Rehabilitation assists individuals with disability to achieve and maintain optimal functioning in interaction with their environment by reducing the impact of a broad range of health conditions.
What is Rehabilitation?

“a set of measures that assist individuals who experience, or are likely to experience, disability to achieve and maintain optimal functioning in interaction with their environments”.

Medical

Therapy

Assistive Devices
For some rehabilitation is essential!

• “If you don’t have a proper wheelchair, that is when you really feel that you are disabled. But if you have a proper wheelchair, which meets your needs and suits you, you can forget about your disability.” Faustina

• “Being an amputee myself with lower limb prosthetics, I can say that the device enable me to function normally. My prosthetics brought back my confidence and self esteem to participate in mainstream activities of the society, thus changing my outlook in life to more positive. Definitely, my prosthetics had an impact on my present status or the quality of life I am enjoying now because I basically perform all the task that is assigned to me which at the end the day results to quality output and good pay.” Johnny
Features of rehabilitation

- Reduces the negative impact of a broad range of health conditions
- Often time limited
- Single or multiple interventions
- Need not be expensive
- Delivered by single health practitioner or multidisciplinary team (often cross sectoral i.e. in conjunction with education, labor etc.)
- Provided in primary health care centers, hospitals, rehabilitation centers, schools, home, private clinics etc.
- Start early = better results
Expected outcomes:

– slow the rate of loss of function
– improve or restore function
– compensate for lost function
– maintain current function
– prevent the loss of function
“Families find themselves in difficulty after a member of the family has a stroke. I consider myself a stroke survivor but my family are stroke victims. I have been fortunate and have been able to return to work, but I have had to battle all the way. We do not get the help we need, services are so variable and there is not enough speech and language therapy and physiotherapy. After my stroke I had to learn to do everything again, including swallowing and to learn to talk. The first thing that came back to me with my speech was swearing, my first sentence had four expletives in it, but I am told that was normal.”

Linda
Need and unmet need

• Global data is limited on met and unmet needs.
• Country surveys reveal large gaps in the provision of rehabilitation and assistive devices.
• Hearing aid production currently meets less than 10% of global need
• Insufficient rehabilitation personnel particularly in Africa
• Limited services in rural areas
Recap: issues and challenges

- Rehabilitation is a good investment because it builds human capacity and promotes participation.
- Large gaps in the provision of rehabilitation and assistive devices.
- Limited access results in deterioration in health, activity limitations and participation restrictions, increased dependency, and reduced quality of life.
- Few rehabilitation personnel
- Systemic problems: rehabilitation overly centralized, lack of effective referral.
- Need for more investment in rehabilitation services.
Recap: solutions

- **Policy, legislation and regulatory mechanisms.**
- **Financing:** address cost and coverage through international cooperation, partnerships, targeted funding.
- **Human resources:** increase capacity and supply of personnel through education and training, mechanisms for recruiting and retaining. Mid-level workers as first step.
- **Service delivery:** integration into health system, coordination, community-based, early intervention.
- **Assistive technology:** appropriate for user needs, good follow-up, local manufacturing, reducing taxes.
- **Research and evidence-based practice.**