

## Non Rehabilitative Programmes



### 1. Poverty Alleviation programmes

APDK aims at uplifting the economic status of communities where it offers services. This is done through the Revolving Fund project where the communities are encouraged to form groups with the aim of setting up small scale enterprises either as individuals or as a joint group project.

### 2. Sheltered Workshops

APDK believes in giving persons with special needs opportunities to utilize their talents, through the sheltered workshops;

- Bombolulu Handicraft Centre
- Likoni Quality Furniture

### 3. Trade Fair Shop

APDK has set up Trade Fair Shops in Nairobi and Mombasa that act as an outlet of products made by persons with special needs.

At our attractive and customer friendly showroom, you will find unique, exquisite, trendy and exciting selections of finely hand crafted gifts, home furnishings, tables, kitchen wares, fashion accessories, souvenirs and exclusive African collectibles that stylishly blend into your lifestyle; all made by persons with special needs.

**APDK National office and Nairobi Branch are located along Waiyaki Way opp. ABC place/Caltex Petrol Station (at the kabete Orthopaedic compound)**

P.O. Box 46747-00100, Nairobi  
Tel: +254 (20) 4451523/4/5 Fax: +254 (20) 4451523/4/5,  
E-mail: National office – apdknat@africaonline.co.ke  
www://apdk.org

#### APDK Executive Office

P. O. Box 83988, Mombasa  
Telephone: 041 - 474078/471840 • Fax: 041 - 473570  
Wireless: 3502148 • cellphone: 0722382204  
e-mail address: apdkexec@africaonline.co.ke

#### APDK Nairobi Branch

P. O. Box 46747 - 00100, Nairobi  
Telefax: 020 - 4451523/4/5 • wireless: 3599918/8009317  
e-mail address: apdknbi@africaonline.co.ke

#### APDK Busia Branch, District Hospital

P. O. Box 158 (50400), Busia - Kenya  
Telephone - 055 - 23086 • Cellphone: 0735711686  
e-mail address: apdkbusia@yahoo.com

#### APDK Embu Branch, Provincial Hospital

P. O. Box 33 60100, Embu  
Telephone 068 - 31409 • Cellphone: 07334870612  
e-mail address: apdkembu@yahoo.com

#### APDK Kisumu Branch, Provincial Hospital (Russia)

P. O. Box 3166, Kisumu  
Telephone: 057 - 2026159  
email address: apdkksm@yahoo.com

#### APDK Machakos Branch, Masaku School for the Handicapped

P. O. Box 656 - 90100, Machakos  
Telephone: 068 - 31409 • Cellphone: 0734707153  
email address: apdkmks@yahoo.com

#### APDK Kisii Branch, Kisii General Hospital

P. O. bOX 841 - 40200, KISII  
Telephone: 038 - 30881 • Cellphone: 0727685419  
email address: apdkkisii@yahoo.com

#### APDK Nakuru, Nakuru Provincial Hospital

P. O. Box 1606 - 20100, Nakuru  
Telephone: 051 - 2213825  
email: apdknakuru@yahoo.com

#### APDK Eldoret, Uasin Gishu District Hospital

P. O. Box 5665, Eldoret  
apdkeld@yahoo.com



## The Association for the Physically Disabled of Kenya (APDK)



**Life Membership fee: Kshs: 1,500/=**  
**Donor Membership fee: Kshs 1,000/= per year**  
**Ordinary Membership fee: Kshs: 100/=**



## APDK MISSION STATEMENT

“To enable people with disability to overcome their physical limitations and empower them socially and economically to become self reliant and fully integrated members of their communities”

## OBJECTIVES:

- To create awareness on causes, prevention and management of various disabilities with the aim of reducing prevalence and overcome prejudices and traditional beliefs towards persons with disabilities.
- To promote quality rehabilitation services through medical rehabilitation, social rehabilitation and economic empowerment.
- To develop low-cost supportive appliances through appropriate technology to meet the needs of persons with disability especially in the rural community.
- To network with the Government and other service providers for persons with disabilities with the aim of coordinating activities to avoid duplication of services.
- To promote formation of grassroots groups of persons with disabilities with the aim of increasing their self-confidence to achieve full participation in their communities and attain equal rights.

## 1. Outreach Programmes

The outreach program offers the following services:

- Assessment of persons with special needs
- Health Education and awareness creation
- Social mobilization and clinical camps
- Measurement/fixing of supportive appliances

## 2. Community Based Rehabilitation

APDK embraces the rights-based model of rehabilitation, which aims at mainstreaming persons with special needs within their community, in line with the UN Convention. The model provides the following in its CBR programs:

- Community awareness and social mobilization
- Resource mobilization
- Capacity building to the community on disability issues
- Mainstreaming disability issues to the community as a development agenda
- School inclusion and mainstreaming.
- Day Care Centre

## 3. Production of Appliances

APDK aims at developing low-cost supportive appliances through appropriate technology to meet the needs of persons with special needs, both in the rural and urban areas.

All clients are assessed by orthopaedic technologists before they are provided with supportive devices. Some of the orthopaedic appliances fabricated at APDK include:

- Calliper
- crutches
- surgical boots
- walking frame
- wheelchairs
- tricycles

## 4. Institutionalized Services

APDK provides quality therapy through provision of;

- Occupational Therapy
- Physiotherapy
- Nutrition programmes
- Counselling sessions
- Club Foot Management
- Parents social groups
- Quarterly surgeon's clinic

## 5. Rehabilitation Centre

The APDK Rehab Clinic is formerly the Polio Port Reitz Clinic located in Coast Province. The clinic has a 60 in-patient bed capacity. It offers physiotherapy, occupational therapy, outreach programs, community based rehabilitation and orthopaedic appliances.

## 6. Surgical Intervention

APDK collaborates with AIC – Cure International, Kikuyu Orthopaedic, Machakos General and Nyabondo Hospitals in surgical intervention.