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?

- Easy access to services
- Centre offer a full range of services
- Services provided by trained-personnel
- Multi-disciplinary approach
- The impact of the services provided is monitored
- The quality of services provided is closely monitored
- Access to follow-up and repairs
- Access to appropriate therapy
- Access to appropriate technologies