

COMMUNITY BASED REHABILITATION SOLUTION FOR GLOBAL PROBLEM IN IMPROVING QUALITY OF LIFE OF PERSONS WITH DISABILITY INDONESIA'S EXPERIENCE 1985-2016

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Abstract

Community –based rehabilitation (CBR) was initiated by the World Health Organization (WHO) following the declaration of Alma –Ata in 1978. In Indonesia CBR use WHO CBR manuals was first implemented in Bandung in 1985. CBR is a strategy and program to achieve Community –Based Inclusive Development (CBID), where Persons With Disability (PWD) are fully included in all aspects of community life.. WHO estimate about 15% of the world's population are persons with disability. The research was conducted to know sustainability of CBR areas, sustainability of CBR cadres, improvement of quality of life of persons with disability from CBR areas. design was prepost on sustainability of CBR area, cadres, improvement of quality of life of PWD within 1985-2016 . Data collecting was from tracing document in PSIKI, cadres, fascilitator, resource persons, field visits, email, sms, whats app.Descriptive analysis was done.Sustainability of CBR Bandung since 1985, Sidrap since 1997, Paseban since 1999, West Sumatera since 2002, Kota Sigli ince 2005 ,Kayen-KliurPonorogo since 2012, Kerta Banten since 2012 , Banjarmasin since 2013, Palangkaraya since 2016 , Tidore since 2016 . Sustainability of CBR cadres were around 60- 80%. Improvement Quality of Life of PWD were around 70-90% . sustainability of CBR areas were around80-90%, sustainability of CBR cadres were around 60-80%, improvement quality of life of persons with disability were around 70-90%. Use CBR strategy, program and research as a solution global problem in disability to improve quality of life of PWD.

Keywords: *CBR, disability, quality of life*

BACKGROUND

Community –based rehabilitation (CBR) was initiated by the World Health Organization (WHO) following the declaration of Alma –Ata in 1978.¹ Over the past 30 years through collaboration with other UN organization, non governmental organization and disabled people's organization, CBR has evolved into a multisectoral strategy to address the boarder needs of people with disabilities, ensuring their participation and inclusion in society and enhancing their quality of life.¹ In Indonesia CBR use WHO CBR manuals was first implemented in Bandung in

1985.² CBR is a strategy and program to achieve Community –Based Inclusive Development (CBID), where Persons With Disability (PWD) are fully included in all aspects of community life.³

There are more than 1000 million people with disabilities globally, that is about 15% of the world’s population or 1 in 7 people. Of this number, between 110 million and 190 million adults experience significant difficulties in functioning. It is estimated that some 93 million children - or one in 20 of those under 15 years of age –live with moderate and severe disability.⁴

Disability is an umbrella term for impairments, activity limitation or participation restrictions. Impairments are problems in body function or structure such as significant deviation or loss.⁵ People With Disability is Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.^{6,7}

Objective

to know sustainability of CBR areas, sustainability of CBR cadres, improvement of quality of life of persons with disability from CBR areas.

METHODS

Design was prepost on sustainability of CBR area, cadres, improvement of quality of life of PWD within 1985-2016. Data collecting was from tracing document in PSIKI, cadres, fascilitator, resource persons, field visits, email, sms, whats app. Variables were consists of the year start of CBR area, existing activity CBR cadres in 2016, quality of life of PWD based on form 1 and form 2.⁸⁻¹² Subjects were Bandung CBR, Sidrap CBR, Paseban CBR, West Sumatera CBR, Kota Sigli CBR, Kayen-Kliur Ponorogo CBR, Kerta Banten CBR, Banjarmasin CBR, Palangkaraya CBR, Tidore CBR. Descriptive analysis was done.

RESULTS

Sustainability of CBR areas

Bandung since 1985, Sidrap since 1997, Paseban since 1999, West Sumatera since 2002, Kota Sigli ince 2005 ,Kayen-Kliur Ponorogo since 2012, Kerta Banten since 2012 , Banjarmasin since 2013, Palangkaraya since 2016 , Tidore since 2016 .

Table 1. Sustainability of CBR areas

Name of CBR areas	CBR since	Sustainability of CBR
		Up to 2016
Bandung CBR	1985	31 years
Sidrap CBR	1997	19 years
Paseban CBR	1999	17 years
West Sumatera CBR	2002	14 years

Kota Sigli CBR	2005	11 years
Kayen-Kliur Ponorogo CBR	2012	4 years
Kerta Banten CBR	2012	4 years
Banjarmasin CBR	2013	3 years
Palangkaraya CBR	2016	0 year
Tidore CBR	2016	0 year

Source: PSIKI

Sustainability of CBR caders

CBR cadres are voluntary persons from the same RW (commune) who has been trained CBR. Based on data available from documents, sustainability of Bandung CBR cadres were 36 cadres in 1986 became 1383 cadres in 2011. Paseban CBR cadres were 10 cadres in 1999 became 37 cadres in 2015. Kota Sigli CBR Cadres were 5 cadres in 2005 became 18 cadres in 2015. Kayen Kliur Ponorogo CBR cadres were 10 in 2012 became 18 cadres. Kerta Banten CBR cadres were 5 cadres in 2012 became 3 cadres in 2016. Banjarmasin CBR cadres were 10 cadres in 2013 became 7 cadres in 2016. Palankaraya CBR cadres were 10 in May 2016. Tidore CBR cadres were 4 cadres in July 2016. Based on information from CBR areas sustainability of CBR cadres around 60- 80%.

Improvement Quality of Life of Persons With Disability

Persons with disability is PWD who stay in CBR areas, were detected by CBR cadres Improvement quality of life of PWD was measured by from 2 in which 23 criterias of independency were evaluated.. 23 Criterias of Independency consist of :

1. The family live together & deal with the PWD;
2. eat& drink
3. take bath;
4. toilet skill
5. dressing skill
6. understand
7. express them self
8. sign language
9. lip reading
10. speaking
11. sitting
12. standing
13. move around in house
14. move around in village
15. walking
16. pain free
17. Being breast fed;
18. plays
19. schooling
20. family roles

21. community roles
22. household activity
23. job placement

Detection of PWD have been done by CBR cadres. Training manuals for family member were chosen by CBR based on CBR matrix. PWD have been trained by their family member based on CBR manuals which had been given by CBR cadres.⁸⁻¹¹

PWD live in CBR areas are classified into difficulty seeing (A), difficulty hearing and speech (B), difficulty moving (C), no feeling on skin (D), strange behaviour (E), fits (F), difficulty learning (G), others disability (H).

There are 30 manuals for family members. Manual number 1 is about general information for family member who has PWD with fits. Manual 2 is about how to train Children with seeing difficulty to eat, to drink, to take bath, toilet training, dressing. Manual 3 is about how to train adult with seeing difficulty to eat, to drink, to take bath, toilet training, dressing, walking with white cane, recognise money, others activity for adults. Manual 4 is about general information for family member who has PWD with difficulty hearing and speaking. Manuals 5, 6 and 7 about training to understand, to expressing, to understand sign language, to use sign language, lip reading, and speaking for children and adults. Manual 8 is about general information for family member who has PWD with difficulty moving. Manual 9 is about training range of motion. Manual 10 is about prevent ulser sore, proper bed positioning. Manual 11 is about to train sitting for PWD with difficulty moving. Manual 12 is about to train standing for PWD with difficulty moving. Manual 13 is about training move around the house, move around the village, and walking 10 meters. Manual 14 is about training to eat, to drink, to take bath, toilet training, dressing for PWD with difficulty moving. Manual 15 is about joint pain. Manual 16 is about to do with joint pain. Manual 17 general information for family member who has PWD with no feeling on skin of hand and feet. Manual 18 is about prevent skin sore in hand and feet for PWD with no feeling on hand and feet. Manual 19 is about general information for family member who has PWD with strange behaviour. Manual 20 training to eat, to drink, to take bath, toilet training, dressing for PWD with strange behaviour. Manual 21 is about general information for family member who has PWD with fits. Manual 22 is about general information for family member who has PWD with difficulty learning. Manual 23 and 24 is about training to eat, to drink, to take bath, toilet training, dressing for PWD with difficulty learning children and adult. Manual 25 is about training breast feeding for baby with all type of disability. Manual 26 is about playing activity to promot development. Manual 27 is about schooling. Manual 28 is about training to promote role of PWD in the Family. Manual 29 is about training to promot PWD in house keeping. Manual 30 is training for job place

Matrix To Choose Training Packets for Family Member

	A	B	C	D	E	F	G	H
Activity	seeing	Hearing speech	moving	no feeling	strange behaviour	fits	learning	others
General Information	1	4	8	17	19	21	22	26
1. Eat & drink	1,2, 3, 26	26	14, 26	26	20	23, 24	23, 24	26
2. take bath	2, 3, 26	26	14, 26	26	20	23, 24	23, 24	26
3. Toilet skill	2, 3, 26	26	14, 26	26	20	23, 24	23, 24	26
4. Dressing	2, 3, 26	26	14, 26	26	20	23, 24	23,24	26
5.to understand	26	5, 6	26, 7	26	26	26, 7	26	26
6. to express	26	5, 6, 7	7, 26	26	26	7, 26	26	26
7.to understand sign language	26	5,6	26, 7	26	26	26, 7	26	26
8. to use sign language	26	5,6	26, 7	26	26	26, 7	26	26
9. Lip reading	26	5,6	26	26	26	26	26	26
10 speaking	26	5,6,7	26, 7	26	26	26, 7	26	26
11 sitting	26	26	11	26	26	26	26	26
12. Standing	26	26	12	26	26	26	26	26
13. Move around in house	3	26	13	26	20	26	26	26
14. Move around in village	3	26	13	26	20	26	26	26
15. Walking 10 m	3	26	13	26	20	26	26	26
16. joint pain free	15, 16	15, 16	15, 16	15, 16	15, 16	15, 16	15, 16	15, 16
17. being breast fed	25	25	25	25	25	25	25	25
18 Play activity	26	26	26	26	26	26	26	26
19 Schooling	27, B	27, B	27, B	27, B	27, B	27, B	27, B	27, B
20 Family roles	28	28	28	28	28	28	28	28
21 community roles	28, C	28, C	28, C	28, C	28, C	28, C	28, C	28, C
22 house hold activity	29	29	29, 15	29	29	29	29	29
23. Job placement	30, C	30, C	30, C	30, C	30, C	30, C	30, C	30, C

Based on information from CBR areas improvement quality of life among PWD were around 70-90%

CONCLUSION

Sustainability of CBR areas were around 80-90%, sustainability of CBR cadres were around 60-80%, improvement quality of life of persons with disability were around 70-90%

Suggestions

Use CBR strategy, program and research as a solution global problem in disability to improve quality of life of PWD.

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