

# CBR TRAINING

## Community Based Rehabilitation (CBR) Training

Community Based Rehabilitation (CBR) is a strategy within community development, for the rehabilitation, equalization of opportunities, poverty reduction and social inclusion of all people with disabilities. It includes people with disabilities and impairments of all types. CBR targets children, youth, adults and the elderly. The effort is implemented through the combined efforts of people with disabilities themselves, their families and communities along with the appropriate health, educational, vocational and social services.

### CBR OBJECTIVES ARE:

- To ensure that PWDs are able to maximize their physical, sensory, and mental abilities, to access regular services and opportunities, and to become active contributor to the community and society at large.
- To activate communities to promote and protect the human rights of PWDs through chances within the community (ex. removing barriers).

The COMBRA CBR Certification Course started in 1994 with the aim to impart knowledge and skills in CBR to community workers. Since the initial training class of 12, the Organization has trained over 300 workers from; Uganda, Kenya, Tanzania, Sudan, Botswana, Eritrea, Ethiopia, Liberia, Namibia and Zambia. The course comprises of 13 weeks of participatory learning, 4 weeks of community practicum and 1 week of examinations. COMBRA has succeeded in aiding the development of a critical human resource base for implementation of CBR in Uganda and for the rest of Africa. The CBR course is a broad based multi-sectoral training aimed training personnel at all levels in CBR in order to meet the demands of PWDs in their communities for self-sustainability. Course Objectives By the end of the course trainees should be able to:

- Demonstrate positive attitudes towards PWDs and their families
- Apply knowledge and skills in rehabilitating PWDs within their communities.
- Produce and demonstrate the use of appropriate assistive devices in supporting PWDs.
- Disseminate information on the nature, causes, prevention and management of disability.

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### Course Units:

Unit One: Introduction to Community Based Rehabilitation (CBR)

Unit Two: Management of Impairments and Health Conditions; Background Information to Impairments and Health Conditions

Unit Three: Management of Community Based Rehabilitation (CBR) Programmes

Unit Four: Contemporary Issues in Disability

Unit Five: Community Practice

**ADMISSION REQUIREMENTS AND TARGET GROUP** The training is open to people with various experiences related to community development and rehabilitation. These include; teachers, community development workers, community health workers, PWDs, Parents, and other persons' interested / involved in community based rehabilitation work. The Minimum qualification to this course is a Uganda Certificate of Education (UCE) / Ordinary level Certificate or its equivalent. Students from non-English speaking countries should demonstrate a reasonable command of English language. Persons with disabilities and other marginalized groups who do not meet the above criteria are subjected to a special examination administered by the COMBRA examinations Board.

**Tuition fees:** For National students: One million, nine hundred and thirty Uganda thousand Shillings (Shs. 1,930, 000) as course fees covering tuition, board and local travel within the course activities. This further covers the return of trainees to their respective communities for field work in the third month of the course. To the international Students: Three thousand fifty four dollars (USD \$ 3,054) COMBRA facilitates the process of obtaining medical insurance for the international student which increases the course fee. International trainees have the option of returning to their country or carry out their fieldwork in Uganda. In case they prefer to do it in Uganda, COMBRA will arrange all that is necessary if confirmation is done well ahead of time. If the trainee prefers carrying out fieldwork in his/her country, it would not be necessary to pay the extra US\$ 694 for fieldwork. Tuition, full board and local travel US\$ 1,575 Airport tax on departure from Uganda US\$ 20 Medical insurance US\$ 110 Out of pocket for 120 days US\$ 600 Pupils visa US\$ 55 Fifteen days (away from training centre) US\$ 694 Total US\$ 3,054 To confirm attendance, prospective trainees are requested to pay a non-refundable fee of US\$ 100 deposit. This deposit is included in ones tuition fees. All payments are made to: Barclays Bank, Plot 16 Kampala Rd. Branch P.O. Box 7101, KAMPALA

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