

'Empowering 1000 Persons in Self Care in India'

1. The Context

India is the world's leprosy capital. It has over 600 leprosy colonies and reports around 54% of the world's new leprosy cases. Although there is as yet no vaccine, leprosy is curable with Multi-Drug Therapy (MDT) and many of the deformities and disabilities associated with this disease are preventable if people are treated in time.

Persons affected by Leprosy though cured medically are prone to developing secondary impairments of the skin, nerves, limbs and eyes, ultimately resulting in disability including ulcers and physical deformities, thus severely affecting their quality of life. This because they develop anesthetic limbs, i.e., there is no sensation in their limbs, and so they do not feel any pain when they cut or burn themselves or bump into something. The wounds worsen progressively and this is why people, who have long been cured still become disabled. 65 year old Balika Sardarin at the Asha Dan leprosy colony in Bokaro says, "At night rats visit us... they nibble at my feet. I do not feel anything then but will wake up in a pool of blood."

181,000 persons affected by leprosy in India have loss of sensation in their hands and feet making them prone to injuries leading to impairments, disabilities and disfigurement, further leading to stigma and discrimination. The disabilities are preventable by adopting simple self-care practice at home or in groups along with personal health and hygiene.

2. Project Duration

1 year

3. Project Location

Selected villages of District West Midnapore, West Bengal, India.

4. Target Group

Direct - 1000 Persons affected by Leprosy

Indirect – More than 5000 persons of the families of the persons affected with a larger impact on community.

5. Overall Project Objectives

To empower 1000 persons affected by leprosy so that they can practice self care for their anesthetic hands and feet, become independent in carrying out routine activities leading to increased social participation.

The immediate impact of the project will be seen by

- Healing of Ulcers
- Prevention of worsening of disabilities
- Improved physical functions of hands and feet
- Increased self esteem

6. Potential Long Term Impact

The potential long term impact of the project will be that:

- Self Care will be continued by 1000 persons affected by leprosy and there will be no worsening of their disabilities
- With improved functioning of hand and feet, there will be greater opportunities of employment and improved economic and social status of family
- Persons affected may be mainstreamed in society
- More than 5000 persons of families of persons affected by leprosy will become aware of leprosy facts which may lead to greater awareness in the community.
- Not only the self stigma amongst (ex) patients but also the inflicted stigma in the social environment will be reduced.

7. About NLR

NLR in India is providing technical and logistical support to National Leprosy Eradication Program (NLEP) of Govt. of India (GOI) at National as well as at sub-national level as per MOU with the government. Support is in the form facilitation in capacity building, prevention of disability, improving monitoring and supervision, rehabilitation, Health System Research etc NLR offers expertise in 'Public Health' for capacity building and organizational development to improve leprosy services in India. This includes systematic supportive supervision at district level in conjunction with district staff, support to rehabilitation in the form of supporting Self Care Groups. Education support to children of affected persons is also an important component of NLR support. At present, NLR is supporting 84 districts out of 173 districts in 6 states of India- West Bengal, UP, Uttarakhand, Bihar, Jharkhand and Delhi. (www.nlrindia.org)

8. Budget

Budget for Self Care Project in West Midnapore District, West Bengal, India			
SL No	Budget Head	Unit Cost (INR)	Total Cost (INR)
1	Cost for Self Care & Aids and Appliances to 1000 Persons affected by Leprosy including trainings and logistics	2000	2000000
2	Project Management Cost		
2.1	Salary of Project Manager per month	20000	240000
2.2	Travel and other costs per month of Project Manager	8000	96000
2.3	Monitoring and Supervision		100000
	Total Fund Requirement (INR)		2436000
	Total fund Requirement in USD (USD conversion rate on Nov 21, 2011= Rs 51.6)		47209