At CBM, we believe that the key to overcoming poverty is, to empower people, especially people with disabilities, as they are the poorest of the poor; and building inclusive communities. We envision a disability inclusive world where communities:

- are equipped to support and include people with disabilities
- have the skills and resources to meet their own needs, and
- are able to plan and provide for the future themselves

**SUSTAINABLE CHANGE**

CBM is committed to see long lasting changes. That is the reason why we are there for the long haul & partner with local organisations. We work with people with disabilities, their families and communities so that they are supported and included at home, in school, at work, at places of worship and in the community as a whole, helping them to become self-sufficient and sustainable.

**FROM STRENGTH TO STRENGTH**

The best part of building an inclusive community is that the benefit is shared by the whole community. People with disabilities may start off receiving assistance and support from our programs such as teaching aides, physiotherapy or a microloan to start a small business... but this all enables them to be more empowered, more active, and therefore more able to give back to and strengthen their communities by being active members of their society, families and local economy.

**COMMUNITY BASED INCLUSIVE DEVELOPMENT**

One of the key ways that we build strong communities is through Community Based Inclusive Development (CBID).

CBID starts with recognising that the foundational building blocks of strong communities are access to good health, social, education and livelihood services. CBID aims to ensure that people with disabilities have the same access to these services to live full and meaningful lives.
HOW DOES CBID WORK?

People with disabilities face many physical barriers to participating in community life, such as inaccessible buildings, facilities and transport, as well as sociological barriers, such as prejudice and discrimination against disability, or misconceptions that people with disabilities cannot gain an education, earn a living or marry.

CBID programs aim to overcome these barriers through a holistic, two-pronged approach:
- working with the person with disability and their families, through treatment, rehabilitation and provision of resources such as hearing aids or wheelchairs, so that they are able to go out and participate in the community.
- working with their communities so that everyone understands the importance of including and supporting people with disabilities, and how to do so. This involves raising awareness about disability issues and rights.

TWIN TRACK APPROACH TO DISABILITY AND DEVELOPMENT
Twelve year old Keerti in Chitwan, Nepal, is a living example of the benefits that flow from the individual, to the family, to the community when people with disability receive the support they need to meaningfully participate in their society.

Keerti was born with cerebral palsy. As a toddler and little girl she was only able to crawl, and only for short distances. She also showed some difficulties in concentrating, speaking and interacting.

“Until she was ten, she would just be alone at home. She had nothing much to do and there was a time when we were in total despair about how to help her.”

Her mother and father were very concerned, and took her to several hospitals to no avail. As poor labourers who had moved from their ancestral village in Baglung district to Chitwan in search of work, they did not have the funds to seek further help.

“The most difficult thing was that our little daughter had no friends at all,” recalls Keerti’s mother, Jamuna.

“But then Keerti’s family was referred to CBM’s partner CBID program. This program takes a holistic approach to supporting children with disabilities, recognising that any medical rehabilitation work must be accompanied by awareness raising to ensure that children with disabilities are empowered and included in their communities.

This holistic approach has made all the difference for Keerti. First her physical needs were addressed, and after a preliminary assessment she was booked into surgery that would increase her mobility and eventually enable her to walk.

But CBM’s partner’s work did not end here: we helped Keerti’s parents realise how much she wanted to join all of the children in her neighbourhood at school, and that it was indeed possible for her to be included this way.

The next step was to spend time talking with the teachers and children at the school so that they understood Keerti’s condition, that she should be included equally, and that she required some extra support to do some tasks, such as using the toilet.

Now Keerti’s life could not be more different to the child who was left to crawl around the family home by herself. She walks herself to school every day, where she learns and enjoys classes and is invited to play with her peers at recess.

Seeing the children play together and the joy in Keerti’s parents’ eyes as they tell their story, we are reminded that when CBM works to support a person with disability, it is not just the individual but also the family and community who benefit from their empowerment and active involvement in everyday life.
RULES OF THE GAME:
Players begin with either a green or pink token:

CHILD HEALTH
Around 20% of disease & disability in children under 5 is related to poor healthcare & nutrition during pregnancy, childbirth & the first month after delivery.

EDUCATION
People with disabilities are less likely to be in employment and are also more likely to earn lower wages if they are employed.

COMMUNITY LIFE
People with disabilities are often denied opportunities to participate in everyday community and cultural life because of stigma and prejudice against disability.

INCLUSION
CBM support screening clinics identify disabilities early and provide family support.
CBM helps provide life-changing treatments for people with disabilities in the world’s poorest places - such as sight saving surgeries to prevent blindness and physiotherapy to improve mobility.

LIFE
The game begins by players taking turns to roll a dice and travel along their designated path. Follow the written instructions until all players have reached the end.

CBM provides access to vaccinations and medicines to protect children from disease and malnutrition that result in disability. **Advance 3 spaces!**

CBM support screening clinics identify disabilities early and provide family support. **Advance 4 spaces!**

CBM provides Braille and other resources so all children can participate in school. **Advance 3 spaces!**

CBM provides microloans to people with disabilities so that they can start up their own business. **Advance 4 spaces!**

CBM provides training in life skills and mobility to people with disabilities, allowing them to gain more independence at home and in the community. **Advance 4 spaces!**

CBM provides skills and training to people with disabilities so that they can earn a living. **Advance 3 spaces!**

CBM trains teachers to include children with disabilities within schools. **Advance 4 spaces!**

CBM works with partner organisations in Africa, Asia, Latin America and the Middle East to deliver programs - including medical services, rehabilitation, education and livelihood - for people with disabilities and their families.

Play The Life Game to understand the barriers people with disability often face in the poorest countries and what your support of CBM’s work is doing to make sure everyone gets to play, participate and contribute in their community.
Play The Life Game to understand the barriers people with disability often face in the poorest countries and what your support of CBM’s work is doing to make sure everyone gets to play, participate and contribute in their community.

**RULES OF THE GAME:**

Players begin with either a green or pink token:

- **Pink** - plays the role of a person with disabilities and travels the longer pink path on the board.

- **Green** - plays a person without disabilities and travels the shorter green path.

The game begins by players taking turns to roll a dice and travel along their designated path. Follow the written instructions until all players have reached the end.

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**LIVELIHOODS**

People with disabilities are less likely to be in employment and are also more likely to earn lower wages if they are employed.

**COMMUNITY LIFE**

People with disabilities are often denied opportunities to participate in everyday community and cultural life because of stigma and prejudice against disability.

**LIFEGAME**

Among persons with disabilities, men are almost twice as likely to have jobs as women. If you are a female. Miss a turn.

CBM provides skills and training to people with disabilities so that they can earn a living. Advance 3 spaces!

CBM provides microloans to people with disabilities so that they can start up their own business. Advance 4 spaces!

Disasters, such as extreme weather or earthquakes, affect everyone and can devastate whole communities. People with disabilities are among the most vulnerable when disaster strikes. Everyone move back three places.

People with disabilities are often unable to attend events and gatherings because buildings, roads and transport are inaccessible to people with disabilities. Move back 2 spaces.

CBM supports advocacy groups within communities which raise the profile of people with disabilities and break down stigmas. Advance 2 spaces!

CBM works with partner organisations in Africa, Asia, Latin America and the Middle East to deliver programs - including healthcare, community-based rehabilitation, education and livelihood - for people with disabilities and their families.
Awareness creation and advocacy:
We work to increase the awareness of community leaders and members that persons with disabilities have the right, duty and ability to participate in community life. Information is provided to break down stigmas regarding why disability occurs and what it means for individuals. Self-help groups for people with disabilities are also formed to ensure that people with disabilities get the support they need and have their voices heard in decisions that affect them.

Treatment and Rehabilitation:
We support people with disabilities by providing access to life-changing treatment and rehabilitation to remove or reduce the effects of their impairments. This may be treatment for clubfeet or training of a person who is blind in mobility and daily living skills.

Education
Access to education is fundamental to ending the cycle of poverty and disability. We work with schools to increase the enrolment of children with disabilities and to give proper attention to vocational skills alongside academic education.

Livelihood
Giving people with disabilities the skills and know-how to earn a living enables them to gain independence and freedom from poverty. This includes micro-finance (loans) to get a business started, business advice, apprenticeships and other training programs to improve opportunities for employment and self-employment.

Mainstreaming
We work with people with disabilities and community services to break down the barriers that prevent them from accessing existing health, education, micro-finance, livelihood, and social services programs.
WHAT DOES THIS MEAN IN PRACTICE?
Your support enables CBM to work through many, many projects around the world—In 2015, CBM Australia helped almost 1 million people access medical and rehabilitation services and 7 million people in Neglected Tropical Diseases. With such vast numbers it can be hard to conceptualise exactly what changes we are bringing about together—so to give a more concrete idea of just how powerful and wide-reaching our CBID work is, here’s what just 2 of our projects achieved in 6 months alone during 2015...

CAMEROON

• 5094 people with disabilities are better able to represent their interests due to participation in self-help groups and disabled people’s federations.

• 2723 people with disabilities received home-based rehabilitation.

• 16 people received cleft lip surgery through an outreach campaign.

• Treatment to prevent avoidable vision impairment was provided to over 35,000 people.

• 55 teachers from special schools trained to improve the quality of education provided to children with visual and hearing impairments.

• 428 children with a disability supported to complete their birth registration, a prerequisite for accessing education and other government services.

• Apprenticeship placements for 70 youth with disability were established.

• 84 people with a disability were provided with training and supported to commence income generating activities, increasing their opportunities to earn a living.

INDIA

• More than 1600 children received rehabilitation, leading to improved mobility and independence.

• School awareness raising programs helped teachers and peers recognise the needs and abilities of children with disabilities. This resulted in 63 students enrolling in school!

• 282 children with disabilities received home-based education as preparation for entry into local mainstream schools or to support children with more severe disabilities.

• 198 buildings, ramps and toilets were made accessible to people with disabilities.

• 1340 fieldworkers, community health workers and volunteers were trained in disability inclusion.

• 236 government officials, 103 doctors and nurses and 278 teachers were trained in disability inclusion.
HOW CAN YOU HELP?

We believe everyone has a role to play in fighting poverty and building strong communities for people with disabilities throughout the world.

- **Talk to your friends and family** about disability, poverty and CBM's work.
- **Pray for our work** with people with disabilities in the world’s poorest places at cbm.org.au/prayer
- **Get social** Share this page with your friends on social media.
- **Donate** to CBM Australia at cbm.org.au
- **Email for more information** on our work and how you can help cbm@cbm.org.au

Whichever way you chose to get involved, we are so grateful for the part you play in our work. Everything we do is possible because of you, our supporters.