Disabled Village Children

A guide for community health workers, rehabilitation workers, and families

By David Werner

with the help of many friends Drawings by the author

Playgrounds for all children. (Drawings by the author)

A disabled child with his wheeled walker.
HOW TO USE THIS BOOK

This is a reference book to help you meet the needs of disabled children. You need not read it from cover to cover. Use it to look up particular information as you need it.

Short black lines on page-edges.

To learn how the book is organized, and why, we suggest you read ABOUT THIS BOOK at the beginning. Also, please read the introduction to each of the 3 main parts of the book. These chapters have page edges with a short black line, to help you find the beginning of PARTS 1, 2, and 3.

To work more effectively with disabled children, we strongly suggest that you read the first 5 chapters of PART 1. These will help you to examine a child, to identify different disabilities, and to keep important records in an easy way.

THERE ARE SEVERAL WAYS TO FIND INFORMATION THAT YOU ARE LOOKING FOR:

- Check the list of CONTENTS at the beginning of the book. This tells you what each chapter is about and gives the page numbers.
- Look in the INDEX at the end of the book. It lists topics in alphabetical order. (The edges of these pages are all black.)
- If you do not know what disability a child has, use the GUIDE FOR IDENTIFYING DISABILITIES on Page 52 to 58. It lists the common signs of different disabilities and gives the page numbers. (There are several black lines on the edges of these pages.)

Throughout the book you will find this symbol \( \text{CP} \) in the margin of some pages. It appears where there is information for cerebral palsy.

If you want more information than is in this book, see the list of books and teaching materials entitled REFERENCES (Where to Get More Information), Page 637.

If you do not know what some words mean, look in the LIST OF SPECIAL OR DIFFICULT WORDS, Page 643. Words explained in this LIST are written in \textit{italics} when first used in a chapter.

IMPORTANT: To find all the information you will need for one disabled child, you will usually need to look in several different chapters. To know where to look, follow the page references shown. These are explained inside the back cover.

\* Asterisk: This little star is called an asterisk. It is used to indicate that there is more information about a word or an idea at the bottom of the page.
This book is dedicated to disabled children everywhere, with the hope that they and their families will help lead the world to be more loving, understanding, and just for everyone.

REQUEST FOR YOUR SUGGESTIONS, CRITICISMS, AND IDEAS

This book is an attempt to pull together basic information to help you meet the needs of village children with a wide range of disabilities.

We have done the best we can, given our limitations. We know the book is not perfect and that it has weaknesses and perhaps some mistakes.

We urge anyone reviewing or using the book, whether a disabled person, parent, health worker, or professional, to send us all your criticism and suggestions. Help us to make improvements for a later edition. Thank you.

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REFERENCE (Where To Get More Information)

LIST OF SPECIAL OR DIFFICULT WORDS Used In This Book

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THANKS

This book has been a cooperative effort. Many persons have contributed in different ways. Some have helped to write or rewrite different sections. Some have criticized early drafts; Some have used it in their programs and sent us feedback; Some have sent original ideas or technologies that we have tested and then included. In all, persons or programs from 27 countries on 6 continents (North and South America, Africa, Asia, Europe, Australia) have contributed.

The entire book has been carefully reviewed by specialists in related fields: physical therapists (PTs), occupational therapists (OTs), orthotists, prosthetists, wheelchair designers, rehabilitation engineers, and leaders from among the disabled. We cannot include the names of all those who have helped in so many ways, but the help of the following has been outstanding:

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For this book we have borrowed information, ideas, illustrations, methods, and designs from many sources, published and unpublished. Often credit has been given, but not always. If you notice we have 'borrowed' from your material and neglected to give you credit, please accept our unspoken thanks and apologies.

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Finally, we would like to thank David Werner for his careful and hard work in preparing this book. His vision and advocacy for disabled people around the world is reflected throughout the book.

The Hesperian Foundation

This book is divided into 3 parts.
PART 1: WORKING WITH THE CHILD AND FAMILY (Chapters 1 to 42)

This is the longest part of the book, divided into 5 sections:

**Section A** (Chapters 2 to 5): ideas for sharing information from the book; and background information on working with disabled children

**Section B** (Chapters 6 to 33): detailed information on specific disabilities

**Section C** (Chapters 34 and 35): on the child who is slow to learn and to develop

**Section D** (Chapters 36 to 41): on helping disabled children become more self-reliant

**Section E** (Chapters 42 and 43): on learning specific exercises; includes techniques for using crutches, canes, and wheelchairs

PART 2: WORKING WITH THE COMMUNITY (Chapters 44 to 55)

ideas for starting a community program, and for helping the community respond to the needs of disabled children

PART 3: WORKING IN THE SHOP (Chapters 56 to 67)

suggestions for setting up a workshop and for making aids, wheelchairs, braces, and rehabilitation equipment

LOOKING UP PAGE REFERENCES

Usually the chapter that discusses a specific disability will not include all the information necessary to meet a child's needs. You will also have to look in other chapters. There are several ways to find out where to look.

As you read a chapter, often you will come to page references such as "(See Page 471)." This means that you can turn to page 471 for more information on the topic being discussed.

To find all the different places in the book that give important information about a specific disability or topic, use the INDEX.

In some chapters, where further reading is essential, there is a list of references to other parts of the book at the end of the chapter. (See, for example, Page 75.)

It is very important that you learn how to look up these references, and do so. If you do not, the information to meet a child's needs will not be complete.

REMEMBER: The best way to learn how to use this book is to work for a while with the guidance of experienced rehabilitation workers.

Ways to make therapy fun and useful.
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Disabled Village Children is a book of information and ideas for all who are concerned about the well-being of disabled children. It is especially for those who live in rural areas where resources are limited. But it is also for therapists and professionals who assist community-based programs or who want to share knowledge and skills with families and concerned members of the community.

Written by David Werner with the help of disabled persons and pioneers in rehabilitation in many countries, this book has been prepared in a style and spirit similar to the author’s earlier works, Where There Is No Doctor and Helping Health Workers Learn. It gives a wealth of clear, simple, but detailed information concerning most common disabilities of children: many different physical disabilities, blindness, deafness, fits, behavior problems, and developmental delay. It gives suggestions for simplified rehabilitation, low-cost aids, and ways to help disabled children find a role and be accepted in the community.

Above all, the book helps us to realize that most of the answers for meeting these children’s needs can be found within the community, the family, and in the children themselves. It discusses ways of starting small community rehabilitation centers and workshops run by disabled persons or the families of disabled children.

Over 4,000 line drawings and 200, photos help make the information clear even to those with little formal education.

Library of Congress Cataloging in Publication Data

Includes Index

1. Medicine, Popular - Handbooks, manuals, etc.
Disabled children often grow up as outsiders in their own village or neighborhood. They are unable to work, unable to marry and have children, unable even to move about and relate freely to others in the community. This is not because their disabilities prevent them, but because society makes it so difficult. In Ajoya, disabled children and their parents are now comfortable about being seen in public. Non-disabled and disabled children play together in a 'playground for all' built by the village children with their parents' help. Disabled Village Children is an online manual for dealing with the retard in your life. It is, unintentionally, the biggest source of lulz ever to be churned out of the madhouse that is Japan. The entire website has been archived with HTTrack and uploaded to MediaFire. The website was discovered by Jesus and duly posted on 7chan's /b/ on Sunday, March 18th, 2007. The thread gained much popularity very quickly and the thread was flooded with images from the site along with shops. Currently the thread Health Subjects Covered: Child Health, Disability. Category: Books. Publisher: Hesperian Foundation. Written in collaboration with disabled people and rehabilitation experts from many countries, this book encourages community empowerment and contains a wealth of clear and detailed information (including over 4000 drawings and 200 photos), along with easy-to-implement strategies, for all who are concerned about
the well-being of disabled children, particularly those in rural areas where resources are limited.