



Community Based Inclusive Development Organization (CBIDO)
P.O. Box 389 Karagwe, Kagera, Tanzania.
Email: info@cbido.org / flourianrwangoga@gmail.com
Website: www.cbido.org
Tel +255 769 524082, +255622027628
TRUSTEE: ANGLICAN CHURCH OF TANZANIA, DIOCESE OF KAGERA

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Project Responsible Person: Lay Canon Flourian Protase

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TABLE OF CONTENTS

TABLE OF CONTENTS.....	2
LIST OF ABBREVIATIONS.....	3
1.0. A WORD FROM EXECUTIVE SECRETARY FOR THE YEAR 2022.....	4-5
2.0. ABOUT CBIDO.....	6-8
3.0. IMPLEMENTED ACTIVITIES FOR THE YEAR 2022.....	8
3.1. COMPREHESIVE HEALTH AND REHABILITATION SERVICES.....	8
3.1.1. Home visits.....	8-9
3.1.2. Outreach clinics.....	9-10
3.1.3. Training to stakeholders.....	10
3.1.4. Training to parents and VRWs.....	11-12
3.1.5. Intensive therapies.....	12-13
3.1.6. Support for referrals and treatment/operations.....	13-14
3.1.7. Physiotherapy program.....	14
3.1.8. Occupational therapy program.....	15
3.1.9. Psychosocial counseling program.....	16
3.1.10. Nutritional program.....	16-17
3.1.11. Assistive devices.....	17-18
3.1.12. Register and provision Community Health Fund (CHF).....	18
3.1.13. Sexual Reproductive Health.....	18-19
3.1.14. Disability Prevention.....	19-21
3.2. INCLUSIVE EDUCATION.....	21-23
3.3. LIVELIHOOD PROGRAMMES.....	23-25
3.4. SOCIAL INCLUSION.....	25-29
3.5. INSTITUTIONAL DEVELOPMENT.....	30-32

LIST OF ABBREVIATIONS

CBIDO	:	Community Based Inclusive Development Organization
CBR	:	Community Based Rehabilitation
CwDs	:	Children with Disabilities
YwDs	:	Youth with Disabilities
PWDs	:	People with Disabilities
VRWs	:	Village Rehabilitation Workers
CBRF	:	Community Based Rehabilitation Facilitator
CYWDS	:	Children and Youth with Disabilities
IRPs	:	Individual Rehabilitation Plans
CHF	:	Community Health Fund
SRH	:	Sexual Reproductive Health
DPRS	:	Disability Prevention and Rehabilitation Services
DMO	:	District Medical Officer
NGOs	:	Non-Governmental Organizations
KCBRP	:	Karagwe Community Based Rehabilitation Programme
NSAs	:	Non-State-Actors
IDPWD	:	International Day for People with Disabilities
DPAs	:	Disabled People Associations
PID	:	Pelvic Inflammatory Diseases
UTI	:	Urinary Tract Infections
IT	:	Information Technology
TENMET	:	Tanzania Education Network
GAWE	:	Global Action Week for Education
IGAs	:	Income Generating Activities

1.0. A WORD FROM EXECUTIVE SECRETARY FOR THE YEAR 2023.

I have every reason to thank the Almighty, the Merciful God, for enabling us to reach the end of the year safely, with all of us in good health. Everything we had planned for the year 2023 has been accomplished according to the work plan for 2023. Within this year CBIDO working closely with PWDs, CYWDs, parents/caregivers of CYWDs in all CBIDO catchment areas, and the interventions focuses of 5 strategic areas, which are:

- Disability prevention
- Comprehensive Health care and Rehabilitation services
- Inclusive Education Support
- Social Economic empowerment (Social inclusion, Livelihood and Empowerment)
- Institutional Development (Governance tools and Infrastructural development)

This year has been a memorable one for CBIDO and the beneficiaries we serve because it is the year when CBIDO starting the process of adjusting its 5 years Strategic Plan (2020-2024) to 10 years (2024-2033) also CBIDO starting the process of scaling-up DPRS strategy to cover all the wards in the Karagwe district and other areas outside the Karagwe district. The implementation of new DPRS strategy will be implemented in collaboration between community members, Local government authority, CBIDO and other development partners as a pilot in Kamagambo and Chanika wards, Karagwe district.

All these could not been achieved as planned without having financial support from our Development partners/Donors. On behalf of the CBIDO Board of directors, Management, Staff and CYWDs and their parents, we express our sincere gratitude to all our Development partners/Donors, in various ways, you have supported us to accomplish all these through Financial and technical support. With your willing and cooperation to work with CBIDO have been able to transform the lives of CYWDs and bring smiles to their faces. Indeed, may the Almighty God bless you abundantly.

I take this opportunity to express my gratitude to Trustee of CBIDO (Anglican Church of Tanzania, Diocese of Kagera), Board of Directors, Management, staff, Local and Central Government of Tanzania, Development partners/Donors, Community members, CYWDs and their parents and other stakeholders. Without their collaboration with CBIDO, we would not have achieved what we have on our own.

Also sincere thanks and appreciation to all donors who physically visited CBIDO in 2023, their time and visit meant a lot with us both programmatically and institutionally contributed to the success rehead

in 2023. CBIDO team lookforwd for extend collaboration and cooperation in 2024 for more information about CBIDO visit us on www.cbido.org.

We express our gratitude to **Mr. Stjin Skneppers**, our Patron, for being the watchful eye of CBIDO and providing valuable advice, your solid commitment to building our capacity at CBIDO has greatly contributed to our current status, and we take pride to be with you as our patron. We extend these thanks to friendly organizations from Kenya, Uganda, Burundi, and Democratic Republic of Congo, with whom we have been able to mutually learn and share experiences from each other, whether by you visiting CBIDO in Tanzania or us coming to your organization/country. Let us continue with this collaboration to better serve CYWDs.

Once again, CBIDO management acknowledges the importance of each individual for their contribution which has brought positive results to CBIDO, especially for our CYWDs. Thank you for being a crucial part of our 2023 journey, we are excited about the possibilities that the coming year holds and are confident that, with your continued support, we will reach new heights in fulfilling our mission. **Thank you for being an integral part of CBIDO.**

Wishing you a joyful holiday season and a prosperous New Year 2024.

Warm regards,

.....

Flourian P. Rwangoga

CBIDO-Executive Director

2.0. ABOUT CBIDO

VISION: An inclusive society where Persons with Disabilities attain full potential and live in dignity.

MISSION: To enhance the resilience and quality of life of children and youngsters with disabilities.

CORE VALUES:

1. **Integrity:** We hold ourselves to the highest standards of honesty, ethical, transparency, accountability and moral uprightness.
2. **Innovation:** We are committed to learning as a basis for continuous improvement of self and others.
3. **Teamwork:** We leverage others' competencies to attain greater efficiency and scale impact.
4. **Solidarity:** We stand with and passionately support PWDs to attain their full potential and dignity.
5. **Inclusion:** Driven by compassion and love for humanity; we champion equitable access to rights, resources and opportunities for PWDs, their families and society at large.

The Community Based Inclusive Development Organization (CBIDO) is a not-for-profit Non-Governmental Organization (NGO) based in Karagwe District of Kagera Region, Tanzania, with registration number 00NGO/R/0659 has legal mandate to operate nationally. The organization works under the Trusteeship of the Anglican Church of Tanzania, Diocese of Kagera.

CBIDO main preoccupation is enhancing the quality of life, dignity and inclusion of Persons with Disabilities - particularly, Children and Youngsters with Disabilities. Since it became operational in January 2019, CBIDO has been implementing programs in the areas of Disability Prevention, Comprehensive Healthcare, Inclusive Education and Socio-Economic Empowerment of PWDs, their caregivers and communities through CBR approach/strategy principled by "**Low-cost high impacts**".

The major strategies explored by CBIDO to arrive at its mission include offering Disability Prevention and Rehabilitation Services (DPRS), advocacy for inclusion and improved conditions for CYWDs and capacity development of CYWDs and their caregivers in cooperation with other stakeholders. Two other equally important strategies are networking with other service providers/referral systems as well as documentation/evidence building.

CBIDO pursues participatory program approaches that entail working closely with PWDs, their families and complementary multi-level stakeholders, both State and Non-State-Actors (NSAs). At community level, CBIDO works with Village Rehabilitation Workers (VRWs), who make weekly home visits to the support CYWDs. These are besides regular outreach health clinics, often attended by doctors from local hospitals and different therapy specialists. Further, CBIDO is implementing local ward therapy rooms for rehabilitation services and establishing district therapy unit where CYWD receive intensive therapy and parenting training and for training local stakeholders and their staff.

In 2024 CBIDO main focus will be in Disability Prevention and Rehabilitation approaches that will have the following main objectives.

- To strengthen the existing healthcare system, particularly maternal and child care, in order to prevent birth defects and (childhood) disabilities.
- To develop disability-inclusive societies, in order to improve the access to healthcare, education, livelihood opportunities and participation in social life for people with a disability by strengthening local systems.

Prevention programme (DPRS) is implemented with cooperation from wards and local government authorities, and for the year 2024 due to financial constraints and limitations CBIDO will be adding two wards (Chanika and Kamagambo) to ensure the approach is adopted in that wards, and in June 2024 last zone (zone B) will be exited so as all catchment areas will implements the same approach.

The major conditions of CYWDs that CBIDO works with are such as Cerebral palsy(CP), Malnutrition, Epilepsy, Down syndrome, intellectual impairment, sickle cell, Deaf, Autism, Albinism, burns contractures, osteomyelitis, Bowlegs, Knocking Knees, Clubfeet, Hydrocephalus and Microcephalus, Cleft lip and palate, Eye problems, Dwarfism, Elephantiasis, Muscular Dystrophy, Spinal Bifida, Hernia, Amputations, and other deformities.

❖ **Clients reached**

Within the year 2023, CBIDO managed to reach a total of **1,749 (927 M and 822 F)** CYWDs from 29 villages (from Chonyonyo, Kihanga, Rugera, Nyakabanga wards and Nkwenda, Rwambaizi and Rugu zone) whereby they received various rehabilitation services based on their individual rehabilitation plans. Basing on Community-Based Rehabilitation (CBR) Matrix, VRWs in collaboration with CBRFs, CBIDO specialists and other stakeholders have provided rehabilitation services to those CYWDs according to their needs, while 17 CYWDs exited from program due to various reasons that include death, over age and fulfilment of the plans hence remain with **1,732** CYWDs within the programme up the end of 2023. In 2024 CBIDO is planning to reach **1,752** CYWDs in all interventions.

❖ **CBIDO focus**

Since 2021, the main focus of CBIDO is on Disability Prevention and Rehabilitation Services (DPRS) approach which implementation was started in 2022 within three pilot wards of Kihanga, Rugera and Chonyonyo and in January 2023 CBIDO started to implement the approach in the new award (Nyakabanga ward) which has 4 villages by creating awareness and sensitizing the community on health behaviour issues which can cause disability including creating awareness to pregnant mothers to get ultra-sound check-up and give birth within dispensary. Also, the community members of Nyakabanga ward have been supported with a three in one building (Ultrasound room, delivery room and post-natal /resting room after delivery, sluice room and sewage system and water tank) all the efforts are made to create inclusive societies where persons with disability can assess better health services and reduce disability prevalence with the communities basing on the notion that ***“Prevention is better than cure”***

At the end of 2023, in collaboration with Benjamin Foundation and the founder of Karuna Foundation from Nepal, CBIDO conducted an evaluation of the implementation of the DPRS approach over a period of two years within 4 pilot wards. Through this evaluation, DPRS approach has proven to be highly

effective and positive impacts to communities' members from Chonyonyo, Kihanga, Rugera and Nyakabanga ward who have increased their knowledge on disability prevention and rehabilitation services. Despite of these positive impacts, it has been noted that DPRS approach in pilot wards lacks sustainability strategies especially after CBIDO's exited. Thus, it has been recommended that for approach to be sustainable, it would be beneficial for it to be community-owned, as different to the current perception where the community sees the strategy as solely belonging to CBIDO.

Due to evaluation recommendation, CBIDO in collaboration with Karagwe District Council has enrolled Kamagambo and Chanika ward as pilot wards to implement sustainability strategies, this is done in collaborative way between Community members, Government, CBIDO and other Development partners to ensure that the strategy remains a within the communities and CBIDO will provide technical support especially in areas of disability prevention and rehabilitations. CBIDO believes that through Kamagambo and Chanika ward as a pilot wards, the program will be sustainable to other areas where CBIDO aims to reach during scaling-up of program approach.

Within the year 2023 CBIDO managed to exit two zones (Nkwenda and Rwambaizi zone) whereby on the exit process, parents and care givers of CYWDs were capacitated so as they continue carrying out the rehabilitation programmes in collaboration with the experienced VRWs while the DPAs were be handled over to village government and Development department was informed, and in 2024 CBIDO will exit the remaining zone (Rugu zone). This was done in order to change the approach from long term service delivery to short term service delivery.

3.0. INTERVENTIONS MPLEMENTED FOR THE YEAR 2023

Within the period of January-December 2023, CBIDO in collaboration in collaboration with other stakeholders, service providers and CBIDO multi-disiplinary Rehabilitation team managed to implement its interventions and intended objectives as per CBIDO strategic areas mainly focused on disability preventions and rehabilitation services.

3.1. COMPREHENSIVE HEALTH AND REHABILITATION SERVICES.

Objective: To create awareness to the communities on all issues related to disabilities for prevention strategies while supporting for promotion of persons with disabilities through rehabilitation to improve their disability conditions. Activities were focused on

1. Prevention programs (awareness creation, strengthening existing healthcare systems)
2. Rehabilitation (Therapies, referrals, operations, assistive devices, parental trainings)
3. Habilitation (Psychosocial support to families living with child (n) with disabilities, through home visiting, economic empowerment, environmental modifications etc.)

3.1.1. Home Visits Program

CBIDO used home visit program as a major way to reach directly CYWDs and their families to provide rehabilitations services to promote the well-being of CYWDs. Within the period of January-December 2023, VRWs from respective villages together with CBRF conducted 3789 home visits during field work

and reached a total of 1420 (784 Male and 636 Female) CYWDs in CBIDO catchment areas. Clients were received different services according to IRP for each child whereby VRWs CBRF and CBIDO's specialists visited the families to make assessments for new cases and re-assessment, follow-ups on plans made, setting individual rehabilitation plan for each child especially for new cases, provided referrals, prescribed, make and repair local assistive devices and offer simple therapies at home as well as prepare the family for exit plan as per set criteria.



CBRF performing simple therapies with CWD at home

CBIDO was used this program to capacitated psychologically parents/caregiver of CYWDs and CYWDs, planned for parental engagements or any other activities that lead the family together to achieve the goals per individual assessment plans. These program helped to improve disability conditions for CYWDs and their parents/care givers to be able to participate in various social and economic activities.

3.1.2. Outreach clinics program

CBIDO conducted 16 outreach clinics whereby a total of 1071 clients both with and without disabilities were attended during the clinics by VRWs, CBRF and different specialists (from CBIDO and doctors from Nyakahanga DDH and district hospital) depending on the programme village needs. During clinics community members were gathered together in one point in a village like at the dispensaries, village office(s) or any other public building and were imparted with awareness on various issues related to disabilities preventions and it was a good platform for CBIDO multi-disciplinary team to make follow-ups as per IRP, assessments and re-assessments, make simple therapies and those who needed intensive care were referred to rehabilitation canters (ward dispensaries therapy halls, CBIDO and KCBRP centre) and other health facilities and prescribed assistive devices.

This program has helped community members to have sufficient knowledge and understanding of disability issues and the strategy for preventing disabilities, protecting against eye diseases, and the best ways to safeguard against erupted diseases.



Optician instructing on eye examination during outreach clinic

3.1.3. Training to stakeholders

CBIDO managed to conduct 4 stakeholders trainings mainly for awareness creation, a total of 79 stakeholders from group of health practitioners, religious leaders, journalist and wards leaders were trained in various disability related issues by CBIDO's specialists and topics based on early identifications, how to make a right referrals and how to prevent the occurrence of disabilities. This training increased social value of CBIDO's activities also capacity development and work relationship between stakeholders that simplify work issues to both CBRF, VRWs and clients in terms of early identification of children with disability, provision of early and right referrals also setting IRP after conducting a holistic assessment and sustainability plan after project time frame.



CBIDO Executive Director present topic related to disabilities to ward leaders.

3.1.4. Practical training to both parents and Village Rehabilitation Workers (VRWs).

In the year 2023, CBIDO conducted 12 Practical parental trainings to parents/caregivers and VRW's with the aim of imparted them with skills on how to help their children to improve their disability conditions, a total of 148 parents/caregivers of CYWDs were trained both theoretically and practically. During the trainings parents have time to share experiences on how to better support and take care of their children regardless of the life hardship they were passed through, furthermore parents revealed many things that affected their life some of which Psychosocial counsellor reacts up on those issues others referred to District Social welfare for further management.

Presence of multi-disciplinary team (Physiotherapist, Occupational therapist, Social worker, Special Education teacher, Nutritionist and Psychosocial counsellor) has significantly helped parents/caregiver gain a better understanding of various issues related to disability and ways to prevent disabilities. Parents have had a good time learning through these training sessions, where they spent 5 days per month as a result they learned different therapy techniques and also have sufficient knowledge about disability issues and care. They learn different topics such as feeding and nutrition, small businesses, hygiene, therapies, child with disabilities acceptance in their families and communities, some strategies to eradicate poverty, difference between disability and diseases, community attitudes towards disability, about disability conditions, Sexual Reproductive Health (SRH) in groups, effects of STDs, self-recognition and awareness.



Nutritionist instructing parents on feeding position to their children with feeding difficulties.

Also CBIDO conducted a special fathers training week with the aim to train fathers with children with different disability condition on different handling techniques at home and possible disability prevention for their next children while emphasizing on antenatal and postnatal clinic .During this training parent were trained on different therapy techniques like coaching children in practicing their skills in different activities of daily living especially self-care and play, so as encourage children to practice their skills in activities appropriate to their age and parent assist in areas of difficulties, eventually this will help children be independently and reduce parents/caregivers dependency but also

reducing support from one parent. During this training several activities were conducted including sports and games to the parents for refreshment but also encouraging parents to participate in different exercises in order to become physically fit and reducing risks for other diseases associated with sedentary lifestyles. Through this training fathers of CYWDs increased their knowledge on disabilities related issues.



Fathers being emphasized on different issues related to disability and the role they have as parents of CYWDs

3.1.5. Intensive therapies program

A total of 148 CYWDs (97 M and 51 F) with potentials of improving their disability conditions were attended intensive therapies program whereby they stay for 5 days in a month at the KCBRP rehabilitation center. CBIDO were conducted this session mainly for helping children to improve their disability condition and another being training parents and care givers to learn some relevant simple therapies and nutrition to keep doing to their children at their homes. Occupational Therapist in collaboration of Physiotherapist use this program to measure, prescribed and distributed assistive devices to CYWDs.

During intensive therapy sessions, most children with capabilities of improving their condition like sitting, crawling, walking standing, malnutrition, activities of daily leaving, social interaction difficulties and other who have been discharged from referral hospitals after operations were attended by CBIDO multi-disiplinary team individually and in a group way depending on IRP. The intensive program has been able to help children with disabilities integrate with others, and parents have had a good time engaging in other socio-economic activities.



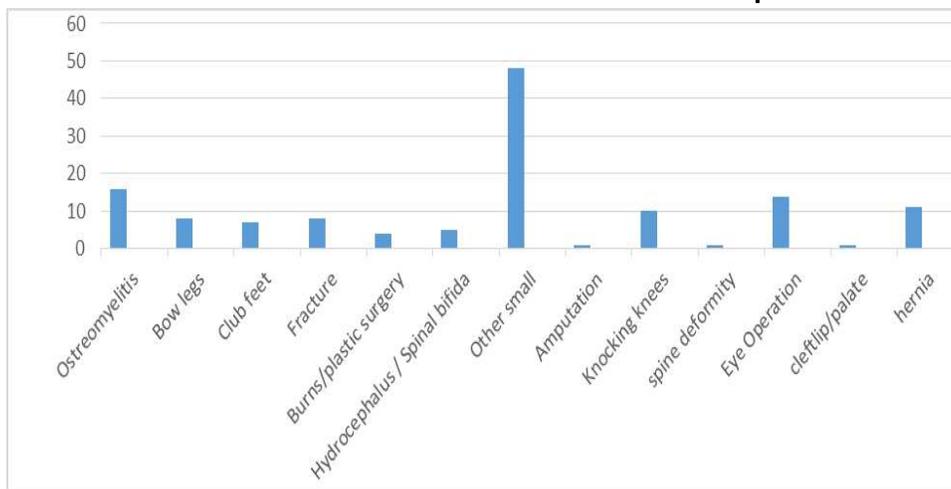
Occupational Therapist re-assessing motor skills for the child with CP attended intensive therapy

3.1.6. Supporting clients for treatment, referral, operations and follow-up.

CBIDO managed to support 137 CYWDs (81 M and 56 F) out of 130 CYWDs as planned in the year of 2023 with different complicated cases by provided with referrals to different specialized hospitals such as Bugando Medical Hospital, CCBRT, Kayanga Health Center, Karagwe District Hospital, Nyakahanga DDH, St. Joseph Kagondo Hospital, and Rulalo Hospital-Uganda for further expertise managements. CBIDO has supported them with transport costs, operations costs, consultation fee, and investigations fee (including x-ray and laboratory fees) whereby clients contributed cost share of 40% and CBIDO contributed the remained 60% of treatment/operations cost.

Treatments/operations have helped to reduce the level of disability for Children and Youth with Disabilities (CYWDs) after undergoing treatment/operation, and others are continuing with rehabilitation services and those who underwent cleft lip operation, their conditions have improved.

Chart shows cases attended to different hospitals





Before operation



After operation

3.1.7. Physiotherapy Program

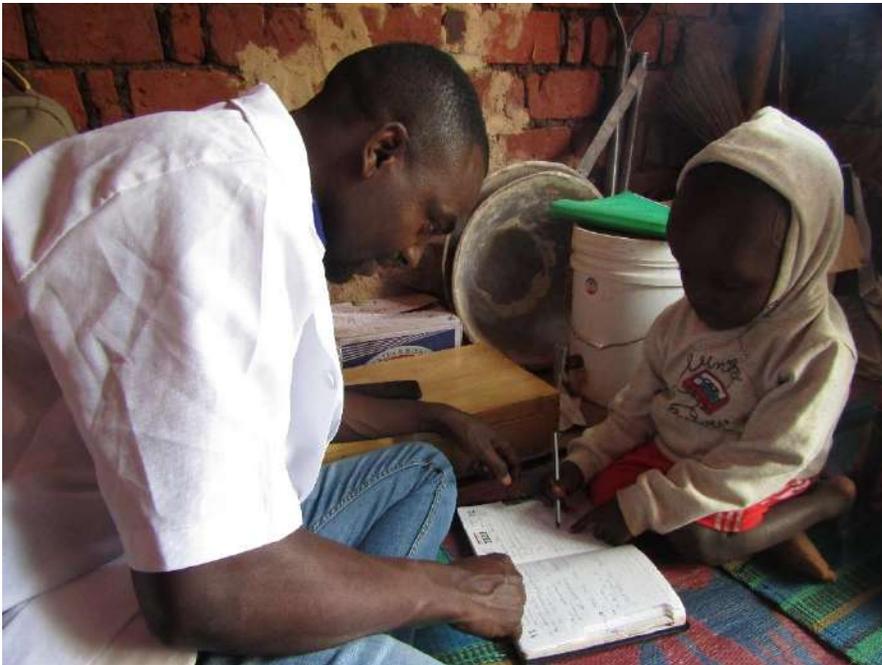
CBIDO Physiotherapist conducted therapies with the aim of guiding parents of CYWDs to do simple and meaningful therapies. A total of 254 (135 M and 119 F) and group of 187 CYWDs with physical challenges have been reached and provided with physical therapy services by Physiotherapist depending on IRP and individual specific requirement. This was done during home visits, outreach clinics and therapy hall. Physiotherapy sessions have helped 159 CYWDs to improve their mobility, and parents/caregivers, VRWs and CBRF have been empowered technically by Physiotherapist on how to do simple therapies to CYWDs while at home/during field visits and at therapy hall. This has helped parents gain a good understanding of the importance of conducting therapies to their children and children have improved their mobility, enabling them to move from one place to another. Additionally, parents have had ample time to engage in other social and economic activities



VRW and parents of CWDs practicing simple therapies at therapy hall

3.1.8. Occupational therapy Program

CBIDO Occupational Therapist managed to receive different client with different challenges from VRWs, CBRF and other service provider for assessment and making individual rehabilitation plans for comprehensive management to those. Total of 211 (113 M and 98 F) CYWDs and group of 227 were attended by Occupational Therapist during home visits program and therapy halls and each CYWDs were intervened according to his/her need especially those with difficulties in participating independently in Activities of Daily Living (ADLs) such as self- feeding, playing, dressing, grooming, schooling, household activities, and social issues due to physical impairment, sensory processing difficulties and cognitive difficulties like inattention which limit them in other physical development and performance in different activities of daily living, other were referred to hospital for medical investigation before other rehabilitation services take over, other were provided with simple therapies and awareness on different disability handling techniques and other were given appointment to attend therapeutic weeks including parental and intensive therapy so as to be comprehensively assessed and managed by CBIDO specialists. Also Occupational Therapist in collaboration with Physiotherapist managed to prescribe, making and distributing different assistive devices for the children who assessed and observed to have functional and postural challenges, in order to help them in functionality and participated in different social events and activities.



**Occupational Therapist
conducting simple therapy
help a child with writing
challenges hold a pen**

178 CYWDs attended by occupational therapist were able to improve fine motor skills, improve hand-eye coordination, master basic life skills such as dressing, washing, feeding, schooling, toileting, playing, household activities and social issues. With improved basic life skills, 36 children with disability have been able to be enrolled to start primary school in 2024.

3.1.9. Psychosocial counseling Program

This intervention aim to empower parents/care giver, CYWDs, and PWDs to accept the challenges they were facing, to use the resources they have to solve their own problems, also provide them with information of changing perception towards their children and disabilities. CBIDO psychosocial counsellor attended a total of 363 (169 M and 194 F) for individual counselling and 14 group counselling with a total of 279 parents/care givers, CYWDs and PWDs from programme villages within the period of January – December 2023. Through psychosocial counselling parents/caregivers, families of CYWDs have changed their mindset towards children with disabilities hence stress and improved parenting care to their children, among them 12 families had family conflicts of which they were referred to District Social Welfare Officer.

3.1.10. Nutritional therapy Program

In 2023 (January-December), CBIDO provided nutritional services to children with disabilities whereby a total of 275 (103 M and 172 F) CYWDs and 12 groups of 114 parents of CYWDs were attended by CBIDO's Nutritionist. Nutritional sessions were conducted both individual and group sessions at the center, during home visit program, outreach clinic as well at therapy hall. Parents were taught both theoretically and practically on balanced diet, food groups considering those present in our community, how to prepare nutritious foods and how to feed their children. For those children who were severely malnourished were referred to Dispensaries, Kayanga Health Center, Karagwe District Hospital and Nyakahanga Hospital for further expertise managements.



Nutritionist instructed parents of children with malnutrition on how to prepare therapeutic food

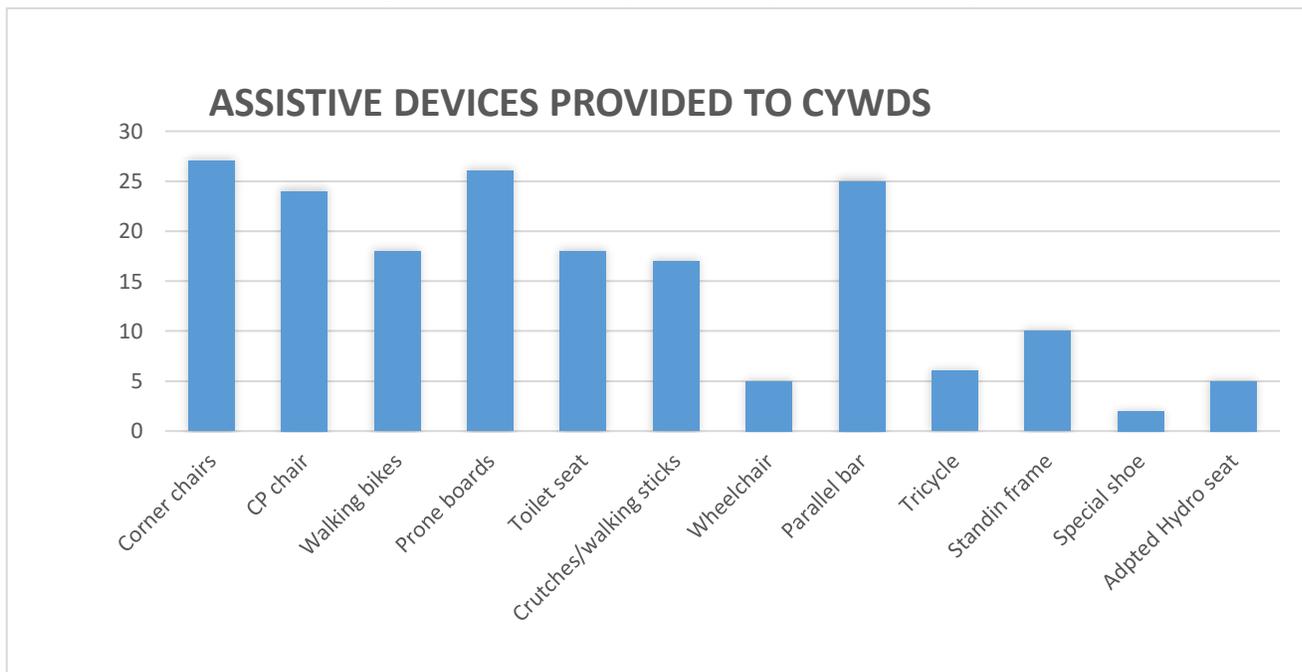
CBIDO Nutritionist in collaboration Nutritionists from the Karagwe District Council were attended nutrition weeks which were among of platform to create awareness to parents/caregivers to improve nutrition to their children, especially those with poor nutritional status and those under 5 years. This program has proven beneficial in improving the weight and nutritional status of children faced with nutritional challenges, addressed unique needs of each child.

Additionally, Nutritionist has collaborated with VRWs and CBRF in villages to encourage parents to use the rainy season to prepare farms and plant crops and vegetables that contributed to better nutrition for the entire family. Parents use this guidance to cultivate vegetable gardens, promoting a holistic approach to enhancing nutritional well-being of their CYWDs.

3.1.11. Making and distributing assistive devices to CYWDs.

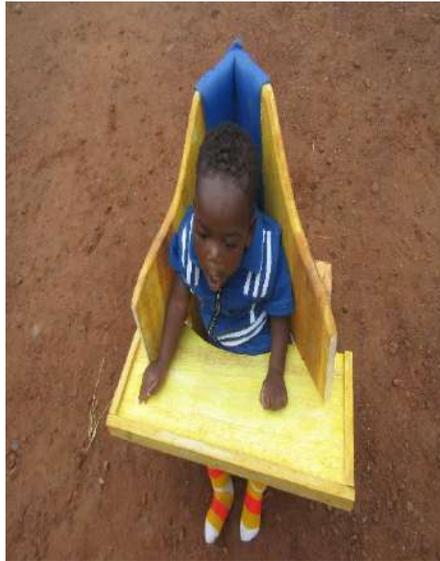
Within the reporting period (January-December 2023), CBIDO has managed to provide **183** assistive devices to CYWDs. The assistive devices provided were locally made assistive devices which were prescribed and made by VRWs in collaboration with CBRF for those complicated cases they were referred to Physiotherapist and Occupational Therapist to make appropriate prescription and ask carpenter to make as per requirements, other assistive devices were imported such as wheelchairs. With the help of assistive device 15 children with disabilities improved their mobility hence participation in activities of daily living including playing, going to social events like church etc while the rest has helped them in positioning, improving muscle strengthening and functional abilities also parents of CYWDs trained on the use of provided assistive devices in order to help them to reduce contractures and improve their conditions hence parents/caregivers have enough time to engage in other productive activities than before.

Chart showing assistive devices provided by CBIDO in the year 2023





A girl with amputation prescribed with bilateral crutches to assist in mobility



Provided corner seat to a child with CP



Provided assistive devices to CWDs

3.1.12. Register and Support families living with children with disabilities for social protection scheme/Provision of Community Health Fund (CHF)

Within the year 2023, CBIDO through its annual plan, planned to serve 180 families of CYWDs in obtaining health insurance to reduce their medical/treatment expenses. This intervention could not be implemented due to the government being in the process of making changes to the improved health insurance system.

3.1.13. Sexual Reproductive Health

Through psychosocial counselor, CBIDO will provide Sexual Reproductive Health and Gender Based Violence educations to group of 1003 clients including youngsters with and without disabilities, parents/caregivers of CYWDs, members of DPAs and other community members. This intervention eventually focused to reduce the occurrence of disabilities due to early pregnancies and transmission of STDs to youngsters especially with disabilities. It has been experienced that most girls with disabilities are left out in communities in issues regarding reproductive health as the result some of

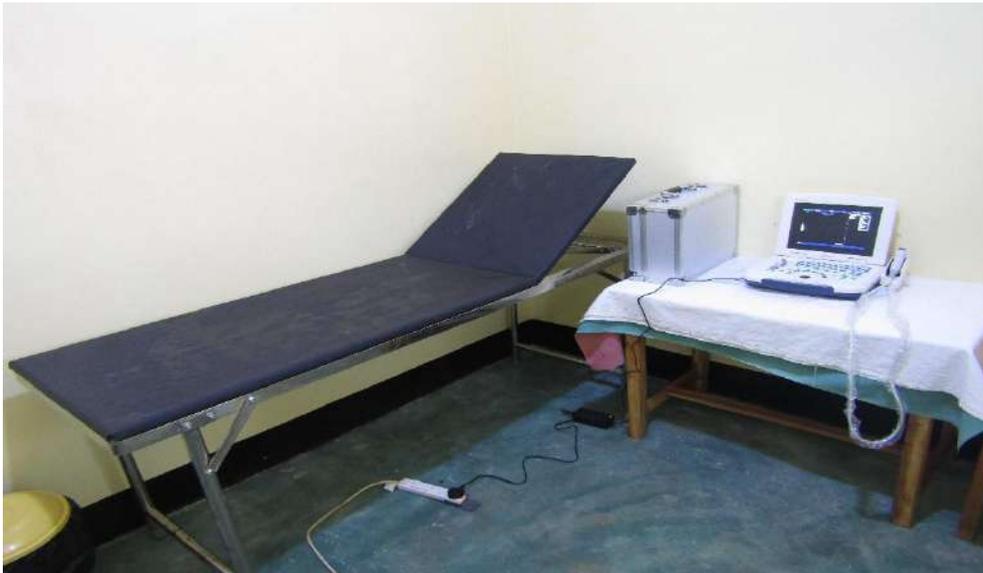
girls are raped, getting unexpected pregnancies and Sexual Transmitted Diseases (STDs) such as Syphilis, HIV/AIDs. Parents/caregivers and the community especially youngsters with and without disabilities reached have become aware about Sexual Reproductive Health issues hence reduced number of dropouts, early pregnancies, Sexual Transmitted Diseases (STDs) and disability cases but also has increased self-esteem among them.



VRW creating awareness to group of men and women on SRH issues

1.1. Disability prevention program

Within the year 2023, CBIDO started the implementation of Disability Prevention and Rehabilitation Services (DPRS) approach to Nyakabanga ward which has 4 villages by creating awareness and sensitized the community on health behaviour issues which can cause disability including creating awareness to pregnant mothers to get ultra-sound check-up and give birth within dispensary. Also, the community members of Nyakabanga ward have been supported with a three in one building (Ultrasound room, delivery room and post-natal /resting room after delivery, sluice room and sewage system and water tank) all the efforts are made to create inclusive societies where persons with disability can assess better health services and reduce disability prevalence with the communities.



Ultrasound machine and examination bed provided at Nyakabanga dispensary

CBIDO has continued to implement DPRS services in the Chonyonyo, Rugera, and Kihanga wards, where various community groups including pregnant women, mothers of under 5 children, youth groups and newly married couples have been educated on disability prevention methodologies. CYWDs have also received rehabilitations services during home visits programs and in therapy halls located in the respective wards. A total of 5,572 clients have been reached and provided with prevention awareness through home visits programs, door-to-door disability prevention, village/sub-villages meetings and maternal and child health services in all 4 DPRS wards (Chonyonyo, Kihanga, Rugera and Nyakabanga).

VRWs in collaboration with CBRF, Health practitioners in respective ward dispensaries and CBIDO specialists (Physiotherapist, Occupational Therapists, Nutritionists, Psychosocial councilor) and specialists from the District hospital who have operated ultrasound services insisted regular on antenatal and postnatal visits, prescriptions and use of recommended drugs during and after delivery, whereby according to the Ministry of Health (MoH) Prophylaxis use during pregnancy (SP, folic acid and vitamin A) doing pre-testing of some conditions e.g RPR, malaria, UTI etc, proper visits of Maternal and child clinics for better use of immunization schedules, Vitamins, Minerals (1000 days after conception).

Through this approach, the community has gained appropriate awareness about disability prevention, people with disabilities are actively participating in various social activities, and there has been a significant increase number of pregnant women attending clinics and giving birth in dispensaries, health centers and hospitals.



CBRF creating awareness on disability prevention during outreach clinic

N.B. CBIDO planned to establish an APP for proper follow up of regular ant-natal and post natal visits but this plan has not implemented in the year 2023 because it is still under construction.

3.2. INCLUSIVE EDUCATION/SPONSORSHIP TO CHILDREN WITH DISABILITIES

In ensuring that Children and Youth with Disabilities (CYWDs) enrolled, retained and attended school, CBIDO in collaboration with the District Special Education Officer has successfully attended a total of 185 CYWDs who have been studying in various primary schools, secondary schools and colleges/universities such as Mugeza inclusive primary school, Mugeza School for Deaf, Kaigara School and Kitengule with special unit, Nyakahanga, Rukole and Maguge primary school, Ruhinda sec., Mabira Sec., Ibanda Sec. Dodoma Sec., Holyghost Sec. (Arusha) and Chato special School.

CBIDO Special Education teacher in collaboration with VRWs and CBRF provided some of basic education to children with disabilities who have been unable to enroll to school due to their disability condition through home schooling at home also make assessment for CYWDs who are able to join for schools and making a right referral to District Education Officer. CBIDO managed to support them with scholastic materials, fare, school uniforms and covered for boarding fees to children in special education in primary schools also covered tuition fees and direct costs for students of college institutes/university.



CBIDO Special Education teacher assessing student

A total of 6 children with disabilities have graduated their standard VII and successfully enrolled in secondary schools. Additionally, 32 CWDs have been enrolled and joined primary school in the year 2024, 1 student has graduated Diploma of Community Development and is now awaiting employment. Through inclusive education, CYWDs have had the opportunity to receive education, and parents have gained a better understanding, leading to increased enrollment of their children in various schools, especially those located near their homes.

CBIDO initiated his commitment to ensure inclusive and accessible educational environment for all students, within this reporting period January-December 2023, CBIDO managed to adjust toilets at Kalaro primary school and 1 class at Ruhinda secondary school facilities to enhance accessibility for CYWDs within our school premises. The initiative contributed to fostering an inclusive school environment where CYWDs feel welcomed and supported while other students demonstrated greater understanding and empathy towards their peers with disabilities.



Adjusted toilet at Kalaro primary school

CBIDO as a member of TeNMet participated in the GAWE, and we ring the bell campaign in April 2023 which was conducted in Mvuha Village Morogoro district. With the theme **“Improving the Investment of Domestic Resources in Education for Sustainable Development”**. Within the week CBIDO

participated both directly and indirectly in all activities that were part of that GAWE week. CBIDO uses the participation of GAWE, and we ring the bell campaign as a platform for learning and making improvements in the angle of Inclusive Education which is one among the pillars in CBR matrix and a programme activity among the implemented activities in CBIDO. In making sure that many people without considering whether they are benefiting from the program or not are being aware on the role and importance of Inclusive Education and other issues related to education, CBIDO is looking forward to use different means such as film articles and other publication to spread different messages related to education which will help in bringing up cooperative societies to all issues related to education including the rights for CWDs to get access to school.

3.3. LIVELIHOOD PROGRAMMES

Livelihood program aim to facilitate youngsters with disabilities and their caregivers to increase their socio-economic resilience to attain better quality of life and increase effective inclusion in all spheres of societal life. Within the year 2023, CBIDO managed to support 59 (10 M and 49) youngsters with disabilities with life skills training, young women trained through Center based, Community based training centers and young boys trained through local technicians within their villages. Young women trained with life skills program at Kayanga center, Kayungu Community based training center and Rwambaizi Community based training center in the field of tailoring, sweater knitting and leather product making (Kayanga center) and tailoring (Community based training centers) but 5 young women out of 49 (3 from Kayanga center, 1 from Kayungu center and 1 from Rwambaizi center) dropped from the training due to various family issues and related problems.

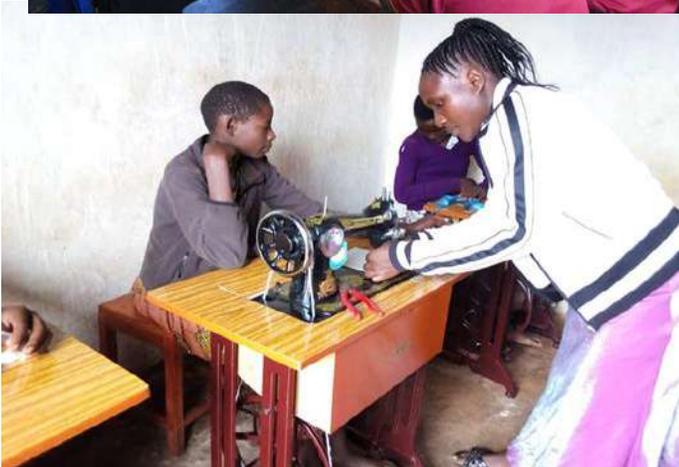
Table below shows number of young women graduated in 2022

S/NO.	TRAINING CENTER	Training course	No. OF TRAINEES
01.	CBIDO Training Centre; whereby	Tailoring	10
		Sweater knitting	12
		Leather materials production	04
02.	Rwambaizi Community-based Training Centre	Tailoring	09
03.	Kayungu Community-based Training Centre.	Tailoring	09
		TOTAL	44

In collaboration with other stakeholders, CBIDO managed to provide learning materials and cover school uniforms, transport, school fees to both Centre's while parents were contributing for food in terms of kind or cash. Young women with disabilities graduated their training and know to make different dresses, sweaters, scarfs, hats and office shoes, open shoes and decorated shoes in different styles and at both centers they were imparted with other life skills like gardening, entrepreneurship and marketing skills, knitting bed sheet, socks and piece of clothing for decoration. After graduation, young women graduated from tailoring and sweater knitting they were supported with machines (start-up kits) as startup capital



Parents/care givers of children with disabilities looking at leather products made by young



Teacher at Kayungu center assess the student's women work



Home decorations made by young



Young women at Kayanga center harvesting carrots from demo garden

A total of 10 young men with disabilities have been linked to local technicians in their villages and Vocational training centers, and trained in various skills development like carpentry, mechanic, sweater knitting, Tailoring and welding. CBIDO covered 60% of the training fees and clients cover the remained 40%.



Young men trained on sweater knitting

Table below shows number of young men linked to local technicians

TRAINING COURSE	NUMBER OF YOUNG MEN	TRAINING CENTRE
Carpentry	06	Village
Tailoring	01	Village
Welding	01	Village
Mechanic	02	Village
TOTAL	10	

3.4. SOCIAL INCLUSION AND EMPOWERMENT

This intervention aims to facilitate PWDs, CYWDs and their parents/caregivers to increase their socio-economic resilience, attain better quality of life and increase effective inclusion or participation in all spheres of societal life. Such support also seeks to enable beneficiaries accept themselves, be accepted by society and be involved in all decisions that affect their lives. Within this reporting period (January-December 2023), CBIDO raise awareness to community members to eliminate barriers associated with stigma and related perceptions towards PWDs and CYWDs. This activities has been carried out through various national and international marking days, local radios, social Medias, sports and games and DPAs.

- **Disabled People Associations (DPAs)**

Within the reporting period January- December 2023, CBIDO through Social Worker in collaboration with VRWs and CBRFs managed to create awareness on various disability related issues, capacity building on managing DPAs and how to run them for sustainability but also continued with monitoring of all 29 DPAs in total with the aim of bringing PWDs and parents/caregivers of CYWDs together to share experience, economic empowerment and joining efforts for lobbying and advocacy activities for people with disabilities. Through DPAs, PWDs and parents/caregivers of CYWDs have become more aware about disability issues including disability prevention strategies, rights of people with disabilities also they have been linked with the local government authority for accessing and benefit on soft loan from the government and engaging in income generating activities.



Social worker capacitated members of DPAs on how to manage their DPA.

- **Medias programs**

Within the year 2023, CBIDO conducted different programs through medias (radios, social medias and online TV) to create awareness on various disability issues and the way to prevent the occurrence of disabilities. This was done through local radio that was Fadeco and Karagwe Radio, different Online TVs, CBIDO's social media like Facebook page, Website, Twitter and Instegram. The use of media has helped disseminate disability awereness to a wider audience especially out of CBIDO catchment areas and also increased the visibility of CBIDO both within and outside Tanzania.



CBIDO Chief Field coordinator presents some topics during radio session

- **Sports and Games**

CBIDO conducted inclusive sports to CYWDs whereby each CYWDs involved despite of his/her disability conditions. CYWDs participated in sports and games as part of therapy and to improve social inclusion. CBIDO trained CYWDs to play sports and games through home visits program, parental engagement

program, CBIDO slow ball ground also through inclusive clubs formed into special unit school; Nyakahanga, Maguge, Rukole and Kitengule primary schools and initiate slow ball game as one of inclusive game to be played with both students (with and without disabilities)



A boy with amputation (using wheelchair) trained to play slow ball

- **International Women’s Day**

CBIDO joined with local government of Karagwe to celebrate the global International women Day which was celebrated on 8th March 2023. The theme of 2023 was “**Digital: Innovation and technology for gender equality,**” which highlights the role of innovative technology in promoting gender equality and meeting the health and developmental needs of women and girls in leadership, work-life balance, gender-based violence, women's health, equal pay, and gender diversity. CBIDO use this platform to sensitize and create awareness on importance of women to be aware disability prevention issues.

- **Down syndrome Day**

CBIDO joined the world’s forces and efforts in marking Down Syndrome International day which was conducted in every 21st March of each year, for 2023 the theme was “**With Us Not for Us**” which emphasizes providing people with Down Syndrome their own decisions and involving them in various decision making to being a part of work team and their wellbeing. CBIDO conducted the event that was preceded by one week full of programs aiming at creating awareness to communities via community radio programs but also CBRFs and VRWs creating awareness to the community members through different community gatherings without considering whether they have children with or without Down syndrome. Respondents reached were informed on the causes of Down syndrome and they were

informed on various programs that children and youngsters with down syndrome can do such as schooling, life skills training, washing and laundry programs, can engage in hotel related programs such as waiter, cookery programs just to mention few, the awareness program was of great impact. In 2023, the culmination of celebration took place in Kihanga ward which was accompanied with different programs to both Kihanga community members and parents/ caregivers of children with Down syndrome. Through the awareness creation campaign on Down syndrome made the community to be aware on such disability challenge in such a way that one child whose parents had come for post-natal clinic was identified by clinic attendants to be having Down syndrome and parents never noticed it before. Apart from creating awareness, CBIDO provided 5 goats to children with Down syndrome to help them boost their economic status.



The culmination of World Down Syndrome Day celebration In Kihanga Ward

- **African Child Day**

CBIDO joined hand with Local government Authority of Karagwe in 16th June, 2023 to commemorate for African Child Day the theme: **“The Right of the Child in the Digital Environment”**. Commemoration has helped children with disabilities to interact with those without disabilities in various sports, and CBIDO has had the opportunity to sensitize community to break the bridge of eliminating children with disabilities. Community members should prioritize rights of CYWDs the same as for without disabilities.

- **Palliative care day**

On 14th October 2023, the word was commemorate *The World Hospice and Palliative Care Day* with the theme **“Compassionate Communities: Together for Palliative Care”**, palliative care helps relieve symptoms and stress associated with serious illnesses, and it is designed to improve the quality of life for both the CYWDs and their family.

- **World disability day (IDPWD – International Day for People with Disabilities)**

The celebration of World Disability Day, officially known as the International Day of Persons with Disabilities (IDPD) was conducted in 3rd December 2023 whereas CBIDO conducted this event as a platform for advocating and promoting the rights of persons with disabilities, it highlights the need for equal opportunities, accessibility, and the elimination of discrimination for PWDs. The theme for this year's International Day of Persons with Disabilities is - **United in action to rescue and achieve the SDGs for, with and by persons with disabilities.** CBIDO has commemorated these celebrations since November 2023 up to 3rd December 2023 by sensitizing community on disability related issues and way to prevent occurrence of disabilities through radio broadcasts and village meetings. These commemorations have taken place in the Kamagambo and Chanika wards, which are new wards in strategy to prevent disabilities which is CBIDO main focus strategy.

- **Enabling Environment**

Many families with Children with Disabilities (CWDs) are living in extreme poverty, leading to their inability to sustain themselves and hindering the progress of children with disabilities. CBIDO social worker in collaboration with CBRFs, VRWs, Community members and other stakeholders have been successfully assisted some families of CWDs to live in good environment i. free from extreme poverty. They have been provided with seeds to ensure food security, and in some cases, houses have been constructed for them. This has brought smiles to families living with children with disabilities



House before



House after

4.0. INSTITUTIONAL DEVELOPMENT

- CBIDO management hired 3 organizational staff in the position of Physiotherapist, Social worker and CBR facilitator.
- CBIDO started to adjust his five year strategic plan (2020-24) to ten years strategic plan (2024-2033), through this CBIDO in collaboration with other development partners started the process of scaling up its program from Karagwe District to other districts in Tanzania.
- CBIDO has become a member of African Disability Collaboration which include members from Kenya, Uganda, Malawi and Tanzania.
- In 2023, CBIDO has been rewarded a recognition certificate from Local Government Authority (Karagwe District Council) to appreciate for the Disability Prevention and Rehabilitation Services provision within the District, together with certificate one of the dispensary was visited by Uhuru torch and was amongst the best constructed with a valuable health services offered all over the district. Also within this reporting period, CBIDO was nominated among the best 100 NGOs supporting persons with disabilities in the world during nomination CBIDO was awarded with appreciation certificate and medal. This awards were increased CBIDO visibilities and motivations to serve more CYWDs in Karagwe and Tanzania at large.
- CBIDO managed to start the implementation of DPRS approach in Nyakabanga ward which was a 4th ward behind Chonyonyo, Kihanga and Rugera which were already started implementing this approach. Within this year CBIDO enrolled another two wards (Kamagambo and Chanika) as a pilot wards for new collaborative DPRS approach (local government authority, Community members and CBIDO) after starting scale up processes, and implementations will start in 2024.
- CBIDO conducted different internal and external capacity building to his staff and VRWs on various disability issues especially for disability prevention. Capacity building was conducted on quatory basis by using CBIDO specialists also by going to other areas whereas implementing CBR works. Capacity building has increased knowledge and understanding on the issues of disability services in order for CBIDO to continue to provide the best services to his clients.



Internal staff capacity building

- 4 staffs from CBIDO had an opportunity to visit ADED organization in Congo DRC who implement Disability prevention approach as CBIDO started to implement in 4 wards in Karagwe district as pilot programs, with this learning visit CBIDO and ADED had an opportunity to learn from each other and exchange experiences on how to implement prevention program in a collaborative way with government. Within October 2023, CBIDO received visitors from Benjamin foundation, (Caroline and Stijn), and founder for Karuna foundation (Rene and Betteke) Nepal and two organizations (ADED and AJEPAD) from Congo DRS. During the visitation they had an opportunity to visit CBIDO programs especially DPRS program to see how it works and operates in Tanzania context, meetings with different stakeholders to discuss and advice on how best we can improve the program positive impacts in the communities, it was such a learning visit for both CBIDO team and visitors very interactive week reach in lessons for program improvement. During the visitation, CBIDO management and visitors had a meeting to discuss together on how to scale up the DPRS approach in all wards in Karagwe district and other districts in Kagera region by collaborating with local government and community members principled by low cost high impacts by applying cost effective approach the action for scale up have been set up management is working for the action plan.
CBIDO were visited by Director from Bethesda project in Burundi to learn our project implementation approaches, he was amazed and impressed of our approach promised in 2024 our team to visit them for training them of this approaches.

- Within the year 2023, CBIDO has visited with different development partners/donors who come to see physically how their support in collaboration with CBIDO bring positive impact to CYWDs and to the communities. Through this visits is an opportunity for both CBIDO and donors to exchange experiences and learnings various developmental issues were discussed and will be part of 2024 implementation. These donors were:-

1. Benjamin Stitching
2. Arthur B. Schultz Foundation (ABSF)
3. Barceló Foundation
4. KCBRP/LF
5. Friends of Children of Tanzania (FoCT)

CBIDO implemented its annual plan 2023 through supports from other development partners/donors that their funds and supports made CBIDO programs to be possible as in the table below;

S/No	NAME OF THE DONOR	COUNTRY
1.	Local Government	Tanzania
2.	Benjamin Stitching	Netherlands
3.	Barceló Foundation	Spain
4.	KCBRP / Lilian Foundation	Tanzania & Netherlands
5.	Anglican AID	Australia
6.	FoCT (Friends of Children of Tanzania)	UK
7.	Arthur B. Schultz Foundation (ABSF)	USA
8.	Other contribution (parents and local contribution)	Others

Following its strategic plan and annual plan 2023, CBIDO managed to implement those activities as planned for 2023 with the following team:

S/No	POSITION	NUMBER OF STAFF
1.	Executive Director	01
2.	Accountant	01
3.	Physiotherapist	01
4.	Occupational therapist	01
5.	Psychosocial counsellor	01
6.	Nutritionist	01
7.	Monitoring and Evaluation	01
8.	Special Education Teacher	01
9.	Social worker	01
10.	IT	01
11.	Security guard	01
12.	Supporting staffs	02
13.	Life skills programme trainers	04
14.	Community Rehabilitation Facilitators	09
15.	Village Rehabilitation Workers	29

Within the year 2023, CBIDO work together with different stakeholders to support CYWDs as per IRP in all spheres of CBR. The following stakeholders and their contributions were very important in reaching the above explained successes in 2023:-

- Local government authority
- Donor agencies/ Development partners
- Religious institutions
- Financial institutions
- Health facilities
- Educational institutions
- Disabled People Associations (DPAs)
- Medias
- Individuals with disabilities, their parents and care givers.
- Community members and other Non-Governmental Organizations (NGOs)
- Technical advisers /Individuals
- Furthermore CBIDO cooperate with different networks such as KCBRP, Tanzania CBR network, Karagwe development network, DPOs. Tanzania Education Network (TENMET)