several Local Supervisors. In many Community-Based Rehabilitation Programmes, one Local Supervisor has been found to be necessary for about 1000 community members. In these programmes the Local Supervisor spends about 6-7 hours, or one day a week, doing the programme.
- If your community is spread out over a large area, your Local Supervisors will need to travel over long distances. It is then better to have one Local Supervisor for about 500 community members.

- In some communities, it is better to choose women and in others it may be better to choose men as Local Supervisors. In most communities, it is necessary to have both men and women as Local Supervisors. Your community should decide what is best.
- Give the responsibility of choosing Local Supervisors to your community members. Ask every group of about 1000 members, or if you have so decided, 500 members, to choose their Local Supervisor from among their own people. Discuss this with them and help them to choose suitable people.

## **Step 2: Arrange training for Local Supervisors**

A Local Supervisor can learn to use the manual by taking an organised training course on community-based rehabilitation in your district or country.

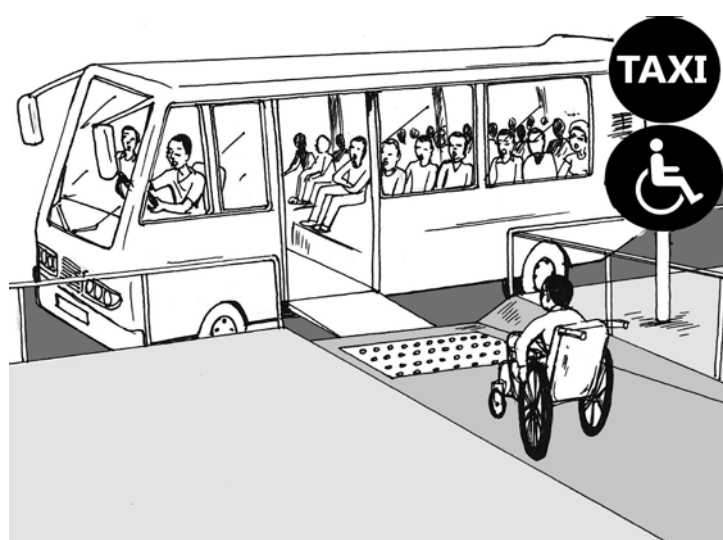
Or a Local Supervisor can learn to use the manual by himself or herself by reading it and then using it.

You can set up a group of Local Supervisors. They can meet from time to time to study and learn from each other how to use the manual.

## **Step 3: Arrange transport for Local Supervisors**

- Before the Community-Based Rehabilitation Programme is started, find out how Local Supervisors will travel to the homes in their areas.

If the area covered by each Local Supervisor is small, the Local Supervisor can walk to the homes of the people with disabilities.



The local Supervisor who covers a large area may need transport. He or she may need, for example, a bicycle or a donkey to go from one home to the next.

Or a local supervisor could use a bus, or could travel with someone else who visits the homes in the area.

- Before the programme is started, arrange for the transport that is needed. The community may have to give some money to pay the costs of transport.

## **Step 4: Arrange training for Local Supervisors**

- After training, Local Supervisors will start the rehabilitation programme by visiting homes in their area to locate and identify people with disabilities.
- To understand better the needs of the people with disabilities, visit their homes with Local Supervisor. Meet them and their families. Find out from them what they need. Discuss





with them what the community could do to help in their training. Discuss what other support they may need from the community. Ask people with disabilities to show you how they have training. Ask them to show you the Training Packages they use.

- Ask your local Supervisor to come to you for help from time to time. Give the Local Supervisors whatever help he or she needs for the programme.

- There may be some things that you want to know about disability, and about people with disabilities. You should know about their problems. You should also know about the possible solutions to such problems. Discuss these with your Local Supervisor, or read in the Manual the parts in which you are interested.

- If you think that the community should also know about this, ask the Local Supervisor to speak to your community about disabilities and their causes.



- Some families of people with disabilities may need help from your community, such as money, food, clothing, shelter, or transport. Or some families may need help in caring for a severely disabled family member during part of the day.

- Discuss the needs of these families. Together find ways of helping them.

- You can also help orphans with a disability in your community. Encourage community members to adopt such children, especially those members who have no children of their own.

- You can help elderly people with disabilities who have no families and who need to find homes with other families. Encourage relatives to look after these members. Give relatives support for looking after them. This support could in form of money, food, clothing, or shelter.

- The community should not build separate institutions for orphans, disabled, or elderly members. Instead the community should support these members in their own homes or supporting the families with whom they live. Supporting members and families in this way costs less than building and running institutions for those who have no home.



- Some people may need help in doing their daily activities such as preparing meals or fetching firewood and water.

Some people may need help to get to school or to work, or to places where community activities are being held.

Discuss the needs of these people and find ways of helping them.

- Each community should have services such as health care, education, transport, water supply, and waste disposal.

- When you plan these services in your community, remember that they must be available also to members with disabilities.

- As a member of the Community Rehabilitation Committee you should take the lead in helping people with disabilities to be accepted by your community.



- Your community should make it possible for your members with disabilities to participate in all social activities.

- Make sure that members with disabilities can have education and that they have equal opportunities for jobs, health care, and so on.

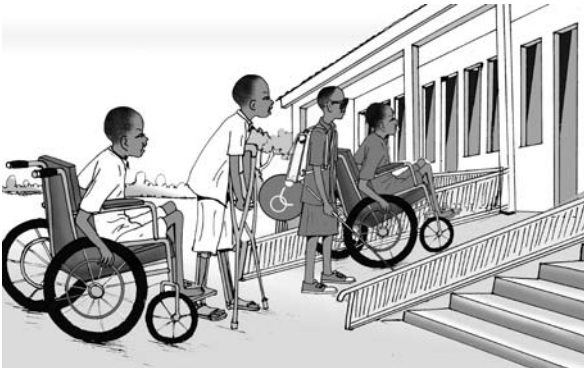
- Make that your members with disabilities have housing that is as good as that of other members.



- Members of the community can join together to help those with disabilities to build or improve their homes. The community can also help them repair their homes and make the homes safe.

- Some members with disabilities may need to make changes to their homes so that they can move around easily. For example, a doorway may need to be widened for a trolley to pass through.





Arrange for these members to have help they need to build, change, or repair their homes.

- If there are steps in community buildings, they may be difficult and not very safe for some people with disabilities to use. Replace steps with slopes or ramps so that everybody who needs to can use the community buildings.



- Your community may have different forms of transport such as buses, horse carts, and bullock carts. Make sure that members with disabilities can have and use the transport they need to get to different places.



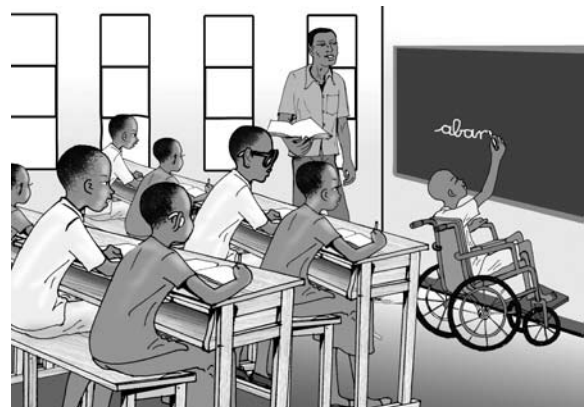
- Your community should help people with disabilities to make themselves useful. They too can help develop your community and meet community needs. Make sure that people with disabilities have the opportunity to do such things.

- You, your local supervisor, your schoolteachers, and other community members need to work together to improve the lives of the people with disabilities in your community. With your help, they can live better and happier lives.

## Step 5: Arrange schooling for people with disabilities

### *Schooling for children*

- Schooling gives children education. Schooling teaches them to learn about the world, and to become useful members of their community.
- It is impossible that a child with a disability cannot learn to read, write, or count like other children. But it is important that these children go to school for the following reasons:
- Schooling helps children become independent adults.
- Schooling prepares children to be able to work and earn an income.





- Schooling teaches children how to get along with others, how to behave in company and how to work with others. It also teaches other children how to get along with children who have disabilities.
- Schooling develops the abilities that children have.
- Schooling teaches children to accept rules, and to take responsibilities.
- Schooling helps children to form friendships and gives them the feeling of belonging to a group.
- Schooling teaches children activities that will help them to be useful members of a family and a community.
- All of these reasons make it important for all children to go to school.

### **What you need to do about schooling**

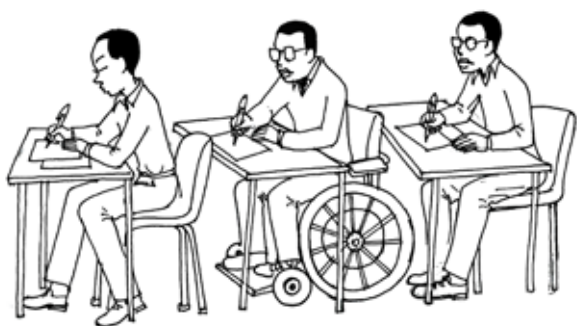
- It is important that children with disabilities go to the same school as other children; 8 or 9 out of 20 children with disabilities can benefit from going to an ordinary school.
- You may live in a country where school is obligatory. This means that all children must go to school, including those with disabilities.
- If there is no school nearby for the children in your community, take steps to start one. Discuss the need for a school in your community with the District School Officer. Ask for help to start one.
- After the programme has started, discuss with your Local Supervisor about the children who are not yet going to school. If necessary, ask each Local Supervisor for a list of names of such children. Find out which children need to go to preschool groups and which to primary school. Find out also where the nearest preschool group or primary school is for each child.
- Meet with the teachers in these in schools and discuss how the children can have schooling. If necessary, arrange a meeting with the District School Officer and the school teachers to discuss.
- Suggest that the District School Officer and teachers come to you to discuss any problems that the children may have in school.
- If a teacher asks you to find a voluntary helper, look for a volunteer among your community members. Perhaps two or three community members would be willing to take turns helping the teacher.



- Perhaps the teacher wants to teach the children how to take care of animals, how to grow vegetables, or how to contribute to community services. If the teacher asks for your help to teach these activities at school, arrange help for him or her.

In this way you can help the children to grow up to be useful community members.

### **Schooling for adults**



- All adults, including adults with disabilities, who cannot count, read, or write need schooling. It is your responsibility to give them the opportunity to learn to count, read and write. With these skills, they can be more useful to their families and community.

may be able to join existing school classes. If there are many adults who need schooling, you can have a special class for adults at school.

- If the adults in your community do other activities during the day, their classes can be held in the evenings.

### **Step 6: Arrange jobs for adults with disabilities**

#### ***Why a person with a disability needs to do a job***

- It is important for a person with a disability to do a job because of the following reasons:

The person has an income. The person does not feel that he or she is a burden to the family.

The family income increases. The family does not feel that the person is a burden to them.

The community also benefits.

The person meets other people. The person learns more about life and has interests outside the home.



The person uses his or her abilities. A job keeps the body and mind active and helps to develop them.

#### **What you need to do to find jobs**

- It is your responsibility to make sure that each person with a disability who can work and earn an income has a job. How to arrange this is described

in the “Guide for Local Supervisors”. Ask a Local Supervisor for this Guide and read the part about jobs.

- After the programme has been running for some time, discuss with your Local Supervisors about adults who are not yet doing jobs or earning an income. If necessary, ask each Local Supervisor for a list of names of such people. Discuss with them the jobs that each person can do. Help each person, the family, and their Local Supervisor to find a suitable job.



- Some people may need tools or raw materials to do a job. They may ask you for help to get these. Or they may ask you to help them find ways to sell their products.

Discuss these things in your committee and with your community. Together find ways to give your community members the help they need to do their jobs successfully.

- Some people may ask for your help in arranging training for jobs that they have chosen. This training may be given in your community. Or there may be special centres in other communities where the person can have job training. Help to arrange for this training. You will have read how to do this in the “Guide for Local Supervisors”.



- Many members of your community, even those who do not have disabilities, may need money to start a job. For example, a person who wants to become a poultry farmer needs money to buy poultry and begin a business. Another person who wants to have a shop may need money to buy goods.



There may be other people who are severely disabled to do a job and whose families are very poor and need more income. You could then help the person by helping another family member to find a job and earn an income. Such a family member may need money to start a job.

- Your community could start a cooperative. The cooperative can give community members a low-interest loan.

Or your community can start a savings association. Community members put money into the savings association. Those members who need it could be given low-interest loans with this money.

- Perhaps there is a branch of a state bank, such as a rural bank or an agricultural development bank, in your village or in a nearby town. Find out if they give loans to individuals to start jobs and small enterprises. If so, help your members to get loans they need.

- Most communities collect taxes from their members. Some of this money can be used to give loans. Discuss with the local council how this can be done. Tell them that money is given out to help to develop your community.

**Step 7: Arrange for people with disabilities to join in community activities**



- A person with disability may be a grandmother, a grandfather, a mother, a father, a husband, a wife, an aunt, an uncle, a sister, a brother, or a child. A person with a disability should carry out his or her role in the family as if the person had no disability.

- Every person should also be an active member of the community to which he or she belongs.



- Both of the family and the community should think of people with disabilities as equal members. The family and community should not protect them too much because of disabilities. And they should not make them feel inferior because of their disabilities.

- Some people with disabilities may not be able to do all things other people do. Or they may not do them in the same way. It is the responsibility of the family and community to

make training available to their members with disabilities so they can learn to do as much as possible.

- Most people with disabilities are able to take part in social activities in the community. For example, they can go to weddings, religious services, and festivals. The families and the community should make certain that people with disabilities take part in community activities.
- In some families and communities, people with disabilities are not easily accepted. There can be many reasons for this. Perhaps there is a belief in the community that disabilities are caused by evil spirits. Perhaps there is a belief that a disability is a punishment from God. Or perhaps there is a belief that disabilities can spread from one person to another.

Because of these beliefs families hide their members with disabilities. Community members also isolate them and make them feel inferior. But this is not correct. Most disabilities happen because of diseases or accidents.

You can discuss the causes of disabilities with your Local Supervisor. When you know about the causes, discuss them with other members of the community so that their false beliefs are changed.



It is important to change these beliefs if people with disabilities are going to be accepted by your community.

- Some people with disabilities look, speak, or behave in ways that are unusual to other people. Community members sometimes think that people with disabilities are different. Children and adults in the community may ignore what disabled people say or may laugh at them.



- Those who laugh at people with disabilities or make them feel inferior do not understand what causes disabilities. They do not know people with disabilities. Sometimes they are afraid of them. Help community members to get to know them. Tell them about the causes of disabilities. This will help their fears to disappear and they will accept members with disabilities as equal members.



- Get your community together at meetings, perhaps in small groups. Talk with the people about how the community can help its members with disabilities. Talk about what different community members can do, such as giving job training to people or involving them in community activities and so on.
- Arrange community meetings from time to time to discuss the rehabilitation programme. Talk about what the members with disabilities do, about what more they can do, and about what more the community needs to do.
- If some people cannot join in some certain activities, discuss this. Find out why it is not possible. Try to find ways to make it possible.
- At your meetings also discuss how disabilities can be prevented in your community. Plan ways to prevent disabilities as described on pages 23 - 30 of this Guide.
- Make it possible for people with disabilities to join in all community activities. Make sure community members with disabilities know about meetings, religious activities, and other community activities. Also make sure that they can get to these activities.
- People with disabilities should be able to join in the activities of community voluntary organizations if they wish. Meet the leaders





of these organizations and arrange for these people to become members.

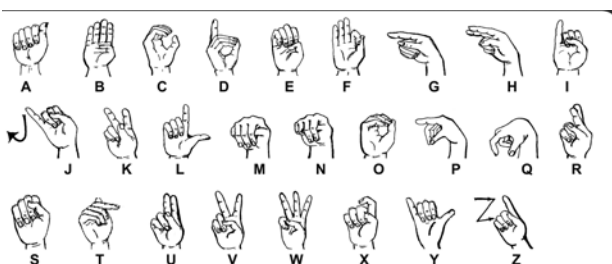
- People with disabilities should be able to take responsibility in community organisations such as village councils or religious, health, education, and cultural committees. Make it possible for them to do this. Meet the leaders responsible for these organizations and committees. Discuss how these people with disabilities could take responsibility in the community.

- Make sure that the names of people with disabilities are on the register for elections. Also make it possible for them to vote in elections if they wish to do so.



- Help your Local Supervisor to arrange for the families of people with disabilities to meet from time to time. They can then discuss their problems, share experiences, and help each other.

- If there are adults with disabilities who wish to get married, the community should make it possible.



The community should also help people with disabilities to have and raise a family if they wish to do so.

- If you, people with disabilities, or their families feel that more could be done for people with disabilities, discuss in your community what can be done.



- Encourage all members of the community to communicate with the members who have difficulty in hearing and speaking. These people may communicate using body movements or sign language. Some will know what you say by lip reading. Some may be able to speak, but it may take a lot of patience and training to understand them.

- If you do not know how to communicate with them, you should use an interpreter when you speak with them. The interpreter can be a family member or a teacher who knows these persons well and understands their language.
- Ask your Local Supervisor or schoolteacher to teach you and other community members different ways of communicating with members who have difficulty hearing and speaking.

## **Step 8: Check the progress of the rehabilitation programme**

- Every month each Local Supervisor will report to you about the rehabilitation programme in his or her area. The report will contain this information: the number of people on the programme every month; the number of people who have started or finished training during the month; and the number of people who have made progress with training.

Collect these reports in a folder and check each new report with that of the previous month. In this way you can follow the progress in the programme in each part of your community.

- About every three months call all the Local Supervisors together to a meeting. Discuss with them the programme in their areas, the progress they make, and their problems. Find solutions to the problems.
- Visit the homes of people who are training. Discuss with them and their families about the programme. Look out for problems they may have and help them to find solutions.
- Arrange community meetings from time to time to inform and discuss with the community how the programme is being run, the progress, and the problems.

## **Your role in preventing disability**

- Each community should feel responsible for improving the health of its people. If the health of your community members is improved, then fewer people will get diseases. If fewer people get diseases, then fewer people will have disabilities.
- You know that there are many people with disabilities in your community. Discuss with Local Supervisors and your health workers what community can do to prevent disabilities. Include ways of preventing disabilities in your health care services.

## **Health care services for your community**

- To prevent disability and have good health your community should have the following services:

Education about healthy habits.

Education about healthy food and how to have enough food.

Care for pregnant women, young mothers, babies, and children.

Information about family planning.

Immunization for children and community members against major infectious diseases, many of which cause disabilities.

Education about supply of safe water and basic sanitation.

Treatment of common diseases such as diarrhoea in children, fever, malaria, tuberculosis, and leprosy.

Referral services to provide treatment that is not available in your community.

A continuous supply of medicines that are needed by the sick, as well as medicines that are needed by people with disabilities. People who have fits and those who show stranger behaviour need a continuous supply of medicine. People who have no feeling in the hands or feet need medicines for many months.



- Many communities choose a Health Committee to take responsibility to improve their health. If your community has no Health Committee the community members may ask your Committee to take responsibility of their health care. Your committee will then need to make the services mentioned available.
- Health care services are usually made available to communities through community health workers. If you do not as yet have community health workers, the Health Committee should ask the community to choose people to be health workers. These health workers need to have training. Discuss this with your District Health Officer.

After training the health workers will visit the homes in your community to help community members improve their health.

## **Improving the health of your community**

### **1. Health education**

- Each community should take responsibility for its own health care. Stimulate and encourage your community members to look after their own health. Tell them about the diseases that are common in your area and their causes. Teach them why it is important to treat diseases early to prevent disability. Teach them simple ways of treating mild diseases at home and how to seek treatment for other diseases.
- Teach your community members ways of preventing diseases that are common in your area by improving health care.

Your health worker can have the responsibility of teaching your community members how to improve their health.

Guide for the Community Rehabilitation Centre

### **2. Food education**

- To stay healthy, people need to eat enough of the different kinds of food that the body needs for daily use. Good food gives strength to do daily work.
- Eating good food daily also prevents diseases. For example, blindness can be caused if people do not eat food which has something in it called “vitamin A”. Eating green leafy vegetables or orange vegetables which have vitamin A will prevent this type of blindness.

A community needs to produce food that will help to improve the health of its people.

Help your community members who have land to grow their own grain, vegetables, and fruits. They can use these for their daily food.



- Also help your community members to keep animals such as poultry, sheep, goats, cows, and fish. This provides milk, eggs, and meat.



- Some of the members with disabilities in your community may need help to have home gardens and to keep animals. If so, make sure that these people get the help that they need.



- Make sure that the food produced in the community is well protected. Keep all food well protected from rats and rain by keeping it in special containers.
- Also protect the food and water in your house. Put covers over food and water containers.

### **3. Special care for mothers and children**

- Children who are not healthy fall sick often and get disabilities easily. Young mothers have the responsibility of looking after their families and must stay healthy to carry out their tasks well. Your community should look after the health of young mothers and children especially.
- Make sure that pregnant women get advice and care they need to give birth to healthy babies. They need to have good nutrition both during the time they are pregnant and while they are breast-feeding. Encourage young mothers to breast-feed their babies for as long as possible.

Discuss with your health worker how the young mothers and children can be given the care they need.

### **4. Immunizations for children**

- Infectious diseases cause many disabilities and can often lead to the death of babies and children. Protect babies and children by immunizing them against the common infectious diseases in your area. Children can be immunized so that they will not get diseases such as tuberculosis, diphtheria, whooping cough, tetanus, poliomyelitis, and measles.

### **5. Safe water supply**

- Dirty water causes many diseases. Make sure that your community has clean safe water for daily use.
- Cover wells for drinking-water so that the water does not get dirty.
- Some members with disabilities may not be able to get their own clean water. If so, arrange for other community members to fetch clean water for them.
- If drinking-water is not free from dust and dirt, people should boil it first and then let it cool before drinking. This will prevent diseases.



## **6. Good personal hygiene**

- Dirt carries diseases. To prevent diseases people should keep their hands and bodies clean.

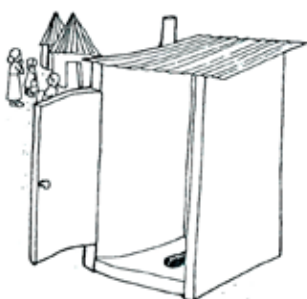
Help community members to understand how keeping clean prevents disease and disability.



- Arrange for community health workers to teach personal hygiene. It is the task of health workers to teach the community good personal habits, such as bathing daily, wearing clean clothes, cleaning teeth and using the latrine.
- Make sure that there is a source of clean water where people can bathe.

## **7. Use of latrines**

- Faeces carry diseases. Teach your community members to use latrines for passing faeces, then the faeces will not be touched by people, animals, and flies. This prevents many diseases.



- Build enough latrines for your community. Build the latrines so that people with disabilities can use them.

Talk with people who work in the public health and community development programmes. They can tell you how to build the latrines

- Make a lid with a handle to cover the hole in the middle when it is not being used.
- Make sure that latrines can also be used by community members with disabilities. Ask your Local Supervisor about how you can make sure this is the case.

## **8. Disposal of Rubbish**

- Rubbish carries diseases. Explain to your community members why they should not throw rubbish in places where people, animals and flies can touch it. Cleaning rubbish away from places used by people will prevent diseases. It will also make the village clean and beautiful.
- For the same reason, make sure community members keep their homes and yards clean. Teach them to collect their rubbish and throw it into pits. Tell them to cover the rubbish with earth, each time they throw rubbish into a pit.

## 9. Prevention of Accidents

- Many disabilities are caused by accidents at home or at work. Encourage your community members to help prevent accidents in your community.
- You can start a community group to take responsibility to prevent accidents in the community. First the group should find out what causes accidents in your community. They can find ways to prevent accidents.



### Safety on the Roads

- Community members, both adults and children, should know how to use roads safely.
- Make sure that roads and paths used by your community do not have stones, bushes or holes. This will make them safe for use.
- Teach your community members to walk on the side of the road, facing the traffic which is coming towards them.



Teach people to be careful when walking on roads at night. They should wear light coloured clothes and, if possible, carry a lamp to make sure that drivers and riders of vehicles can see them.

- If there is a lot of traffic in your area you should discuss this with the people who are in charge of the roads. It is possible to put up signs at certain places on the roads to show where people can cross.



The signs also tell drivers of vehicles to stop to let the people cross the road.

If you put up the signs, choose places where the traffic can stop easily and where people can cross safely.

### Safety at home and at work

- Only use Lamps that are safe and will not fall over easily. Lamps should have covers that will not catch fire or break.

Do not place lamps too close to the walls of the houses. If the wall is made of wood or material that will burn easily this might cause a fire.

- Surround fireplaces with walls or fences so that people will not fall into them. Do not leave babies and young children alone near a fireplace.



Keep the area around fireplaces clear of furniture and other things so that people will not trip over them and fall into the fire.

- People in your community may store chemicals or poisons at home or in the fields. These could be products that they use for agriculture. Make sure that these products are kept well covered and locked up. Make sure that the products are out of reach for children. When people have used these products in their work they should clean their hands and bodies carefully. A person who has used these products should never cook food without washing the hands. Otherwise the chemicals and poisons will get into the food and poison those who eat it.



- Surround wells with fences or walls so that people will not fall into them.



- Teach people who climb tall trees to wear safety belts so that they will not fall.

- Cover machines that could cause injuries.

- Teach your community members not to lift heavy objects alone. Lifting an object that is too heavy could cause injury. Ask your Local Supervisor to teach those members who need to lift heavy objects how to do so correctly so they will not injure themselves.



- Teach your community members to use gloves or a cloth when handling hot objects. Teach them to wear shoes to protect the feet.



- If there are rivers and lakes in your area, teach your community members how to swim to prevent accidents in the water.

## 10. Alcohol, drugs, and tobacco



- Disability is also caused by people drinking too much alcohol, taking addictive drugs, or using too much tobacco.

If alcohol, drugs, smoking or other uses of tobacco are problems in your community, get together with your health workers and Local Supervisor. Have a meeting with the community to talk about the problems. Together with your religious leaders find ways of preventing these bad habits among the community so that the disabilities they cause can be prevented.

## **Results**

After you have this guide for some time, answer the questions.

Your answers help you to assess how much you have done to improve the lives of people with disabilities in your community. Your answers also help to assess the steps taken to prevent disability. Your answers will also tell you what more you can do.

You may write your answers in the spaces below the questions.

1. Has the Local Supervisor for your community visited all households to locate and identify members with disabilities?
  - If your answer is “Yes”, how many disabled members were located and identified?
  - If your answer is “No”, what can you do so that all the households are visited by the Local Supervisor?
2. Are the schools in your area open to children with disabilities?
  - If your answer is “Yes”, how many children in the school have disabilities?
  - If your answer is “No”, what can you do so that all the children have schooling?
3. Do all the adults with disabilities in your community earn enough so that they have enough food, clothing, and shelter?
  - If your answer is “Yes”, how many members do jobs to bring them money, food, clothing, or shelter?
  - If your answer is “No”, what can you do to give all these people jobs or help them to get food, clothing, and shelter?
4. Can all the people with disabilities, who wish to, take part in community activities? If you are not sure, discuss this with your Local Supervisor.
  - If your answer is “Yes”, you have done well.
  - If your answer is “No”, what can you do to make it possible?
5. Have you formed a committee in your community for rehabilitation?
  - If your answer is “Yes”, how many people with disabilities are members? How many parents of children with disabilities are members?
  - If your answer is “No”, what steps can you take to start a committee?
6. Do all members of your community with disabilities have the use of health care, safe drinking-water, proper housing, transport, latrines, and rubbish disposable services?



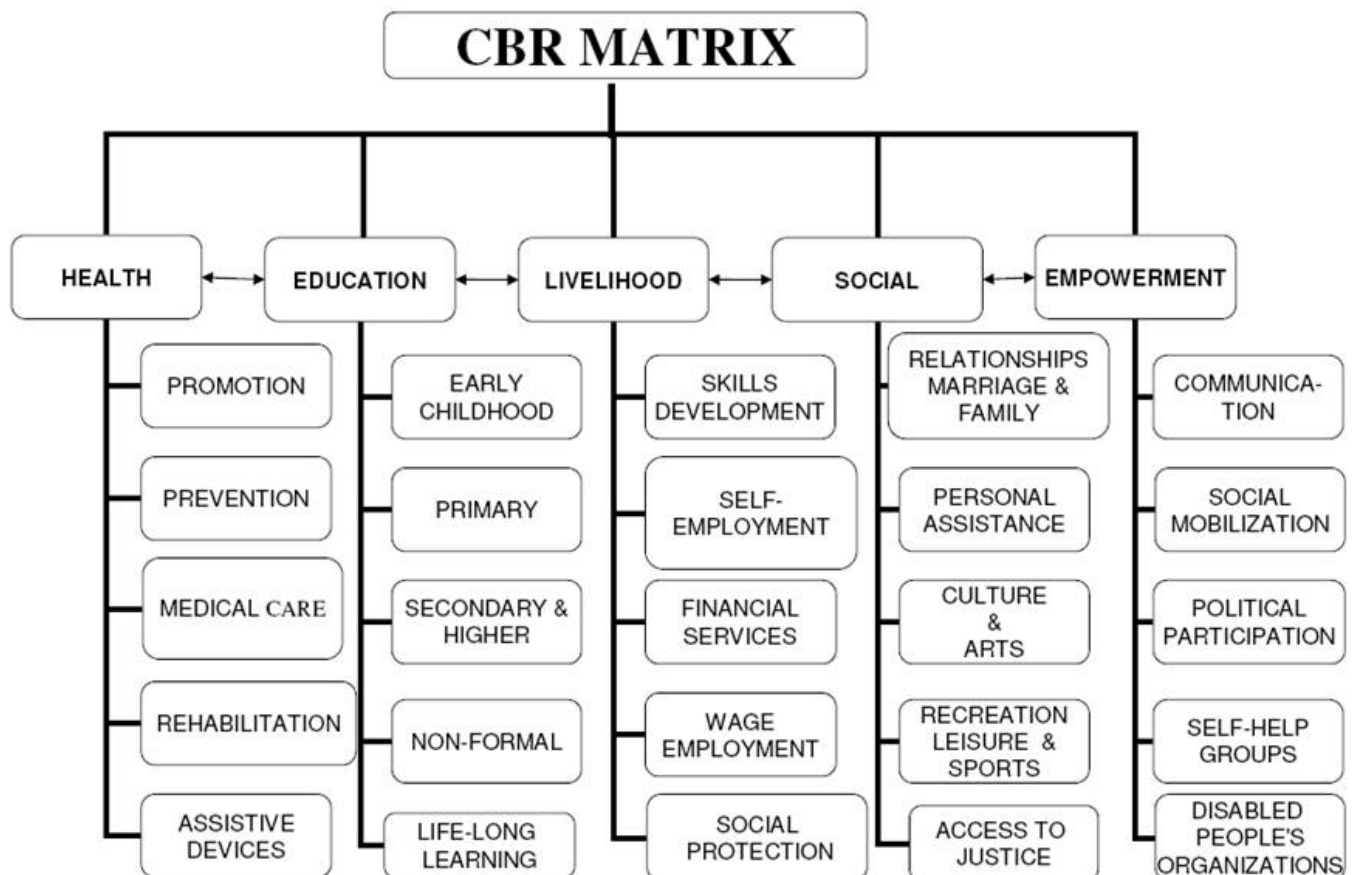
- If your answer is “Yes”, you have done well.
- If your answer is “No”, what can you do to make these services available to all these members?

7. Has there been an accident recently in your community that caused the death or disability of a community member?

- If your answer is “Yes”, what can you do to prevent the same accident from happening again?
- If your answer is “No”, what can you do to prevent accidents from happening in the future?

8. Do any community members have problems caused by drinking too much alcohol, using too much tobacco, or taking addictive drugs?

- If your answer is “Yes”, what can you do to solve these problems?
- If your answer is “No”, what can you do to prevent such problems in the future?





**UMBRELLA OF ORGANIZATIONS OF PERSONS  
WITH DISABILITIES IN THE FIGHT AGAINST HIV  
& AIDS AND IN HEALTH PROMOTION ( UPHLS )**

**THE UNITED NATIONS DEMOCRACY FUNDS ( UNDEF )**

“The UNDEF project aims at empowering people with disabilities in Rwanda by improving their access to health and social services. This will be done by addressing the following key areas for people with disabilities: strengthening local structures supporting PWDs; advocate for the improvement of the legal and institutional framework enabling PWDs and to advocate against stigma.” Project objective

“Contribute to a better access to health and social services for people with disabilities in Rwanda ! ”

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