

5 Session plan: Introduction to CBR/CBID

	<i>National / Regional / District</i>	
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Learning objectives

By the end of the session, participants shall be able to:

- Define CBR/CBID.
- Explain the background and purpose of the CBR Guidelines.
- Describe the CBR Matrix, its five components and their elements.
- List the key concepts for each of the five components.
- List the key features of the 25 elements.

Time allocated

- 110 minutes.

Resources needed

- PPT presentation
- Participant Manual
- Whiteboard or flipchart
- Flipchart paper and markers
- A1 Poster of the CBR Matrix.

Preparation

Research:

- The background to CBR/CBID in your country and add information to the session where indicated. **Note:** *time is limited – there is a 20 minute allowance for this section so keep to time or adjust the session content or length at planning stage if more time is needed.*

Familiarize with:

- Relevant content of the Participant Manual
- PPT slides.

Pin:

- CBR Matrix poster on the wall to refer to.

Prepare:

- Five sheets of flipchart paper, each with one of the five headings of the CBR Matrix for the CBR Matrix components activity.

5.1 Introduction and background to the CBR Guidelines (20 minutes)

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Introduce the session.

Explain: This training programme promotes the strategy of CBID as a way of realizing the articles of the UN CRPD. The strategy has evolved over many decades in parallel to the evolution of the disability movement itself, and it has reflected the changes in how disability has been viewed.

Introduction to CBR/CBID

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Introduce the learning objectives of the session.

Ask: What does CBR stand for?

Acknowledge responses.

Ask: What does CBID stand for?

Acknowledge responses.

Development of CBR/ CBID

- Initiated by the World Health Organization in 1978 to enhance quality of life of persons with disabilities and their families
- Initial emphasis on increasing access to rehabilitation services.
- Now a multisectoral approach to improve the equalization of opportunities and social inclusion of persons with disabilities.
- Practiced in more than 100 countries.

Introduction to CBR/CBID: 3

- CBR, or CBID as it is increasingly referred to - was initiated by the World Health Organization in 1978 to enhance the quality of life for persons with disabilities and their families; meet their basic needs; and ensure their inclusion and participation.
- The emphasis initially was on increasing access to rehabilitation services in less resourced settings, but has evolved to become a multisectoral and multi-disciplinary approach to improve the equalization of opportunities and social inclusion of persons with disabilities.
- CBR/CBID as a strategy is increasingly being adopted; it is now being practiced in more than 100 countries of the world, influencing global, regional, and national policies and legislation.

The CBR Guidelines

- A response to a need to provide a common understanding of the concepts and principles of CBR as a comprehensive rights-based approach.
- Based on the principles of the UN CRPD.
- Many African stakeholders involved in their development.
- Launched at the CBR Africa Conference in Nigeria in 2010.

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- The CBR Guidelines were developed as a collaboration of WHO, ILO, UNESCO and the International Disability and Development Consortium (IDDC) with the participation of more than 180 persons from all stakeholder groups.
- Designed to clarify conceptual understanding of definitions and practice of CBR.
- Based on the principles of the UN CRPD which include respect for inherent dignity; non-discrimination; full and effective participation in society; equality of opportunity; and accessibility amongst others.
- Many African stakeholders were involved in their development and they were launched at the CBR Africa Network (CAN) Conference in Abuja, Nigeria in 2010.
- A response to a need for a document that could synthesize experiences from around the world to provide a common understanding of the concepts and principles of CBR as a comprehensive rights-based approach.

Objectives of the CBR Guidelines

- To provide guidance on how to develop and strengthen CBR in line with the CBR Joint Position Paper and the UN CRPD.
- To promote CBR as a strategy for community-based inclusive development to assist in the mainstreaming of disability in development initiatives, and in particular, to reduce poverty.

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Explain: The objectives of the CBR Guidelines are:

- To provide guidance on how to develop and strengthen CBID in line with the UN CRPD.
- The UN CRPD outlines the same rights that are within other legislation but brings a disability lens to those rights.
- The CBR Guidelines promote CBR as a strategy for community-based inclusive development to assist in the mainstreaming of disability and achievement of rights for persons with disabilities.

Objectives of the CBR Guidelines

- To support stakeholders to meet the basic needs and enhance the quality of life of persons with disabilities and their families by facilitating access to the health, education, livelihood and social sectors.
- To encourage stakeholders to facilitate the empowerment of persons with disabilities and their families by promoting their inclusion and participation in development and decision-making processes.

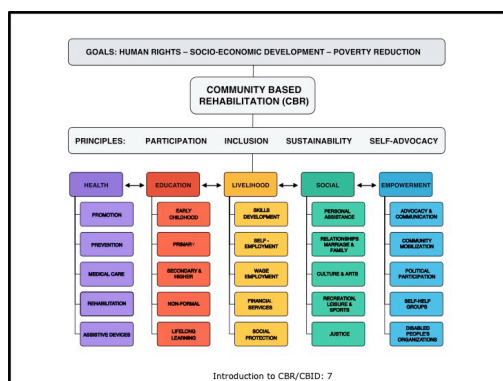
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5.2 The CBR Matrix (70 minutes)

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Explain: CBR's evolution into a broader multi-sectoral development strategy led to the development of a CBR Matrix to provide a common framework for CBR programmes. Divided into five components: Health, Education, Livelihood, Social and Empowerment, each component has five elements. The CBR Matrix is a useful tool for CBID planning.



- Individual programmes are not expected to cover all elements.
- Programmes select options that meet their needs, priorities and resources.
- Partnerships are encouraged so that different programmes complement each other to address the full scope of the Matrix and meet the full spectrum of needs of persons with disabilities.
- The detailed CBR Matrix also lists three overall goals: human rights, socio-economic development, and poverty reduction. (Point to these on the Matrix).
- There are four overriding principles defined in the CBR Matrix too: participation, inclusion, sustainability and self-advocacy. (Point to these on the Matrix).

Refer to the CBR Matrix poster on the wall.

Activity

- In your group, read and discuss the one page summary of your assigned component area of the CBR Matrix.
- Prepare a five minute presentation to give to the rest of the group explaining the five elements of the component using the flipchart sheet provided.

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- **Introduce** the activity.
- **Explain** that this activity is to help everyone become more familiar with each of the 25 elements of the CBR Matrix.

Activity: CBR Matrix components	
Groups	Divide participants into five groups and allocate each of them one CBR Matrix component, using a method not used before.
Instructions	Give each group a pre-prepared sheet of flipchart paper with their component of the CBR Matrix written at the top (Health, Education, Livelihood, Social, Empowerment), and 1-2 markers. Ask them to read the one-page summary sheet relating to their area of the CBR Matrix from the 'Introduction to CBR/CBID Chapter' in their Participant Manual and to prepare a five-minute presentation for the other groups to summarise the five elements of their component area.
Monitor	Check the groups are on track.
Time	Allow 20 minutes for the groups to review the material and prepare their presentations. Allow five minutes for each group to present. Five minutes summary discussion (Total time with changeovers: 55 minutes).
Feedback	Ask each group in turn to present to the whole group. Let them know when they have 1 minute left. Stop them when they have presented for five minutes. After all groups have presented, facilitate a brief discussion about how the components and elements link together.

5.3 Background to CBR/CBID in this country (20 minutes)

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Trainer's notes:

In this section, provide any information about the history of CBR/CBID in your country (if there is one). This may include who introduced it and when, in which areas it was or is operating, what involvement the government has in it, aspects of CBR/CBID programmes operating, how they are coordinated etc. You can provide this information while showing the slide below, or you can add 2-3 slides or a video to help illustrate this section. You can also ask questions of the participants to see what awareness they have. Note: 20 mins has been allocated to this section so keep track of time.

If CBR/CBID is not established in your country, hold a general discussion about who is working at community level and if and how this work is being coordinated at National and regional levels.



Summarize:

Each component of the CBR Matrix has strong linkages with the other components. For example, a person with a disability needs to be healthy and may need an assistive device in order to work. Without education, someone's opportunities to work will be limited. And an adult who is working is more able and likely to participate in social, cultural and political life.

It is not essential for all programmes to cover all areas of the CBR Matrix, but to achieve inclusion communities must work together to ensure that all areas of the Matrix are addressed by stakeholders collectively.

Ask if anyone would like to comment on something they will do differently after this session.

Acknowledge responses.

Close the session.

