

# **7** **Community Base Rehabilitation (CBR)**

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*(Training in the Community for People with Disabilities)*

## **Introduction**

The community may have decided to start a rehabilitation programme and may have already set up a local rehabilitation committee. As a special educator you are surely a member. The purpose of the community rehabilitation committee is to manage the community rehabilitation programme for the community. Through the committee, the community takes responsibility for its members with disabilities. For this reason the committee is expected to report to the community about everything it does. The committee should meet with community members regularly to inform and discuss with them the rehabilitation programme, and to seek their approval.

Your role include:

1. To set up the rehabilitation programme for people with disabilities in your community and to make sure that it goes well.
2. To make sure that people with disabilities participate in the activities of their community in the way that others do.
3. To take possible steps that could help to prevent disability in the 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.

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

His role is to be able to carry out designed tests. A local supervisor should have the following qualities. He should be concerned about people who have disabilities. He should be able to read and write, well trusted and know the traditions and customs of the community.

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

The local supervisor can learn to use the designed manual by taking an organised training course on community-based rehabilitation in your district.

### ***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.

### ***Step 4: Start the Rehabilitation Programme***

After training, the local supervisors will start the rehabilitation programme by visiting homes in their areas to locate and identify people with disabilities.

1. You should visit their homes to discuss their problems with them.
2. Ask your local supervisor to come to you for help.
3. Discuss possible solutions to their problems.
4. Some families of people with disabilities may need help in terms of money, food, clothing, shelter, or transport and together find ways of helping families and together find ways of helping them. Make sure you help orphans and elderly people too. The community should not build institutions for them but should not just support them in their homes.

5. Some people may need help in daily activities or going to school.

Discuss the needs with them and find ways of helping them.

6. Such community should provide health care, education, transport, water supply and waste disposal.

### ***Step 5: Arrange Schooling for People with Disabilities***

Schooling gives children education. Schooling teaches them to learn about the world, and to become useful members of their community. They should be integrated in the same school with the normal children.

You may get voluntary helpers from members of the community to spend some time in order to help the regular class teacher in the classroom.

### ***Step 6: Arrange Jobs for Adults with Disabilities***

A person with a disability need to do job because the person will not feel that he or she is a burden to the family. The person has an income. The family income will increase The community too will benefit.

The person meets other people who are too severely disabled to do a Job and whose families are very poor and need more income. The instructor could help the person by helping another family member to find a job and earn an income.

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

### ***Step 7: Arrange for People with Disabilities to join community activities***

Persons with disability should be encouraged to carry out their Setting Up The Community - Based Rehabilitation Programme.

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Persons with disability should be encouraged to carry out their role in the family and community at large for example, disabled members could include grandmother, grandfather mother, father,

a husband, a wife, aunt, an uncle a sister, or a brother.

Make sure that the community is educated and provided enough awareness towards development of positive attitudes towards the disabled.

### ***Step 8: Check the Progress of the Rehabilitation Programme***

Each month each local supervisor should report to you about the rehabilitation programme in his or her area. The report will contain 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.

After every three months you should call all the local supervisors to for a meeting. Discuss with them the progress they make and their problem. 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.

### **Focus Questions**

1. Explain the philosophy of CBR in Nigeria .
2. What steps are necessary to be taken in setting up a CBR in your community.
- 3 Compare and contrast institutional rehabilitation and CBR.