

## Introduction

The Self-help Group for Cerebral Palsy Nepal (Cerebral Palsy Nepal) is a non-government and non-profit organization fully dedicated to helping children with Cerebral Palsy and neurological problems. Established in 1986, the organization is registered with the Government of Nepal and affiliated with the Social Welfare Council under the Ministry of Women, Children and Social Affairs. The Cerebral Palsy Nepal is an affiliate organization of The International Cerebral Palsy Society, London.



## What is Cerebral Palsy?

Cerebral palsy (CP) is a common term for a variety of disorders that affect children's ability to move and maintain posture and balance. These disorders are caused by brain injuries that occur before birth, during birth, or within the first few years after birth.

The severity of a CP case depends on the intensity of the brain damage; and it becomes more complicated if it is associated with epilepsy and learning disabilities. In the lack of early intervention, children with CP suffer a great deal lifelong.

In Nepal, children with CP and their parents are much neglected and their plight is almost beyond description. It is more so in the rural areas of the country. CP is a real 'hidden catastrophe' in Nepal as much is needed for its prevention and for the rehabilitation of children with it.

## Main objectives of SGCP:

The main objective of this organization is to help and support the parents of children with CP through different ways so that their palsied kids get regular and effective help and care on a long term basis to achieve independence within the limits of their abilities. To be more specific, the broad objectives of the Group are:

- To help children, youth and adults with physical and/or mental disability caused by cerebral palsy to lead a simple life and to be self-reliant through appropriate treatment.
- To provide emotional support to the parents of children with cerebral palsy and to motivate them to provide appropriate help and services to their children on a long term basis.
- To rehabilitate all those children with cerebral palsy through proper use of available community resources and by maintaining a close rapport with the parents.
- To conduct training to produce manpower necessary for providing appropriate treatment and rehabilitation services.
- To develop this institute as a resource centre for cerebral palsy.
- To create public awareness about cerebral palsy, and publish reading materials on cerebral palsy.
- To utilize knowledge and skills gained from research findings of international research agencies and associations.



## INTERVENTIONS

### Assessment and therapeutic support

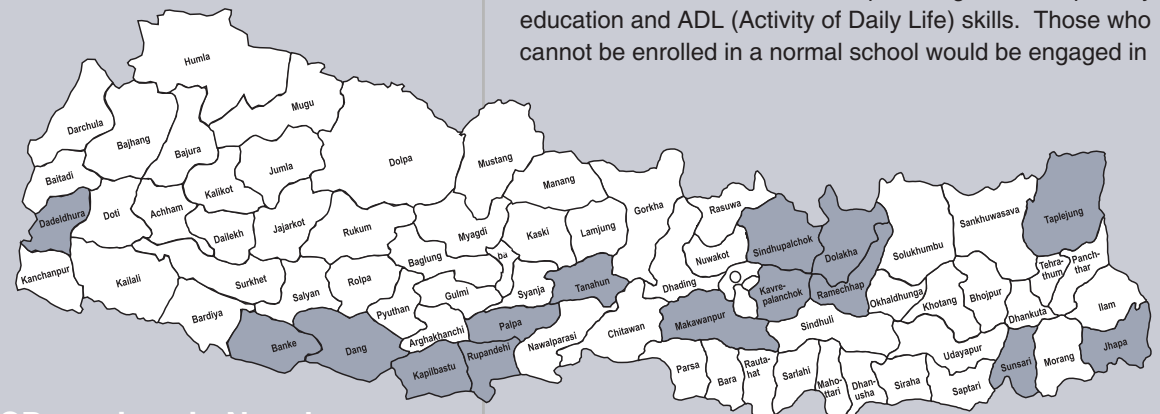
CP Nepal provides medical assessment of children with CP by qualified doctors. The assessment follows a multidisciplinary approach. Professional medical doctors, physiotherapist and psychologist are involved in assessing the problems faced by palsied children. Following the assessment, children are provided therapeutic intervention by experienced therapists. Counseling is provided to the parents, besides psychological tests of children. These services are provided at two locations -- Babar Mahal in Kathmandu and Dhapakhel in Lalitpur. (See location map).



Parents are charged with nominal fees for various services.

### Special Education

Since education is the right of a child, CP Nepal provides special education to children with CP at its complex at Dhapakhel. There are seats for 40 children in the school. Young adults above 18 years old are provided with vocational training as per their interest and capabilities. Experienced teachers, therapists and class assistants are engaged in this program. The main objective of the program is to prepare children for normal schools after providing basics of primary education and ADL (Activity of Daily Life) skills. Those who cannot be enrolled in a normal school would be engaged in



Location of SGCP services in Nepal

vocational training so that they can pursue some income generating activities at their respective home.

### Service at the Doorstep

Continuity of interventions is key to the success in improving the quality of life of a child with Cerebral Palsy. It is important that parents are supported at home as well so as to make the interventions fruitful. Trained persons make regular home visits to support children with Cerebral Palsy and their parents. These door to door visits bear two basic objectives. Firstly, it is to follow up the children who have received interventions so that their progress is maintained. The second objective is to provide required interventions to children who cannot visit the centre or get services easily. The home visit program is intended to provide necessary interventions to children right at their homes. Presently this service is provided in the Kathmandu valley and 15 districts outside the Valley. Home visit program in districts is popularly known as ORP (Out-Reach Program). In 2009 alone, over 700 children received services at their doorsteps in the following districts:

### REACHING THE UNREACHED

It is believed that over 75,000 children and adults are affected with cerebral palsy in Nepal. Inadequate antenatal and obstetric care as well as poor pre-natal and post-natal care is responsible for the large number of cerebral palsy cases. Malnutrition and lack of awareness further compounds the problem. CP Nepal believes much of the cases can be reached with networking with various organizations across the county. CP Nepal promotes



collaboration with field based organizations to reach the unreached children and adults living with cerebral palsy.

### EDUCATION FOR ALL

Education is the fundamental right of every child. CP Nepal strongly supports in integrating children with cerebral palsy

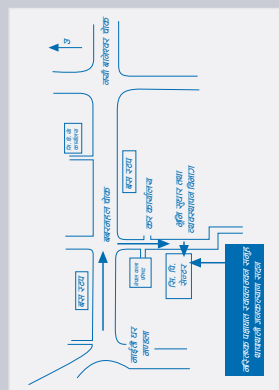
in normal schools. So far, over 200 children have been integrated across the country. However, the schools need to be disabled-friendly and teachers should be enabled to handle such cases.

### VOLUNTEERISM AND PLACEMENT

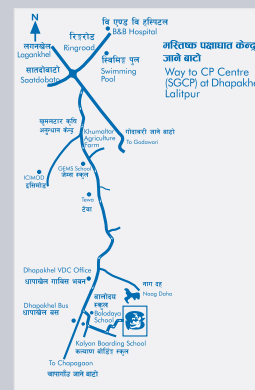
CP Nepal also welcomes dedicated and genuine volunteers to work in the organization. The field of volunteers ranges from generalist to professionals such as therapists and doctors. CP Nepal has been benefitting from well over 200 person weeks of volunteers annually. Around 10 Nepali and foreign students come for placement with the organization annually.

### LOCATION MAPS

Location map for Babar Mahal



Location map for Dhapakhel



### Contact

Self-help Group for Cerebral Palsy Nepal

PO Box : 3519, Kathmandu, Nepal.  
 Tel : 977-1-5573 699/030 (Dhapakhel, Lalitpur)  
 977-1-4218918 (Babar Mahal, Kathmandu)  
 Email : sgcp@cpnepal.org  
 Web site : www.cpnepal.org



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