



Newsletter Enablement No 12, December 2010
"They shall beat their swords into ploughshares, and
their spears into pruning-hooks..."

Isaiah II

Mission and Principles of Enablement

Enablement promotes Community Based Rehabilitation through innovative training, research and development.

We CARE about Inclusion and therefore our working principles are:

- Contextualize CBR
- Accompany in Advocacy
- Reflect and Research
- Enable Agents of Change

Introduction

It is just a few days before Christmas that I am writing this newsletter. A bit late probably, however, the advantage of internet is that weather conditions like we have this moment in Europe are not affecting the delivery of this newsletter; nor will the strike of Dutch postage personnel have an effect on the delivery.

It is always good to reflect at times. Christmas time seems for many people an ideal period to do so. Reflecting on 2010 and looking forward to the year ahead! This newsletter will be a mix of the two. If there is one thing that I realized during 2010, than it is the fact that there is a great need to further develop Enablement. The work has become too much and too complex and it is also for personal development great to work within a team. Slowly but steadily Enablement is moving into that direction. In January 2011 we will be having two days of workshops in order to further develop strategies, activities and an organizational structure that will guarantee optimal conditions for innovative work in the field of disability and development.

New CBR Guidelines

From the 26th to the 29th of October the 4th CBR conference organized by AfriCAN, the CBR network in Africa, was held in Abuja in Nigeria. During this conference new CBR Guidelines were launched. The Community-Based Rehabilitation (CBR) guidelines resulted from the joint efforts of four U.N. and international organizations and are expected to have an impact on millions of people with disabilities in Africa, many of whom now live in poverty and exclusion.

The new CBR guidelines, under development since 2004, were produced by the World Health Organization (WHO), the International Labor Office (ILO), the United Nations Educational, Scientific and Cultural Organization (UNESCO) and International Disability and Development Consortium (IDDC), in close consultation with other key stakeholders on disability and development globally.

IDDC and its partners across Africa, Asia and Latin-America, having contributed to the development of the Guidelines, are expected to put into practice this – what they see as a fundamental shift - towards a multi-sectoral approach involving all relevant government ministries, departments and facilities, as well as civic society organizations in partnership with persons with disabilities, their families and communities.

To access the guidelines: <http://www.who.int/disabilities/cbr/en/>

The Abuja conference was well attended with over 400 participants and provided ample opportunity for networking, sharing information and building new partnerships. It was for stakeholders in the field of disability in Nigeria a great opportunity to create awareness among government officials and harness support for the implementation of the CRPD, which was ratified by the Nigerian government, just a few weeks before the Abuja conference. The attendance of high level officials has at least already resulted in the promise of government to organize a national CBR conference in 2012 in Nigeria. It is of course with great interest that we look into the actual effects of the Abuja conference for Nigeria. It is certainly also of

importance to monitor the effects of the Abuja conference at continental level as well as at global level. Will the CBR Guidelines form an impetus for (African) governments to start implementing the CRPD? Time will tell us if the millions of dollars invested in the development of the CBR Guidelines and CBR conferences and workshops being held during the past 7 years will bear any fruit! Or is it business as usual and do governments continue to spend more money on creating rather than preventing disability? Given the recent conflicts and ongoing violations of human rights in a number of countries one wonders if the CBR Guidelines will form a strong enough tool for combating disability. Empowerment as a principle of CBR - and presented in Abuja as being at the heart of CBR –seems to form a threat for many governments. As such, if we adhere to the principles of CBR we all too easy may become part of a power game; may easily become involved in politics and may realize that the battle has not yet come to an end. In many instances it may only just have been started and it is good to realize this.

Developments in Ghana

The Centre for Disability and Rehabilitation Studies of the Kwame Nkrumah University of Science and Technology (CEDRES-KNUST) Capacity Building project in Kumasi in Ghana has been commissioned on the 3rd of December 2010. The BSc programme in Disability and rehabilitation will commence in September 2011. The MSc programme had this year its second batch of students and the first graduates hope to find relevant employment in the disability sector in the second half of 2011. Enablement and the University of Stellenbosch in South Africa are partners in this project and provide technical expertise. The overall responsibility lies with the University of Applied Sciences in Leiden and Kwame Nkrumah University of Science and Technology.

Assignments undertaken for the Netherlands Leprosy Relief

Various assignments were undertaken this year for the Netherlands Leprosy Relief (NLR). Consultancy visits were paid to projects in Plateau State, Bauchi state and Kaduna State in Nigeria. Training in CBR was offered to staff from the Ministry of Health in Thailand. A consultancy visit to Indonesia and Nepal formed also part of the services provided to and requested by the Netherlands Leprosy Relief.

Continuing developments at the VU University, Amsterdam

The VU University, the University of Indonesia and Enablement will offer in July 2011 for the second module in Disability & Development. This module is offered as a Summer School in Jakarta, Indonesia. Enablement played this year a major role in the Summer school.

During November and December 2011 for the fourth consecutive year the first Disability and Development (D&D) module at the VU University in Amsterdam will be organized.

Enablement is involved in this program and offers training and tutoring sessions.

Internships

During 2010 a total of 8 master students from the VU University were supervised during their final research internships. Most of the students were involved in research projects focusing on disability and development. In the previous newsletter attention was given to the Photo Voice project in Ghana. Three interesting studies will be highlighted in this news letter.

1) **African culture and Community Based Rehabilitation, Contemporary thinking and practices that are important for community based rehabilitation in Africa by Marije Bruggink**

Background: The WHO and UN launched in October 2010 the CBR Guidelines for low and middle-income countries. Some authors argue that there may be socio-cultural characteristics that are specific for Africa (as well as for other continents) and of such importance in understanding disability in that context and 'doing' rehabilitation that they should have been given specific attention in the CBR Guidelines. The current CBR Guidelines does not sufficiently take into consideration non-Western concepts and value systems; is too much biased to Western norms and values; and does not value cultural diversity as a source for understanding disability and seeking solutions that are culturally appropriate.

Aim: To study opinion of indigenous Africans who practice CBR in Africa – excluding the northern part of Africa – in order to determine specific or typical African characteristics that may be of importance when developing or providing CBR in Africa.

Methods: Two rounds (round 1 n=42, round 2 n=34) of the consensus method Delphi technique are used to determine the extent to which African CBR practitioners agree about a given issues. Focus group discussions in Ghana, South Africa and Ethiopia, one with people with a disability and one with African CBR practitioners, were held to check answers of the Delphi technique and get more in-depth background information on specific issues mentioned in the answers and opinions given by the Delphi panel.

Results: Consensus was found on the following issues: the traditional view on disability is in many countries still strong and persons with a disability are often seen as a burden and at risk of being neglected and abused; religion provides mental and spiritual support; however it often may promote also wrong ideas about disability and may also emphasize charity and support in some instances a culture of begging; the (extended) family is a real - and often neglected - asset to be used in CBR in Africa; hierarchy within families and communities is strong and (in)formal and traditional leaders need to be included in CBR; there is a lack of knowledge about disability and subsequently a lack of awareness about the capabilities of persons with a disability and the importance of rehabilitation.

Conclusions: Characteristics that may influence the success of CBR and could be seen as typical African are: the traditional views towards disability; the concept of begging in at least a number of African cultures; the (extended) family; dualism; hierarchy and a lack of knowledge. The CBR Guidelines fail to consider the importance of specific (African) cultural characteristics.

2) Sexual Health of Women with Spinal Cord Injury in Bangladesh by Noortje Lubbers

Purpose: To identify factors that may have an influence on sexual health of women with spinal cord injury (SCI) in Bangladesh.

Methods: This controlled cross-sectional study includes a case group (women with SCI) and a control group (women without disability). Questionnaires and semi-structured interviews

were used to collect data concerning the sexual health status of women. Multivariate logistic regression was done to determine which factors had an independent effect on sexual health.

Results: Thirty-seven (37) women with spinal cord injury formed the SCI study sample reported here. Fifty-five (55) able-bodied women formed the control group of this study.

No significant relationships were found between physical factors and sexual health, though vaginal dryness and physical discomfort were mentioned more frequently among women with SCI. Environmental and personal factors such as stigma ($p=0.01$), satisfaction of the husband ($p=0.03$) and support of the husband ($p=0.02$) and friends ($p=0.01$) did not only influence the sexual health of the cases, but also of the controls.

Conclusions: From interviews it became clear that most of the women with SCI were less satisfied with their sexual health than able-bodied women. Finally, environmental and personal factors as attitudes, support and stigma, rather than physical factors were the most important aspects influencing sexual health in both women with and without disability.

3) Between respect and neglect: the role of traditional leaders in the rehabilitation of disabled persons in the Hausa society by Bertine Vermeer

Background : The main part of the population of Northern Nigeria is of Hausa origin.

Disability is common in Hausaland and traditionally disabled persons are not excluded from the society. In the Hausa society, a hierarchical structure of traditional leaders is present besides the official government. Disabled persons form groups of persons with the same disability, which also have their own traditional leader, the *sarki*. The aim of this study is to derive lessons for rehabilitation programs by studying the role of traditional leaders in the rehabilitation of disabled persons in the Hausa society.

Theoretical framework: The function of traditional leaders is described by a framework of four dimensions: outcome in quality of life of disabled persons, services offered by traditional leaders, the commitment to involve others and the acceptability of the services for disabled persons.

Methodology: The role of traditional leaders of the disabled was investigated by a literature study, several semi-structured interviews with different stakeholders and focus groups with disabled persons. The interviews and focus groups were recorded, transcribed and the transcripts were analyzed with a qualitative analysis

Results: During the sampling process, 26 semi-structured interviews and 8 focus groups were done in the states Kaduna, Kano and Katsina. Disabled persons have limited access to, for instance, education and employment. Traditional leaders give advice and mediate when there are conflicts; in this social function they have an influence on the quality of life of disabled persons. The traditional leaders are connected to many other actors who offer services the field of disability, but they do not often take the initiative for these contacts. Not all disabled persons do benefit from the services of traditional leaders; in particular women are not involved. The acceptability of the services of the *sarki* is low. Disabled persons do not have influence on the decisions of the *sarki* and they expect the *sarki* to have not much power in contacts with other institutions.

Discussion and conclusion: Traditional leaders of disabled persons are part of the traditional hierarchy which is still in function in the current society in Northern Nigeria. In Hausaland, disabled persons are seen as beggars and they are discriminated in access to education and employment. The main functions of traditional leaders of the disabled are mediation and advocacy. Women often do not benefit from the role of traditional leaders because they live separate of men in this culture. Although traditional leaders mention many tasks which they perform, disabled persons do not see many benefits of their role and report they do not have much influence on his decisions. Traditional leaders of the disabled have a limited role currently, but because of their leadership position they have some respect and therefore they have to be taken into account in rehabilitation programs.

Internships 2011

During this academic year another number of – most likely 5 - students will be supervised.

2010 Publication

Velema P, Cornielje H, Backbone Principles of the CBR Guidelines and their Application in the Field of Leprosy, Asia Pacific Disability Rehabilitation Journal, Vol. 21 No. 1 2010.

2010 Conferences and Workshops

Presentations were given in the Abuja CBR Conference in the form of:

- A Monitoring and Evaluation Workshop
- A presentation on Capacity Building in CBR

Prior to the conference a meeting of the WHO, ILO and IDDC took place focusing on the dissemination and training of the CBR Guidelines. A presentation about the Enablement TOT- course in CBR was given during this workshop. The presentation focused on the process of training instead of on the content. Main message was that the CBR Guidelines provide the content; Enablement offers empowering ways of training the content: training with a strong focus on problems solving, creative or lateral thinking with the aim of training Agents of Change.

Contributions were given to:

- The Round Table Lobby workshop of the Dutch Coalition on Disability and Development (DCDD), which was held on the 19th of November in The Hague, The Netherlands.
- The debate on the 3rd of December about Disability and MDGs, organized by PHOS and IDDC in Brussels, Belgium.

Evaluation Disability Rights Program of the Dutch Coalition on Disability and Development

Enablement was this year involved in the evaluation of the Disability Rights Program of the Dutch Coalition on Disability and Development. Main part of this study which focused on the effects of the Rights program was executed by a master student from the VU University and supervised by Enablement. Part of the evaluation took place during the partnership workshop in Cambodia in January this year.

New 2011 Developments

A number of new Enablement projects will be finalised or undertaken during the year 2011.

Expansion of Enablement

The team of Associates of Enablement recently held a workshop in order to brainstorm about the mission, principles and strategies of Enablement. We are proud to share the following mission statement:

Enablement promotes community Based Rehabilitation through innovative training, research and development. We CARE about Inclusion and therefore our working principles are:

- **Contextualize CBR**
- **Accompany in Advocacy**
- **Reflect and Research**
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Conference: an African perspective on CBR

In the last newsletter we reported on this initiative. This development however depends largely on available funding. Until recently the major part of the budget is still not been covered.

CBR training and educational publication

This long overdue publication with teaching aids for CBR training is almost ready. The final editing and art work is being done and it is expected that the publication will become available early 2011.

More than 20 partners of Enablement contributed stories of real-life situations related to disability in Africa, Latin-America and Asia. These stories have been modified into study-material; all with different educational methodologies. A wide range of study methods are included in order to give trainers the freedom to choose the most appropriate approach in a particular training session. Some assignments address a specific issue and require a few hours of work; others may take a full day of training or even more. There are assignments

that could be worked out individually (and presented to the group afterwards); others that are more suitable for use in groups; and assignments which emphasize benefits of participatory approaches.

A lot has been written during the past decade about the philosophy of Community Based Rehabilitation. However, not much literature is available about questions and dilemmas faced by staff working at a grassroots level. This book is a practical guide and provides a wide range of materials, based on real-life situations of persons with disabilities. Enablement strongly believes that this book is an indispensable asset in each Community Based Rehabilitation program and of vital importance in training of CBR-personnel. It is hoped and expected that this book fills in a gap and will further contribute towards quality and professionalization and institutionalization of CBR worldwide.

This publication can be pre-ordered at a cost of € 22,50. The normal price will be € 25,00 per copy.

CBR Game

The development of an educational CBR game focusing on policy and management is currently taking place with the assistance of a student from The Hague University of Applied Sciences on its way. Initially the game will be developed as a board game that can be played by small groups of people during training sessions. Later this game may be transformed into a digital game that can be played in a virtual classroom. However in order to do so funds need to be generated first.

Training of Trainers in CBR program in The Netherlands

During 2011 - for the third consecutive year - a 2 week TOT-course in CBR is being organized. Contrary to earlier information the training will take place in May and not in April. This training has proven to be of great importance in the development of training skills in the field of CBR. There are still a few places available!

Guinea Bissau

Recently Enablement received an urgent request from the Ministry of Health of Guinea Bissau to assist in the development and implementation of a national disability/rehabilitation policy including a strong focus on the introduction of CBR. This certainly is a tremendous challenge for a small – but fast growing agency as Enablement. Currently we are, in close collaboration with the Ministry of Health, lobbying for the necessary institutional funding.

Enablement courses in 2011

- 21st of March to the 1st of April: CBR Introduction Course, BIKASH in collaboration with Enablement, Nepal. Target group: CBR staff and those interested in CBR
- 2nd of May to the 13th of May: Training of Trainers (TOT) course in CBR, The Netherlands. Target group: experienced CBR staff with ambition in training and education of CBR personnel
- 16th of May to the 27th of May: CBR: Theory and Praxis, the Netherlands. Target group: CBR staff and those interested in CBR
- 3rd of October to the 14th of October, CBR Leadership and Management, the Netherlands. Target group: experienced CBR staff (at least 2 years of experience)
- 1st of November to the 18th of November: CBR Introduction Course, ALERT in collaboration with Enablement, Ethiopia. Target group: CBR staff and those interested in CBR
- 12th of December to the 16th of December: Disability and HIV-AIDS, the Netherlands. Target group: disability activists, leadership of disabled people's organizations and personnel of mainstream organizations with an interest in disability.

Finally

Christmas time is a time related to peace. True peace however can only be achieved if there is justice and righteousness. I was recently confronted with a Nigerian proverb which I would like to share with you: Peace and Injustice are like day and night: they cannot stay together. I wish you all a new year in which justice will be done to those whom are deprived of even the most fundamental human rights; only than can peace be achieved. Only than will **swords be turned into ploughshares, and their spears into pruning-hooks...**

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