Flyer

Zusatzinformation zum Artikel „Ein Ergotherapie-Projekt in Sambia“
von Katharina Stute (ergopraxis 10/10).

Die Autorin hat gemeinsam mit ihrer Kommilitonin einen Flyer gestaltet, um
die Menschen in Sambia über Behinderungen aufzuklären: „DIS_ABILITY –
What does it mean? A brochure about disabilities in Zambia“ möchte über
Behinderung und deren Ursachen aufklären und gibt einen Überblick über
Unterstützungsmöglichkeiten.
Rebecca is 8 years old, goes to school, she likes to play with the other children and laughs a lot. When Rebecca was born, it seemed that she had no control over her legs and she did not move as much as her brothers and sisters. When she got older she had problems with sitting, standing and walking. It was difficult to get dressed on her own and took always very long. Also playing with other children was not always easy.

The parents went to the hospital with Rebecca, where they talked to the doctors and nurses. They told the parents to let Rebecca do as much on her own as possible, so that she learns to be independent. They also sent Rebecca and the parents to the Physiotherapist. He also gave advice how to sit, stand, walk, play, dress,... At the orthopaedic workshop she got crutches that helped her to walk more easily. After a while she had learned to do more things on her own...

As mentioned in the beginning, Rebecca is a child as everyone, she just has some impairments. It is important that the family and other people treat her like everybody else!

INTRODUCTION:
This brochure has been created for Disability Rights and Independent Living Trust Zambia (DRILTZ) by two Occupational Therapy students from Germany, to give information about disabilities in Zambia. It is meant to be for people with disabilities, their parents and other caretakers, or for anybody who is interested in disability issues. Its aim is to raise awareness about disability issues with a view to reducing stigma and prejudices against people with disabilities that still exist. Furthermore, we want to give information on the possible sources of help for people with disabilities in Zambia. We have tried to keep the language as simple as possible, without using too many technical terms, so that as many people as possible are able to understand the brochure.

DEFINITION OF DISABILITY:
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.

This is a difficult explanation. In the following we want to give a more detailed picture of disabilities and through it simplify the definition.

DISABILITY CAUSES:
The causes of a disability can be divided into four different categories:

- **Congenital or prenatal**
  These seem to be difficult words, but they simply mean that the person was born with this disability. There are different natural reasons why a disability can occur while the baby is still in the mother's womb.
  They can come from 'outside', for example severe illness during the pregnancy or certain medications given by the doctors during pregnancy.
  There are other reasons, which come from 'inside' and take place while the baby is developing and growing before birth. This are called genetic causes. All this can affect the body and/or the brain.

- **Disease or illness**
  Not every disease or illness causes a disability, however, there are some illnesses that people do not recover from.
  This means that the disease or illness leaves a damage in the body and/or the brain.

- **Injury, Accident or Trauma**
  Here it is the same as above: most injuries heal, but some stay forever and leave people disabled. Sometimes, an arm or a leg needs to be taken away from the body in order to save the life of a person. Also some animals can be life threatening and harmful for people. In an accident also the brain can be damaged.

- **Other causes**
  A disability can also occur because of an unsuccessful medical operation. Sometimes the wrong medication or the wrong amount of it can be bad for the body and/or the brain.

It is important that nobody should be blamed for it. Ask your doctor for further information.

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- **Doctor and/or nurse:**
  Some disability problems can be relieved by medications or operations. It might be useful to get into contact with a doctor or a nurse. They also can give advice on how to treat a person with a disability. The doctor or nurse may also be able to give you information about the closest centre/institution where you can get special help.

- **Psychologist/Psychiatrist:**
  They are concerned about the behaviour and the feelings of a person and their caretakers. If someone is behaving strange or feeling depressed, they try to solve the problems and make the person feel better. If necessary they can give you medication. Ask your doctor for the closest one.

- **Physiotherapist:**
  A physiotherapist is concerned about the body. If you have a problem with any movement or pain he/she will try to find the reason for it. He/she will try to give special training and treatment to improve the movements or reduce the pain.

- **Orthopaedic workshop:**
  In the orthopaedic workshop, artificial limbs and other aids for walking or moving get manufactured. These can help disabled people to move more easily and assist a weak part of their body to function. At the moment provision of assistive devices is not for free but requires payment. Ask your doctor for the closest orthopaedic workshop.

- **Occupational Therapist:**
  An occupational therapist is concerned about the daily life of a person. Together the therapist and the person with a disability will try to find solutions so that the latter can do all activities that he/she wants or needs to do, for example getting dressed, eating, drinking and playing. In Zambia it might be difficult to find an Occupational Therapist. Ask your doctor for the closest one.

- **Government:**
  The Ministry of Community Development and Social Services (MCDSS) is responsible for disability issues. It does this through the Zambia Agency for Persons with Disabilities, a government institution which was established under the Act of Parliament No. 33 of 1996 known as the Persons with Disabilities Act. However, in Zambia there are a total of 22 government ministries responsible for provision of various government services to the citizens of the country including persons with disabilities.

- **Disabled Peoples Organisations:**
  There are more than 30 national disability organisations in Zambia advocating for and providing a service to persons with disabilities. Out of these, 11 organisations of and for persons with disabilities form the Zambia Federation of the Disabled (ZAFOD) which acts as a cross-disability representative organisation in Zambia. ZAFOD can also give you more information on the programs that are currently being done and on other organisations dealing with issues for the disabled people in Zambia. Contact address is: [zafod@zamnet.zm](mailto:zafod@zamnet.zm)

- **Church:**
  There are institutions especially for disabled people that are run by the church. They are specialized in helping disabled people. Ask your doctor for the closest one.

**ADVICES:**
- Always talk to the person with a disability himself or herself and not to his or her personal assistant (e.g. guide)!
- Ask the person if they require any assistance or help and in which way.
- Treat a person with a disability the same way as any other person without a disability!
- Try to let a person with a disability do as many things on their own as possible, otherwise they will never learn it!
- A disability cannot be transferred, so do not be afraid of touching a person with a disability!
- God has created every person to be the way he or she is! So do not be ashamed!