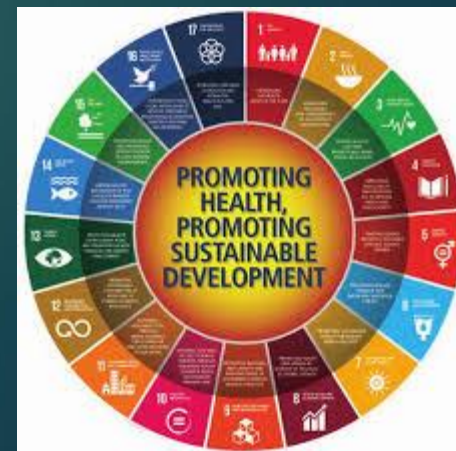


# AMPUTEE SELF-HELP NETWORK UGANDA

“SHARING IS HEALING”

MUNYAMBABAZI ALEX

FOUNDER



# PEER SUPPORT OVERVIEW IN UGANDA

## INTRODUCTION

I never had access to formalized peer support when I was going through my injuries recovery process and recovery from PTSD

Instead, I felt alone and isolated, which worsened my condition.

I struggled to feel that people understood what I was going through.

I am certain that if I had had access to peer support and psycho-social support it would have been helpful to me, and may have lessened some of the more difficult times in my journey to recovery.

# Introduction continues

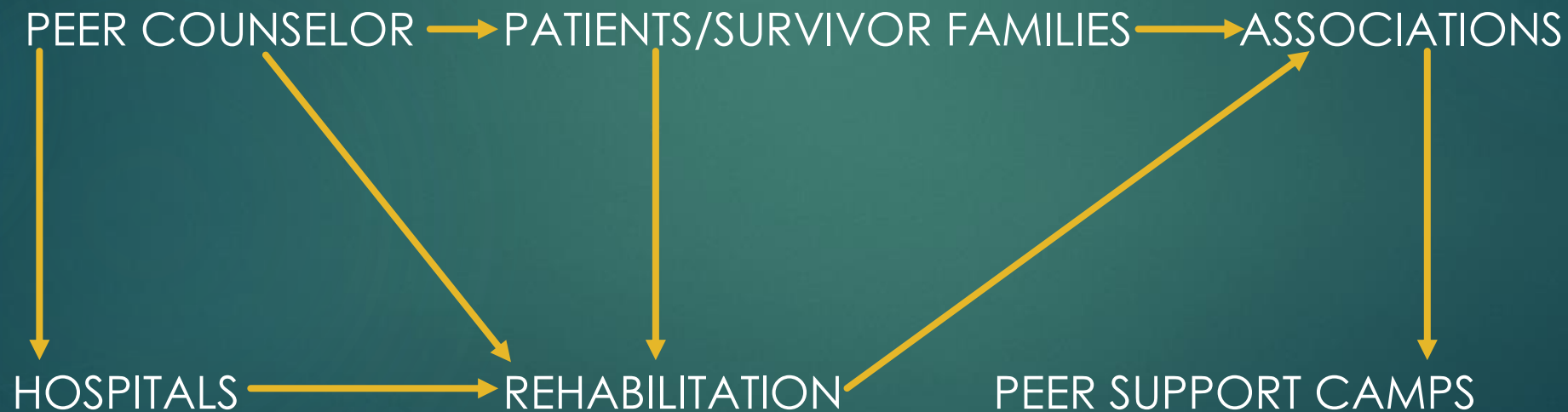
- ▶ These experiences are not necessarily limited to me but rather to every other individual that goes through traumatic tragedies and our hospital systems.
- ▶ Because of what I went through, ASNU was born.

# Intro...continued

Our goal has since been to net work with hospitals, other survivor associations as well as disability associations, in the country to share information about peer support and psychosocial support which has helped a lot in boosting the confidence and well being of those we have interacted with.

# Flow of services

- ▶ A clear flow of support has been outlined which aims to empower beneficiaries, who then go on to counsel new survivors, amputees and PWD's that need the services.



# Synergies and funding.

- ▶ ASNU, has an open membership policy.
- ▶ This means that our clients come from all parts of the country whose new abilities are due to different causes, some being landmine and UXO survivors, road accident victims, those with congenital limb differences and so many more.
- ▶ We net work with different hospitals with whom we have set up referral systems with which we deliver our services to those who need them
- ▶ We have created a reporting system through which information flows between the different associations that are found in the different parts of the countries. This eases on the expense burden of the organization.

# Funding

Our projects are run mainly by volunteering members who have seen the benefits of the peer to peer psycho-social support and are willing to help out.

We have recently acquired a collaboration with **LEGS 4 AFRICA**. A UK based organization which has supported us with grants to run the community outreaches.

We are a member of the **International Confederation of Amputee Associations**

# MISSION

- ▶ Amputee Self-help Network Uganda – ASNU was founded by amputees driven by a passion of uplifting persons dealing with post traumatic stress disorder (PTSD) and other challenges related to the traumatic loss of part of their body and main stream PWD, by using their experience to support each other psychologically, psycho-socially through peer to peer support and engagement in adaptive sports as tools of rehabilitation, self-help and empowerment to be productive members of the society.



# WHAT WE DO

- ▶ Hospital visits

We advocate for good health services For all irrespective of Abilities.



3 GOOD HEALTH AND WELL-BEING



# Home visits and community outreaches



# Adaptive sports

Attracts the youth mainly.

To be equipped with life skills when we get funding.



1 NO POVERTY



# Peer support camps

This is the time when exchange ideas, share challenges, and learn about our different skillsets.



# PEER SUPPORT

- ▶ Peer support is when people from diverse backgrounds who share common experiences come together to build relationships in which they share their strengths and support and encourage each other's healing and growth by sharing information related to their experience.
- ▶ It does not focus on diagnoses or deficits but is rooted in compassion for oneself and others.

# Benefits of peer support

- ▶ One of the key benefits of Peer Support is the greater perceived empathy and respect that peer supporters are seen to have for the individuals they support.
- ▶ Peer Support also has benefits for peer support workers themselves, increasing levels of self-esteem, confidence, and positive feelings that they are doing good.
- ▶ Peer support offers the opportunity for service users to understand and better articulate their emotional experiences. This in turn has a positive impact on well being, the secondary benefit of which will be individuals with the improved emotional resilience to support others.

# HOW DOES PEER SUPPORT HAPPEN?

- ▶ It starts with an authentic connection that fosters hope for recovery.
- ▶ As peer supporters, we share that we have been through something similar and come through it.
- ▶ We walk beside our peers not directing their path, but listening, validating their experiences, and sharing relevant parts of our own journey to wellness.
- ▶ Peer supporters share coping strategies, information and resources, and offer non-judgmental support.
- ▶ We encourage those on their road to recovery to also support the new patients.

# Over all

Peer support makes services become more recovery-oriented and person-centered.

Experience has shown us that accessing peer support leads to:

- Improved coping and self-management skills,
- improved social networks,
- reduced isolation, reduced symptoms, reduced drug dependency, shorter and fewer hospitalizations, and a reduced need for intensive services.



# Conclusion

We have to stop telling those with disabilities and survivors of **landmines/ UXO** what they can and can't do based on our own assumptions and societies limitations.

Instead lets simply work with individuals to help them break down the barriers stopping them from empowering themselves and thriving in their new lives and new abilities.

**Leave no one behind.**

10 REDUCED  
INEQUALITIES

