OCCUPATIONAL THERAPY IN AFRICA

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Introduction

Tanzania has a population of 44.9 m people

In East Africa

With about 123 tribes in the country,

With a mixture of religions and beliefs.

Tanzania has a lot of natural attractions therefore tourism.

Main occupations are farming, business, livestock keeping
programmes at our center

- Outreach activities
- Montessori Kindergarten for Disabled Children
- Vocational and skills training
- Gabriella Children’s Rehabilitation Centre
- Therapeutic Weeks
- Special Ed class
- Class for Children with Autism
Health and Disability

• WHO definition "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
• When a person fails to be fit in all aspects then they are not well.
Occupational therapy and Health

• As OTs we acknowledge the whole aspect of a healthy life.
• As we know “an occupational being is a healthy being”
• There are many challenges that influence with being occupational, such as poverty, stigma, disability or impaired health conditions, environment, and the cultural aspect.
• Occupational therapists address these in spite of all.
Disability in TZ

Lack of proper systems that lead to early identification and referral

Negative attitudes and believes

Education systems Not adapted, for PWD Hence can’t fit in schools

People with disability are Mostly neglected and receive little or no attention

Community has limited knowledge on services for people with disability

Poverty

Bureaucracy in implementing existing policies
Solutions

• Inspite of limited number of occupational therapists creative and innovative measures are necessary in a less resourceful area like in Tanzania. This includes having a holistic approach and being client focused in the type of interventions used.

• Tanzania is a country of many tribes, therefore rich in tradition, which can be considered as strength towards intervening with PWD.

• In the reflection of two position paper from WFOT the following are the way we address global health, culture and diversity.
Networks

- Form links with local governments
- Form links with religious institutions
- Form links with clan elders
- Health centers
- Schools and other community social service providers.
- Links with other health professionals
Education and awareness raising – campaigns, media, workshops Interventions

Occupational therapists Form links and network with – other Professionals, Government officials, Religious leaders.
MAADHIMISHO YA SIKU YA TANZANIA

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“ANGALIA MCHANGO WANGU KATIKA JAMII” YALIOANDALIWA NA GABRIELLA CHILDREN’S REHABILITATION CENTER
Interventions – Occupational Therapists use of Technology to enable meaningful lives

- Use of media to get to our main stakeholders i.e people with disability and all those that work with them
- To understand the challenges in the communities.
- Learn current techniques and be creative to adapt them to our settings to overcome the challenges.
- To share experience. – volunteerism, field placements.
cultural differences and Diversity in our programs

• For interventions with clients e.g. Identification of talents
• To create respect of a person as a whole
• Break stigma
CRAFT WORK

- Craft work used as group activities as way of intervention
- Make different products like bracelets, necklace, earrings. Also by using local available materials (banana leafs) to make photo frame, trays, and other product.
- All the activities aims at equipping the youth the productive skills, use to improve self confidence especially when they produce something by themselves.
Carpentry
CRAFT WORK
• We use fashion show as way children/youth can proudly show off what they can do and what is in their community.
• Show off their craft work by wearing the products which they have produce like bracelets, necklace, earrings and hair bands.
• Show that they can engage themselves in cooking through their wearing style and carry some equipment for cooking and products.
• Also use of cultural dresses of different tribe example maasai, kanga which used by most tribes in Tanzania. These cultural dresses make them more comfortable during performance and its ethical because its not against our culture.
FASHION SHOW
Traditional dances and drama

- To pick talents and boost skills in People with Disability.
- Traditional dances for awareness raising and education.
Empowering people with disability, families and eventually community – addressing health issues

INTERGRATION PROCESS

• Working with families – support structure and home visits
• Involving local authorities
• Education of communities.
• Spreading the projects to others
Conclusion

Occupational Therapy
and the team at
Gabriela Rehabilitation Centre
Empowers disadvantaged
Children and Youth to
occupy space in the
community and play their
own Music of life
• Importance of blending culture and considering the health aspect in our work as occupational therapists.
THANK YOU
ASANTE SANA