

## **1. Formation of “The Association for the Physically Disabled of Kenya “**

### **Mission Statement**

*The Mission of the Association is: To enable persons with disability to overcome their physical limitations and empower them economically and socially to become self reliant and fully integrated members of their communities.*

During meetings held by the Federation of Social Services in 1957, **it was felt that “Employment of adult African cripples and Training of crippled or deaf and dumb African children” required a solution.** At the same time, the **Minister for Local Government** was interested in the establishment of a Rehabilitation Center where children with disability could receive physiotherapy.

Subsequently the **“Association for the Physically Disabled of Kenya” (APDK)** was established and the first meeting was held in **March 1958.**

APDK held its first Annual General Meeting in 1960 and Sir. Derek Erskine was elected Patron. **Mr. Moody Awori**, who was a founding member of APDK, became a member of the committee in 1962 and was elected Vice Chairman. In **1963** he was elected **Chairman**, an office he has held ever since, which is an admirable record of service to the Nation and the disability fraternity in particular.

In 1976, Mr. Awori was invited to **Oslo**, where he held discussions with **REDD BARNA, NORAD and the Association of the Physically Disabled of Norway** on funding for APDK. The same year, the Association was host to the first tourists with disabilities ever to visit Kenya - a group of 13 men and women from Denmark. Unfortunately, the year ended sadly with the death of Sir Derek Erskine, a Trustee and Patron of the Association.

In 1978, APDK participated in the **Rehabilitation International Conference (RI)**, in Manila, Philippines. In 1987 the Chairman was appointed as a Member of the **World Committee for the UN Decade of Disabled Persons.**

In 1992, APDK hosted the **17<sup>th</sup> World Congress of Rehabilitation International** which attracted 1,600 participants. **Hon. Awori** was elected the **Vice President of the African Region.**

In 1994, His Excellency President Moi officially opened the **Mobility Aid Workshop and Cultural Centre** within the Bombolulu Project in Mombasa.

**Hon. A. A. Moody Awori**, MP, National Chairman was awarded and installed by President Moi on Jamhuri Day, 12<sup>th</sup> December 1998, as **Elder of Burning Spear** (EBS) for his outstanding service to Persons with disabilities.

In the year 2001, the National Chairman, Hon. A. A. Moody Awori, led a delegation of four **APDK officials to China** at the invitation of the China Federation of Persons with Disabilities.

## **2. Adult Crippled Training Centre (now know as Industrial Rehabilitation Centre):**

In 1960, the Red Cross offered APDK the use of the “ **Ujana Park Hostel**” on **Mbagathi Road**, which was developed into a hostel and vocational **training** center for persons with disabilities. In 1964 the facility was purchased from the Red Cross and the Center’s name changed to **Adult Crippled Training Center**.

With a substantial donation from **Oxfam**, the Adult Crippled Training Center was extended and officially opened by the Minister of Social Services in 1970. It changed its name to **Industrial Rehabilitation Centre (IRC)** and was handed over to the Ministry of Social Services the following year.

## **3. Children’s Orthopaedic Clinic – Lagos Road:**

In November 1962, a Mrs. Spencer, raised funds for the construction of a **Children’s Orthopedic Clinic** at Lagos Road to provide therapy services to children with disabilities. By the end 1963, the 1<sup>st</sup> phase of the Clinic was completed and formally opened by Mr. Charles Rubia.

Funds were provided by **REDD BARN**A of Norway for children requiring surgery, and **OXFAM** for wheelchairs. In 1975 the foundation stone was laid for the extension of the Children’s Orthopaedic Clinic, financed by **Lions Club of Nairobi Central** which was completed in 1978.

The **first Ministry of Health personnel, an Occupational Therapist**, was attached to **APDK in 1976** and in **1978 the first Kenya trained Physiotherapist was seconded to APDK**, assigned to the Children’s Clinic by Kenyatta National Hospital. Ever since, the Ministry of Health has attached Physiotherapists and Occupational Therapists to the APDK Clinic. These, dedicated staff, are the backbone of the services provided by APDK to people with disabilities country wide.

**REDD BARNA of Norway increased their** grant-in-aid for surgery enabling APDK to use operating facilities in the PCEA Kikuyu Hospital in order to reduce a long waiting list of children requiring orthopaedic surgery.

After the infamous **Bomb Blast at the US Embassy in August 1998**, professional services was required for the blast survivors. **USAID through ADRA Kenya** provided funds to APDK for the rehabilitation of the Bomb Survivors. Through this funding, Nairobi Branch was able to acquire equipments for its Clinic and rehabilitated 200 Bomb blast survivors who suffered physical injuries.

Surgeons from the **Bethany Crippled Centre in Kijabe** and from the **Kikuyu Rehabilitation Centre** hold regular Clinics and refer children for Orthopaedic Surgery to their respective Hospitals. **Doctors of the "Kenya Paediatric Association"** conduct weekly clinics at APDK to attend to the medical condition of the APDK clients.

With the development of the new therapy facility at Kabete APDK will be in a position to provide improved services to a larger number of clients.

#### **4. Nile Road Special School**

In 1964, a **Special School** was started at the clinic to offer education to children with physical disabilities. Two more classrooms were built at the school in 1967, it was soon realized that the space at the clinic was too small for a full stream Primary School. The **Nairobi City Council** agreed to allocate a plot of land at Nile Road off Jogoo Road. The first phase of the **Nile Road Special School** was constructed and officially opened by the City Education Officer in 1969. The school was handed over to the City Council in 1971.

#### **5. Orthopaedic Workshop**

In 1966, the need for an **Orthopedic workshop** was identified to provide walking appliances to persons with disabilities. A leather worker was employed who produced calipers and boots at the Government Orthopedic Workshop at Kabete.

In 1983, APDK acquired a Workshop Manager and Planning Consultant through NORAD to help with the **administration and to develop the orthopaedic services of the Association**. The workshop was moved to Lagos Road and in 1984 the production of artificial limbs commenced.

In 1999, **VSO donated Kshs. 1 million** for training and new machines and therapy equipments.

The new workshop at Kabete is the largest unit for orthotics, crutches, wheelchairs and tricycles in Kenya. Annually over 2,000 appliances and 700 wheelchairs/tricycles are produced and given to mainly poor persons with disabilities. Most of the wheelchairs are sponsored by local and overseas organizations and the private sector. Plans are underway to construct a larger wheelchair workshop to increase the monthly production capacity to 200 units.

## **6. Mobile Orthopaedic Clinics**

To reach people with disabilities in the rural areas of Kenya, Mobile Orthopedic Clinics commenced in Eastern Province in 1966. During the 1970's, Mobile Outreach Clinics were established at **Coast, Western, Nyanza and Rift Valley Provinces**. The number of Mobile Orthopaedic Clinics **increased to 136** following the purchase of vehicles.

Initially volunteer Therapists from Denmark, Holland and Norway were running the Mobile clinics but they were eventually handed over to Government Therapists in the District and Provincial Hospitals.

## **7. Community Based Rehabilitation (CBR)**

In the year 2000, CBM and Kindernothilfe donated funds to begin a **Community Based Rehabilitation Programme** in **informal settlement area of Mukuru slum**. **The programme has expanded and is now serving 21 villages.**

In the year 2002, due to the successful awareness creation on disability and the community acceptance of its responsibility to persons with disability, the local Administration and Village Elders of Lunga Lunga allocated APDK a small area to construct a Day Care Centre. The Day Care Centre gives children with disabilities an opportunity to develop their social skills, intellectual skills and serves as a stepping stone to integration into mainstream schools.

## **8. APDK REHABILITATION CENTRE AT KABETE - 2003**

The official Opening of APDK Rehabilitation Centre at Kabete by His Excellency President Mwai Kibaki on 3<sup>rd</sup> of December 2003 marked a new milestone in the 45 years of the existence of APDK.

The Opening was appropriately held on the "UN Day for Persons with Disabilities" when the world reflects on the challenges and achievements made by persons with disabilities.

APDK was also proud of the fact that the National Chairman of the Association, Hon. A.A. Moody Awori, Vice President of Kenya, had completed 45 years of dedicated services as a member and 40 years as Chairman of the Association.

### **a) Background of Rehab. Clinic**

Having been established in 1958, "The Association for the Physically Disabled of Kenya" is one of the oldest and most effective organizations for persons with disabilities in Kenya.

Since its inception, APDK has assisted and rehabilitated over 400,000 persons with disabilities through a network of eight branches and comprehensive programmes ranging from medical rehabilitation, therapeutic services, community based rehabilitation, educational programmes, vocational training, employment, self employment through micro financing and provision of appliances and mobility aids.

With currently over 480 employees, trainees and Government attached personnel, APDK provides life changing support to persons with disability from the poorest families with a focus on children in rural and slum areas.

### **b) Rehabilitation Centre Kabete**

Since 1963, the National Office and Nairobi Branch of APDK have been located at "**APDK House**" in Lagos Road behind Akamba Bus building. The facilities have accommodated the Therapy Departments, Out-patient Clinic, Orthopaedic Workshop and offices but were inadequate for the vastly expanding services.

In the year 2000, APDK held consultations with the "**Christoffel Blinden Mission**" (**CBM**) with the aim of expanding the APDK services countrywide and establishing a larger Rehabilitation Centre in Nairobi. After negotiations through

CBM with the German Government and CIDA Canada, funding approval was granted and a **Co-funding agreement** was signed in late 2002.

The **German Government** agreed to fund the costs for the construction of a new Rehabilitation Centre, Renovation of the Kabete Orthopaedic Workshop, five vehicles and three motorbikes for the countrywide Mobile Clinics and operational costs of the National Office for four years at a total cost of **Kshs. 49 Million**.

**CIDA Canada** approved funding of **Kshs. 46 Million** for the provision of therapy equipment as well as machines, tools and materials for eight Orthopaedic workshops country wide. Funding also includes Training, awareness creation and operational costs of the six up-country branches including Mobile Clinics for three years.

Between 2001 and early 2003, extensive negotiations were held with the Ministry of Home Affairs, Culture and Social Services, the Ministry of Lands, the Ministry of Public Works and the Treasury for a **lease of the Orthopaedic Workshop** at Kabete and land for the **development of a new Centre**.

In April 2003, a **30-years lease** for a portion of land at Kabete was granted to APDK for the development of the Rehabilitation Centre and a 5 years lease signed for the use of the Orthopaedic Workshop.

In May 2003, **renovations of the Orthopaedic Workshop** commenced and by July, the department moved from Lagos Road to the new spacious workshop.

**Construction of the 7000 sqft. Rehabilitation Centre** with modern Therapy facilities commenced in May 2003 and were completed by mid November 2003 when all APDK operations were moved to Kabete. The new Centre is considered to be the most spacious and best equipped facility in Nairobi.

In 2007, the branch secured funds from Irish AID to construct a wheelchair workshop. USAID/Pact Omega offered funds to equip the workshop. The workshop was built next to the Kabete Rehabilitation clinic/Administration on part of the leased land. The branch hopes to put up a showroom on the remaining piece of land lease to it.

## **9. HISTORY OF APDK COAST BRANCH**

The Coast Branch of APDK was **set up in 1971** to provide rehabilitation services to physically handicapped persons in Coast Province. The Association currently operates 4 programmes namely the APDK Rehabilitation Clinic with Mobile Clinic Services and Community Based Rehabilitation Programme, the Bombolulu Crafts Workshops and Cultural Centre, the Likoni Furniture Workshop, the Mobility Aid

Workshop which produces wheelchairs and the Income Generating Programme "FAIDA" which assists persons with disabilities to start their own small scale businesses.

Currently the Association (Coast Branch) has **280 employees** in all the projects most of them being physically disabled while training and treatment is offered to over 3,000 persons with disabilities annually.

All programmes are either donor funded or sustain themselves from marketing of their products. The APDK Coast Branch exists today as an example which shows that people with disabilities can be gainfully employed or trained and integrated back into society if given the opportunity. We all need to pool our efforts, resources and patience to accord them the opportunities which they usually lack.

**BOMBOLULU WORKSHOPS** - This project is the largest Rehabilitation Centre of its kind in the country and trains and employs physically handicapped and blind men and women in jewellery making, tailoring, woodcarving and leatherwork. The high quality crafts, produced by 130 skilled craftsmen and women, are marketed locally and exported to 18 countries.

A Tailoring Training section which is fully sponsored by 'Christoffel Blindenmission' in Germany trains 12 handicapped persons every year. After completing their courses, the trainees receive a sewing machine and starting capital to enable them to become self sufficient.

**Cultural Centre & Restaurant** - In the quest to create greater job opportunities for persons with disabilities and attract more visitors to the project, Bombolulu set up a Cultural Centre on its premises in 1994. This comprises six traditional homesteads of different Kenyan ethnic groups and a restaurant serving African and international dishes. Traditional crafts, cooking and farming are demonstrated while visitors can enjoy the traditional dances of various tribes.

**APDK REHABILITATION CLINIC** (formerly Polio Clinic) - The Clinic was initiated by Mombasa Round Table No. 3 in 1964 when they saw the need to help the growing number of children suffering from Polio and other physically handicaps that existed. In 1971 A.P.D.K. took over the running of the Clinic.

The Clinic caters for both in-patients and out-patients .. providing Physiotherapy, Occupational Therapy, training for independence and hydrotherapy. The Clinic also provides Orthopedic appliances for both in- and out- patients.

The services provided are free of charge and the Clinic is run wholly on donations from both local and overseas and donor organisations. This support

from various donors has enabled the Clinic be what it is now, the finest rehabilitation centre for children in Kenya.

While APDK has employed 55 members of staff to run the three programmes, the Ministry of Health has seconded 9 Therapists, Technologists and Nurses to provide professional services.

**Jaipur Foot Programme-** The Clinic runs a Jaipur Foot Project which is a joint venture between APDK and the Rotary Club of Bahari which was launched in 1993. Its main objective is to deal with the fabrication of artificial limbs to patients whose limbs have had to be amputated either below or above knee.

**Mobile Clinic** - In 1972 the Clinic extended its services to far away areas for those patients who could not afford to travel all the way from their homes to Port Reitz. The Mobile Clinic covers Kwale, Taita-Taveta and Kilifi Districts. The main objective of this program includes screening patients with different disabilities and referring them to the appropriate Clinic for treatments i.e. surgical and rehabilitation.

**Community Based Rehabilitation** - This is an outreach programme taking its services to persons with disabilities in the community, with the full participation of family members and the community as a whole. This programme concentrates on the slum areas around Mombasa and offers home based care, counseling and school integration and training of community leaders, teachers and parents.

**LIKONI QUALITY FURNITURE WORKSHOP** – In 1971, APDK was invited to take over Furaha Chesire Home for Cerebral Palsy Children at Likoni which was closed. The take over was complete in 1972, and the name changed to Likoni Rehabilitation Centre with a sheltered Workshop in Carpentry. The objective of the workshop is to train and employ handicapped persons from APDK Rehabilitation Clinic and elsewhere, in carpentry skills so that they can eventually earn a respectable living. The production workshop currently employs 35 skilled carpenters who have earned a reputation for quality, exclusive designs and competitive pricing. The Workshop operates a retail outlet "Likolulu" at the RATNA Square Shopping Centre and specializes in hotel, domestic, office, school and hospital furniture.

**MOBILITY AID WORKSHOP** - The Mobility Aid Workshop was established in 1993 with the aim of providing free mobility aids for needy persons with disabilities who otherwise would not be in a position to move freely and independently. The aids are sponsored by tourists and other willing donors.



A.P.D.K. recognized the dire need for a workshop that could produce and repair good quality tricycles and wheelchairs, which can be repaired locally and are suitable for the rough African terrain. Imported wheelchairs are usually not suitable for the rough roads and soon break down while spare parts are either not available or unaffordable to the users.

**INCOME GENERATING PROGRAMME 'FAIDA'** - A.P.D.K is advancing more and more into community based rehabilitation rather than institutional rehabilitation centres and with that in mind an Income Generating Programme 'FAIDA' was established towards the end of 1996 with the aim of alleviating poverty among persons with disabilities in Coast Province through small scale income generating projects.

Individuals are assisted to set up their small-scale businesses through purchase of machines or equipment, stock and construction of basic structures, where necessary. Assistance is provided in the form of grants or loans. A team of four qualified Business Advisors undertakes intensive business training, feasibility studies, regular seminars and weekly follow-ups.

## **10. Up-country Branches**

### **Kisumu Branch**

In 1972, a Branch was established in the Nyabondo Home for Crippled Children, later renamed Nyabondo Rehabilitation Centre. An Orthopaedic Workshop and a Sheltered Workshop in Ceramics was started at Nyabondo. Unfortunately this project was discontinued in 1976, due to unfeasibility.

A Branch was opened at the Provincial General Hospital in Kisumu in 1985 and Mobile Outreach Clinics to Western Kenya commenced. Due to lack of funding, outreach services ceased in 1990 but were revived again in 2001.

The Branch currently operates from its own offices at the Provincial General Hospital and has four full time staff and a vehicle for Outreach Programmes, Community Training, CBR and micro financing commenced in 2003.

### **Machakos Branch**

The Machakos Branch was formed in 1973 with the aim of establishing a special primary school for children with physical disabilities. In 1979 the National Chairman attracted funds from NOVIB of Holland and, the first Phase of the "Masaku School for the Physically Handicapped" was opened with an enrollment of 45 children. The Teachers Service Commission seconded a group of teachers and in 2003 the enrolment stands at 135 children.

The Machakos Branch of APDK established its own office at the school in 2003 and co-ordinates outreach programmes to Machakos District, Kangundo, Kithiani and Yatta.

### **Nakuru Branch**

In 1982, the Chairman was invited to visit the United Methodist Church Women Wing in the USA with a view to raising funds. He received Kshs.140,000 which enabled APDK to initiate a branch at the Nakuru Annex Hospital.

**DANIDA** donated two vehicles for the Mobile Clinic which allowed APDK to cover vast areas of Rift Valley Province. The Branch currently operates from its own offices next to the Orthopaedic Workshop at the Provincial Hospital. The offices were officially opened in 2007 by H.E. Hon. A.A. Moody Awori

### **Busia Branch**

The Busia Branch was launched and Mobile Clinic Services started in 1988. The Branch closely collaborates with the Alupe Orthopaedic Workshop for the provision of appliances while the Outreach Clinics cover large areas of Western Province.

The Branch for a long time operated from the NARC Offices. In March 2007 with funds from Polio Hilfe, the Branch managed to construct its own Rehabilitation clinic within Busia District Hospital.

### **Kisii Branch**

The Kisii Branch was established within the District Hospital in the early 1980's. Mobile Clinic services commenced with the assistance of a Danish volunteer.

In 2002 Prof. W. Heiss of Germany donated Kshs. 800,000 for the construction of an Orthopaedic Workshop and offices which were opened in 2003. Three full time staff are employed by APDK while the Government has attached a Coordinator. The Branch undertakes extensive outreach programmes including community training, micro financing, educational sponsorships and provision of appliances. In 2007 the branch was secured fund from Amref to run an AIDS/HIV programme dubbed MAISHA.

### **Embu Branch**

The Embu Branch was set up in the late 1980's and was kindly accommodated by the "Red Cross Home for Handicapped Children". An Orthopaedic Workshop was established but ceased to operate in 1995 due to shortage of funding.

In 2003 the Branch set up office within the Provincial Hospital and extended the Government Orthopaedic Workshop. Extensive Outreach Clinics are undertaken by the Branch. In 2006, the Branch introduced micro finance project.

**Eldoret Branch** was launched in the year 2007 and is currently operating from the Moi Referral Hospital, Eldoret.

### **Siaya Branch**

On 7<sup>th</sup> May 2015, APDK's 10<sup>th</sup> Branch in Siaya was officially launched at Siaya County Referral Hospital. The project was funded by Roelchling Foundation in collaboration with Christian Blinden Mission International (CBMI) Germany