Module 6

Video 1: What is rehabilitation and why is it important?
Who is rehabilitation for?

Rehabilitation is for all people with, or at risk of, functional impairment – not just people with disabilities.

People of all ages

People with short-term or long-term conditions impacting function
What is rehabilitation?

A set of interventions to **improve individual functioning**, minimize impact of impairments, and optimize participation in everyday activities.

Includes **therapy** (exercises, activities, advice), assistive products, and modifying people’s environments.

May involve strategies to **prevent impairment** as well as interventions in cases where impairment has already occurred.

Rehabilitation is part of the **continuum of health-care services**.
Therapeutic interventions

Aim to improve, encourage or develop **functional independence**

**Restoring** and **compensating** for loss of function, or **prevent or slow deterioration** in functioning

For children, the aim may be to **promote skill development**

Exercises, activities, training, advice, education, support and counselling
What is Assistive Technology?

**Assistive technology (AT)** are items or equipment designed or adapted to assist a person to perform a particular task safely and independently.

Types of assistive products include:

- **MOBILITY PRODUCTS**
  - assist people to walk or move

- **POSITIONING PRODUCTS**
  - support people in lying, sitting or standing positions to enable functional activity or prevent deformity.

- **DAILY LIVING PRODUCTS**
  - assist people to perform self-care activities, e.g. toileting, bathing, dressing, eating.

- **VISION DEVICES**
  - assist people to see or reduce the functional impact of vision impairment

- **COMMUNICATION TOOLS**
  - provide an alternative means of communication for people who have difficulty producing or understanding speech.

- **HEARING DEVICES**
  - assist people with a hearing impairment to communicate and interact
What are environmental modifications?

Changes to a **person’s physical environment** to remove barriers and increase independence and participation

May be in the home, **schools, community, workplace** or other places

Depends on the **needs of the individual** and their particular environment

Some examples include –
Why is rehabilitation important?

- Rehabilitation helps people to **live, work, learn and play** to their greatest potential.

- The need for rehabilitation is growing with the **changing health needs** of the global population.

- Is part of meeting the needs of people with disabilities and **upholding their rights** under the UNCRPD.

- Is necessary for achieving **universal health coverage**.
Benefits of rehabilitation

- Reduces impact of health conditions by preventing loss of function or restoring lost function
- Improves health and quality of life
- Increases independence and participation in daily activities
- Increases participation in family and community life
- Reduces demand on caregivers
- Reduces costs to the health system
Case: Ioane is a 52-year-old man who has recently had his right leg amputated below the knee due to complications from diabetes.

Rehabilitation services: Provision of prosthesis and mobility aids; and functional training to teach mobility and daily living skills; education and advice on residual limb care and prevention of secondary conditions; modifications of the home environment; practise using public transport

Impact of rehabilitation services: Ioane is able to move around his home and community safely and independently, allowing him to return to work.
Rehabilitation example of a child with sensory impairments

**Case:** Pati is a 4-year-old boy born with vision and hearing impairment

**Rehabilitation services:** Parent support and education to provide appropriate opportunities for play and stimulation; mobility training to help Pati move around his home and community safely; teaching Pati and his parents communication strategies

**Impact of rehabilitation services:** Pati is able to play and interact with others, he attends kindergarten and goes to the playground just like other children
Step 3: Activity: Understanding what rehabilitation is and the important role it plays in health service provision