

ANNUAL BULLETIN 2015-2016



www.cil.org.np

**Independent Living Center
for Persons with Disabilities, Kathmandu
(CIL-Kathmandu)**



CONTENTS

Message from the President	2
About CIL-Kathmandu	3
Vision, Mission & Goals	4
What is Independent Living?	5
What We Do	7
CIL-Kathmandu Impact 2015/2016	16
Our Achievements	17
Financial Breakdown	18
Partners and Stakeholders	19
Our Executive Committee	20



MESSAGE FROM THE PRESIDENT

Hello friends,

It has been 10 years now since we have started campaigning for the Independent Living Movement in Nepal. During this time, we have sparked many discussions about various issues and rights of persons with profound and severe disabilities- we feel that we have gained considerable momentum.

We are constantly trying to fully understand the issues being faced and the barriers preventing persons with disabilities from living independently in Nepal. We believe that there should be a barrier free environment so that persons with disabilities can access all aspects of society. This is their right.

At CIL-Kathmandu we are working hard campaigning, running programs, advocating and promoting the need for a barrier-free environment. We are also trying to raise awareness among the general public to remove the social stigma that is often associated with disability.

We believe that people with profound and severe disabilities, and other disabilities also, deserve to have the government provide assistive devices and personal attendant services. It is the human rights of persons with disabilities to have access to these supports.

We would like to see persons with disabilities in leadership roles, particularly in government, as they have a lot to offer and contribute to the country. There is no reason why persons with disabilities cannot hold influential roles in Nepal and make a substantial contribution to our country's future.

This bulletin is to summarise the things we have achieved in the past year, and show the general public, government and other disabled persons organisations what CIL-Kathmandu has achieved. I hope that from this annual bulletin you gain a better understanding of what our organisation is doing, and a broader understanding of the independent living concept.

We hope that you will support us by joining us - we need your support and cooperation to reach our goals.

Ganesh K.C
President

ABOUT US

Independent Living Center for Persons with Disabilities, Kathmandu (CIL-Kathmandu) is a non-profit, non-political, self-help organization run by and for persons with disabilities. It is the first disabled persons' organization established to promote and protect the rights of people with disabilities through the concept of Independent Living in Nepal.

CIL-Kathmandu is headquartered in Gaushala, Kathmandu, and has affiliated organizations in 20 districts around Nepal.

The four key areas we work in are:



ADVOCACY



**AWARENESS
RAISING**



PEER SUPPORT



**ASSISTIVE DEVICES
& TECHNOLOGY**



A man with dark hair and a slight smile is sitting in a silver wheelchair. He is wearing a bright blue t-shirt over a white long-sleeved shirt. The t-shirt has a logo that says 'International Wheelchair' and '1st March 2017'. The wheelchair has a large rear wheel with a 'KTA JMA' logo and 'Custom Made' text. The background shows a paved area and some trees.

VISION

People with disabilities living a dignified and independent life, with a full understanding of their human rights, in a barrier-free community.

MISSION

Promoting and strengthening values, principles and practices of independent living throughout Nepal.

GOALS

1. Establish and strengthen independent living centers as intermediaries between persons with disabilities and the government to help in the implementation of independent living principles across Nepal.
2. Build a positive and responsible state and society for the promotion and development of the independent living concept.
3. National adoption of anti-discriminatory laws and policies regarding the rights of persons with disabilities.



WHAT IS **INDEPENDENT LIVING?**

Independent Living is a vision, a philosophy and a movement, that interprets disability through the social model, with a rights based approach.

The goal of independent living is for people with disabilities to enjoy a life free of physical and social barriers in their chosen community. This will take a different shape for each individual depending on the nature of their disability.

For people living with disabilities, living independently means having control over the assistance (i.e. equipment, devices, services) required for daily life, and access to amenities such as housing, transport, health services, entertainment, education and employment.



THE INDEPENDENT LIVING MOVEMENT

The Independent Living Movement originated in the U.S. Civil Rights and consumer movements of the late 1960s. The Independent Movement works at replacing the special education and rehabilitation experts' concepts of integration, normalization and rehabilitation with a new paradigm developed by people with disabilities themselves.

The movement was brought to Nepal in 2006 by a group of passionate activists who had travelled to Japan to learn more about the concept and were dedicated to seeing equal opportunities, self-determination, and self-respect for persons with disabilities in Nepal. This was the beginning of CIL-Kathmandu, and the organization's plight to promote and protect the rights of persons with disabilities in Nepal.

PRINCIPLES OF

INDEPENDENT LIVING

Human rights: Equal rights and opportunities for all with no segregation based on disability type or stereotype.

Consumerism: The right for individuals to decide which product or service is right for them.

Deinstitutionalization: Nobody should be institutionalized (by a building, program or family).

Demedicalization: People with disabilities are not 'sick', and this perception needs to change.

Self-help: Professionals are not always the source of the best or most appropriate help.

Advocacy: Systemic, long term, community-wide advocacy activities are needed to ensure that people with disabilities benefit from all that society has to offer.

Barrier removal: Institutional, architectural, attitudinal and communication barriers need to be removed.

Consumer control: The best qualified organizations to support individuals with disabilities are those governed, managed, staffed and operated by persons with disabilities.

Peer role models: Role models in leadership positions should be held by persons with disabilities.

Cross-disability: Work should be done by individuals with different types of disabilities.



WHAT WE DO

1. ADVOCACY

Advocacy is one of the four core mandates of CIL-Kathmandu. Advocacy protects and promotes the rights of people with disabilities so that they can live independently in their chosen community. For the past 10 years, CIL-Kathmandu has advocated that the government increase the meaningful participation of persons with disabilities in all decision-making processes that affect their public and private lives.

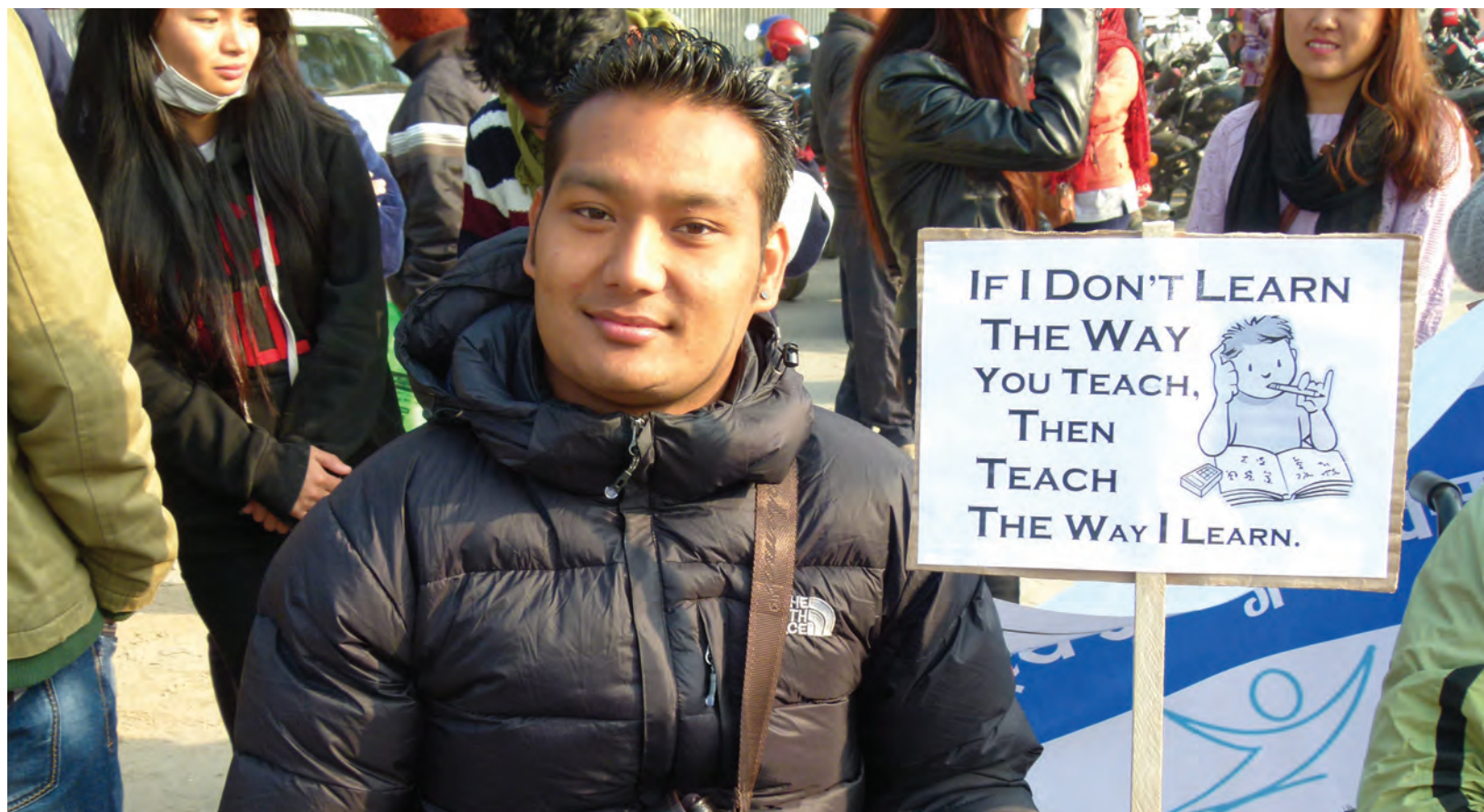
CIL-Kathmandu are advocates for the implementation of laws, legislation, international conventions and treaties that enforce the rights of people with a disability to live a life free of physical and social barriers.

CIL-Kathmandu advocates for :

 <p>Rights to assistive devices and services</p>	 <p>Employment opportunities</p>	 <p>Unemployment allowances</p>
 <p>Free education</p>	 <p>Free health care</p>	 <p>Accessible physical environment and residential facilities</p>

CAMPAIGNS

In the 2015/16 fiscal year CIL-Kathmandu facilitated two major campaigns; the Barrier Free Campaign and the Asia Try Campaign. Both campaigns gained substantial momentum and helped increase the reach of CIL-Kathmandu's message both within the disability community and among the general public.



BARRIER FREE CAMPAIGN

The Barrier Free Campaign is an on-going campaign run by CIL-Kathmandu which focuses on accessible infrastructure for persons with disabilities. The 2015 campaign involved participation from members of the general public (with and without disabilities), district level governmental officials, local non-government organisations, human rights activists, and the media.

The Barrier Free campaign was made up of two elements, the first being an orientation workshop on accessibility guidelines to regional level stakeholders in 5 regions in Nepal, and the second being an awareness demonstration held in twenty of Nepal's districts.

The campaign provided a platform for CIL-Kathmandu, along with representatives from different sectors, to put pressure on government offices to implement the changes needed for Nepal to be free of physical barriers for persons with disabilities.

ASIA TRY CAMPAIGN

The Asia Try campaign is a continuous campaign organized by persons with disabilities across Asia. The goal of the campaign is to accelerate a barrier free society for persons with disabilities and to highlight their right for inclusion in all aspects of life. Nepal hosted the Asia Try campaign on 9-12th March, 2016, and the inauguration was led by the Vice President of Nepal, honourable Nanda Bahadur Pun.

Over two hundred persons with severe and profound disabilities and their personal attendants divided themselves into five groups to spread the campaign across Kathmandu and its four surrounding districts. Among the campaign participants were international guests from Japan, South Korea, Taiwan, Cambodia, Mongolia, Pakistan, Bangladesh and India.

Ganesh KC, the President of the Independent Living Center-Kathmandu, was the secretariat of Asia Try in Nepal. Mr KC, along with the staff at CIL-Kathmandu played a large role in organising participants to march, distribute pamphlets and appeal papers. There were also speeches delivered stressing the barriers experienced by people with disabilities across Nepal on the roads, foot paths, in public toilets, public buildings and with services and facilities.

The Asia Try campaign highlights the importance of breaking barriers in order to allow full and effective participation of persons with disabilities in society.





2. PEER SUPPORT

CIL-Kathmandu provides a wide range of peer support services for persons with disabilities including peer counseling, home visits, referral services, and education on human rights for persons with severe, complete and multiple disabilities to support their ability to live independently.

PEER COUNSELLING

Peer counseling is a non-professional, co-counseling technique that facilitates those with similar personal problems and backgrounds to get together and talk. Acceptance and positive thinking are commonly utilized techniques of peer counselling and are designed to motivate and liberate individuals, and enhance their ability to make their own decisions confidently.

“ Peer Counselling taught me what life is like for persons with disabilities so that I can be prepared for the challenges I will face. Talking to other people with disabilities made me feel motivated, and now I feel like I can do whatever I want, and lead an independent life one day.” ”



Biraj Bhatta, Kathmandu

INDEPENDENT LIVING PROGRAM (ILP)

The Independent Living Program provides a platform for small groups of people with disabilities (particularly those with new disabilities) to visit the Independent Living Center for a period of 10 days and participate in a variety of activities aimed at enhancing their ability to live independently.

The experienced staff members of CIL-Kathmandu assess individual needs and tailor the program to suit each participant. The program includes sharing information on the role and benefits of a personal attendant and assistive devices, as well as educating participants on their human rights and the services available within their community.

The Independent Living Program aims to equip individuals with disabilities with the skills to live a free and joyful life where they feel empowered to make their own decisions.

“Before [the Independent Living Program] I was unable to work in the way I wanted to. Now, I feel confident to work independently.”



Phatta Maya, Gorkha

HUMAN RIGHTS EDUCATION



CIL-Kathmandu provides information on human rights to persons with disabilities, their carers, human rights activists and government officials (at a national and district level) with an objective to increase their level of knowledge. The human rights education program is designed as a 3-day interactive orientation program. It involves various sessions covering topics such as the Universal Declaration of

Human Rights, International Convention of Civil and Political Rights, Convention of the Rights of Children, Committee on the Elimination of Discrimination Against Women, UN Convention on the Rights of Persons with Disabilities (UNCRPD), Nepalese legal frameworks on disability and the concept of Independent Living.

INFORMATION AND REFERRAL

CIL-Kathmandu disseminates information on the rights of persons with disabilities and the services CIL provides through a range of multimedia platforms including; digital resources, social media and publications. Additionally, CIL-Kathmandu refers and connects individuals seeking access to other community services in the areas of assistive devices, education, employment opportunities and health services.



3. AWARENESS



There is still an inherent stigma associated with disability in Nepal, which often leads to mistreatment, exclusion, mental health issues and reduced access to education and employment opportunities. Workshops, conferences, campaigns, seminars, demonstrations and press conferences are among the ways that CIL-Kathmandu raises disability awareness among the general public in an effort to reduce stigma.

CIL-Kathmandu employs a multi sector approach to its work, engaging with education, health and tourism sectors in order to raise awareness and encourage the adoption of inclusive practices throughout all aspects of society.

4. ASSISTIVE SERVICES, DEVICES AND TECHNOLOGY

CIL-Kathmandu facilitates the manufacturing of wheelchairs and other assistive devices such as crutches, canes and prosthetics at their factory in Dhulikhel. The factory places particular focus on producing functional, and user-friendly methods of assisting people with disabilities.

The need for innovation and advancement in assistive devices has lead CIL-Kathmandu to invest in research, looking at new technologies and approaches toward ensuring the best possible support for persons with disabilities.



PERSONAL ATTENDANT SERVICE

Assistance from a personal attendant is often necessary for persons with severe and profound disabilities to carry out their daily activities, achieve personal mobility and public participation. In Nepal, it is common for friends or family members to provide this assistance. To respect the dignity of persons with disabilities and alleviate pressure from carers, CIL- Kathmandu strongly advocates for the employment of professional personal attendants and for the inclusion of personal attendant services as a fundamental human right for persons with profound and severe disabilities.



WHEELCHAIR MANUFACTURING

It is common in Nepal for persons with disabilities to obtain wheelchairs as donations from international and local charities. Whilst this generosity is valued and acknowledged, CIL-Kathmandu believes that wheelchairs should be provided on a needs basis, through a rights-based approach, not charity.

In most cases, wheelchairs are provided without any needs or physical assessment, leading to ill-fitting wheelchairs. Because of the common charity-based approach in Nepal, persons with disabilities are obliged to accept the assistive devices they are provided, which often has negative repercussions.

In Nepal, there are very few organizations

providing wheelchairs and assistive devices which are well fitted to the individual and suitable to the challenging terrain.

CIL-Kathmandu advocates the governments adoption of responsibility for domestically produced assistive devices.

To promote the mass production of such wheelchairs in Nepal, CIL-Kathmandu is now working with the Engineering Department at Kathmandu University in Dhulikhel, enabling a tailored approach to the production of wheelchairs and a greater consideration of the physically challenging terrain in many parts of Nepal.

“

Now that I have learnt to live independently I have been able to finish school, and make plans to study a bachelor degree.

I then hope to be able to find a job so that I can support my family and my community.

”

Achyut Joshi
Dhangadhi, Nepal

“



Surya Maya Lama
Kavre, Nepal

Now I don't feel like I need to be dependent on other people.

I have learnt life skills, and I plan to study and pass so that I can work to support myself.

”

CIL-KATHMANDU

IMPACT 2015/2016



187 persons with disabilities took part in human rights education training.



64 persons with disabilities participated in the ten-day Independent Living Program.



1500 people participated in CIL-Kathmandu led advocacy and awareness demonstrations around Nepal.



90+ advocacy meetings took place.



150+ wheelchairs were distributed to persons with disabilities in Kathmandu.



200+ government officials and other stakeholders were educated on accessibility in Nepal.

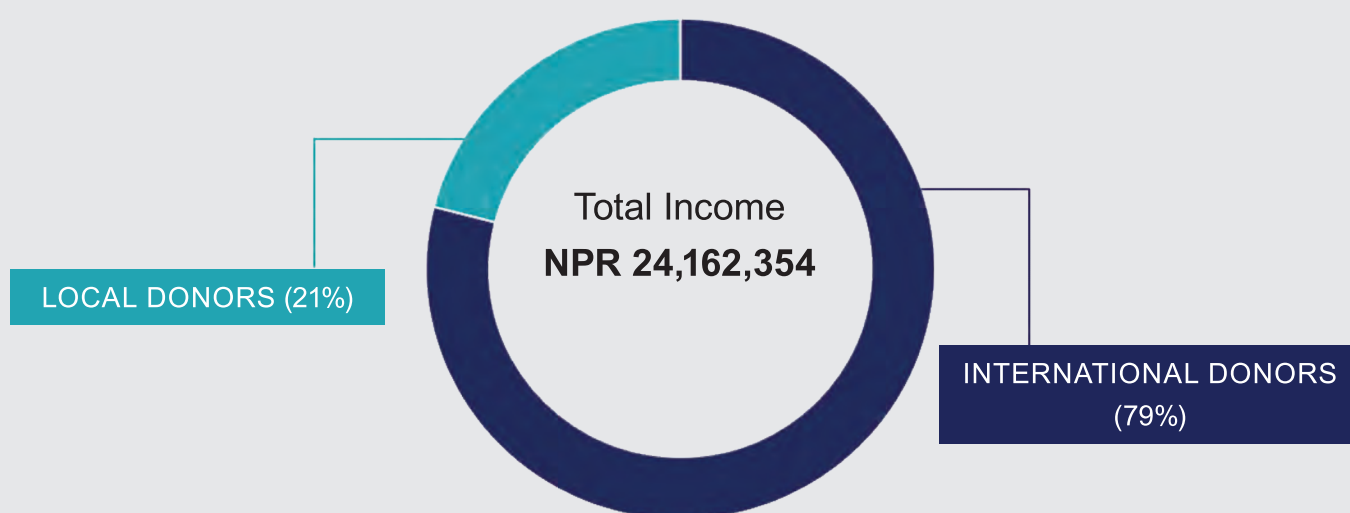


As part of the movement for disability rights in Nepal, CIL-Kathmandu, alongside many fellow organizations, has seen significant progress in the 2015/2016 fiscal year toward Nepal becoming a barrier free environment for persons with disabilities.

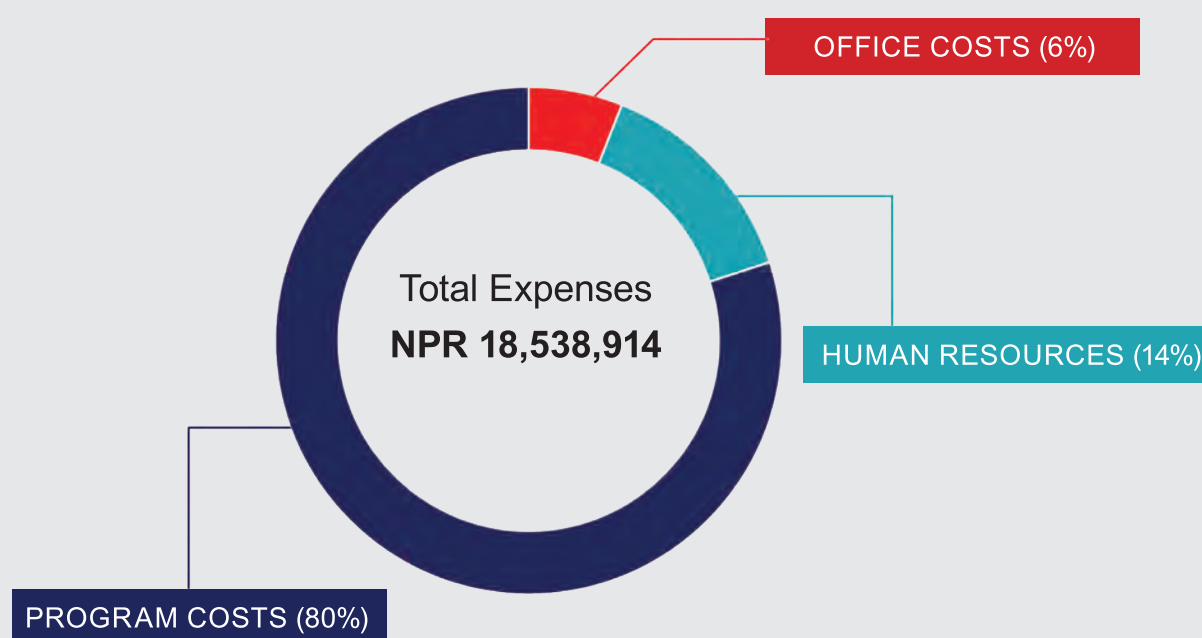
- ✔ An array of government ministries have commissioned the installation of wheelchair ramps to enable accessibility for persons with disabilities. These ministries include; Ministry of Finance, Ministry of Home, Ministry of Physical Planning and Construction, Ministry of Information and Communication, Ministry of Tourism, National Planning Commission and House of Representatives.
- ✔ District administration offices, district development offices, banks, public buildings, parks, schools and other newly constructed buildings in some districts have installed wheelchair ramps and elevators to enhance accessibility.
- ✔ Kathmandu Metropolitan City and Shajha Yatayat jointly bought 30 buses with ramps and seat arrangements for persons with disabilities.
- ✔ Kathmandu Metropolitan City started to widen the footpaths and install Braille blocks for the vision impaired.
- ✔ The Central Government of Nepal allocated a disability allowances of Rs 2000 per month for persons with profound disabilities and Rs 600 per month for persons with severe disabilities.
- ✔ The Central Government of Nepal allocated a portion of the national budget to promote the rights of persons with disabilities. This amount was the largest ever allocated for disabled people in Nepal's history. CIL-Kathmandu and other disabled persons' organizations also gained funding for their advocacy and public awareness activities.
- ✔ The Constitution of Nepal 2016, addressed the civil and political rights of persons with disabilities at state and policy making level.
- ✔ The Ministry of Women, Children and Social Welfare drafted guidelines for personal attendant services, assistive devices and identity cards.
- ✔ The Ministry of Education and the Education Department reviewed the Inclusive Education Policy to now stipulate that children with physical disabilities are to be provided with free residential education.
- ✔ The Ministry of Health reviewed its policy to allocate 10% of its budget to providing persons with disabilities with free health services.

FINANCIAL BREAKDOWN

INCOME



EXPENSES



OUR PARTNERS



Nepal Govt., Ministry of Women, Children and Social Welfare



Japan Council on Independent Living Japan (JIL)



Mainstream Association Japan



Asia Pacific Network of Independent Living (APNIL)



Australian Aid



AAR Japan



IRUKA NPO
Independent Living
Center Okinawa Japan



KIOS, The Finnish NGO
Foundation for Human
Rights



JICA Okinawa Japan

In addition to these partners we have also worked with **Partner Association Japan**, **Mutsyu Independent Living Center Japan**, **Blue Law America** in different projects.

OUR STAKEHOLDERS

-  Ministry of Women Children and Social Welfare
-  Ministry of Education
-  Ministry of Health
-  Ministry of Labor and Employment
-  Ministry of Local Development
-  Ministry of Physical and Planning
-  Ministry of Transportation
-  Ministry of Urban Development

-  Ministry of Finance
-  National Planning Commission
-  Social Welfare Council
-  Women and Children Office
-  District Development Committee Kathmandu
-  District Administration Office Kathmandu
-  Kathmandu Metropolitan City
-  Department of Road
-  Department of Education

MEET OUR EXECUTIVE COMMITTEE



Mr. Ganesh KC
President

The Executive Committee consists of 13 office bearers elected by the members of the general assembly to promote the concept of Independent Living and advocate for the rights of person with disabilities in Nepal.

Members of the Executive Committee serve a 2 year term and meet every 2 months. All members are persons with disabilities, 46% are females, and a range of ethnic backgrounds are represented.



Mr. Tek Bdr. Gurung
Vice President



Ms. Jamuna Subedi
General Secretary



Ms. Jyoti Aryal
Secretary



Ms. Devi Acharya
Treasurer



Mr. Bhojraj Shrestha
Member



Ms. Sonika Dahal
Member



Mr. Indra Pd. Upadhaya
Member



Mr. Dipak KC
Member



Mr. Dipendra Shakya
Member



Ms. Kamala Shrestha
Member



Mr. Durga Man Tamang
Member



Yami Jhakri Magar
Member



If you would like to support the human rights of persons with disabilities in Nepal, please contact us or visit www.cil.org.np for more information.



**Independent Living Center
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