



# CCBRT Moshi

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Changing Lives, Changing Communities

CAPDA Project Report



## I. Background

Comprehensive Community Based Rehabilitation in Tanzania (CCBRT) is a locally registered non-governmental organisation (NGO) established in 1994. From its inception as a provider of Community Based Rehabilitation (CBR), CCBRT has grown to become the largest provider of disability and rehabilitative services in the country. Every year, CCBRT changes the lives of over one million people in Tanzania. Immediate impact is achieved through the provision of services and capacity building and wider, long-term impact is seen through the strengthening of referral systems, health education and the inclusion of disability into mainstream services. CCBRT's disability services include the provision of surgical and clinical care at a well-established disability hospital in Dar es Salaam with surgical and clinical departments including ophthalmology, obstetric fistula, orthopaedics and reconstructive surgery, and anaesthesia. The Disability Hospital is supported by awareness-raising activities and community rehabilitation services in Dar es Salaam and Moshi.

CCBRT Moshi provides services to the poorest communities in the northern zone of Tanzania, Kilimanjaro, Arusha and Manyara regions, with a total population of 4.7 million. In the rural areas villages are scattered and located in hard-to-reach places particularly during the rainy season due to poor road conditions. Inhabitants of these areas are mainly subsistence farmers. Culturally, communities and families tend to hide people with disabilities who, as a result, are often excluded from their communities and do not access available services. CCBRT works closely with key stakeholders and service providers in the area in order to achieve maximum reach and impact. Due to the limited availability of, and barriers in, accessing services significant backlogs exist which require long-term and holistic strategies in order to be addressed.

CCBRT Moshi's Community Programme consists of centre-based and community-based components. CCBRT staff works with parents and children with disabilities either at home or school, or in the community, providing practical information and training on a range of subjects, such as the importance of proper nutrition, their rights to education, mobility exercises and daily living skills. CCBRT Moshi's centre, "The House of Hope", hosts parents with children with disabilities for assessments, therapy, appropriate seating, clubfeet treatment and training. Awareness creation, training and capacity building take place at the centre as well as in the communities.

CCBRT Moshi's objective is to provide quality medical and rehabilitative services to prevent / reduce disability, empower people with disabilities and their family members through comprehensive, sustainable and high-quality services.

## II. Overview

CCBRT Moshi was fortunate to secure support from CAPDA, which enabled the organization to further its support to families and children with disabilities. With this funding, CCBRT Moshi worked towards the following results:

1. Providing wheelchairs and assistive devices to children with disabilities;
2. Training local pediatricians and nurses in surgical procedures for children with spina bifida and hydrocephalus;
3. Training CCBRT staff, community leaders, and community health workers on anemia and malaria, and their links to disabilities; and
4. Removing barriers to participation in education beyond primary school.

### III. Highlights from Result Areas

#### **1. Providing wheelchairs and assistive devices to children with disabilities**

CAPDA and CCBRT want to ensure that children with disabilities reach their full potential through provision of assistive devices such as wheelchairs. CCBRT Moshi works with more than 2,000 children with disabilities, and many of these children are in need of wheelchairs. With CAPDA's support, six children were identified, assessed, measured and fitted with wheelchairs, which will



enable them to participate in social activities outside of their homes; for example, attending church and playing with other children. The wheelchairs also ease the burden on caregivers for transporting the children, especially mothers, as they no longer have to carry their children on their backs.

Judith Deogratus, pictured to the right, was one of these fortunate children. Her parents were shocked at Judith's disability when she was first born, as no one else in their family had ever had a similar condition. Rather than let the disability affect the family even more, the couple worked together to find medical support available for their child. At five years old, Judith is a happy and spirited girl who is keen to go to school like her other siblings. CCBRT Moshi was able to provide Judith with a wheelchair this year because of CAPDA's support – and now Judith is attending school.

#### **2. Training of local pediatricians and nurses in surgical procedures for children with spina bifida and hydrocephalus**

Supporting the care and treatment of children with spina bifida and hydrocephalus is one of CCBRT Moshi's core activities – the centre supports a parents association for caregivers of these children, refers children for treatment, and hosts continence management clinics, among other activities. With CAPDA support this year, CCBRT Moshi also facilitated trainings for 20 nursing students, and 3 surgeons and 3 surgical nurses, on pre and post operative care for children with hydrocephalus and a refresher training about shunting procedures, respectively. The training course included both theoretical and practical sessions on prevention and care methods. CCBRT Moshi organized to have 25 clients at Huruma Hospital, where the surgeons and surgical nurses work, attend for the practical sessions on bladder management and bowel washout, and provided training materials, such as catheters, cones, shunts, etc. The Huruma School of Nursing has since incorporated procedures for life-long care of persons with spinal cord injuries into their general school training. The trained nurses will be posted in remote and hard-to-reach areas, ensuring services are getting closer to those in need.

#### **3. Training CCBRT staff, community leaders, and community health workers on anemia and malaria, and their links to disabilities**

In the past four years, CCBRT Moshi recognized a trend of children with disabilities being hospitalized regularly due to anemia and malaria. These illnesses often result in a regression in many developmental milestones that had been reached during therapy. Mothers were becoming despondent and therapists were also demoralized at these setbacks. Subsequently, some parents would opt not to continue with the rehabilitation services after such an illness. CCBRT therefore sought to educate the mothers on ways to prevent their children from getting anemia and also reduce chances of contracting malaria. A nutritionist, pediatrician and laboratory technician worked closely with the rehabilitation service providers to train mothers in proper nutrition, malaria prevention precautions, and finally testing children to see if they were anemic or had malaria. To ensure that the mothers were adequately followed up, 44 CCBRT staff members, 20 home-based care workers, 4 nurses, and 25 staff from Building Caring Communities, a partner organization, were also trained in these areas. CCBRT was able to provide five malaria and five anemia testing kits to the District Medical Office for Moshi District to enable them to continue providing support to people in communities.

CCBRT developed a rehabilitation program for each child who had anemia, which included nutritional advice, cooking / food preparation information, and details on signs of recovery. Initially 50 out of 150 children had anemia, while none had malaria. After three months the children were tested again and all found to be healthy. To ensure that nutrition was prioritized by the entire family, CCBRT also trained more than 100 fathers of children with disabilities on importance of proper nutrition and adverse effects of not having a balanced diet. The children's mothers report more money being left for food and husbands demanding a balanced diet at meal times.

#### **4. Removing barriers to participation in education beyond primary school**

Children with disabilities in Moshi District rarely receive an opportunity to attend school for various reasons, such as poverty and distance to schools. When they do get the opportunity, the conditions in most inclusive government schools are not friendly, making learning an added challenge. Many children are often sent home by their teachers, who state that they are disturbances in class or are unable to keep up with school activities like children without disabilities. Against these odds, some children with disabilities are able to complete primary and secondary education. CCBRT supported 330 children attend and stay in school this year.



Additionally, CCBRT Moshi collaborated with the Moshi District's Department of Education and Gabriella Rehabilitation Centre to have a festival at three primary schools with children with disabilities (see photo above). Over 1,000 students participated and received training on causes of disabilities, how to support children with disabilities, and played some games with children with disabilities (see photo below). Children with disabilities also gave their testimonies as to how well they were performing in school and encouraged children without disabilities to continue supporting them in reaching their potential. At the end of the event, CCBRT donated learning and teaching aids to each school to help students complete their studies.





#### IV. Conclusion

In addition to these activities, CCBRT continued another successful year of operations. CCBRT Moshi conducted 1,902 home visits to clients, hosted 40 Weeks of Intensive Training, provided 466 devices to disabled clients, helped 330 children with disabilities go and stay in school, and attended to 2,299 clients in 2014. CCBRT Moshi continues to

be a leading organization in the northern Tanzania, providing quality rehabilitation treatments, assistive devices and other crucial services to people with disabilities and their families. CCBRT Moshi would not be able to achieve its successful community rehabilitation services without the support of CAPDA.

#### V. Note of Appreciation

CCBRT would like to take this opportunity to thank CAPDA for the donation. We would be delighted for you to visit CCBRT Moshi so you can meet some of the staff members who contribute to the ongoing success of The House of Hope and community programmes in Moshi. Our Programme Development Team is always available to arrange a visit for you, or to answer any questions you may have. Don't hesitate to contact us.

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