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**Victim Assistance National Stakeholders Dialogue**

# **Promoting a Strategic Approach to Victim Assistance**

**25-27 September 2018**

**The Prime Minister's Guest House, Green Zone, Baghdad**



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# Community Based Rehabilitation

## Best Practices



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## Community Based Rehabilitation (CBR)

Community Based Rehabilitation is a strategy for socio-economic development. Very simply CBR is a strategy for rehabilitation, equalization of opportunities, poverty reduction and social inclusion of people with disabilities.

- Comprehensive and inclusive
- Clearer principles
- Cheaper and sustainable,
- It is important to reach victims and other type of disabilities in a timely and holistic manner- thus CBR



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## Background of CBR in Afghanistan

- CBR services started in 1990's as part of emergency assistance
- CBR programmes developed home-based rehabilitation – CRDCs
- Educated village people were recruited as community rehabilitation workers, local physiotherapists
- CBR programmes representative mechanisms,



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## Scope of work

Currently the CBR services are available in 17 provinces out of 34 by 5-6 national and international NGOs including SCA, ICRC, HI, KOO, and AABRAR

Covering more than 3,000 villages in 85 districts, in 17 provinces

Hundreds trained personnel are implementing the CBR concept in the country





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## **Assistance provided to Persons with Disabilities including mine victims based on CBR approach in both urban and rural areas:**

- Orthopedic and mobility appliances
- Physiotherapy treatment
- Special/inclusive education for children and adult with special needs
- Vocational skill training and loan for small business development
- Awareness raising of the community regarding disability
- Advocacy and lobby for the rights of Persons with Disabilities

These are taking care of by 470 female and male disability programme staff and 750 community volunteers through four orthopedic workshops, 35 physiotherapy clinics, 30 PERCs, and 110 VPECs, and Home Based Trainings in 2,800 villages of 50 districts in 12 provinces under coverage of SCA.



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## **Achievements in the field of CBR in Afghanistan**

- Accepted as a comprehensive strategy for the rehabilitation
- Included in the Afghanistan National Development Strategy (ANDS)
- Included in the MoPH national disability strategic plan 2017-2020
- CBR network is established and working
- CBR manual translated to local languages
- Included in the physiotherapy curriculum





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## **Achievements in the field of CBR in Afghanistan**

- Identification of Persons with Disabilities for rehabilitation
- Persons with Disabilities have formed SHG and DPO on provincial and national basis
- Status gain for Persons with Disabilities in the community
- CBR and technical staff have been trained
- Community participation in the implementation of CBR Programme - ownership



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## Challenges:

- Insufficient professional capacity and knowledge
- Little service for more persons
- Takes time for the awareness and implementation
- Limited job and income opportunities
- No revised CBR manual



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## Lessons Learned

- Involvement of family members in the rehabilitation process is vital
- Identifying key people in the community who can promote the inclusion of persons with disabilities in socio-economical life
- Economic empowerment is very important for self esteem – good quality vocational training and loan support
- Mainstreaming into government services in health and education will provide long term sustainability even if there is compromise in quality



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## Lessons Learned

- Awareness re disability and its causes and capacity building of the persons with disabilities and their association to advocate for their rights and inclusion is essential for their self-reliance and self-esteem
- CBR is cost effectiveness, bridge between implementers (NGOs, government, and community and persons with disabilities)
- Referral centers, families of persons with disabilities to understand about disability, creation of job for the community members by using local resources are factors for successful CBR



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## Recommendations for similar context:

- Survivors need to be in the forefront of the CBR
- A mixture of IBR (Institution Based Rehabilitation) and CBR
- Promote the mainstreaming of disability into services in order to create sustainability
- Constant capacity and competence development of the CBR implementers
- Apply inclusive approach



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## Recommendations for similar context:

- Progressive awareness raising
- Long term support especially to psychosocial rehabilitation of persons with mental health problems
- Inclusive national strategy and plan
- Creation of a national CBR network, led by government
- Close coordination and collaboration with all stakeholders
- Exposure visits to the countries with similar context that have implemented CBR and IBR



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**Thanks to the rehabilitation services,  
we can go to school now.**





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**You can do it.**



Photo: Peter Mattsson





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**Happy for getting back to  
their mobility**



Photo: Haji Mohammad



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**Proud to learn and get into public school**





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Thank you شکرأ

