

## HUMAN RIGHTS EDUCATION TRAINING

CIL-Kathmandu provides persons with disabilities with information and training to increase knowledge of their individual human rights. This helps equip individuals with the necessary tools to become advocates for disability rights in their own communities, and to understand they are entitled to their own set of rights as equal human beings.



## PERSONAL ATTENDANT SERVICE

CIL-Kathmandu believes that access to personal attendant services is a fundamental right of people with severe and profound disabilities that should be funded by the national social security system instead of family members and charity.



## INFORMATION AND REFERRAL

CIL-Kathmandu provides resources and referral pathways for services available to the disabled community. This service aims to support persons with disabilities in accessing information, as well as assistive devices and technology (such as prosthetics, wheelchairs, crutches), employment opportunities and training courses.

## PRODUCTION OF WHEELCHAIRS AND ASSISTIVE DEVICES

CIL-Kathmandu is the first organization to introduce domestically produced wheelchairs to Nepal, assisted by the Government of Nepal. The customization of wheelchairs using innovative technology is critical in the ability for individuals to live independently in their chosen community.



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

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**CIL-KATHMANDU**

**Independent Living Center  
for Persons with Disabilities, Kathmandu**

**TO LIVE WITH DIGNITY**

**TO PARTICIPATE IN  
EVERY ASPECT OF LIFE**

**TO HAVE THE RIGHT TO  
MAKE OUR OWN DECISIONS**



**WWW.CIL.ORG.NP**



Independent Living Center for Persons with Disabilities Kathmandu (CIL-Kathmandu) is a non-profit, non-political, self-help organization run completely by persons with disabilities.

CIL-Kathmandu is the first disabled persons' organization in Nepal to promote and protect the rights of persons with disabilities through the concept of 'independent living'.

## CORE ACTIVITIES



### ADVOCACY

CIL-Kathmandu advocates for accessibility, assistive devices, personal attendant services, employment opportunities, unemployment allowances, free education and health care for persons with disabilities.



### PEER SUPPORT

Programs such as the Independent Living Program, peer counselling, human rights training & referral services.



### AWARENESS RAISING

Workshops, seminars, conferences, international sharing programs & awareness campaigns e.g. Asia Try, Barrier Free Campaign.



### ASSISTIVE DEVICES AND TECHNOLOGY

Manufacturing of wheelchairs and other assistive devices, and investing in research into new approaches and methods of assisting people with disabilities.



The term 'independent living' means having choice and control over the assistance (i.e. equipment, devices, services) needed for daily life with access to amenities such as housing, transport, health services, entertainment, education and employment.

Independent living is a vision, a philosophy and a movement that interprets disability through the social model, with a rights based approach. This means that we work to address the barriers that people with disabilities face in society, and advocate for their rights.



**60%** of children with disabilities in Nepal are deprived of access to basic education.



**84%** of women with disabilities are illiterate (for men it is 48%).



**25%** of people with disabilities have experienced physical abuse of some kind.



**80,000** people in Nepal are estimated to be in need of a wheelchair.

## PEER COUNSELLING

Peer counselling is a non-professional, co-counselling technique aimed at helping those with similar personal problems and backgrounds get together to discuss their experiences. It is designed to motivate and liberate persons with disabilities to believe in themselves and make their own decisions confidently.



## INDEPENDENT LIVING PROGRAM (ILP)

CIL-Kathmandu offers life skills training for persons with disabilities in a multi-day Independent Living Program. The training program varies in length based on the requirements of the participants and covers topics such as homemaking, shopping, education, self-advocacy, personal attendant management, effective interpersonal communication, leisure, transportation and self-care.

