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International Disability and Development Consortium

Introductory booklet

Community-Based Rehabilitation

CBR Guidelines

World Health Organization

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CBR Guidelines as a Tool for Community Based Inclusive Development

International Disability and Development Consortium (IDDC)
Collaborating globally to promote Inclusive Development

IDDC is a global consortium of disability and development non-governmental organisations (NGOs), mainstream development NGOs and disabled people's organisations (DPOs) supporting disability and development work in more than 100 countries around the world.

The aim of IDDC is to promote inclusive development internationally. Inclusive development means respecting the full human rights of every person, acknowledging diversity, eradicating poverty and ensuring that all people are fully included and can actively participate in development processes and activities regardless of age, gender, disability, state of health, ethnic origin or any other characteristic

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Understanding CBR

Over the last three decades, there has been considerable change in the understanding and practice of Community Based Rehabilitation (CBR), with the recognition that persons with disabilities have the same rights, and need access to the same services and opportunities, as others in their communities. CBR today is understood as a strategy to ensure inclusion, rights and equal opportunities for persons with disabilities. CBR practice has changed from a medical orientated, often single sector (e.g. health or education), service delivery approach, to a comprehensive, multi-sectoral, rights-based one.

© Jean-Jacques Bernard / Handicap International:
Inclusion of teenagers with disabilities in Togolese school

According to the (2004) Joint Position Paper on CBR by International Labour Organization (ILO), United Nations Educational, Scientific and Cultural Organization (UNESCO) and World Health Organization (WHO), the goals of CBR are

- To ensure that people with disabilities are able to maximise their physical and mental abilities, to access regular services and opportunities, and to become active contributors to the community and society at large.

- To activate communities to promote and protect the human rights of people with disabilities through changes within the community, for example, by removing barriers to participation.

The Joint Position Paper on CBR, several national policies and laws that refer to CBR, and implicit reference to CBR in certain key articles (19, 26, 4.3, 29) of the Convention on the Rights of Persons with Disabilities (CRPD) reflect the progressive world-wide recognition and acceptance of CBR. According to a WHO survey conducted in 2007, about 92 countries had CBR projects and programmes: 35 in Africa, 26 in Asia, 24 in Latin America and 7 in Europe (Khasnabis and Heinicke-Motsch, 2008). In Africa alone, 280 CBR programmes are listed in 25 countries (Adeoye and Hartley, 2008). Regional CBR Congresses have been organised over the last decade in Africa, Asia-Pacific and Latin America; and regional CBR Networks have been established to sustain the CBR movement through training and information exchange, and there are plans to promote a global CBR network.

CBR and Community Based Inclusive Development

'Community based inclusive development' is a term that is increasingly heard today and it is sometimes taken to mean the same as CBR. Community based inclusive development is an aim or goal or an end result to be achieved – of making communities and society at large inclusive of all marginalised groups and their concerns, including persons with disabilities. The rationale is that no one should be excluded from development for any reason, be it gender, disability, ethnicity, refugee status, sexual orientation, aging or any other issue. CBR is the tool or strategy to achieve the goal of community based inclusive development for persons with disabilities, just as other interest groups in the community (gender etc.), use their own strategies to make development inclusive of their constituent groups.

CBR uses a 'twin-track' approach to achieve the goal of community based inclusive development:

1) Working with persons with disabilities to develop their capacity, address their specific needs, ensure equal opportunities and rights, and facilitate them to become self-advocates.

2) Working with the community and society at large to remove barriers that exclude persons with disabilities, and ensuring the full and effective participation of all persons with disabilities in all development areas, on an equal basis with others.

In Bolivia, EIFODEC (Escuela de Integración, Formación Deportiva, Expresión Artistica y Desarollo Laboral) is supporting the employment of people with intellectual disabilities into the regular job market. The centre follows an innovative strategy using sports and artistic activities as a means for personal development and independence combined with an inclusive approach involving parents and the community in the educational process. Through training on assertiveness, living skills and vocational skills and awareness raising amongst private companies, persons with intellectual disabilities are prepared and linked with the local labour market. Specific matches are made between employees and employers. Although the lobby work amongst companies to include employees with intellectual disabilities remains hard, many successful matches have been made. Employers find that their employees are extremely reliable and trustworthy and regard their staff with intellectual disabilities as an example for the other employees in their commitment to their work.

In communities where there are different stakeholders working with various marginalised groups for the common goal of community based inclusive development, CBR needs to collaborate with those groups in order to maximise resources and opportunities, and to develop a bigger collective voice in advocating for inclusion. In communities where needs of other marginalised groups are unaddressed, CBR may need to consider how to include such groups in some of the activities like livelihoods, for example.

In India, CBR projects across the country have facilitated formation of self-help groups of persons with disabilities in villages, and federated these groups up to the district (administrative) level. The groups have been successful in advocating with local government for various issues, for example, budget allocation for persons with disabilities in poverty alleviation programmes; influencing the local railway authorities to arrange an accessible compartment for persons with disabilities; access to welfare and social security schemes for persons with disabilities; encouraging members to contest for local elections; organising sports, drawing, drama, dance, music, recreational visits and observing national festivals; helping other marginalised sections like aged persons, widows, destitute women, and others to avail social security schemes; advocating on issues like water, transport, sanitation and other mainstream issues.

CBR Guidelines

The CBR Guidelines of WHO, ILO, UNESCO and IDDC (2010), are an attempt to address the felt need for a document that would synthesise experiences from across the world and provide a unified understanding of the **concept** and **principles** of CBR as a comprehensive rights-based approach, based on principles of the Convention on the Rights of Persons with Disabilities (CRPD). It is meant to address the concerns and gaps among different stakeholders across different regions in conceptual understanding, definitions and practice of CBR. The Guidelines provide a **structure** for CBR planners and practitioners, based on which they can develop activities according to their local context, needs and resources. It is not a prescriptive document and does not advocate any particular 'model', as it has been understood for many years that there cannot be a single model of CBR for the world

The CBR Guidelines, by synthesising CBR experiences from different regions of the world, help to **illustrate existing and new concepts**, and as such, they **endorse and build on** field level practice.

The process of development of the Guidelines was spread over six years between 2004 and 2010, and more than 180 persons from governments, UN agencies, civil society and disabled people's organisations (DPOs) from different regions were involved.

The CBR Guidelines are based on the **principles of the Convention on the Rights of Persons with Disabilities:**

- Respect for inherent dignity, individual autonomy, including the freedom to make one's own choices, and independence of persons
- Non-discrimination
- Full and active participation and inclusion in society
- Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity
- Equality of opportunity
- Accessibility
- Equality between men and women
- Respect for the evolving capacities of children with disabilities and respect for the rights of children to preserve their identities.

Other key principles underpinning the Guidelines include **empowerment** and **sustainability**.

The **objectives** of the CBR Guidelines are:

- To provide guidance on how to develop and strengthen CBR programmes in line with the Joint Position Paper and the CRPD.
- To promote CBR as a strategy for community based inclusive development.
- To support stakeholders to meet the basic needs and enhance the quality of life of people with disabilities and their families.
- To facilitate the empowerment of people with disabilities by promoting their inclusion and participation in development and decision-making processes.

CBR managers are the primary audience for the Guidelines. The secondary audiences include CBR personnel, workers in health, education, social and other community sectors, people with disabilities, their families and their organisations, personnel from governments and non-government agencies involved in development and/or disability, researchers and academics.

The **contents** of the Guidelines include seven booklets: Introductory booklet, Health component, Education component, Livelihoods component, Social Component, Empowerment component and Supplementary booklet.
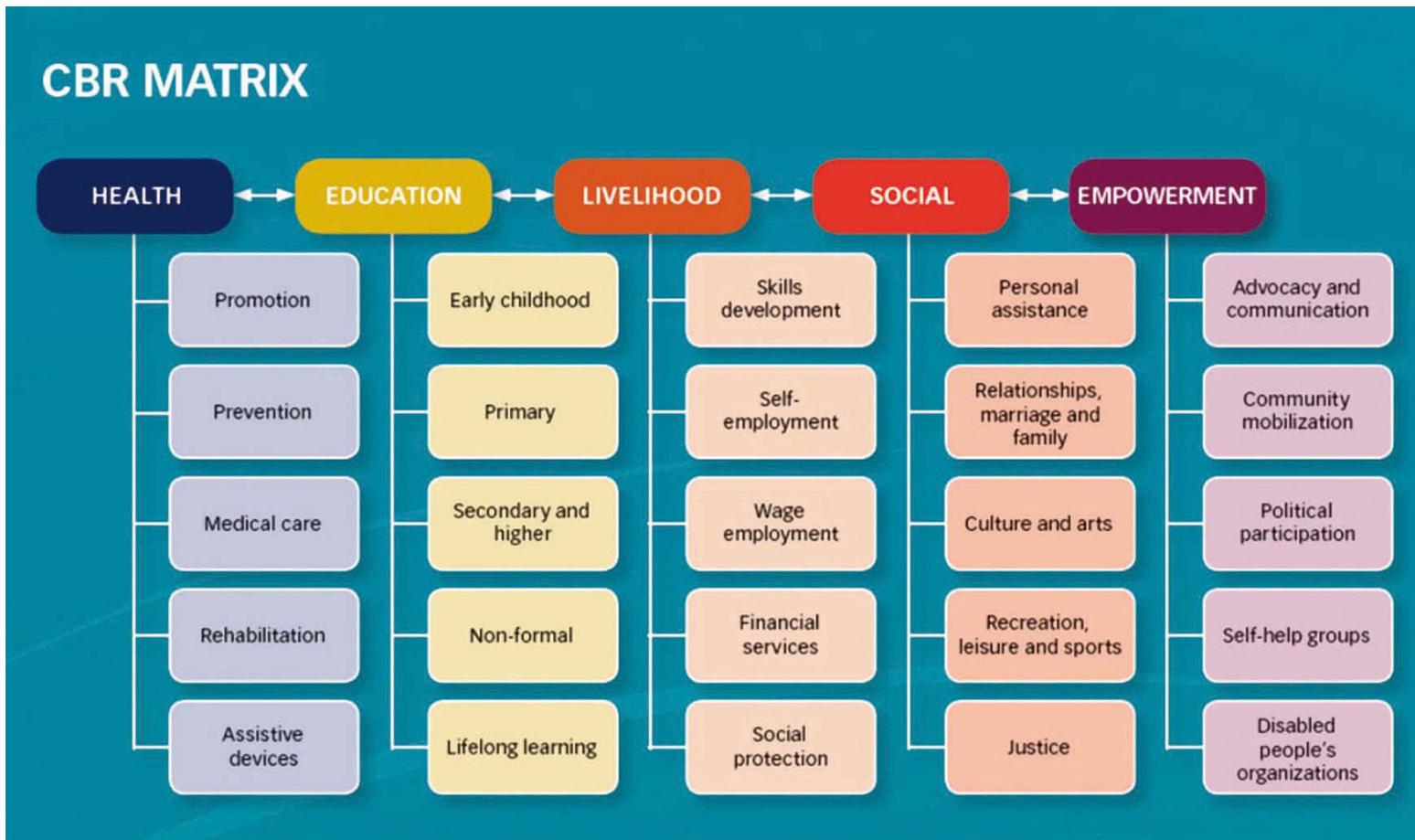
The **Introductory booklet** provides an overview of the objectives, scope and development process of the Guidelines, followed by explanations of key concepts like disability, development, human rights and CBR. This booklet also contains a section on CBR management, encompassing situation analysis, planning and design, implementation and monitoring, and evaluation.

The **five component booklets** on Health, Education, Livelihoods, Social and Empowerment with their five subsidiary elements (see CBR Matrix below), are structured as follows:

- Preamble, outlining the goal of the component, role of CBR, desirable outcomes, key concepts and a brief summary of the five elements that make up the component.
- Explanations of the five elements of each component: Introduction, Goal of the element, Role of CBR, Desirable outcomes, Key concepts, Suggested Activities
- References and recommended reading

- Case studies and examples are used to illustrate concepts and activities throughout.

The **Supplementary booklet** includes additional sections on CBR in relation to mental health, HIV/AIDs, leprosy and humanitarian crises.

The **CBR Matrix** from the Guidelines summarises the five components and their elements.

CBR MATRIX

HEALTH	EDUCATION	LIVELIHOOD	SOCIAL	EMPOWERMENT
Promotion	Early childhood	Skills development	Personal assistance	Advocacy and communication
Prevention	Primary	Self-employment	Relationships, marriage and family	Community mobilization
Medical care	Secondary and higher	Wage employment	Culture and arts	Political participation
Rehabilitation	Non-formal	Financial services	Recreation, leisure and sports	Self-help groups
Assistive devices	Lifelong learning	Social protection	Justice	Disabled people's organizations

The Matrix can be a planning tool for CBR implementers, but the Guidelines make it clear that programmes are not expected to implement all elements according to the Matrix. Instead they can choose the options that are best suited to their local context, needs and resources. They can work in partnership with other organisations for support in areas where they lack expertise. They need to however, ensure that persons with disabilities are involved in decision-making and that programmes are embedded in the community so that "services and facilities for the general population are available on an equal basis to persons with disabilities and are responsive to their needs" (CRPD article 19.c).

The CBR Matrix endorses a holistic approach to inclusion of persons with disabilities and the different boxes are only a guide to what is possible. In actual practice, programmes may find that some activities are difficult to fit into one of the boxes. Some programmes may feel that if they have one activity under a box, they have covered that element. It is important for programmes to understand that the Matrix is intended to guide planning, and that there can be any number of possibilities of activities under each box, based on needs.

@CBM : sign language teaching for community members in Haiti

Partnership between Stakeholders in CBR

Inclusive development in the CBR context means that partnerships and alliances are necessary between different stakeholders, especially between CBR, disabled people's organisations (DPOs), families of persons with disabilities and governments (Thomas et al, 2010). Instead of dogmatic, 'either/or' approaches and territorialism, all stakeholders need to work together to make programmes relevant and sustainable, to leverage other resources through wider networks, to capitalise on each other's strengths, and to reach the goal of inclusive development with persons with disabilities as advocates.

The development of the CBR Guidelines is an example of effective partnerships between multiple stakeholders – UN agencies, DPOs, governments, donor agencies and civil society including national and international non-governmental organisations.

The Guidelines can be used as a tool to facilitate communication among government, persons with disabilities and/their families, DPOs and other stakeholders in the community to advocate for and realise the rights of persons with disabilities. National governments in particular need to understand CBR as part of a multi-sectoral, rights-based and poverty reduction approach.
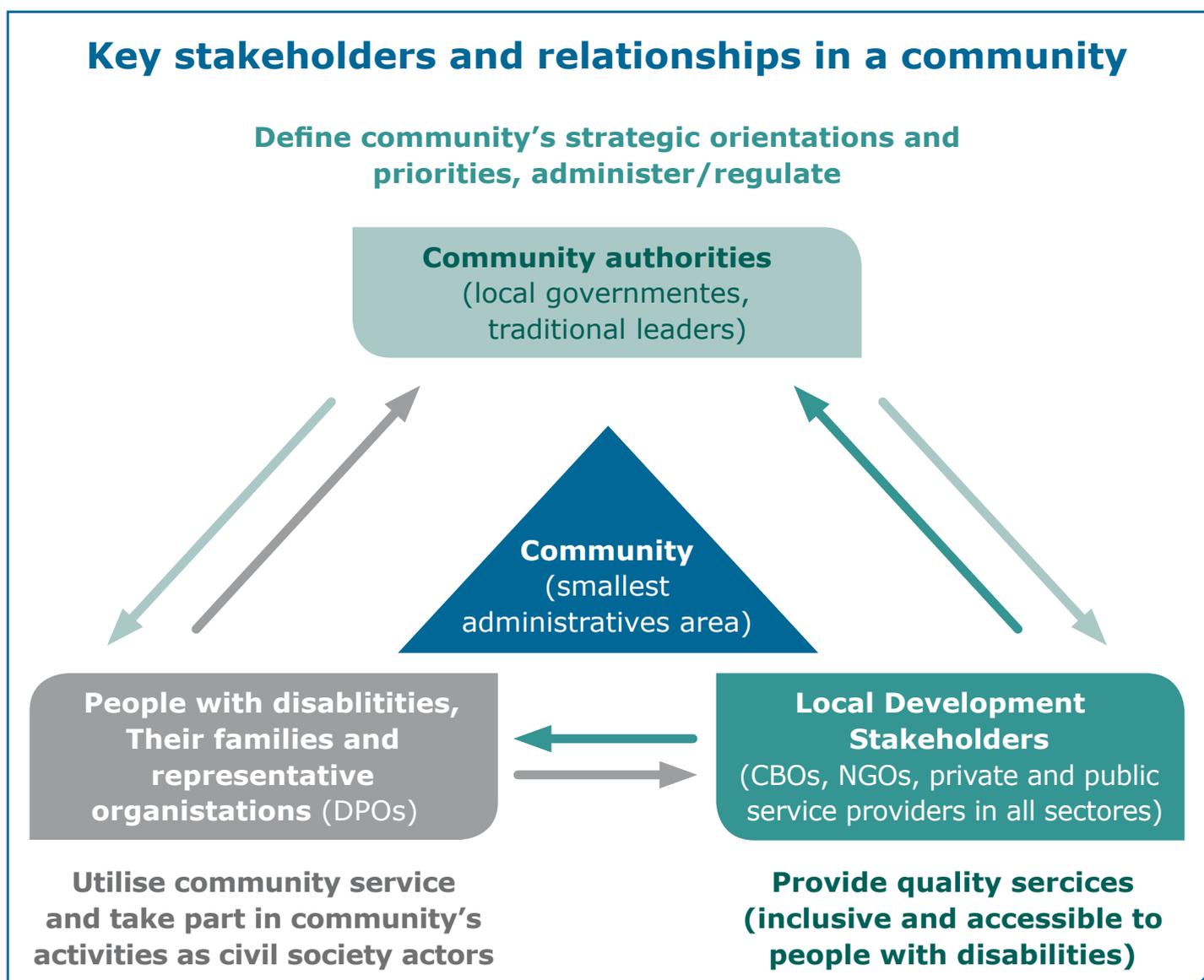
In the Philippines, the issuance of Executive Order 437 dated 21 June 2005, enjoins the adoption of community-based rehabilitation (CBR) by the local government units (LGUs) as an approach/strategy in the delivery of services to persons with disabilities. Partnerships are established between government organisations (GOs), non-government organisations (NGOs) and Disabled People's Organisations (DPOs) in the formulation of policies and implementation of CBR as a strategy for comprehensive services to empower people with disabilities and for their inclusion in society.

The Guidelines can be used to advocate with governments to adopt and provide support to CBR as a national plan and to create mechanisms for effective multi-sectoral collaboration to ensure inclusion of CBR in development policy and practice.

In the Asian region, specific reference to CBR is now found in the national level policies of Bhutan, India, Indonesia, Myanmar, Pakistan, Philippines, Sri Lanka, Thailand and Timor Leste, which is a significant change from the situation a decade ago. In Africa, for example in Burkina Faso, CBR has been adopted as national strategy to support persons with disabilities.

An illustration of relationships between stakeholders in a community:
(Source: Geiser P. The Role of the Community in the implementation of the CBR Matrix: Experiences of Local Inclusive Development. Presentation at 4th CAN CBR Conference, Abuja, October 2010)

Key stakeholders and relationships in a community

Define community's strategic orientations and priorities, administer/regulate

Community authorities
(local governmentes, traditional leaders)

Community
(smallest administratives area)

People with disablities, Their families and representative organistations (DPOs)

Local Development Stakeholders
(CBOs, NGOs, private and public service providers in all sectors)

Utilise community service and take part in community's activities as civil society actors

Provide quality sercices (inclusive and accessible to people with disabilities)

In Mali, a group of local disabled people's organisations took part in consultations to elaborate the district council development action plan, together with local authorities, services providers and other development actors. Based on the results of the local participatory diagnosis, priorities identified to address concerns of persons with disabilities were included in 10 district council action plans.

CBR Guidelines as a Framework for Monitoring and Evaluation

While no universal set of indicators to measure success in CBR have been developed yet, it is quite feasible for each programme to define its outcomes/ results and indicators, and to evaluate their achievements accordingly.

The CBR Guidelines can be a useful tool to monitor and evaluate CBR programmes. The Guidelines suggest possible goals, desirable outcomes and activities for the different elements and components of the CBR Matrix. Planners and researchers can use these to develop appropriate indicators to monitor their CBR activities and to measure effectiveness and impact. Field testing these indicators across different regions and using them in practice will add to the evidence base on CBR.

For example, some programmes in various countries have developed indicators for the Education component:

@GCEN: Community member supporting girls' learning, Nigeria
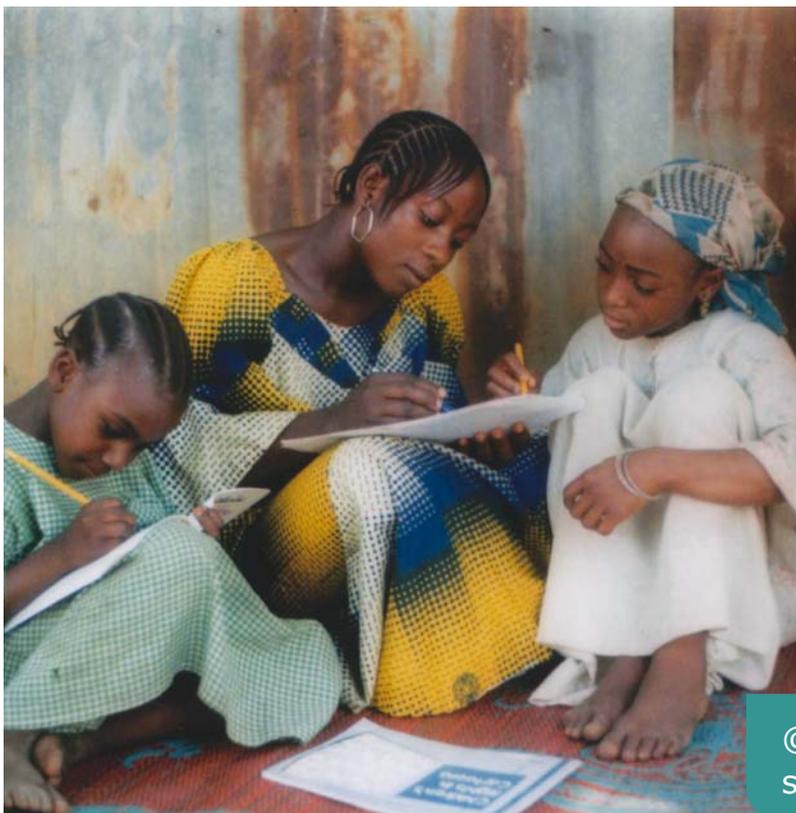
Desirable outcomes:
- Local schools take in all children, including children with disabilities
- Local schools are accessible and welcoming, with adequate water and sanitation facilities.

Indicators:
- Number or % of children in different streams of education;
- Number of schools with trained teachers, accessible classrooms and toilets

CBR Guidelines as a Tool for Community Based Inclusive Development

Example of CBR Matrix related activities in a CBR project in Cambodia

Health	Education	Livelihoods	Social	Empowerment
Promotion Collaborate with health services providers to make services available for the poor	**Early childhood Training for** caregivers and follow up Enroll children into daycare centre or Kindergarten	**Skills development** Facilitate vocational skills training in the community Refer to vocational skills training in the centre	**Relationships, marriage and family** Counselling/ motivation for persons with disabilities & families on rights to get married	**Communication** Communication skills training Support materials for communication
Prevention Educate community people on nutrition, sanitation, eye health, disability prevention	**Primary** Awareness raising at school Enrol & support children in school Motivate family to support children's education	**Self employment Conduct** livelihood assessment and support to start up business	**Personal assistance** Training of family members on how to take care of persons with disabilities Follow up and advice	**Social mobilisation** Awareness raising from community level to national level Select and train community volunteers Establish and train Community Disability Committees
Medical care Refer clients to health services and follow up	**Secondary and higher** Continue to support at school and motivate family Advocate & build capacity of selected Universities on inclusive education	**Financial services** Provide loan to start up business Follow up on loan repayment	**Culture and arts** Encourage persons with disabilities to participate in cultural activity	**Political participation** Share information on election to persons with disabilities & families Encourage persons with disabilities to participate in the national election process

Rehabilitation Provide orientation/ mobility & daily living skills training to blind clients Refer clients to rehabilitation centre	**Non-formal** Home-based learning	**Wage employment** Assist trained persons to seek jobs Advocate with employers to give opportunity for persons with disabilities	**Recreation, leisure and sports** Organise sports and games	**Self help groups** Establish & train self-help groups Support for advocacy activities Follow-up and advice
Assistive devices Refer persons with disabilities to receive assistive devices Subsidy for those who cannot afford to pay for devices	**Life-long learning** Ongoing motivation to continue learning through sharing information, solving problems together, etc.	**Social protection** Advocacy and networking with government welfare schemes Advocate for policy development	**Access to justice** Support persons with disabilities & families to access legal assistance and justice	**DPOs** Build capacity of district disabled people's organisations (DPOs) Link self-help groups to DPOs at district level, link district DPOs to national DPOs

In conclusion, the CBR Guidelines can be an effective tool for planning and monitoring, networking and alliance building, and advocacy with policy makers, to fulfil the goal inclusive development. For CBR to be successful, it is important that CBR programmes make sure that all key stakeholders fulfil their respective responsibilities, and work towards communities that are inclusive of persons with disabilities.

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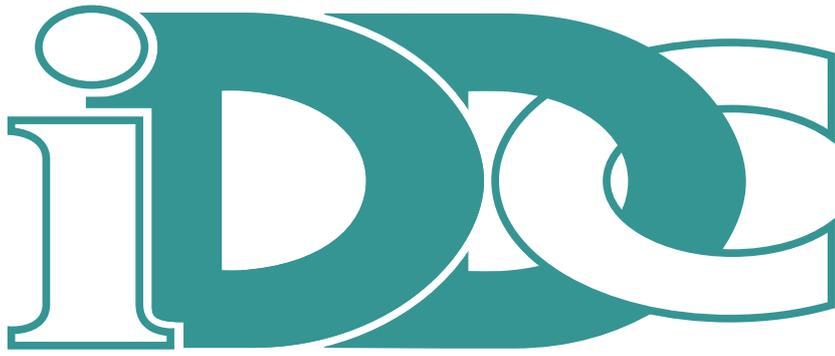
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