



GENERAL DISABILITY INCLUDING SPINAL CORD INJURY

“How did I get here and why can't I feel my legs?”

25-year-old Narayan opened his eyes and tried to stir. He could not move. Looking around, he saw he was connected to all kinds of wires linked to various machines. He panicked and asked if he was about to die.

Two months earlier he had unknowingly contracted meningitis. Narayan lost consciousness, and his family took him on a four-day journey from their village for treatment in Kathmandu. After six weeks Narayan finally regained consciousness, only to discover he had no movement in his legs and was now completely dependent on his father.

It was a seemingly hopeless situation. Only months earlier he had a good job working for an NGO and was leading a happy life. In an instant, his world was turned around and his future looked bleak.

For Narayan and others living with spinal cord injuries, Nepal's mountainous terrain can be a difficult place to live. The risk of debilitating injury is great and its implications particularly devastating. Daily tasks can be impossible without help from family and friends.

INF's Spinal Cord Injury programme began in 1997 to support people like Narayan. Drawing on over 50 years of rehabilitation experience through our work in leprosy, we now help people with other disabilities reintegrate into their communities and lead full lives.

INF cares for its clients' body, mind and spirit. Drawing on over 50 years of rehabilitation experience in Nepal, we help patients reintegrate into their communities and lead full lives.



Nearly five months after regaining consciousness, and after little improvement with treatment at other hospitals, Narayan heard about INF's rehabilitation services.

At the time he was admitted to Surkhet Rehabilitation centre, Narayan was very weak, had no movement in his legs, had difficulty sitting and was dependant on his father for everything. For two months, twice a day, he received therapy and medication under the care of expert staff.

Eventually, he began to regain control over his legs and recently, much to his great pleasure, he started to walk with a walker. He is greatly thankful to the INF Surkhet family as they have not only treated him, but also given him hope to regain and live his life with minimum support from others.

The long road to recovery continues for Narayan but with renewed hope and support, his future is looking much brighter.

INF's General Disability including Spinal Cord Injury works in the following places:

- Kaski
- Surkhet
- Banke
- Dang

Follow this link for photos and video:

www.inf.org/infs-work/spinal-cord-injury/

- 249 – Number of orthopaedic appliances provided to patients in 2013-14
- 93 – Number of patients admitted for rehabilitation in 2013-14