

# OCCUPATIONAL THERAPY IN AFRICA

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## Introduction

Tanzania has population of 44.9 m people

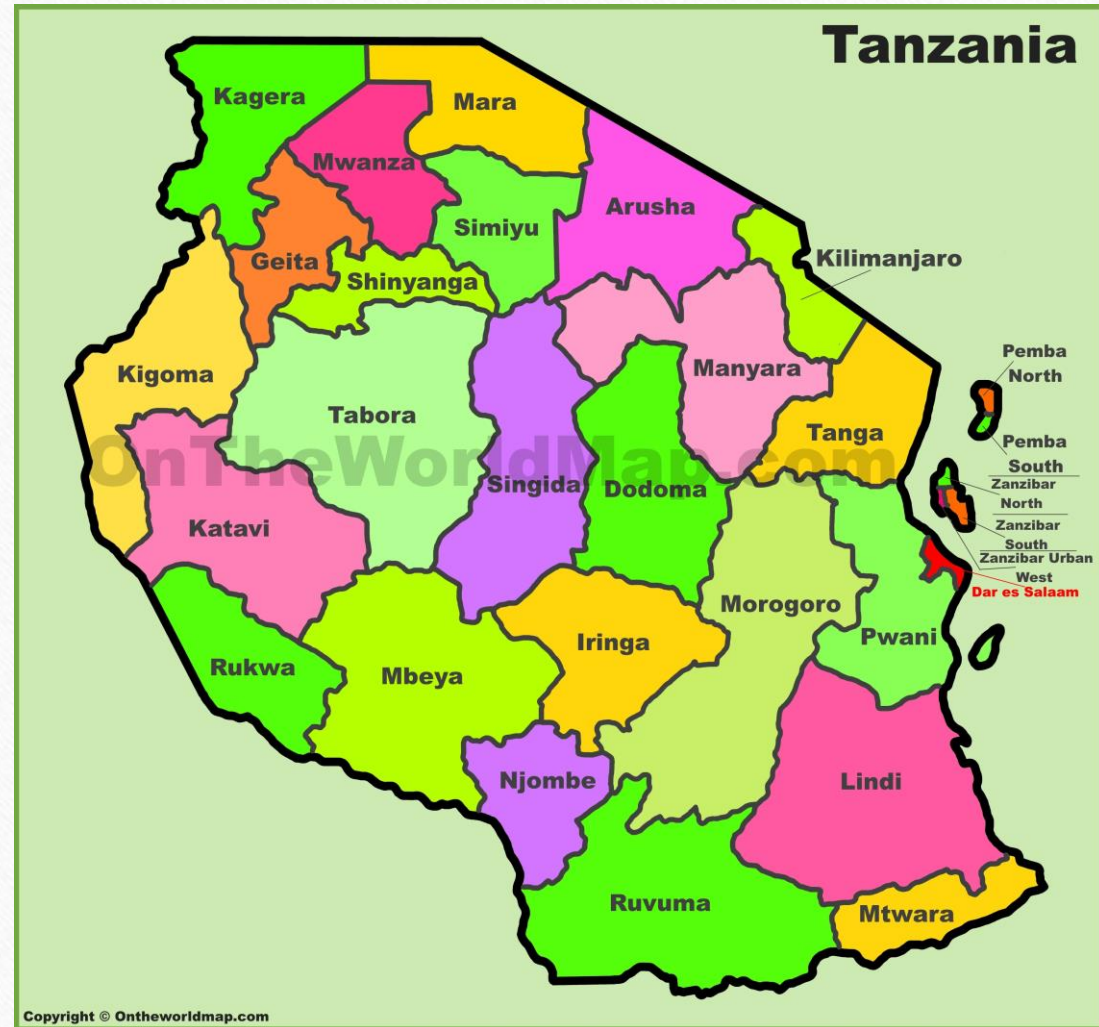
In East Africa

With about 123 tribes in the country,

With a mixture of religions and beliefs.

Tanzania has a lot of natural attractions  
therefore tourism.

Main occupations are  
farming,business,livestock keeping







# programmes at our center

Outreach activities

Montessori Kindergarten for Disabled Children

Vocational and skills training

Gabriella Children's Rehabilitation Centre

Therapeutic Weeks

Special Ed class

Class for Children with Autism





# Health and Disability

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- WHO definition "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
- When a person fails to be fit in all aspects then they are not well.

# Occupational therapy and Health

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- As OTs we acknowledge the whole aspect of a healthy life.
- As we know “an occupational being is a healthy being”
- There are many challenges that influence with being occupational, such as poverty, stigma, disability or impaired health conditions, environment, and the cultural aspect.
- Occupational therapists address these in spite of all.

# Disability in TZ

Lack of proper systems that lead to early identification and referral

Negative attitudes and believes

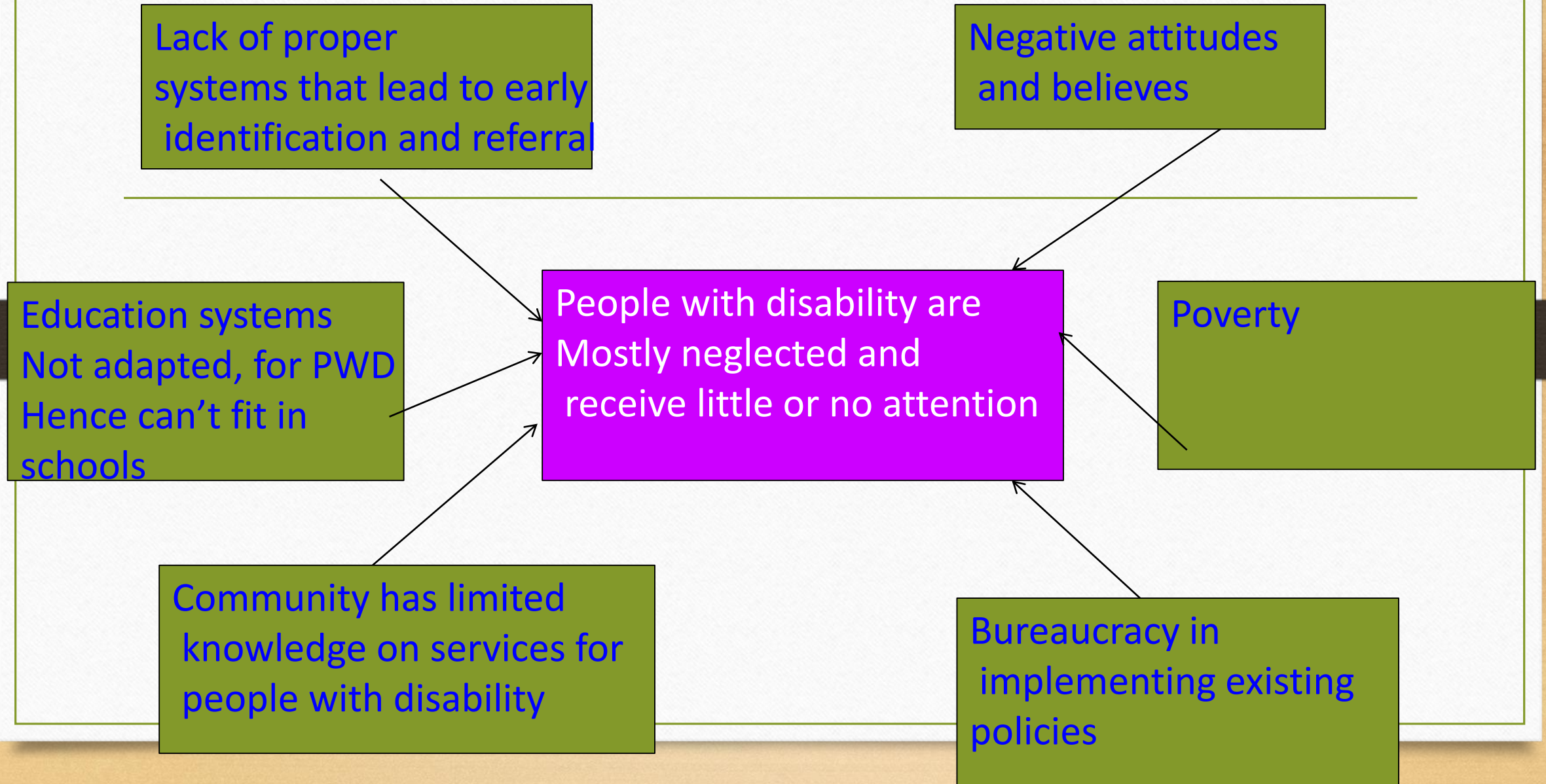
Education systems  
Not adapted, for PWD  
Hence can't fit in schools

People with disability are  
Mostly neglected and  
receive little or no attention

Poverty

Community has limited  
knowledge on services for  
people with disability

Bureaucracy in  
implementing existing  
policies





# Solutions

- Inspite of limited number of occupational therapists creative and innovative measures are necessary in a less resourceful area like in Tanzania. This includes having a holistic approach and being client focused in the type of interventions used.
- Tanzania is a country of many tribes, therefore rich in tradition, which can be considered as strength towards intervening with PWD.
- in the reflection of two position paper from WFOT the following are the way we address global health, culture and diversity.



# Networks

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- Form links with local governments
- Form links with religious institutions
- Form links with clan elders
- Health centers
- Schools and other community social service providers.
- Links with other health professionals

# Education and awareness raising – campaigns, media, workshops Interventions

Occupational therapists Form links  
and network with – other  
Professionals, Government officials,  
Religious leaders.







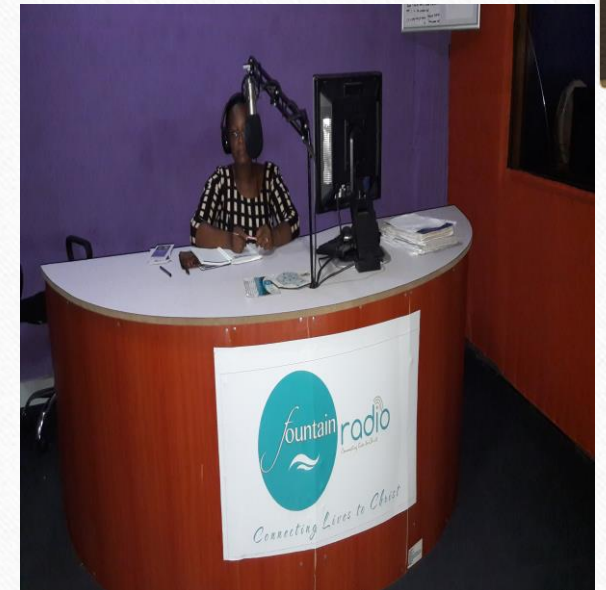
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NA GABRIELLA CHILDREN'S  
REHABILITATION CENTER



# Interventions – Occupational Therapists use of Technology to enable meaningful lives

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- Use of media to get to our main stakeholders i.e people with disability and all those that work with them
- To understand the challenges in the communities.
- Learn current techniques and be creative to adapt them to our settings to overcome the challenges.
- To share experience. – volunteerism, field placements.





# cultural differences and Diversity in our programs

- For interventions with clients e,g  
Identification of talents
- To create respect of a person as a whole
- Break stigma



# CRAFT WORK

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- Craft work used as group activities as way of intervention
- Make different products like bracelets, necklace, earrings. Also by using local available materials(banana leaves) to make photo frame, trays, and other product.
- All the activities aims at equipping the youth the productive skills, use to improve self confidence especially when they produce something by themselves.



# Carpentry





# CRAFT WORK









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- We use fashion show as way children/youth can proudly show off what they can do and what is in their community.
  - Show off their craft work by wearing the products which they have produce like bracelets, necklace, earrings and hair bands.
  - Show that they can engage themselves in cooking through their wearing style and carry some equipment for cooking and products.



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- Also use of cultural dresses of different tribe example maasai, kanga which used by most tribes in Tanzania. These cultural dresses make them more comfortable during performance and its ethical because its not against our culture.



# FASHION SHOW





# Traditional dances and drama

- To pick talents and boost skills in People with Disability.
- Traditional dances for awareness raising and education.













# Empowering people with disability, families and eventually community – addressing health

issues

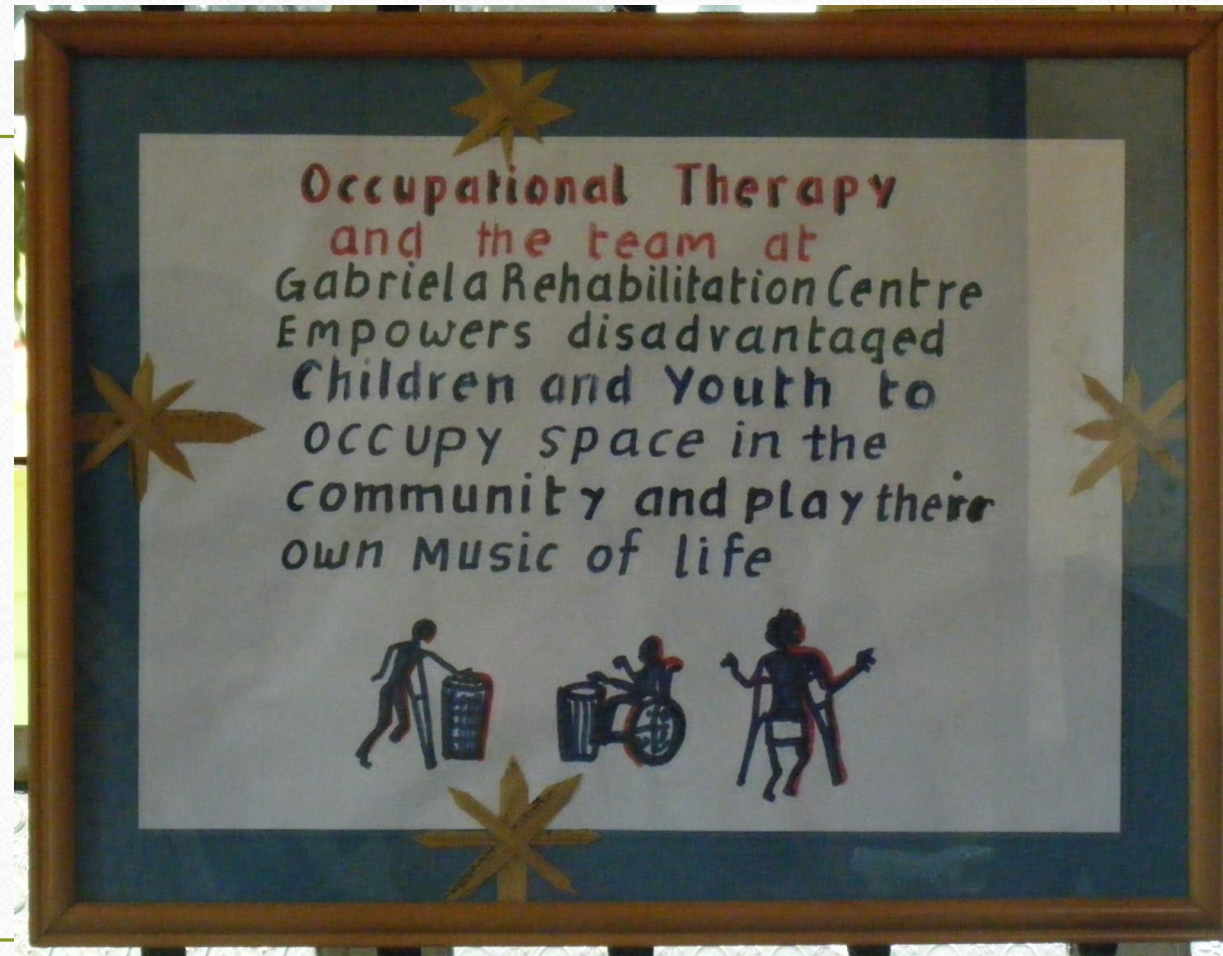
## INTERGRATION PROCESS

- Working with families – support structure and home visits
- Involving local authorities
- Education of communities.
- Spreading the projects to others





# Conclusion



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- Importance of blending culture and considering the health aspect in our work as occupational therapists.



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**THANK YOU**  
**ASANTE SANA**