



COMMUNITY BASED REHABILITATION

Nepali society still largely views disability as a penance for the sins committed in previous births. The notion that people with disabilities have equal rights and duty with any other individual is largely absent from the popular mindset. Because of this worldview, people with disabilities are often treated as objects of pity and are often hidden away in shame.

13 year-old Sarita Sunar entered this world of shame at age two when a tree near her home blew down in a storm causing injuries that required part of both legs to be amputated.

From that time, she was only able to move by crawling on the floor, making it very difficult to use the toilet or go to school. Her clothes were never clean and she suffered constant blisters on her hands. Dejected and rejected, this could have been a picture of the rest of her life.

INF's Community Based Rehabilitation [CBR] programme desires to see people with disabilities empowered to take an active part in their society. It does this through assisting people living with disability, as well as educating communities on how to accept and value people living with disability.

We understand that sickness and disability can have deep physical, mental, social and spiritual impacts. For people living with disability, rehabilitation is a chance to regain a sense of dignity in their lives. That is why we incorporate rehabilitation into nearly all of our work.

INF is walking alongside the poor and marginalised in Nepal by assisting those living with disability to function in society, and educating communities on how to accept and value people living with disabilities.



SARITA'S STORY

INF helped Sarita get to the Hospital for the Rehabilitation of Disabled Children [HDRC], which is a long way from her home, and there she was fitted with artificial legs.

She is now able to do everyday activities independently, including getting to school where she is in Class 9 on a scholarship.

CBR is helping people like Sarita regain control over their lives.

Now Sarita is very happy. She says, "I got a new life because of these new legs."

Sarita's story is a positive story of transformation, one of many that together can help change the way people living with disability are perceived in Nepal. And even how they perceive themselves.

INF's CBR programme works in the following districts:

- Kaski
- Kapilvastuu
- Dang
- Banke
- Surkhet
- Jumla
- Mugu

Follow the link for photos and a video telling the story of Durga Maya. Durga Maya's life changed dramatically when she fell from a tree. Found, comforted, counselled, and rehabilitated, her story highlights INF's holistic care.

www.inf.org/infs-work/community-based-rehabilitation/

- 1970s – When INF began its CBR programme
- 70.1% – Percentage of people living with disability in Nepal
- 46 – number of schools made accessible for students with disabilities in 2013-14
- 729 – number of clients who received rehabilitation therapy and counselling in 2013-14