

Goals of rehabilitation

Posters on self-care and mobility; functional independence and social participation; education and work

Fifteen per cent of the world population live with some form of disability and experience significant difficulties in functioning. 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.¹ Disability is becoming more common because of ageing populations and the increase in chronic health conditions, such as diabetes, cardiovascular disease and mental illness.

The *World report on disability* defines rehabilitation as “a set of measures that assist individuals who experience, or are likely to experience, disability to achieve and maintain optimal functioning in interaction with their environments”.² Common rehabilitation interventions may include (but are not limited to) physiotherapy, occupational therapy, speech therapy, orientation and mobility training, social work, rehabilitation medicine and the provision of assistive devices such as prostheses, orthoses, wheelchairs, hearing aids, white canes, etc.

Rehabilitation services and programmes should begin as early as possible, be based on a multidisciplinary assessment of the person’s needs and priorities, and include provision of assistive devices and technologies, as appropriate. Rehabilitation services can help persons with disabilities to live independently in their home or community and participate in education, the labour market and social activities. The ultimate aim of rehabilitation is to provide the individual with opportunities for full and effective participation and inclusion in society, including studying, working and access to all services on the same basis as other citizens.

Rehabilitation personnel and professionals involved in rehabilitation services may develop intervention (treatment) plans based on a thorough assessment of the person with a disability and his/her environment. The intervention plan should also include ways of overcoming environmental and social barriers. It should be age-specific and consider the person’s needs and priorities, as well as the economic and sociocultural context in which he/she lives.

The **goal** of a rehabilitation programme may be one or more of the following:

- **self-care** – interventions that help the person to carry out daily living activities independently, e.g. eating, dressing, toileting, bathing, taking care of the body, etc.
- **mobility** – interventions that help the person to move around the home and in the community so that he/she can play, go to school or work, etc.
- **functional independence** – interventions that help the person to develop desired real-life skills which are required on a day-to-day basis. These may include skills required in the home, e.g. meal preparation, house-cleaning, childcare, or leisure skills, e.g. reading, painting, travelling, etc.

¹ United Nations General Assembly resolution A/RES/61/106 on a Convention on the Rights of Persons with Disabilities. New York: 2007 (<http://www.refworld.org/docid/45f973632.html>, accessed 17 March 2015).

² World report on disability. Geneva: World Health Organization; 2011.

- **social participation** – interventions that help the person to participate in society on an equal basis with others, e.g. making friends, playing, interacting with others, participating in community events and activities.
- **education** – interventions that contribute to children’s learning and education.
- **work** – interventions that help persons with disabilities to work and be productive members of society.

A set of three self-explanatory posters have been developed to present the broad goals of rehabilitation interventions in a visual way. Professionals and other personnel involved in the rehabilitation of persons with disabilities may plan and develop rehabilitation programmes for individuals based on these essential goals.

Editors: Satish Mishra and Sherali Rahmatulloev

Authors: Safo Kalandarov, Aziza Khojaeva, Satish Mishra, Sherali Rahmatulloev

Illustrations provided by Aziza Khojaeva, Rustam Dustov and Satish Mishra

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For more details please contact –

Ministry of Health and Social Protection, Republic of Tajikistan

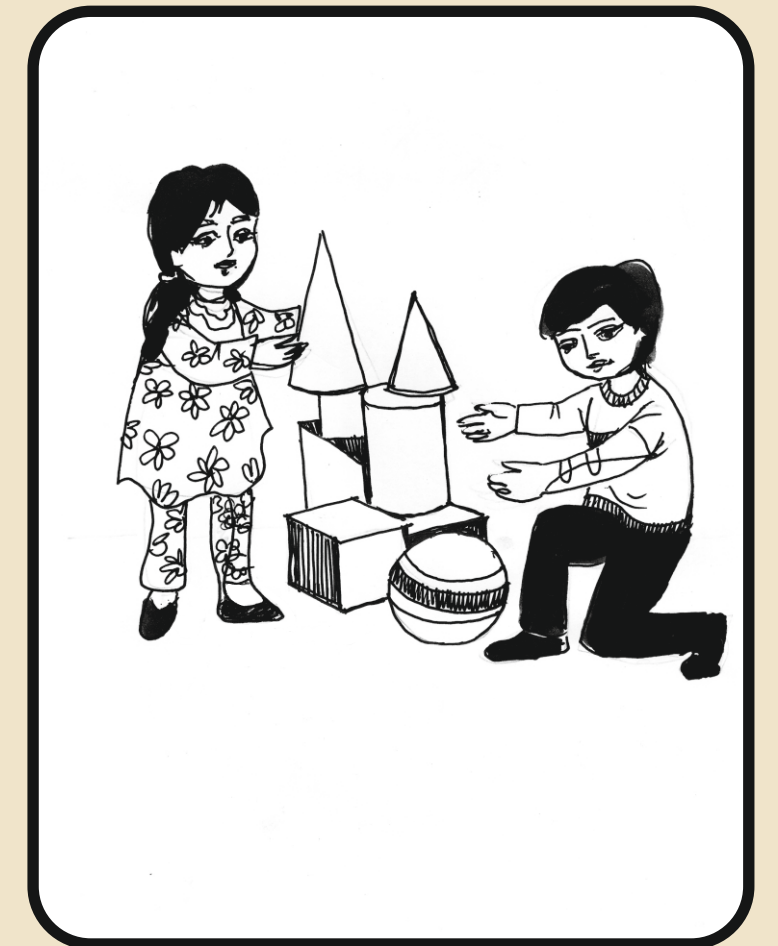
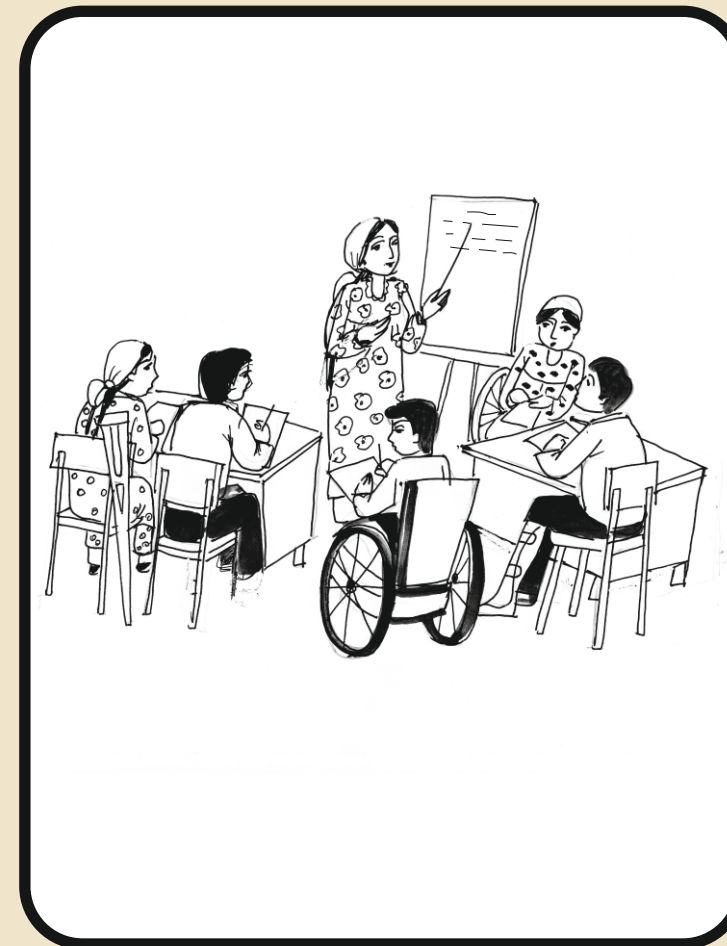
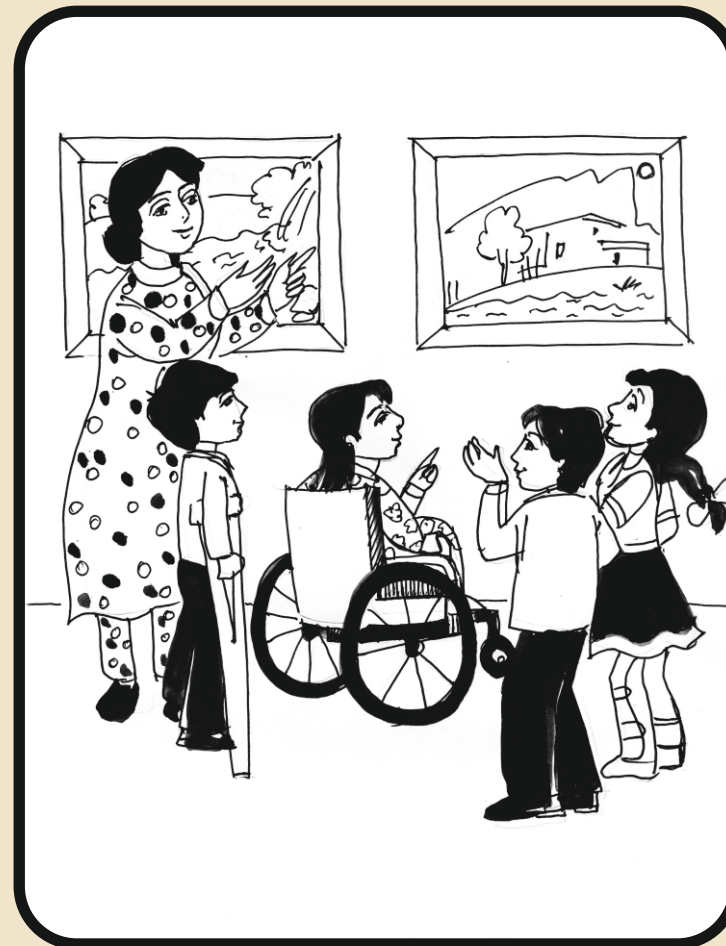
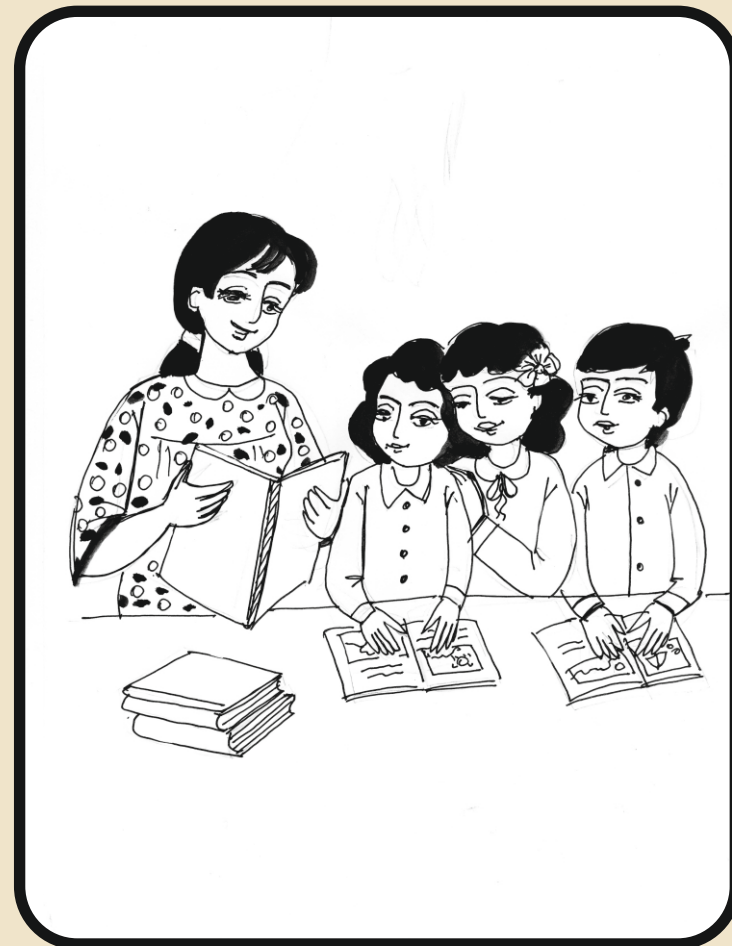
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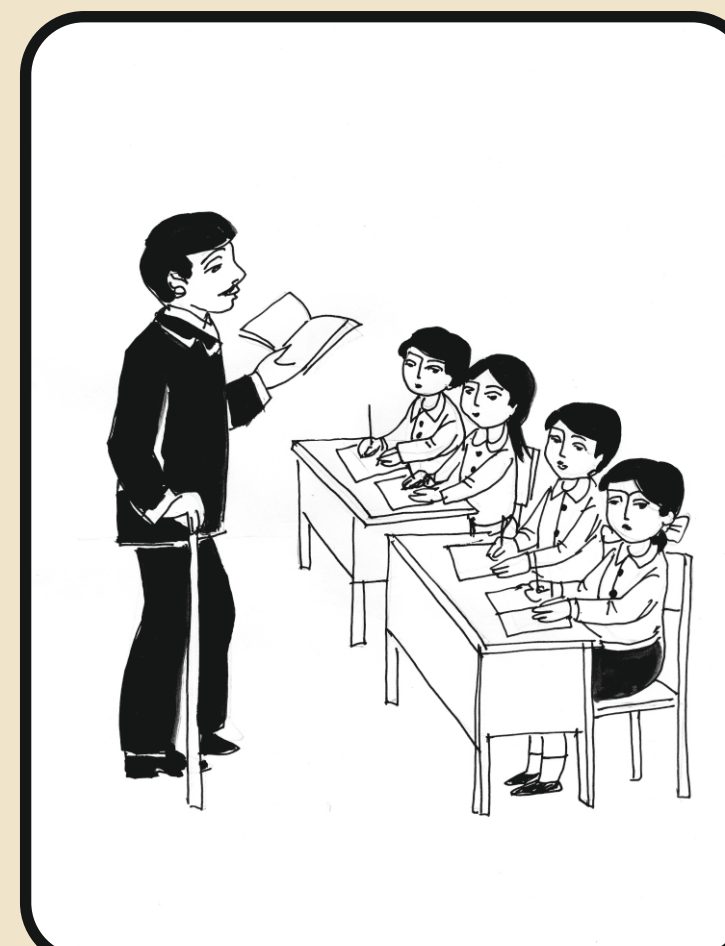
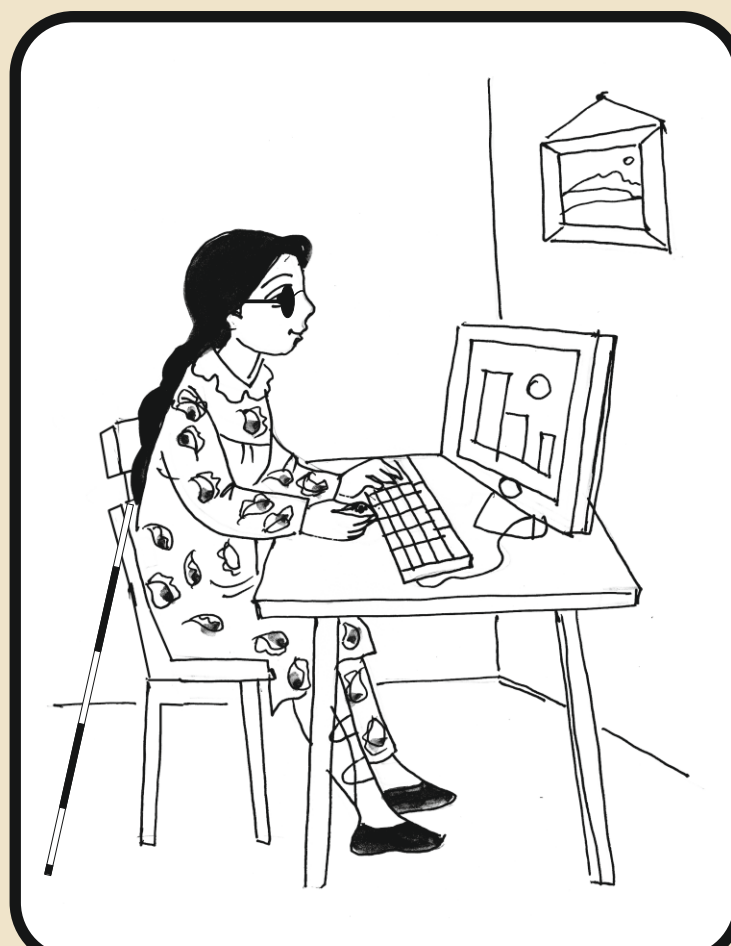
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Goals of Disability Rehabilitation...

Education



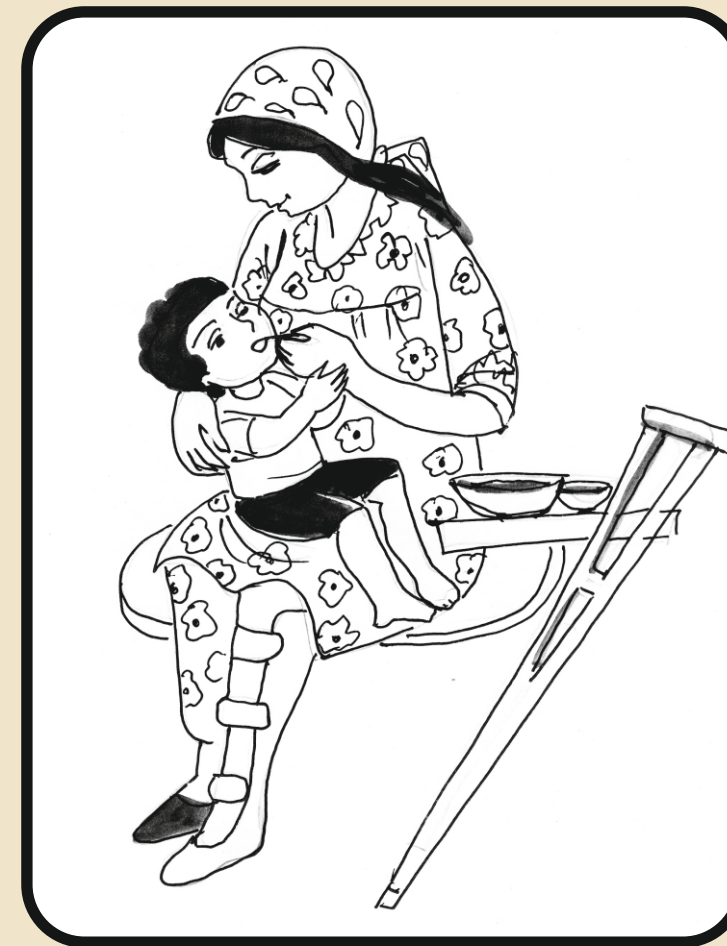
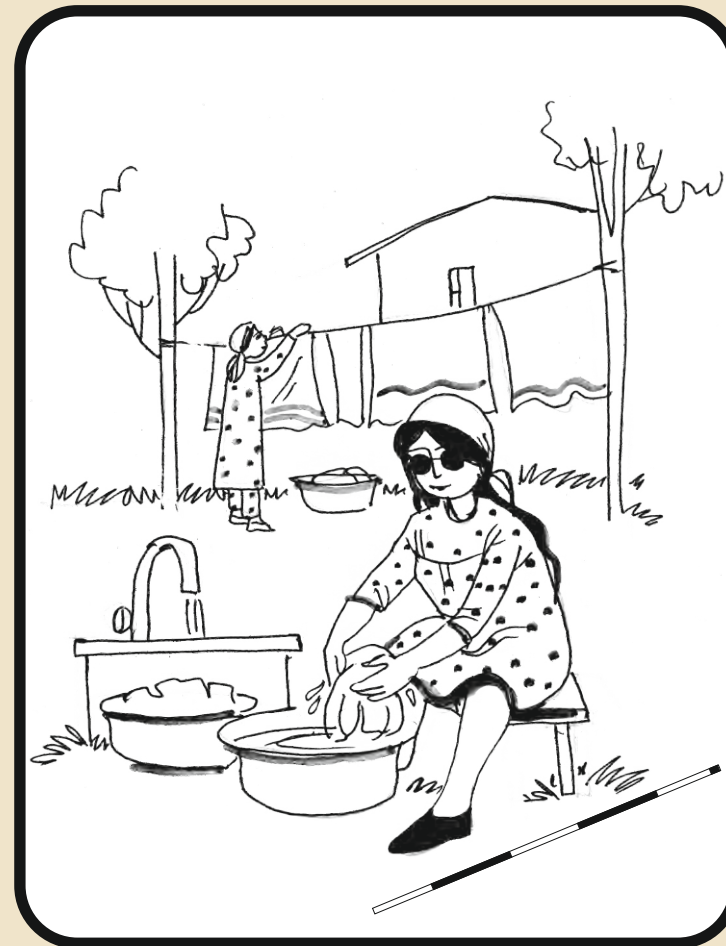
Work



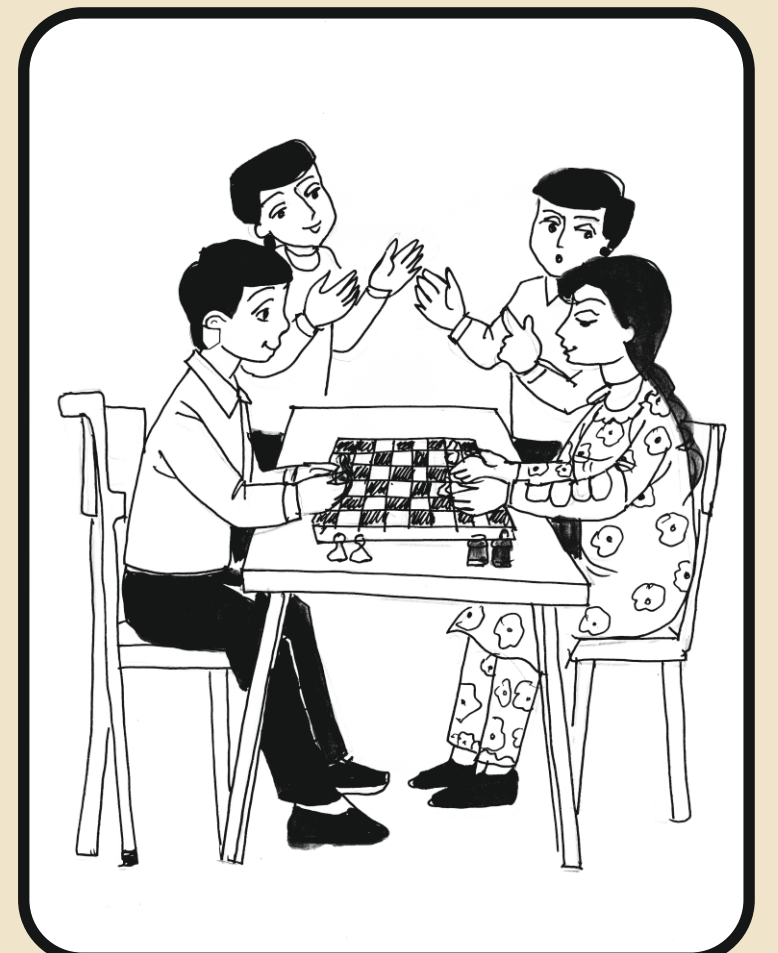
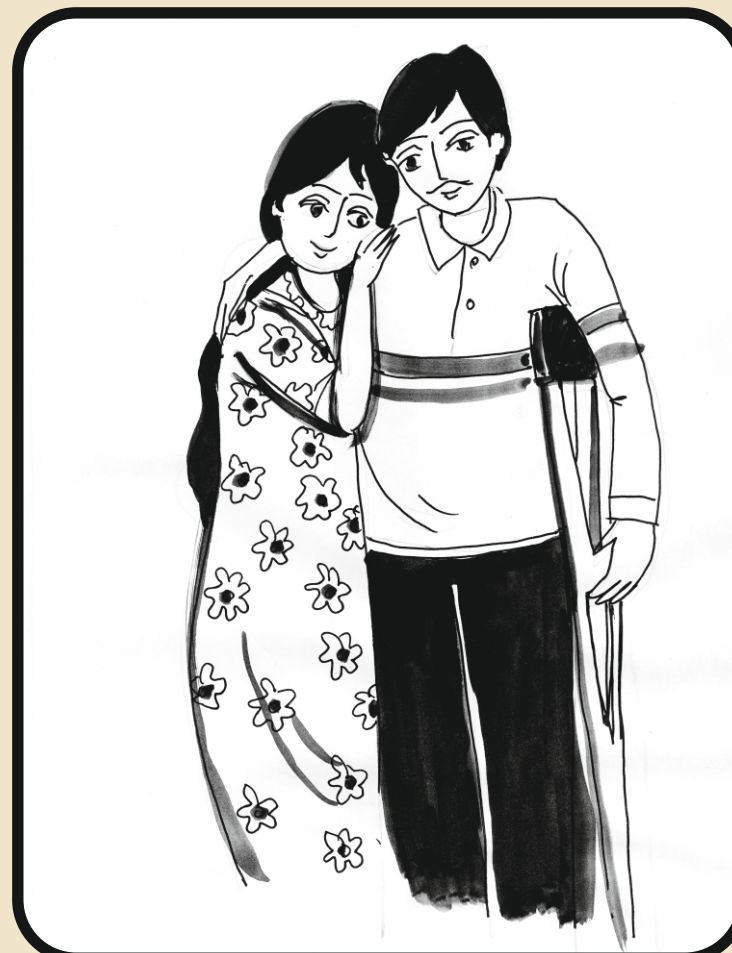
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Functional independence



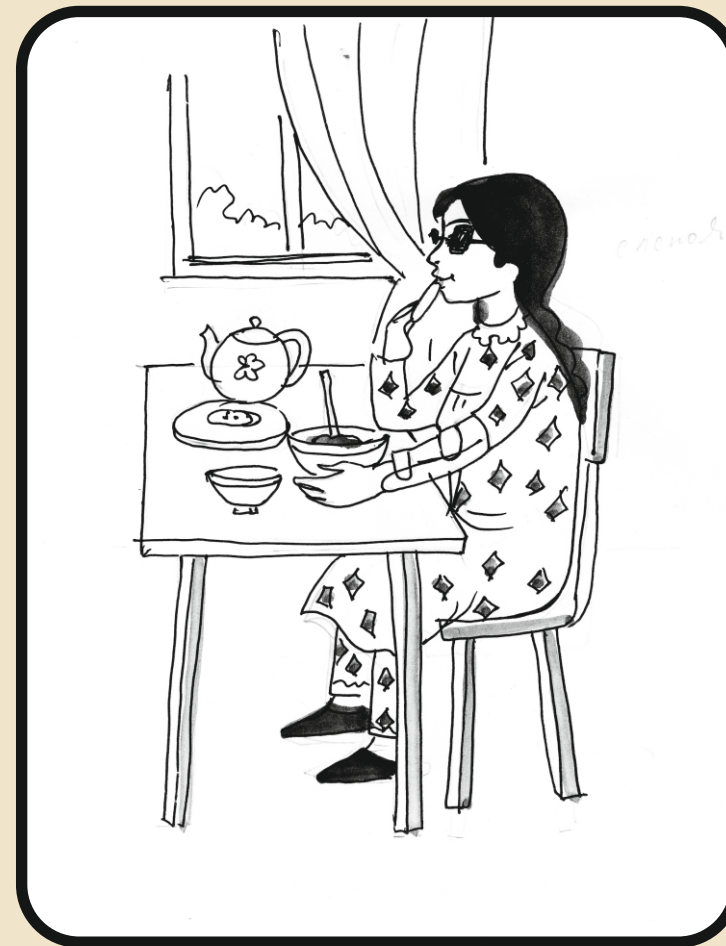
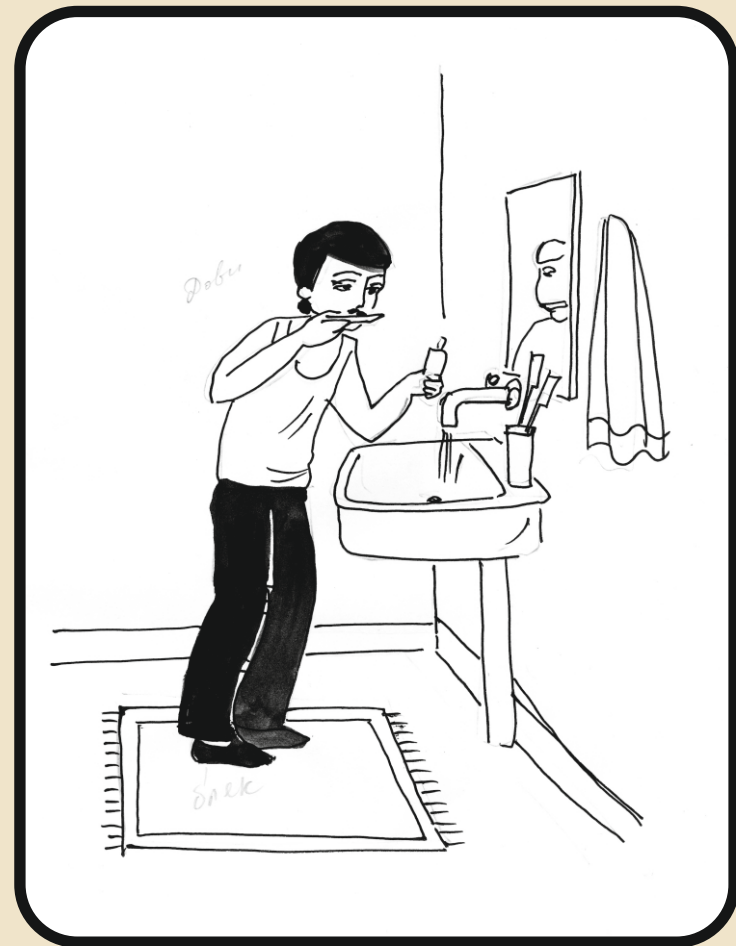
Social participation



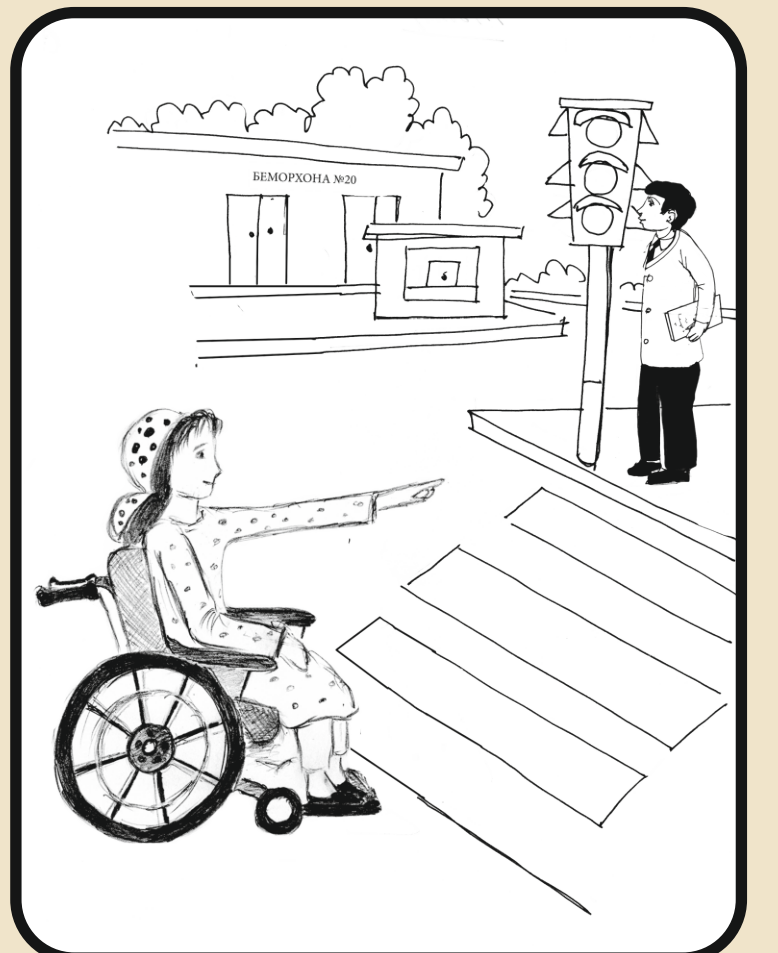
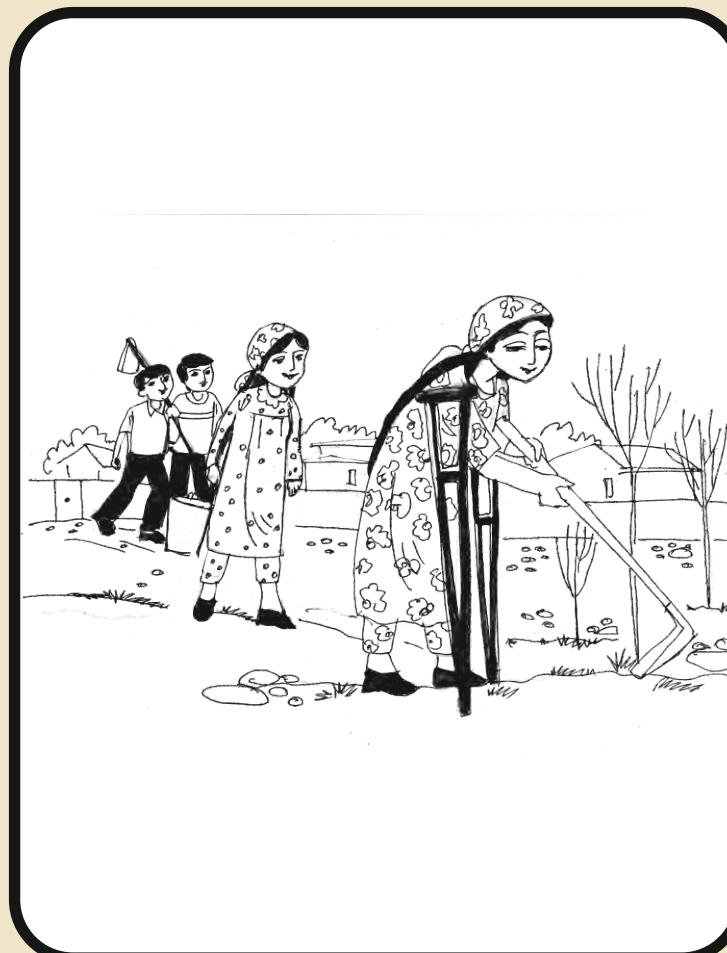
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Goals of Disability Rehabilitation...

Self-care



Mobility



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