

Community Based Rehabilitation Alliance Training

Maria Kangere

COMBRA
P.O BOX 708
Kampala
Uganda

Email: combra@utlonline.co.ug and mariakangere@hotmail.com

Tel: 256-41-290-803

Uganda

UGANDA MAP



The year 2002 provisional census report recorded 24.6 million people.

Community Based Rehabilitation was initiated in late the 1980s by non-governmental organizations

CBR training in Uganda

- ❖ In the late 1980s Uganda started negotiating with the Institute of Child Health London to start a similar course.

- ❖ Difficulties in finding an appropriate home for the course resulted in the development of CBR courses in different institutions:
 - Uganda National Institute of Special Education (UNISE)
 - Nine month Postgraduate diploma
 - Two-year certificate course

- Makerere University (Department of Social Work and Social administration)
- Two-year masters degree
- Postgraduate diploma
- Course unit in CBR for undergraduates with an average of 400 students enrolling each year (Ojwang and Hartley 2002)

COMBRA Midlevel Training for CBR

What is COMBRA?

COMBRA, the Community Based Rehabilitation Alliance is an indigenous non-Governmental Organization that was started in 1990.

COMBRA mission is:

To empower and advocate for, and with persons with disabilities for their sustainable development through community based rehabilitation approach.

COMBRA started middle level CBR training in 1994.

COMBRA 16 WEEK COURSE AIM & OBJECTIVES

COURSE AIM

To build the capacity of CBR workers in knowledge, skills and positive attitude, appropriate for sustainable CBR Programs.

COURSE OBJECTIVES

By the end of the course, participants should have acquired:

- Knowledge in disability and rehabilitation.
- Positive attitudes to work with persons with disabilities in different settings.
- Appropriate skills for managing CBR activities.

THE COURSE TARGETS

- Teachers
- Nurses, Social workers
- Community rehabilitation workers
- Leaders of people with disabilities
- Community development Assistants
- Personnel running institutions

ENTRY REQUIREMENTS

Minimum qualifications:

- An ordinary level school certificate or its equivalent (11 years of schooling)
- Special consideration is given to: -
- People with Disabilities who are engaged in disability programmes with a reasonable command of English.

Award

Advanced Certificate in community based rehabilitation

COURSE ORGANISATION

The course is organized in four units:

UNIT I: Foundation of CBR (Four weeks)

The unit covers:

- Situational analysis of people with disabilities
- Introduction to CBR and principles of CBR
- Causes of impairment and prevention
- Attitude

UNIT II: Management of impairments (4 weeks)

This unit covers:

- Specific impairments,
- Designing and making assistive devices using local materials
- Home based programmes.
- Skills for working in the community.
- Principles of social work
- Community mobilization
- Participation, networking, lobbying, advocacy and resource mobilization.

- **Unit III: Field work (Four weeks)**
- Assessment and identification of clients
- Planning and implementing home based programmes
- Practice use of PRA skills in the community
- Making simple assistive devices for clients
- Writing reports

- **Unit IV: Management of CBR programs:(Four weeks)**
- Resource mobilization,
- Income generating activities
- Project planning
- Leadership skills
- Collaboration.

Course development process

- In 1994 the President of Republic of Uganda launched the COMBRA course.
- Initially the content was 70% theoretical and COMBRA would run two and a half courses per year.

A support supervision Programme was initiated in 1996 to provide technical support to old students which resulted in:

- Ability to recruit students who are on the ground
- Knowledge gaps were identified, refresher courses developed and implemented.
- The curriculum was revised in 1996 involving old students in the design that placed 50 % training time on practicals.
- In 1999 the course was reduced to one course per year to allow room for shorter courses.
- In 2002 COMBRA developed a training manual to guide trainers and standardize the training.

Number of students trained on the sixteen week course

Year	1994	1995	1996	1997	1998	1999	2000	2001	2002	Total
Number	31	28	35	25	37	31	16	17	20	240

Number of international students trained on the course

Country	Number trained
Ethiopia	3
Zambia	3
Botswana	3
Tanzania	10
Eritrea	3
Kenya	1
Liberia	2
Namibia	2
Total	27

Other Courses offered at COMBRA

Community development assistants ten weeks training

Refresher Courses for old students

- Rehabilitation of children affected by cerebral palsy and learning difficulties (*Two weeks course*)

- Social economic Rehabilitation of people affected by leprosy (*Two weeks*)

- Leadership (*One week*)

Proposed courses

Human rights

Sign language

Expected Role of CBR Workers

Home visits for identification and assessment.

Promotion of prevention strategies, early detection and intervention.

Enabling the community to participate in the rehabilitation of PWDs.

Referral for specific interventions

Promoting community initiatives for income generating activities.

Promotion of networking and sectoral collaboration.

Counselling

Community Mobilization

Achievements of COMBRA training

- COMBRA has designed in-service training courses in CBR for Ministries of Gender, Education and Health

- COMBRA students come out of the institution well equipped with practical skills to face challenges in the field.

- COMBRA has successfully organized tailor made course for stakeholders and foreign students.

- 30 % of trainees are people with disabilities and a good number are involved in local governance

CHALLENGES

- A number of students with disabilities abdicate their CBR responsibilities to take on political roles.
- Keeping course fees low and striving to meet international standards has resulted in failure to meet needs of local and foreign students.
- Culture of allowances during training leaves those who are interested in money unsatisfied.
- Use of paper technology yet in the rural areas papers are not available.
- Students with visual impairment find problems of accessing information, because many publications are not in Braille.
- Lack of resources to provide students with toolkits for making and repairing simple assistive devices for clients.
- Sustainability of course fees

References

Ojwang V C and Hartley S (2003): Community based rehabilitation training in Uganda: An overview. In Sally Hartley(ed). In CBR A participatory Strategy in Africa. University College London.