

COMMUNITY BASED REHABILITATION PROGRAMS IN UGANDA

PRESENTED BY
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A brief introduction about me

- I am a Social Development worker with 15 years record of working in local/ international NGOs contexts specifically in the areas of Children, disability and women development projects.
- I am the founder and director of Angel's centre for Children with Special needs, which has exposed me with practical understanding and experience in implementing Community Based Rehabilitation and Disability specific programs.
- I have a bachelor's degree & Master of Science in Globalisation and Development (MSc. Globalisation and Development), Institute of Development Policy and Management, University of Antwerp and Bachelor of Arts Degree in Social Sciences (BA. SS) Makerere University Uganda.
- I am also the award winner for the 2015 World Down Syndrome day in recognition for the outstanding contribution in enriching the lives of persons with Down syndrome in Uganda.
- I am married and mother of four children.

ABOUT ANGEL'S CENTRE FOR CHILDREN WITH SPECIAL NEEDS

- Angel's Center for Children with Special Needs is non-government organization founded in 2012 with the aim of reaching out to children with mental disabilities through training, equipping and rehabilitation to be able to support them in their physical, emotional and cognitive development to reach their potential goals in life.
- Our vision is a society which integrates children with Special Needs to fully realize their potentials.
- Our mission is to be a voice and to break the silence of disability in communities, through increasing access to information and service delivery.



OUR PROGRAMS

- Early learning for children with special needs
- Provision of occupational, Speech & language therapy and Physiotherapy
- Workforce development
- Access to health care & nutrition
- Home based Individualised education plans
- Inclusive education
- Coaching and mentoring of parents and family members to provide home based therapies
- Livelihood households
- Parents' support network and collaborations

- We do both a centre and community based approach.

CENTRE BASED APPROACH



Early learning for children with special needs

Provision of early learning and integrated therapy to equip them with basic literacy skills, interpersonal skills as well as Speech and language.

55 children so far supported



Provision of occupational, Speech & language therapy and Physiotherapy

- Sessions are conducted on a weekly basis by therapists from Angel's Centre
- They also involve training caretakers on how to do their therapies at home.
- We do periodic follow ups and assessments on children's health status

57 children enrolled on the program



Workforce development

- Trainings in workforce development for adult with down syndrome to prepare them for the employment world.
- The participants are equipped with knowledge and skills in hospitality and office practices, interpersonal skills, iactivities of daily living (ADLs) and Instrumental activities of daily living (IADLs)
- Hold engagement meetings employers for persons with Down syndrome on the importance of workforce development and providing internship, volunteer and employment spaces for them.
- 15 young adults with Down syndrome



COMMUNITY BASED APPROACH



Access to health care and nutrition

- Providing referrals for children to health centres
- Providing assistive devices
- Supporting homes with nutritious food supplies
- Supporting homes with knowledge in vegetable gardening and setting kitchen gardens
- Conducting nutrition trainings.



Home based Individualised education plans

- Periodic assessment on a child's education needs
- Drawing education plans with active involvement of caregivers
- Implementing education plans
- Provision of assistive devices for learning
- Assessing child's performance level.



Inclusive education

- Engaging schools to put in place structures for inclusive education.
- Training teachers on inclusive education for children with special needs
- Monitoring performance and school retention of children
- Engage in advocacy actions for inclusive education at district and national levels.



Coaching and mentoring of parents and family members to provide home based therapies

- Parents and family members (siblings) are provided with knowledge and skills by ACCSN therapists in rehabilitation for their children.
- They are able to administer routine exercises for their children.
- Caregivers are trained in hygiene activities of daily living training (bathing, dressing up, washing, brushing teeth), social skills training (interactive play, group play activities etc.)
- 70 homes supported on this program



Livelihood programs for households

- Capacity building for caregivers in skills to create employment and be employable.
- Support caregivers with capital to set up income generating activities
- Link caregivers to prospective employers
- Formation of Village Savings and Loans Associations among caregivers.
- Group and one-on-one counselling and therapy



Parents support network and collaborations

- Engagement of parents to actively get involved in advocacy work for improved and inclusive services for children.
- Establish networks and collaborations with community structures including police, district, health centres as well as CSOs.



Comparison between centre based and community based care

- **Centre based**

Periodic assessments conducted

Direct provision of services including therapy, education to children.

Services are directly provided by therapists, counsellors and teachers

Parents have to bring the children to the centre

Activities are confined to the centre

- **Community based**

Periodic assessments conducted

Parents and family members are coached and mentored by therapists and teachers to provide therapies.

Parents and family members provide the services and are followed up.

Therapists, counsellors, teachers go to the community.

Networks and collaborations are key.

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