



# RESTORING MOBILITY

FOR PERSONS WITH DISABILITIES



ICRC



## 40 YEARS OF THE ICRC PHYSICAL REHABILITATION PROGRAMME

Since 1979, the ICRC has been supporting the physical rehabilitation sector to ensure persons with physical disabilities (PwDs) receive quality services, well-fitted devices (e.g. prostheses, orthoses, walking aids and wheelchairs) and physiotherapy. The main objective of its physical rehabilitation programme is to help PwDs restore their mobility in order to facilitate social integration, participation in education, and to increase livelihood opportunities.

An expert in the field of physical

rehabilitation, the ICRC supports projects in more than 30 countries. Over the years, it has also received recognition for developing inhouse technology in physical rehabilitation. As many PwDs depend on such services their entire lives, the ICRC attaches special importance to medium to long-term support of assisted centres and the sustainability of quality services.

To ensure sustainability, the ICRC helps its partners strengthen their staff's technical and clinical skills through



long and short-term trainings. These range from workshops to graduate-level studies. High quality trainings are vital in the treatment of conditions like cerebral palsy, clubfoot, post-polio paralysis, stroke and spinal cord injury in addition to rehabilitation of amputees. Coaching of human resource, training in service management, and development of funding mechanisms are also provided. In some contexts, the ICRC also supports partners in developing activities and programmes that enable academic and professional growth of PwDs.

## ACTIVITIES IN 2018 ACROSS THE WORLD



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**12,412** new patients fitted with prostheses

**50,804** new patients fitted with orthoses

**24,915** prostheses and **101,981** orthoses  
produced and delivered

**7,240** wheelchairs or tricycles distributed,  
most of them locally manufactured

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# GUIDING PRINCIPLES OF THE ICRC PHYSICAL REHABILITATION PROGRAMME

The physical rehabilitation programme of the ICRC follows a twin-track approach which is both beneficiary-centered and system-focused. This means that experts extend support to national physical rehabilitation systems as well as to individual service users. The organisation's approach is guided by four pillars — access to services, quality, long-term sustainability and societal integration — all interdependent and interrelated.

The ICRC promotes the application of internationally-accepted best practices and a multidisciplinary approach to physical rehabilitation, ensuring that mobility-device technology remains up to date.

To ensure long-term sustainability of quality services, projects run in close cooperation with local partners. The ICRC also works with State authorities on an advisory level to support the development



The ICRC is also improving its institutional policies and practices related to the employment of persons with disabilities and making its offices accessible.

of the physical rehabilitation sector.

Physical mobility enables access to education and livelihood and allows reintegration into the society. Therefore, social inclusion activities are always an integral part of the rehabilitation cycle in the ICRC's physical rehabilitation programme.



A. Bhatia/ICRC

## IN INDIA – 15 YEARS AND COUNTING

In India, the organisation has been supporting the physical rehabilitation sector since 2004. The team at the regional ICRC delegation in New Delhi consists of experts in the fields of prosthetics and orthotics (P&O), physiotherapy and social inclusion. This unique combination provides a holistic and multidisciplinary understanding of physical rehabilitation services. Today, ICRC's physical rehabilitation experts from India are recognised beyond the country's borders and support the organisation at the international level.

Currently, the ICRC supports eight physical rehabilitation centres across India. It provides their staff training in clinical and technical skills and offers advisory services in designing and equipping these centres in addition to storekeeping, activity management and development of service user database. The aim is to improve the quality and efficiency of services and the sustainability of these assisted centres. To augment the number of qualified professionals in India, the ICRC has recently stepped up its efforts to support Indian partners in training of



A. Bhattacharya/ICRC

P&O staff. It arranges short and long-term trainings in wheelchair services, prosthetic socket technology, advanced lower limb and spinal orthotics, and amputee gait training of clinical and faculty personnel at the assisted centres.

To help India meet internationally-recognised training standards for P&O professionals, the ICRC facilitates the participation of key staff from India's training institutions in national and international conferences and seminars.

The ICRC also supports sports associations across India to help increase awareness and facilitate access of PwDs to recreational and competitive

parasports. In addition, it advises and supports partners in developing social inclusion activities in their services for PwDs. Some of the ICRC's partners in India have set an example by offering counselling on education and livelihood.



M. Nureldin/ICRC

I have gained not only mobility, but also the ability to make a living on my own. Now I can drive the autorickshaw.

— M. Yusuf Dar



A. Bhatia/CRC



A. Bhatia/CRC

My wheelchair maneuvering techniques have improved after the training and I feel more confident moving around on my own.

— Preeti Srivastav

The International Committee of the Red Cross (ICRC) is an independent and non-political organisation with a large scope of strictly humanitarian activities which it undertakes through its presence in over 80 countries around the world. It has a universally recognised responsibility to promote international humanitarian law (IHL) and to respond to the needs of people affected by situations of humanitarian concern, in particular armed conflict and violence.

Working in partnership with National Red Cross and Red Crescent Societies, local authorities and others, the ICRC provides humanitarian aid and expertise in areas such as: international humanitarian law, emergency response, health and rehabilitative services, water and habitat, livelihood support, humanitarian forensics, detention management and the restoration of family links.

The ICRC has a proven record and long history in Asia and works by engaging with all parties concerned through a unique approach based on confidential dialogue, transparent activities, sharing of expertise and partnerships in order to be able to reach and meet the needs of vulnerable persons.

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