



## Rehabilitation for children with motor disability



**Let's walk together!**

### **Mangochi - Malawi**

**Malawi** is located on the oriental coast of Africa and at South East adjoins Mozambico, at North Tanzania and at West Zambia. *In Mangochi District, Namwera in particular, operates the group Tiyende Pamodzi.* This group was established in 2004 by Marina on suggestion of people with AIDS which deal with on a daily basis to assist other patients of the villages. Namwera area includes three traditional authorities for hundred villages with a user basin ranging from 15 to 20,000 inhabitants.

More than three hours away Blantyre is one of the largest cities the South of Malawi, which includes the rehabilitation center "Feed the Children". Malawi, despite its natural resources, remains **one of the poorest countries of Africa**, where remains a high rate of illiteracy and death from childbirth. Moreover, the spread of diseases like malaria, typhoid fever, dysentery, malnutrition and HIV-AIDS have a high incidence with the consequent loss of many lives especially in the age range from 20 and 40 years and that usually characterizes the slice of productive population of a country. Therefore, the percentage of orphans is high and among these, **many are suffering from disability** to mental retardation to complication of childbirth, polio, hydrocephalus and spina bifida. In their villages, these children are simply grown up but not "cured".

Another big problem is Malawi's high cost of living. Gasoline and diesel cost as well as in Italy. It is a cost very high for a people who has nothing, villages are very far each others so often people besides cannot afford the trip to the hospital or a care center.

## Objectives of the project

### General objective

Provide to children with motor disability the opportunity to undergo a rehabilitation program.

### Specific objectives

1. Ensuring one rehabilitation cycle of 15 days in the Physiotherapy center called "Feed the Children" for children with cerebral retardation of Blantyre (3.30 hours far from Namwera).
2. Ensure food and lodging for each child and to the parent who accompanies him along the weeks of rehabilitation.
3. Instruct the caregiver to provide continuity of care/rehabilitation.
4. Keep over the time the monitoring of skills learned by a physiotherapist of the hospital of the Mangochi District (government hospital in reference to the Namwera area).



### Beneficiaries

This rehabilitation program is aimed at children aged between 1 and 12 years with motor disability by mental retardation mainly caused by childbirth, and at children with hydrocephalus and affected with spina bifida regardless of their social, tribal or religious belonging.

### Foreseen activities

1. the identified children with motor disability are accompanied to the Hospital of Mangochi where there is a physiotherapist who visits them, provides the first assessment giving indication whether or not the possible rehabilitation treatment;
2. if the result is positive the center of Blantyre is contacted, the admission date is agreed and an adult accompanies them for all 15 days of the rehabilitation. In these days the children do 7-8 hours a day of rehabilitation to acquire the ability to maintain the upright posture and to walk with a support;
3. they are given 1 shelf and 1 wooden stool, custom built, allowing them to keep on axis the body and support the head;
4. during these 15 days a caregiver is instructed so he can follow his own child at home and proceed his daily rehabilitation;
5. subsequently the care process continues with monitoring by a physiotherapist of the district hospital of Mangochi, about 50 minutes far from Namwera.

### Expected results

1. Acquisition by the child those ability to maintain the upright posture;
2. Ambulation of the child with the support of aids;
3. Continuity of care for the monitored child with a special health book.

### Duration

The project duration is for the year 2015.

### WHAT YOU CAN DO:



With **20 \$** you can provide **2 medical examinations** for a child with motor disability.



With **60 \$** you can provide **5 days of rehabilitation** for a child with motor disability



With **200 \$** you can provide **6 months of complete rehabilitation program** for a child with motor disability