

Understanding the concept of REHABILITATION: Definition, Aims & Interventions



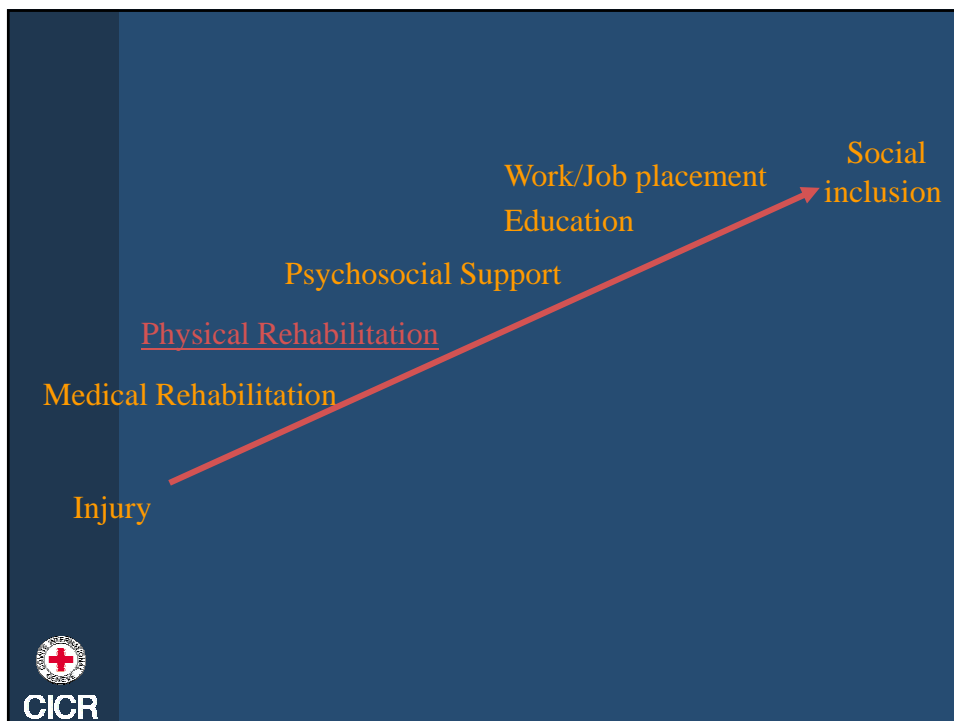
General

- ▶ The needs of mine/ERW survivors are the same as the needs of persons with disabilities:
 - » They need to have their rights to an equal opportunity to society recognized
 - » They need to have access to **rehabilitation services** giving them the best possible opportunity for full and effective participation and inclusion in society (possibilities to study, work, etc)
- ▶ Adopted principles to guide victim assistance (Nairobi 1st Review Conference, 2004)
 - » "... the call to assist landmine victims should not lead to victim assistance efforts being undertaken in such a manner as to exclude any person injured or disabled in another manner."



What is Rehabilitation?

- ▶ **Rehabilitation** is the process of **removing**, or **reducing** as far as possible, the **factors that limit the activity and participation** of a person with disability, so that he/she can attain and maintain the **highest possible level of independence and quality of life**: physically, mentally, socially and vocationally.
- ▶ To achieve **full inclusion**, many different interventions may be needed, which, depending on the individual's type of disability, may include one or several of the following:
 - ▶ Medical care, Supply of assistive devices, Therapy (physical and occupational), Psychosocial services, Social support, Education (inclusive and special), Job placement, Support for economic self-reliance, Eradication of physical, social and financial barriers



Action #30 – Nairobi Action Plan

- ▶ Increase national physical rehabilitation capacity to ensure effective provision of physical rehabilitation services that are preconditions to full recovery and reintegration of mine victims by:
 - « developing and pursuing the goals of a multi-sector rehabilitation plan;
 - « providing access to services in mine-affected communities;
 - « increasing the number of trained rehabilitation specialists most needed by mine victims and victims of other traumatic injuries
 - « engaging all relevant actors to ensure effective coordination in advancing the quality of care and increasing the numbers of individuals assisted; and,
 - « further encouraging specialized organizations to continue to develop guidelines for the implementation of prosthetics and orthopaedic programmes.



What is physical rehabilitation?

- ▶ Physical rehabilitation is an important part of the integrated rehabilitation process needed to ensure the full participation and inclusion in society of persons with disabilities.
- ▶ Physical rehabilitation includes the provision of assistive devices such as prostheses, orthoses, walking aids and wheelchairs along with appropriate therapy allowing an optimal use of the device.
- ▶ Physical rehabilitation is not only the provision of assistive devices along with appropriate therapy, it must also include activities aimed at maintaining, adjusting, repairing and renewing the devices as needed.
- ▶ Physical rehabilitation is focused on helping a person regain or improve the capacities of his/her body, with physical mobility as the primary goal.



Facts

- ▶ **Physical rehabilitation** enables a person with a disability to **gain mobility**, which is a **main condition** for the person to **participate in social life, work and education**
- ▶ **Provision** of physical rehabilitation services is a **state responsibility**
- ▶ **Access** to physical rehabilitation services is a **human right issue**
- ▶ The need for physical rehabilitation is determined by the type of disabilities, not the cause



Accessibility

- ▶ **Non-discrimination**
 - » Services must be available for all
- ▶ **Physical accessibility**
 - » proximity to those in need,
 - » existence of services,
 - » person can go to the services and services facilities are adapted
- ▶ **Economic accessibility**
 - » the person can afford the cost of services
- ▶ **Access to information**
 - » information about the existence of the services and how to access them



Needs

- ▶ There is a large and steadily **increasing** need
- ▶ Physical Rehabilitation facilities can be found in all countries, but **services very often do not meet the need** (quantity and quality)
- ▶ Users of devices need **lifelong** access to functioning physical rehabilitation services



The Challenges

- ▶ Frequently **not seen as a priority** by decision-makers
- ▶ **Physical rehabilitation services** in low-income countries is **unsustainable as a commercial enterprise**
- ▶ Physical rehabilitation service provision requires **long-term commitments**



What is an appropriate and quality physical rehabilitation service provision?

