



# INTRODUCTION TO COMMUNITY BASED REHABILITATION (CBR) / COMMUNITY BASED INCLUSIVE DEVELOPMENT (CBID)

This training programme promotes the strategy of CBR/CBID as a way of realizing the articles of the UN CRPD.

CBR - or CBID as it is increasingly frequently referred to - was initiated by the World Health Organization in 1978 following the Declaration of Alma-Ata. It was an initiative 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 over time to become a multisectoral and cluster approach to improve the equalization of opportunities and social inclusion of persons with disabilities.

CBR/CBID is being practiced in more than 100 countries of the world<sup>1</sup> and is implemented through the combined efforts of persons with disabilities, their families and communities, and relevant government and non-government health, education, vocational, social and other services.



## CBR Guidelines

The CBR Guidelines were developed as a collaboration of WHO, ILO, UNESCO and IDDC over a six-year period from 2004-2010 with the participation of more than 180 persons from governments, UN agencies, civil society and OPDs from all regions of the world. Many stakeholders from Africa were involved in the review process, and the CBR Guidelines were launched in 2010 in Abuja, Nigeria, at the 4th CBR Africa Conference.

The CBR Guidelines are a response to an identified 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. The Guidelines are based on the principles of the UN CRPD and designed to clarify conceptual understanding, definitions and practice of CBR.

<sup>1</sup> World Health Organization estimate

The objectives of the CBR Guidelines are defined as:

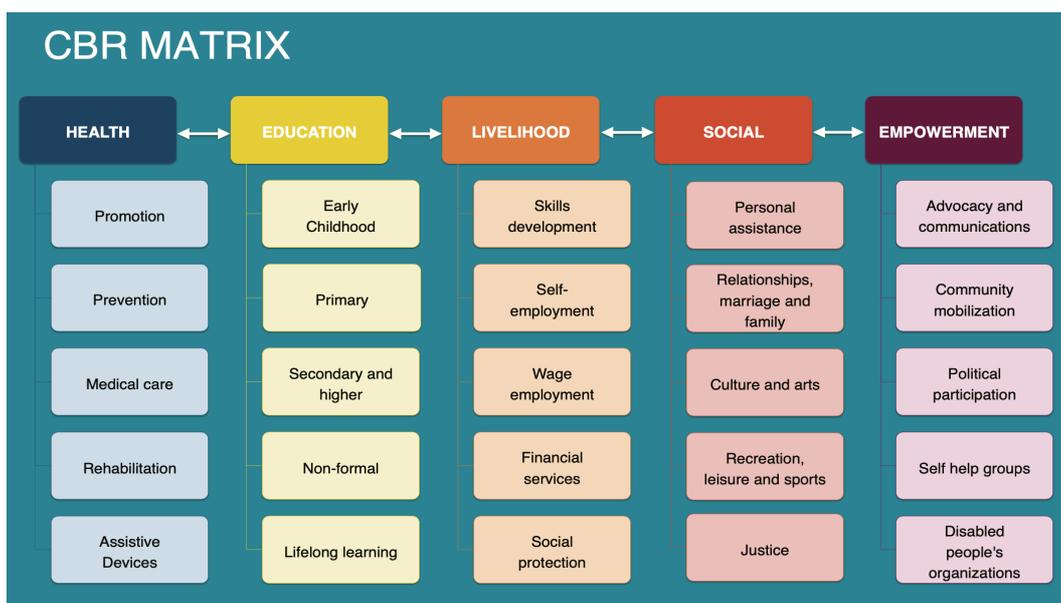
- To provide guidance on how to develop and strengthen CBR programmes in line with the CBR Joint Position Paper and the Convention on the Rights of Persons with Disabilities.
- To promote CBR as a strategy for community-based inclusive development to assist in the mainstreaming of disability in development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

## CBR Matrix

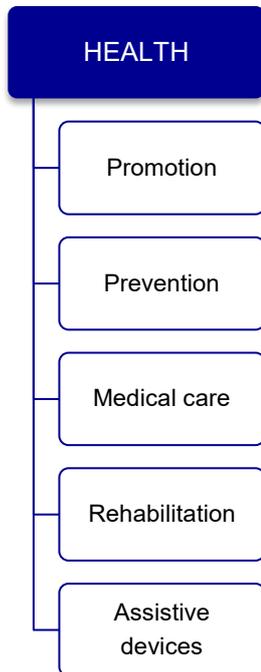
CBR's evolution into a broader multisectoral development strategy led to the development of a CBR Matrix to provide a common framework for CBR programmes. Divided into five components, each component has five elements. The Matrix can be a useful tool for CBR planners and implementers but individual programmes are not expected to cover all elements.

- The matrix has been designed to allow programmes to select options which best meet their local needs, priorities and resources.
- Partnerships are encouraged so that different programmes complement each other to address the full spectrum of needs of persons with disabilities.

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 etc.



## Elements of health



Evidence shows that persons with disabilities often experience poorer levels of health than the general population. They also face a number of different challenges to the enjoyment of their right to health.

The right to health is not only about access to health services; it is also about access to the underlying determinants of health, such as safe drinking water, adequate sanitation and housing.

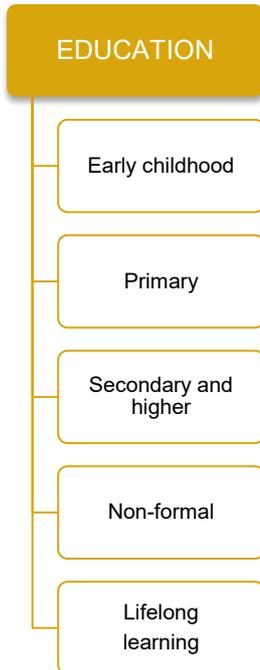
CBID can facilitate inclusive health by working with the health sector to:

- ensure access for all persons with disabilities
- advocate for health services that:
  - accommodate the rights of persons with disabilities
  - are responsive, participatory, and community-based.

The role of CBID is to work with the health sector to ensure that the needs of persons with disabilities and their families are addressed in all aspects of health, across five key areas as outlined below.

	Role of CBID
<b>Promotion</b>	<ul style="list-style-type: none"> <li>• To identify health promotion activities at local, regional and national level and work with stakeholders to ensure access and inclusion for persons with disabilities and their family members.</li> <li>• To ensure that persons with disabilities and their families know the importance of maintaining good health and encourage them to actively participate in health promoting actions.</li> </ul>
<b>Prevention</b>	<ul style="list-style-type: none"> <li>• To ensure that communities and relevant development sectors focus on prevention activities for persons with disabilities and non-disabled people.</li> <li>• To provide support for persons with disabilities and their families to ensure they can access services that prevent development of negative health conditions or secondary complications.</li> </ul>
<b>Medical care</b>	<ul style="list-style-type: none"> <li>• To work in collaboration with persons with disabilities and their families and medical services to ensure that the former can access services designed to identify prevent, minimize and/or correct health conditions and impairments.</li> </ul>
<b>Rehabilitation</b>	<ul style="list-style-type: none"> <li>• To promote, support and implement rehabilitation activities at the community level and facilitate referrals to access more specialized rehabilitation services.</li> </ul>
<b>Assistive devices</b>	<ul style="list-style-type: none"> <li>• To work with persons with disabilities and their families to determine their needs for assistive devices and facilitate their access and ensure maintenance repair and replacement.</li> </ul>

# Elements of education



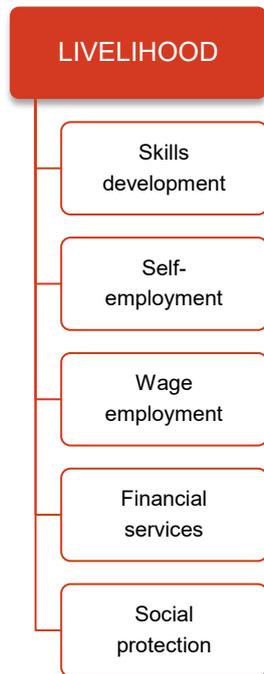
Access to education is critical for achievement of every individual's full potential.

The United Nations Educational, Scientific and Cultural Organization (UNESCO) estimates that more than 90% of children with disabilities in low-income countries do not attend school. For adults with disabilities, the literacy rate is as low as 3%, and even as low as 1% for women with disabilities in some countries. Education can bring changes in all of the key areas that CBID seeks to address, and serve to both empower persons with disabilities and help non-disabled people to understand and include them better. The role of CBID is to work with the education sector to make education inclusive at all levels and to facilitate access to education and lifelong learning for persons with disabilities.

The specific role of CBID for each of the five elements of the education component of the CBR Matrix are below.

	Role of CBID
<b>Early Childhood</b>	<ul style="list-style-type: none"> <li>• Identify families with children with disabilities.</li> <li>• Interact and work closely with the families and their communities.</li> <li>• Assist in laying the foundations for all activities in the child's life.</li> </ul>
<b>Primary</b>	<ul style="list-style-type: none"> <li>• Collaborate with primary education systems to create inclusive local schools.</li> <li>• Support families and children with disabilities to access primary education in their local community.</li> <li>• Develop and maintain links between the home, community and schools.</li> </ul>
<b>Secondary and higher</b>	<ul style="list-style-type: none"> <li>• Facilitate inclusion with increased access, participation and achievement for students with disabilities.</li> <li>• Work with school authorities to make the environment more accessible and the curriculum more flexible.</li> </ul>
<b>Non-formal</b>	<ul style="list-style-type: none"> <li>• Work with non-formal programmes e.g. adult literacy programmes to ensure that persons with disabilities are able to access educational opportunities in inclusive settings.</li> <li>• Help persons with disabilities to access educational opportunities that are suited to their own needs and interests.</li> </ul>
<b>Lifelong learning</b>	<ul style="list-style-type: none"> <li>• Provide persons with disabilities with continuous learning opportunities to prevent their social exclusion, marginalization and unemployment.</li> </ul>

## Elements of livelihood



Persons with disabilities are disproportionately represented among poor people. Disability increases the likelihood of being poor, and being poor increases the likelihood of being disabled.

A primary purpose of CBID is to reduce poverty, therefore livelihoods are central to CBID. By finding and succeeding at work opportunities that are fairly compensated, safe and dignifying, individuals with disabilities can:

- Secure the necessities of life
- Improve their economic and social situations, and
- Increase their self-esteem, personal security and status within their family and community.

CBID needs to provide persons with disabilities with support to secure a livelihood that gives them sufficient resources to lead a dignified life, have access to social protection measures, and contribute to their family and community.

	<b>Role of CBID</b>
<b>Skills development</b>	<ul style="list-style-type: none"> <li>• To enable persons with disabilities to access work opportunities, by actively promoting and facilitating the acquisition of relevant knowledge, skills and attitudes.</li> </ul>
<b>Self-employment</b>	<ul style="list-style-type: none"> <li>• To encourage and support self-employment by assisting persons with disabilities and their families, either individually or in groups, to access skills development and financial and material resources.</li> </ul>
<b>Wage employment</b>	<ul style="list-style-type: none"> <li>• To enable persons with disabilities to access and retain wage employment, by working to increase equal access and treatment in the workplace, as well as access to services that lead to wage employment.</li> </ul>
<b>Financial services</b>	<ul style="list-style-type: none"> <li>• To identify, facilitate, and promote access of persons with disabilities to financial services.</li> </ul>
<b>Social protection</b>	<ul style="list-style-type: none"> <li>• To facilitate the access of persons with disabilities to mainstream or specific social benefits.</li> <li>• To promote the provision of, and inclusion of persons with disabilities in, social protection measures.</li> </ul>

# Elements of social



Being actively included in the social life of one’s family and community is important for personal development. The opportunity to participate in social activities has a strong impact on an individual’s identify, self-esteem, quality of life and social status.

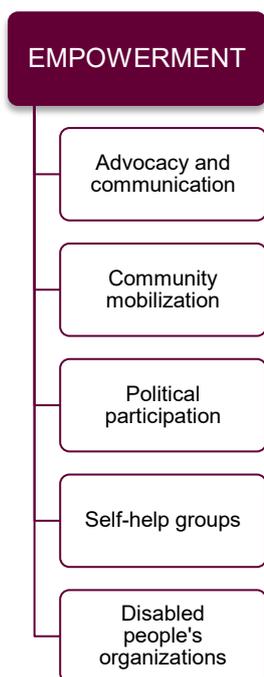
Because persons with disabilities face many barriers in society they often have fewer opportunities to participate in social activities. Persons with disabilities need to be able to have meaningful social roles and responsibilities and participate as equals.

The role of CBID is to:

- Work with all relevant stakeholders to ensure the full participation of persons with disabilities in the social life of their families and communities.
- Provide support and assistance to persons with disabilities to enable them to access social opportunities.
- Challenge stigma and discrimination to bring about positive social change.

	Role of CBID
<b>Personal assistance</b>	<ul style="list-style-type: none"> <li>• To support persons with disabilities to access and actively manage the personal assistance necessary to live with self-determination and dignity.</li> </ul>
<b>Relationships, marriage and family</b>	<ul style="list-style-type: none"> <li>• To support persons with disabilities to have fulfilling relationships with members of their families and communities.</li> </ul>
<b>Culture and arts</b>	<ul style="list-style-type: none"> <li>• To work with relevant stakeholders to enable persons with disabilities to enjoy and participate in cultural and arts activities.</li> </ul>
<b>Recreation, leisure and sports</b>	<ul style="list-style-type: none"> <li>• To promote increased participation of persons with disabilities in recreation, leisure and sports activities.</li> <li>• To provide support to mainstream organizations and programmes to enable them to offer appropriate and accessible recreation, leisure and sports activities.</li> </ul>
<b>Justice</b>	<ul style="list-style-type: none"> <li>• To promote awareness of the rights of persons with disabilities.</li> <li>• To provide support to persons with disabilities and their family members to access justice when they face discrimination and exclusion.</li> </ul>

## Elements of empowerment



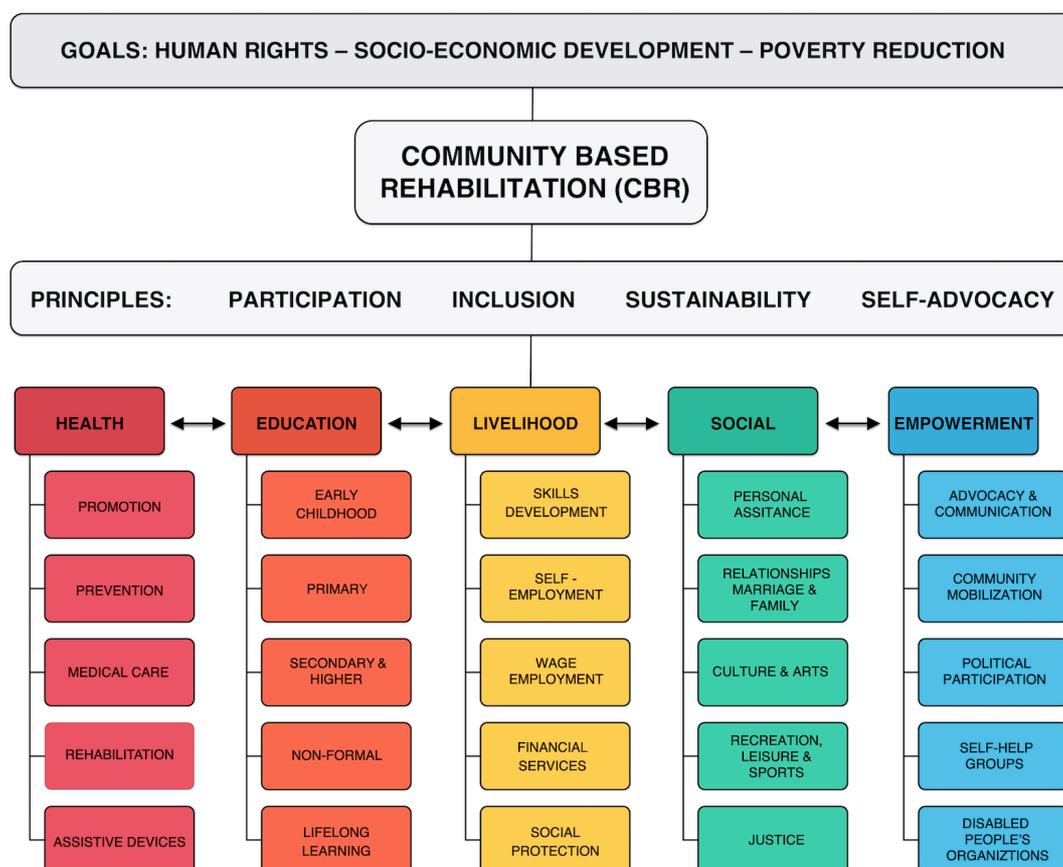
Empowerment for persons with disabilities means that they can make their own decisions, work with others to improve their communities, and work with community decision-makers to ensure equal opportunities for all. To empower someone may require providing resources, removing obstacles, or strengthening their own resources such as impacting their self-confidence and self-worth.

The role of CBID is to contribute to the empowerment process by promoting, supporting and facilitating the active involvement of persons with disabilities and their families in issues that affect all aspects of their lives.

Persons with disabilities are entitled to rights on an equal basis with others. They have the capacity to speak out for themselves to assert their rights, and are capable of making decisions about their lives.

	Role of CBID
<b>Advocacy and communication</b>	<ul style="list-style-type: none"> <li>• To support persons with disabilities to develop advocacy and communication skills.</li> <li>• To ensure that the environment provides appropriate opportunities and support to allow persons with disabilities to make decisions, and express their needs and desires effectively.</li> </ul>
<b>Community mobilization</b>	<ul style="list-style-type: none"> <li>• To mobilize the communities to ensure that:</li> <li>• Negative attitudes and behaviour towards persons with disabilities and their families change.</li> <li>• The community is supportive of CBID.</li> <li>• Disability is mainstreamed across all development sectors.</li> </ul>
<b>Political participation</b>	<ul style="list-style-type: none"> <li>• To ensure that persons with disabilities have the information, skills and knowledge to enable them to participate in political processes and have access to opportunities to participate.</li> <li>• To ensure that disability issues are visible so that they are included into processes of political decision-making.</li> </ul>
<b>Self-help groups</b>	<ul style="list-style-type: none"> <li>• To provide support and assistance to persons with disabilities and their families to form new self-help groups and to support the capacity of existing ones to help them achieve greater impact.</li> <li>• Where mainstream groups, such as women's groups and microcredit groups already exist, to work with them to promote the inclusion of persons with disabilities and their families.</li> </ul>
<b>Disabled People's Organizations</b>	<ul style="list-style-type: none"> <li>• Work as a partner with disabled people's organizations where they exist.</li> <li>• Provide assistance as and when appropriate to support the formation of disabled people's organizations where they do not exist.</li> </ul>

## The full CBR Matrix with goals and principles



In the past, many community-based rehabilitation (CBR) programmes focused on health and rehabilitation activities only, often ignoring the social needs of persons with disabilities. Even now some subjects, particularly those around relationships, sex, marriage and parenting are avoided or seen as very difficult to address.

Other areas such as access to justice and to cultural, sporting and recreation activities are also seen as unnecessary or a luxury. However, being able to actively participate in social activities and relationships are an essential part of life and have a powerful effect on personal development. The CBR Guidelines and Matrix also emphasize these areas and promote that CBR/CBID actively supports the social inclusion of persons with disabilities in their families and communities.

The *Components of CBID* module provides more detail on each of the 25 elements of the CBR Matrix.

### Sources

World Health Organization, 2010, *CBR Guidelines*, Geneva