

Newsletter

January - March 2010

Updates

Prosthetic & Orthotic Training Lab

A Prosthetic & Orthotic training laboratory was inaugurated recently. This facility provides greater technical skills to the Prosthetic & Orthotic students in their practical sessions as well as & theory. The lab was set up with support from CBM -SARO(S). Speaking at the occasion Ms. Gunawathy Fernandez, Regional Director CBM -SARO(S) encouraged the faculty and students to use the facility and be trained to be quality rehabilitation personnel.



President of Iceland visits Mobility India

A delegation from Iceland led by President Olafur Ragnar Grimsson visited Mobility India on Saturday, 16th January 2010. He was here to attend a workshop on "Newer Solutions to Osteoarthritis" jointly organized by Mobility India, Velocity Health Care & Ossur Asia (a global leader in orthopaedics from Iceland).

Mr. Arni Alvar Arason, President Ossur Asia was present at the occasion.



Extract from the President's letter to Mobility India

It was a highly interesting part of my State Visit to India to visit Mobility India in Bangalore. We were all impressed by the great work you are all doing, under circumstances which must often be difficult in many ways.

Your vision of an inclusive society where people with disabilities have equal rights to those of others, harmonizes well with my own views. Furthermore, MI's focus on rural India, your role as a training centre for orthotics and prosthetics are all interesting aspects of your operation.

Community Based Rehabilitation

Community Based Rehabilitation Programme for Persons with Disabilities in Attibele Hobli, Anekal Taluk of Bangalore Rural District, Karnataka State

Anekal is a Taluk of Bangalore district. It lies in the southern part of the Bangalore metropolitan area around 40 kilometers from downtown Bangalore. In response to the need of people with disabilities in this area, Mobility India initiated a Community programme in the year 2008. The programme currently covers 44 villages.

Meet Netravathi and Sandhya from Attibele...

Exclusion to Inclusion

Walking about Maysandra village on the uneven roads was a challenge for 12 year Netravathi. Having club foot in one of her legs, she used her hand to support her weak knee and walk. A student of Class 7, she lives with her parents and a sister. Her father runs a petty shop selling bangles & trinkets and mother does tailoring jobs to support the family income.

Netravathi's favorite game was kuntebille (hopscotch) but could not play because of her disability. At school too she was not allowed to participate in any cultural programme or had any friends so she become very lonely and neglected.



Netravathi and her family went about life the same way all these years until intervention from Mobility India opened up opportunities for them. Netravathi's mother was encouraged to be a member of a Sangha* (Local Self Help Group) and now plans to take a loan to renovate their shop.

Netravathi underwent a surgery and was fitted with an orthosis (assistive device) that gives her better mobility. She is accepted by her friends who include her in games and cultural programmes. Winning prizes at these events has improved her self esteem. Improved academic performance has made the teachers notice her achievements.

Netravathi's family attributes the positive changes in their lives to the Sangha and the awareness about disability they have gained.

**The Sangha's are a platform for people with disabilities & their families to come together for common goals. Sanghas encourage savings. Members who save regularly are eligible for loans to set up small businesses to earn regular incomes. Sangha members are a force for change as they take responsibilities of getting children enrolled in school, monitor school attendance and lobby with government agencies for better rehabilitation services for disabled children. Mobility India has formed many Sangha's by providing the required training.*

Changing Lives

Passive receiver to active contributor

Sandhya lives with her sister and grandmother in Attibele. She studied up to class 7 and stopped due to intellectual disability coupled with a hearing disability. The school teachers were unable to understand the learning needs of Sandhya which forced her to stay at home. The family too treated her as burden and neglected her. As a woman she was entirely dependent on her family members. She was very depressed and felt unfit to do anything. That is when Mobility India intervened.



The programme in Attibele has encouraged disabled people's participation at all levels, at home, in the Sangha, at schools and even in the community leading to changes in quality of life of people with disabilities in the area. Community leaders, local schools, the Panchayats and important stake holders are involved in this process. People with disabilities are supported in getting placements in various fields (Tailor, Fitter, watchman, drilling operator, printing machine operator, and electrician).

Sandhya was motivated to enroll as a member in the Sangha. She got to know facilities available in the government for people with disabilities, especially those with intellectual challenges and applied to get the same.

Watching Sangha members involved in income generation activities, she expressed her interest to start a sari business. She makes a steady income and now is a contributing member in her family. Gaining acceptance within her own family, Sandhya says, "My future plan is to have my own sari shop and I am confident that one day I will achieve it"

Through its community programmes in Bangalore Mobility India reaches out to over 4000 people each year. Interventions are carried out in areas of Health, Education, Livelihood, Social Inclusion and Empowerment of people with disabilities and their families.

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generously*



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Make a person walk Rs.3500 to Rs.5500

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I would like to introduce a friend.
.....

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(DD/Cheques to be made in the name of Mobility India)

Technology Dissemination

Ischial Containment Workshops

This past year Mobility India conducted 3 workshops to disseminate Ischial Containment method for designing prosthesis for Trans- femoral amputees (above knee). 24 Prosthetic/ Orthotic professionals attended these workshops (2 in Bangalore & 1 in Kolkata). These workshops were conducted with support from Otto Bock India and Rehabilitation Council of India.



The workshop was aimed at providing hands on input to the participants in the following areas

- ◆ Clinical assessment and prescription
- ◆ Measurement & casting technique
- ◆ Modification technique
- ◆ Socket fabrication and trials



This method has many advantages. It provides increased stability, better weight bearing and comfort to users as it uses the anatomy of the user more effectively. It is a very useful technique in cases where the amputee's residual limb is short. Mobility India is disseminating this modern design technology with the aim that more professionals use it to provide comfortable prostheses for their clients.

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