

## Rehabilitation back into the Community

As well as providing medical services, CCBRT also provides support services to help those with disabilities rejoin the community around them. This is vital for their rehabilitation.

Skilled staff work with parents of disabled children at their homes, schools or at one of CCBRT's support units giving them information and training to help them provide the best possible care for their child. With this help, many children with physical impairments now go to regular schools.



## HIV/Aids

CCBRT runs education programmes to help those with disabilities learn more about HIV/Aids. People with disabilities are particularly vulnerable to the disease.

Working with Dar es Salaam City Council, CCBRT provides HIV/Aids testing and voluntary counselling services. Anti Retroviral Treatment is available as well as a free legal aid service for those suffering from the disease who want to make sure their children are looked after in the future. CCBRT staff and government nurses who provide them with information, some medication and training, visit many people with HIV/Aids in their own homes.

CCBRT supports hundreds of orphans who have lost their parents to HIV/Aids. In order to assist their development into adulthood, their financial situation and general well-being is monitored over many years by a whole network of people which includes teachers and CCBRT staff.

improving  
people's quality of life  
is CCBRT's main aim

## CCBRT provides the following services:

### *Disability Hospital, Dar es Salaam:*

- Eye screening and visual aids
- Cataract surgery and all other eye operations
- Orthopaedic operations (such as club foot, cleft lip/cleft palate, burn scars)
- Neurosurgical operations (such as spina bifida, hydrocephalus and other congenital deformities)
- VVF (fistula) operations
- Physiotherapy treatment
- Orthopaedic appliances (such as splints, calipers, crutches, artificial legs and other aids to help movement)
- Training and education programmes for staff and families who look after children with disabilities.

### *In your community:*

- Mobile outreach programme – bringing those with disabilities who are most in need into Dar es Salaam for hospital treatment
- HIV/Aids - education, counselling and testing
- Legal Aid advice – a free service that helps parents suffering from HIV/Aids to secure a future for their children
- Orphans Programme – support and guidance over many years for children whose parents have died from HIV/Aids
- Assisting children with disabilities attend regular schools
- Home Based Care services – nurses and care-workers come to patients' own homes to give advice and treatment about HIV/Aids
- Training courses for caregivers on how to improve the quality of life for children with disabilities.

## To find out more about CCBRT services, please contact:

CCBRT Headquarters  
PO Box 23310, Dar es Salaam, Tanzania  
Tel: 022 260 1543 / 022 260 2192  
Fax: 022 260 1544  
Email: [info@ccbtr.or.tz](mailto:info@ccbtr.or.tz)  
[www.ccbtr.or.tz](http://www.ccbtr.or.tz)



CCBRT stands for  
Comprehensive Community Based Rehabilitation in Tanzania

## Main goals:

To prevent disability

To help people with  
disabilities and HIV/Aids

To assist those who look after  
people with disabilities

## CCBRT helps people living with disabilities

CCBRT provides many services, which aim to give people living with disabilities (including HIV/Aids) and their caregivers a better quality of life. CCBRT workers in rural areas identify people most in need of treatment and refer them to the disability hospital in Dar es Salaam. If you have a disability or you know of someone with a disability and you hear of CCBRT workers in your area, go and see them. They may be able to help.

## Surgery available:

**Eyes** - Many people with poor sight can be helped just with glasses, others need surgery. Each year, CCBRT performs thousands of operations for people who were either blind or whose sight was failing. Most of them can now see again or are no longer at risk of failing eyesight.

## How much does treatment cost?

All children under five years old are treated for free. The earlier a child receives medical care the more successful the treatment is likely to be.

every year, **CCBRT** helps thousands of **adults** and **children** to **see again**



6 month old \*Wilfred was born with a cleft lip.

Wilfred just 4 days after his operation at CCBRT to cure his cleft lip

*\*Names changed for privacy reasons*



\*Juma lost most of his eyesight when he was just 9 years old. A few days after his cataract operation at CCBRT he could see properly again.



\*Neema after her VVF operation at CCBRT's disability hospital

## High quality medical care is accessible and affordable at CCBRT

CCBRT's hospital in Dar es Salaam has many well-trained doctors and surgeons who use top quality equipment to carry out surgery in a sterile, safe environment. Every year, tens of thousands of patients are able to get help here. Many disabilities and injuries can be improved with exercise and physiotherapy. Thousands of people (many of them children with cerebral palsy) visit the hospital's physiotherapists who help them with their mobility.

all children under 5 years old get **free** medical care at CCBRT

**Orthopaedics & Neurosurgery** – CCBRT's surgeons can operate on a range of needs from cleft lip and/or cleft palate, burn scar contractures, hydrocephalus, spina bifida, club foot and other deformities from birth.

**VVF** - After delayed and/or difficult childbirth many women in Tanzania develop fistula problems. This means they leak urine. Most women are too embarrassed to seek medical assistance. But VVF surgery at CCBRT can end this discomfort and women are able to lead a normal life after their operation.

the **earlier** a child is brought to **CCBRT** for **treatment**, the **better**

CCBRT runs a special payment system where wealthier people who can afford to pay for some services help to pay for those who cannot afford very much. So, all people pay according to their ability to contribute and the very poorest people may not have to pay anything at all.

After being seen by a doctor, CCBRT social workers will discuss the treatment that is needed with the patient and together they work out how much the patient is able to contribute. All costs are included in one price so there are no extras to pay once the patient is in hospital.

the **majority** of people with **blindness** in Africa could **see again** given the right treatment