

There is life after
THERE IS LIFE AFTER
disability



2018

REPORT ON ACTIVITIES

1 APRIL 2017 – 31 MARCH 2018



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ASSOCIATION FOR THE PHYSICALLY DISABLED

GREATER JOHANNESBURG

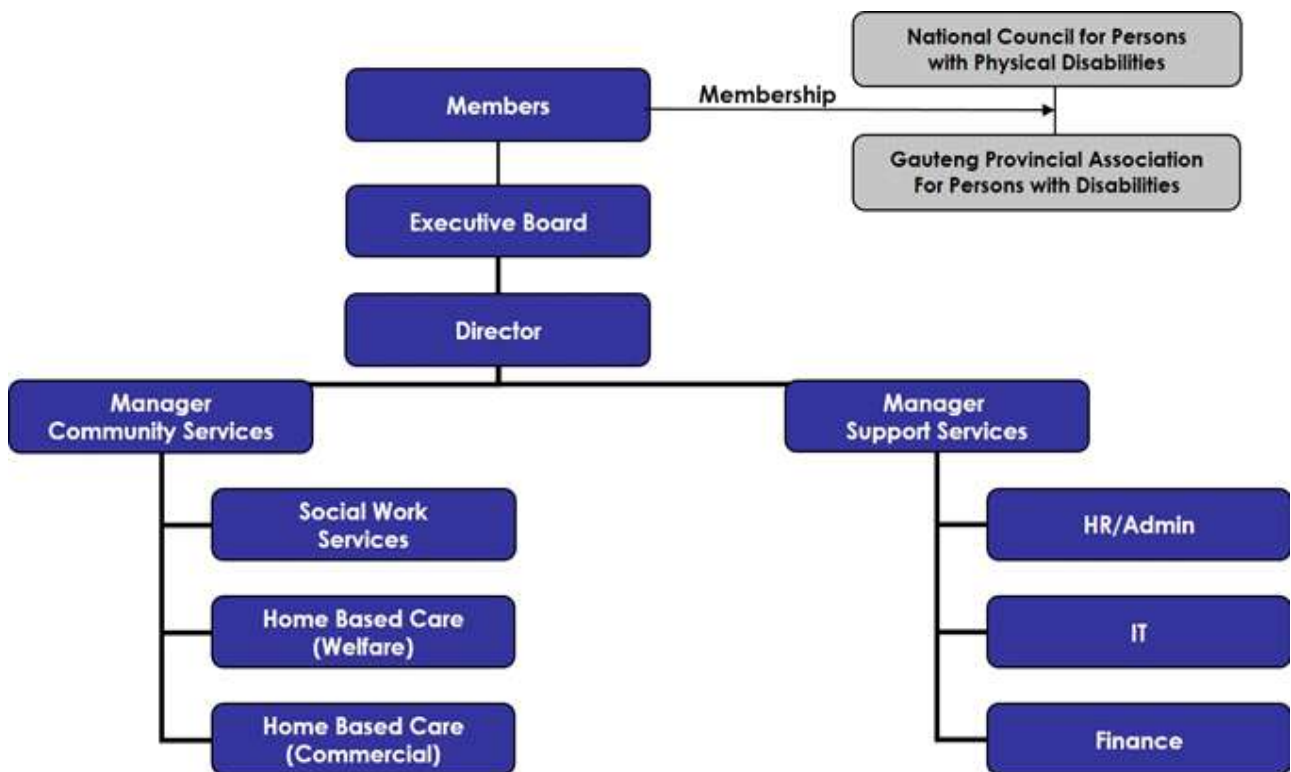
NPO NO 000-865

PBO NO 930006515

GOVERNING STRUCTURE



Association for the Physically Disabled - Greater Johannesburg



MEMBERS		EXECUTIVE BOARD
Member	Ms N Gongxeka	Chairperson
Member	Mr J Cloete	Vice Chairperson
Member	Mr G Julyan	Treasurer
Member	Mr D Fox	
Member	Mrs H Fox	
Member	Miss S Heyman	
Member	Ms L Kekana	Member
Member	Mr J Kwinda	
Member	Mr M Mnyandu	Member
Member	Ms T Moodley	Member
Member	Mrs A Pretorius	Member
Member	Mr D Thompson	

MANAGEMENT	
Director	Mrs R Legasa
Manager: Community Services	Mr L Takachicha
Manager: Support Services	Mrs A Lewis

REPRESENTATIVES		
Gauteng Provincial Association	Member: Mancom	Mrs R Legasa
Hope School	Governing Body	Mrs R Legasa
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ASSOCIATION FOR THE PHYSICALLY DISABLED
GREATER JOHANNESBURG

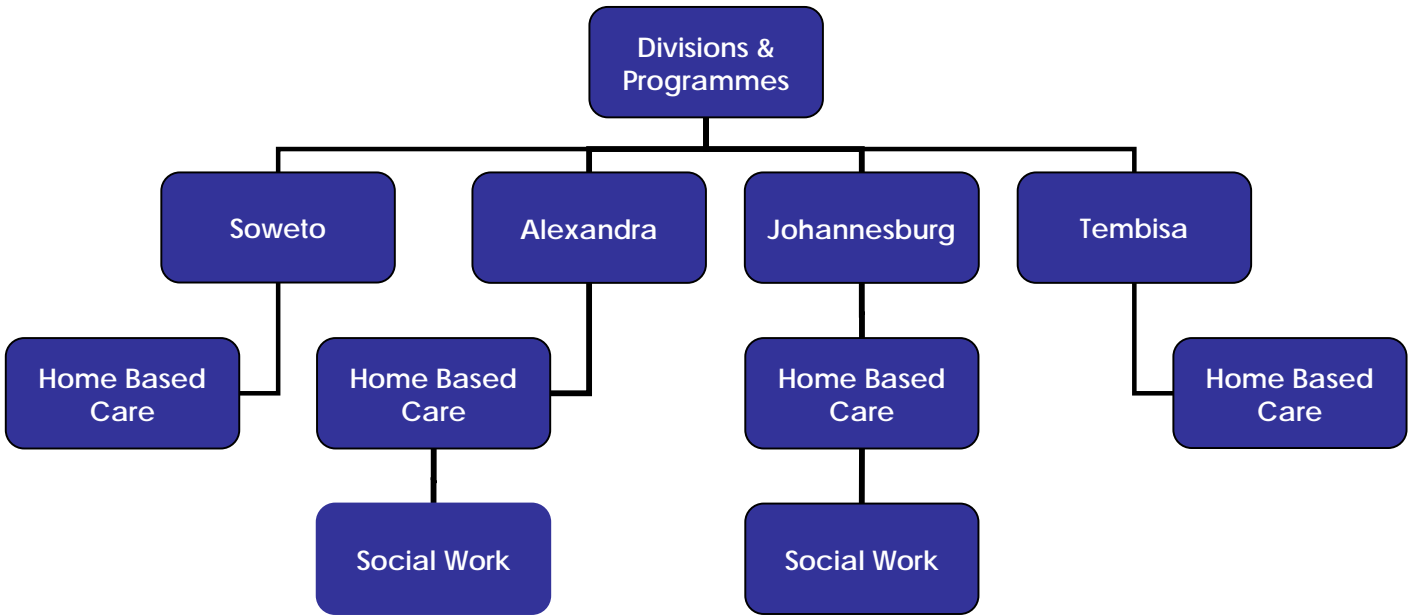
OUR ACTIONS SPEAK LOUDER THAN WORDS
84 years of service excellence

Tel: 011-646-8331
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DIVISIONS AND PROGRAMMES

Association for the Physically Disabled Greater Johannesburg



OUR VISION

We are totally committed to working in partnership with people who have physical disabilities, their families and the community as a whole, in order to promote their integration into society, and to enable them to achieve their full potential.

OUR MISSION

Our mission is to provide relevant and quality services to persons with primarily physical disabilities and to the community as a whole, including services that:

- Promote and protect the interests and well-being of persons with physical disabilities.*
- Further the development and empowerment of persons with physical disabilities.*
- Prevent the occurrence of disabling conditions.*
- Remove physical, legal and psycho-social barriers and foster non-disabled/disabled relationships to make it possible for persons with physical disabilities to live independently and to participate fully in their communities.*

OUR VALUES

Integrity

Mutual Respect

Professionalism

Initiative

Team Work

Accountability

CHAIRPERSON'S REPORT

LET YOUR LIGHT SHINE SO BRIGHTLY THAT OTHERS CAN SEE THEIR WAY OUT OF THE DARK - TIMBER HAWKEYE



I would firstly like to thank the Executive Board members, and our Director for entrusting me to take on the role of Chairperson of the Board. I do not think that anyone could possibly replace our former late Chairperson, Mr Patrick Mabunda. Mr Mabunda served the Association for the Physically Disabled (APD) for 31 years, longer than the years I've been alive, and this is testament of the genuine passion and commitment he had towards improving the lives of people living with disability. I could never fill the big shoes he left us with however, I am determined to continue his legacy by doing my best to ensure APD's ongoing existence.

It has not been a smooth journey for the management and staff of APD over the past few years due to tightened financial support from funders. Although the journey has been challenging, it has also prompted us to act more strategically in our engagements and decision making for the best interest of our beneficiaries. I would like to thank our Director, Community Service's Manager, Office Manager, all support staff, our Social Workers and Care Givers. Your continued dedication enables APD to provide day to day quality services to persons with disabilities in our communities. Year after year we witness the results of your hard work from the beneficiaries whose lives you have touched; it is my wish that you may find strength to continue with the wonderful work that you do in the communities.

APD is a welfare organisation that focuses on community based rehabilitation services delivering hands on assistance to people with disabilities in various communities. I am pleased that during the period under review the Home Based Care programme reached 496 beneficiaries (refer to Community Services report). This is a great achievement in light of the reduced funding crisis facing many NPOs in South Africa. APD can no longer rely on government support as the primary source of income and it has become necessary for the organisation to consider other methods of raising funds outside of government.

We were able to end the financial year on a surplus and we attribute this to the APD's income generating projects, APD's generous corporate and individual donors and the reduction of overhead costs (Refer to Financials Report).

APD has beaten the odds and continues to operate successfully despite its financial challenges. I wish to express my sincere gratitude to the management and staff of APD for their continued dedication as we navigate and evolve as a Non Profit Organisation.

In conclusion, I would like to end with this quote from Timber Hawkeye: **"Let your light shine so brightly that others can see their way out of the dark"**.



*Zimi Gongxeka
Chairperson*

FINANCIALS



SUMMARY OF SOURCES OF OPERATING INCOME AND EXPENDITURE FOR 1 APRIL 2017 – 31 MARCH 2018

OPERATING INCOME	
National Lottery Distribution Fund	258 000
Subsidies – Social Work Services	716 148
Appeals, Donations & Corporate Grants	284 650
Events, Sales & Street Collections	101 409
SED Funding	551 400
Legacies	81 160
Projects	1 021 778
Subsidies & Grants for Home Based Care	1 593 155
Fees for Services	267 775
Sundry Revenue	25 334
TOTAL INCOME	4 900 809
OPERATING EXPENSES PER COST CENTRE	
Governance	155 925
Home Base Care	2 069 973
Projects	937 675
Social Work Services	1 482 757
Workshops	32 712
TOTAL EXPENDITURE	4 679 042
NET OPERATING SURPLUS/(DEFICIT)	
Income from investments	53 542
NET SURPLUS/(DEFICIT) FOR THE YEAR	275 309

PERFORMANCE OVER LAST 6 YEARS

YEAR	SURPLUS/(DEFICIT)
2013	(585 575)
2014	(571 786)
2015	(1 230 688)
2016	(287 979)
2017	428 307
2018	275 309

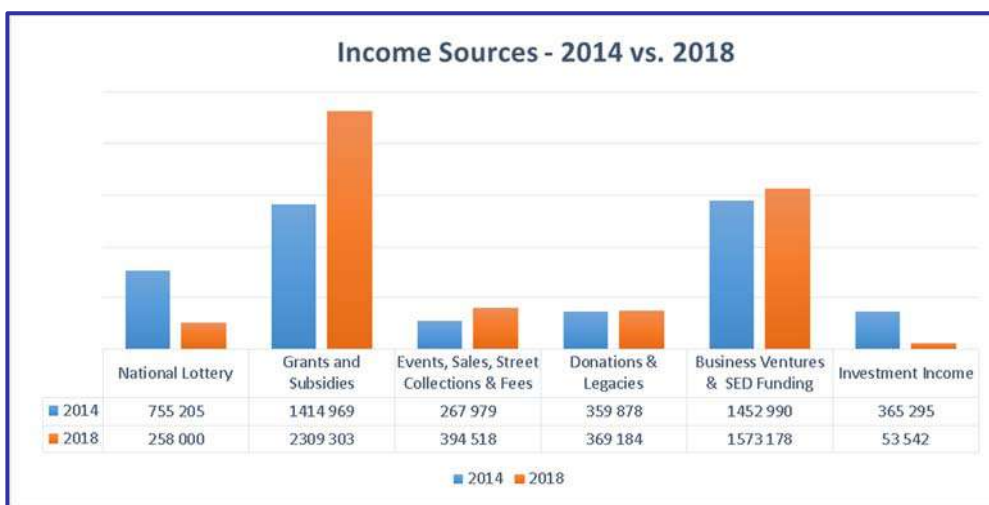
TREASURER'S REPORT



THERE HAS BEEN A MAJOR CHANGE IN FOCUS

Prior to 2014 the APD was largely dependent on income from National Lottery, Events and Fees, Donations and Legacies and Investment Income. In 2018 this has shifted to Grants and Subsidies, Events and Fees and Business Ventures.

This major change in focus has been admirably dealt with by the management and staff of APD and the generosity of our business partners who continue to work tirelessly to develop and grow opportunities to secure the future of the APD.



Our director, with the assistance of our staff, have done a wonderful job on sourcing increased support in the form of grants and subsidies. In particular, we have seen increased support over the last four years from the Department of Social Development, the Department of Health, continued support from Anglo American and new support from the Hope Convalescent Trust.

Our business relationships with Barrier Breakers Commercial Services Pty Ltd and Demisize Pty Ltd, continue to source SED funding, streams of income towards Events and Fees for shared services and income generated.

What is particularly significant is the development of both of these businesses has allowed APD to become host employers for a total of 23 young people with disabilities on learnership programs.

Both Barrier Breakers and Demisize manage the process on our behalf and are already seeing the fruits of their labour through the very visible development of these young people. Two of these learners are currently assisting in the management and growth of Barrier Breakers Recruitment and the remainder focus on providing the required support to the work undertaken by Demisize. The reality of this is that we are growing very capable and confident young people with disabilities to become economically independent either through the development of their own business ventures or absorption by Barrier Breakers of Demisize clients.



*Gavin Julyan
Treasurer*

It should be noted that both Louie Cranko, the founder of Demisize, and Lorna Arnott from Barrier Breakers work on risk and manage all of the costs involved in the development of these business ventures. We are extremely grateful for their efforts.

I would again like to appeal to the Members of APD to volunteer their time, even for small projects, to help us alleviate the current shortage of staff we are experiencing.

I wish to sincerely thank the management and staff of APD for their dedication during this period of change.

DIRECTOR'S REPORT

REMEMBER: *LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS*



I am very happy that I can, for the second year running, report that the APD ended the financial year in the black. And I am extremely grateful to our wonderful financial supporters without whom this achievement would obviously not have been possible.

FINANCIALS - OUR SUPPORTERS

Although they are the biggest financial contributors towards the expenses of our Community Services division (Social Work and Home Based Care), the Department of Social Development and the Department of Health do not provide sufficient funding for us to sustain the services we deliver to our hundreds of beneficiaries.

Every year we are dependent on the support of private sector to make ends meet and I am therefore very grateful to Anglo American for their continued support for our Home Based Care programme. The donation has enable us to continue rendering support to people with disabilities who need our service the most.

With our offices being located on the premises of the Hope School, we obviously have a very special relationship with the school. And we share a history with the Hope Trust going back to the birth of our organisation.

Having another reputable institution dedicated to service delivery to people with disabilities recognising the work done by the APD's Home Based Care division is absolutely wonderful! I really appreciate the Hope Trust not only donating R100 000 towards this programme this year, but also making a commitment to continue to support this programme whenever the need arises.

I am very happy that we've managed to retain a good working relationship with Barrier Breakers Pty (Ltd) and thank them for their continued financial support and for the cost effective way that they manage the Airports Company South Africa (ACSA) project - which has had a huge impact on the lives of people with disabilities for almost a decade – on behalf of the APD. Bravo ACSA for your dedication to improving the lives of people with disabilities!

Apart from **ACSA**, the APD is very grateful for the SED funding that it received from **Bandag, USS Pactech and Demisize**. The donation from Demisize went towards capital good such as furniture, IT equipment and the renovation of our kitchen.

Last, but not least, I thank all the individuals who supported our organisation during this financial year.

GOVERNANCE – OUR EXECUTIVE BOARD MEMBERS

We are very fortunate that we have the people we do have in charge of the governance of our organisation. My sincere appreciation to the Executive Board for their commitment to the APD.

DIRECTOR'S REPORT (2)

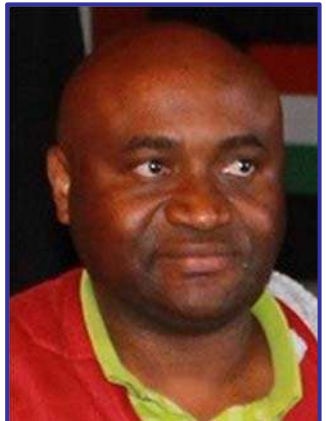
REMEMBER: LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS



(In the usual order)
Left: Chairperson Ms N Gongxeka, Vice Chairperson Mr J Cloete and Treasurer Mr G Julyan.

Below: Members Ms L Kekana, Mr M Mnyandu, Ms T Moodley and Dr A Pretorius.

THE WONDERFUL VOLUNTEERS WHO SERVE ON OF OUR EXECUTIVE BOARD



APD GOOD GOVERNANCE FACTS

APD is a member organisation of the National Council for Persons with Physical Disabilities in South Africa which is a member organisation of the National Disability Alliance.

APD is a registered Non-Profit Organisation (number 000-865)

APD complies with the Code of Ethics as specified by the South African National NGO Coalition.

APD is a registered Public Benefit Organisation (number 930006515)

APD complies with the Codes of Good Practice for South African Non-Profit Organisations as specified by the Department of Social Development.

APD is working towards full compliance with the Good Governance guidelines as set out in the King III Report.

APD is a properly audited organisation.

APD is registered with SARS as a Tax Exempt Organisation.

APD is registered with the Department of Labour as an Employer.

APD is registered for VAT.

DIRECTOR'S REPORT (3)

REMEMBER: LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS



I believe that it is a calling for them to serve for so many years. Most of our Board Members have been with us for more than five years and we really appreciate their commitment to this organisation. It is not easy to find volunteers who are committed to serving their communities for so long.

We are happy to welcome Ms Ncebazimi Gongxeka as our new Chairperson for 2018 following the sad passing of our Chairperson Mr Patrick Mabunda in February 2017. She has been a member of our Board for the past five years and we look forward to her leadership and guidance.



ALMOST A CENTURY OF SERVICE!

Standing (from left to right): Gladys Chauke – 22 years, Jan Madisha – 8 years, Rachel Legasa – 25 years and Angie Lewis -11 years. Seated: Sonja Botha – 30 years.

SUPPORT SERVICES

My thanks to the Support Services team who ensures that everything is in place behind the scenes for the work done by the Community Services division.

We have been working together for a common goal - to ensure that our beneficiaries get the services they require.

A remarkable fact about this department is that its six staff members collectively boasted more than a century of service to the APD prior to the retirement of APD's driver, Joseph Kedige, after 27 years of service to the organisation!

We have decided not to replace Joseph because the duties of the APD driver has reduced significantly over the years.

COMMUNITY SERVICES

My sincere appreciation to the Community Services division - Social Work and Home Based Care, for their devotion to their clients and their continued commitment to our organisation.

All your hard work does not go unnoticed!

A special thank you to the Social Work department which undertook to deliver the required documents for this division to the Department of Social Development whenever the need arises now that our organisation no longer has an official driver. **(Please refer to the Community Services report.)**



DIRECTOR'S REPORT (4)

REMEMBER: LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS



TRAINING - *Financial Freedom Made Easy*

In my report for 2016/17, I stated that we had received funding from Experian which would enable us to address one of the critical issues faced by most of our beneficiaries – a lack of financial know-how which resulted in many of them getting into serious debt and often falling prey to loan sharks in a desperate bid to make ends meet.



Zandile Nxumalo, Ntombikile Gumede, Flora Sithole and Nokuthula Mahlangu listen attentively as trainer Luckmore Takachicha explains one of the points in the training manual to them.

With the money secured from Experian we developed appropriate educational material aimed at our beneficiaries, as well as material aimed at training the people who would be training our beneficiaries. After careful consideration it was agreed that the APD's Community Services staff members (social workers and home based care givers) would be involved in the training of our beneficiaries.

The relevance of the material became evident when our Community Services staff members reported that they found the Train the Trainers sessions *rewarding and fulfilling* as some of them had battled a lot with their own personal financial planning, not even knowing how to compile a basic budget and falling into a loan shark trap!

The Trainers took this opportunity to conduct individual consultations with each Community Services staff member and assisted each one to draw up his/her own personal budget. We now also believe and trust that these staff

members are the best people to train our beneficiaries as they can share their own experiences in trying to solve similar financial planning problems with their clients.

I am very pleased to report that we have seen the attitude of many of our staff members change subsequent to them undergoing the training sessions. They are happier and are more confident in dealing with their money than before.

We have not yet started the formal training of our beneficiaries due to a lack of funds, but our Community Services staff members have started helping their clients to do their budgets and report that these clients are doing very well.

We are at present trying to secure funds which will enable us to roll out the full, comprehensive training programme to all our beneficiaries.



Trainees Gloria Moela, Stellah Madi, Zanele Nqeto, Elizabeth Maisela and Shirley Sono display their copies of the training manual.

DIRECTOR'S REPORT (5)

REMEMBER: LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS



FUNDRAISING

We eventually had a response from the National Lotteries Commission regarding the application for funding that we submitted in 2015! We applied for an amount of R989 099, but only R258 000 was approved, and we eventually received the funds only in December 2017.

Despite the huge delay in the finalisation of our 2015 appeal, the National Lotteries Commission advised us that we had to utilise the money over a period of one year before we could apply for funding again. This means that our next application to them can only be submitted in December 2018!

Casual Day



This is one of the projects that can help to generate substantial income for our organisation if we manage it effectively to minimise the cost and generate more income. The project is owned and managed on behalf of the national beneficiaries by the National Council for Persons with Physical Disabilities in SA (NCPDPSA).

Our income from Casual Day merchandise and stickers was R135 161 of which R90 430 was expenses, leaving us with a profit of R44 731. We intend to double our

income from this project during the coming financial year.

Tribute goes to our staff members who have supported the project by assisting in the marketing of Casual Day stickers and merchandise.



On Casual Day some companies and schools spend the day doing wellness programmes/fun days for their staff. As NGO involved in the marketing of the stickers, we have for several years been concentrating so much on generating income, that we did not organise something special for our staff members.



This year, APD changed the situation dedicating this day to a wellness programme/fun day for our staff members and a great time was had by all donning their Casual Day branded shirts and caps and playing netball on the courts of the Hope School.

I am so happy that we could meet, play and eat together.

DIRECTOR'S REPORT (6)

REMEMBER: LIFE IS SO MUCH BRIGHTER WHEN WE FOCUS ON WHAT TRULY MATTERS



Golf Day

This year we generated R60 546 of which R44 258 was an expense. Thank you very much to all our staff members who assisted on the day. A big thank you also to our Golf Day co-ordinator of many years, Nicki Wiggett of Daisychain Promotions, who has moved to KZN and will therefore unfortunately not be involved with our Golf Day in future.



LEFT: APD staffers Hendrietta Kaunda, Zandile Nkolongwane and Meriam Maunatlala assisting with the registration of the players.

We welcome our new Coordinator, Sandra Braxton, who will start working with us in the coming year and we hope to have a good working relationship.

Our next Golf Day will be held at the



Bryanston Country Club on 24 August 2018 and we are hoping that it will be a huge success and that we will be able to double our profit this time around.



IN CONCLUSION: Let us not lose focus

My sincere gratitude to each and every staff member of our organisation for your support and hard work to ensure that our beneficiaries receive only our very best during this year. I urge you to continue with the excellent work of the past year and to remember: "Life is so much brighter when we focus on what truly matters".

*Rachel Legasa
Director*

COMMUNITY SERVICES

STILL TOTALLY COMMITTED TO IMPROVE OUR BENEFICIARIES' LIVES AFTER 84 YEARS



"Just because fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards you get to their maximum potential." - Les Brown.

The journey to what the Association for the Physically Disabled - Greater Johannesburg (APD) is today began approximately 84 years ago. As the operating environment the organisation found itself in continuously changed over the years, its structure had to undergo some form of metamorphosis as well in order to ensure its continued survival and relevance.

One aspect of the organisation that has stubbornly withstood all the changes is its almost sacrosanct commitment to the enhancement of the quality of life of persons with disabilities through community based services aimed at rehabilitation, habilitation, equalisation of opportunities, poverty reduction and social inclusion. The APD, through its Community Services Department, continues to render holistic social work and home based care services to persons with disabilities (PWDs) resident in our areas of operation.

Below is a summarised account of the community services that were provided in the 2017/18 financial year:

SOCIAL WORK SERVICES

GOAL: ENHANCING PSYCHOSOCIAL FUNCTIONING FOR PERSONS WITH DISABILITIES AND THEIR FAMILIES

In its generic form, the social work profession is committed to maximising the wellbeing of individuals, families, groups, communities and society. Social workers consider that individual and societal wellbeing is underpinned by socially inclusive communities that emphasise principles of social justice and respect for human dignity and human rights. These values fit perfectly well into the broader values of the APD and they have underpinned all the social work services that the APD social workers provide to PWDs.

Through casework, assessments, counselling, family work, advocacy, research, policy and community work, social workers operate from a person-in-environment perspective, providing interventions that address issues of disability at both the personal and social level.

Enhancement of the psychosocial functioning for persons with disabilities and their families has thus been the overarching goal of the social work division in the period under review, as has always been the case from the inception of the service.

TARGET GROUP FOR SOCIAL WORK SERVICES

Persons with physical disabilities and/or mobility impairment, their families/support systems, inclusive of children, youth, adults and the elderly.

AREAS OF OPERATION AND CASELOAD FOR SOCIAL WORK SERVICES

Our social work services are only rendered in Region B (including Newlands, Westbury, Sophiatown and the surrounding communities), Region E (including Alexandra and the surrounding communities), Region F (including the Johannesburg CBD, Yeoville and Rosettenville) and Tembisa (including all surrounding areas) in Ekurhuleni.

In total, the social work division reached 244 direct and 1 349 indirect beneficiaries between 1 April 2017 and 31 March 2018. The following is a breakdown of the services rendered:

COMMUNITY SERVICES (2)



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

OBJECTIVE 1: CASE WORK - CARE AND SUPPORT

The goal of this objective is to conduct comprehensive assessments and render psychosocial services to people with disabilities and their families/support systems. The following are some of the general issues around which interventions were made: residential and school placement, accommodation, disability grants, employment, assistive devices, psychosocial support, food assistance, transport assistance, job placements, nappies, RDP houses, legal assistance and family preservation and mediation support.

Statistical break-down of services is as follows:

- 127 intakes were attended to by social work staff.
- 65 assessments conducted.
- 11 placements to residential care facilities and schools were done.
- 3 beneficiaries were assisted to secure employment and 1 enrolled in an internship programme.
- 79 cases were referred to other service providers for further assistance.
- 7 wheelchairs were handed over and 16 applications/motivations for wheelchairs made.
- 407 face-to-face interviews were conducted.
- 4 231 telephonic interviews were conducted.
- 367 home visits were conducted.
- 159 counselling sessions conducted, totalling 96 hours.
- 33 social work reports were compiled for Hope School bursary applications.
- 12 case conferences were conducted.
- 27 PWDs who have incontinence problems were issued with disposable nappies received from Abraham Kriel.
- 33 PWDs received donated second hand clothes.
- 12 PWDs received wheelchairs obtained from various sources, including Complex Company and Rotary Club.

SOME OF THE ACHIEVEMENTS IN RENDERING CARE AND SUPPORT SERVICES

DONATIONS SECURED FOR BENEFICIARIES



LEFT:

Mr Shaun Cornelison from Mayfair upon receiving a new wheelchair. Standing behind Mr Cornelison is Mrs Hendrietta Kaunda, our HBC Supervisor for JHB and Alexandra.



RIGHT:

Mr Venn Felix from Clairmont when he also received a wheelchair purchased for him with funding from Complex Company.

COMMUNITY SERVICES (3)

STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS



MORE DONATIONS SECURED FOR BENEFICIARIES



Mrs Stellah Madi, the Tembisa SAW, handing over donated clothes.



Nappies handover in Tembisa.

Ms Maria Solomon

Ms Maria Solomon, who is 61 years old and is from Westbury, has been a beneficiary of the ADP since June 2017. Her case was referred to our organisation by the City of Johannesburg, requesting us to assist her with residential placement. As it turned out, her challenges were much more complicated than that. Ms Solomon is bedridden due to stroke. She suffered the first stroke in 2010 and fortunately she survived it with minor impairment. In 2016, she had another stroke and it is that second one which eventually made her bed ridden. Her condition was further exacerbated by the fact that she was also diagnosed with epilepsy and asthma at that same time.



A holistic assessment of Ms Solomon's circumstances revealed that she had last received a disability grant sometime in 2011, but had failed to renew the grant because she had lost her identity document, she had incontinent issues that began and persisted after the stroke; the stroke had immobilised her and therefore she needed an assistive device; she owed money to loan-sharks targeting SASSA grant recipients; the relationship with her siblings and other family members had irretrievably broken down; she desperately needed to be placed in a residential care facility but there was no

way she could be accepted in NGO-run facilities when she was not in receipt of a grant.

Apart from having to deal with the effects of physical impairment, Ms Solomon found herself in the vortex of serious socio-economic incapacitation and the main issue was the absence of an ID document. The social worker had to deal with that first. She was helped to obtain a new ID, in fact apart from having to

COMMUNITY SERVICES (4)



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

transport her to Home Affairs and explaining everything on her behalf, the Community Services supervisor had to donate the R140 of her own money for the payment.

She was then assisted to successfully re-apply for a grant at SASSA, nappies were also donated to her for the incontinence issues, a wheelchair was obtained from funders and donated. She also had to undergo the APD's financial literacy training (funded by Experian South Africa) to capacitate her to deal better with financial matters and an application for her placement at Tswelopele Frail Care Centre was also made. At the time of writing this report, she was already on the waiting list.



Even as all those processes were unfolding, continuous psychosocial support was being rendered, with a particular focus on family mediation and family preservation. Although Ms Solomon remains immobilised by her physical condition, her socio-economic situation has vastly improved as she is now capable of buying some foodstuffs and other essentials, including nappies and the family members are gradually beginning to assist her with some activities of daily living when the community caregiver is not around.

Once she clears her arrears with the loan-sharks, she will certainly be moved to the residential care facility already identified where her physical and psychosocial needs will be taken care of. On the last day she was visited before the compilation of this report, Ms Solomon, visibly excited to see the social worker, exclaimed: "Thank you very much Nokuthula (the social worker handling her case) my child, without your generous help and kindness, you would not see me smiling like this. My life was disintegrating and I had even forgotten how to smile before you came."

Kulungile Mgibantaka

Kulungile (*Kulu*) was diagnosed with Hydrocephalus when he was barely 6 months old. He is now a 5 year old boy. Doctors were able to manage his condition through a shunt system.

Unfortunately, living with and raising a child with such a disability was not the only challenge that Kulungile's single mother had to deal with. According to Kulungile's mother, they were forcibly evicted by the red ants from the flats where they were renting in Johannesburg CBD in April 2017 and ended up in Turffontein, sharing a tent with +/- 20 families. She says that the condition in the tents was terrible: apart from being overcrowded, there was no running water, no ablution facilities, dust all over and the situation was especially heart-breaking for Kulu, given his frail condition.

Kulu's unemployed mother had lost all the identity documents of her children and of herself during the melee of the eviction. As part of our intervention, the APD social workers assisted her with the ID application and, after obtaining it, she was again assisted to successfully apply for a care dependency grant.



COMMUNITY SERVICES (5)



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

Having discussed the vulnerability of Kulu's health in the tent, the mother agreed to have him placed in a care facility. After several applications were made at numerous facilities, Kulu was eventually accepted at Sthandiwe Care Centre.

Kulu's mother had been his primary caregiver without relief for a long time hence she was both physically and emotionally exhausted. With the boy now safely at an appropriate facility, she finally had the time to focus on herself and the other children. Luckily, she managed to secure a job at a local filling station as a petrol attendant. During the weekends, she visits the Centre to have some quality time with her child.

Although Kulu's health challenges are likely to persist, there is no doubt that his life chances have considerably improved from what the situation was when our social worker made the first contact with his family.

OBJECTIVE 2: GROUP WORK - LIFE SKILLS AND REHABILITATION

Social group work is a method of social work which helps individuals to enhance their social functioning through purposeful group experiences and in the end, enabling participants to cope more effectively with their personal, group and community problems.



Mr Nxumalo doing group work at ADC with members of a protective workshop.

In the field of disability, the main rationale for the provision of group services is that the group setting provides opportunities for mutual aid, through which PWDs and their families begin to experience their concerns and life issues as universal, to reduce their isolation and stigma, offer and receive help from each other and learn from each other's views, suggestions and challenges.

A total of 24 sessions were conducted in the operational areas between March 2017 and April 2018. All the sessions were facilitated by our social

auxiliary workers, except 8 which were facilitated by the community services supervisor and external presenters. Due to logistical challenges, most of the sessions were conducted at protective workshops.

The groups mainly targeted PWDs and their families. One group was initiated and conducted at Reaketsetsa Disability Centre in Alexandra and there were 17 members, a second one continued to run at Coronation Training Centre with 10 members, a third group was at Alexandra Disability Centre (ADC) with 23 members and finally at Ithuseng with 25 members. All the groups are still running smoothly.



Mrs Muanatlala (in the centre) conducting a group work session in Alexandra.

COMMUNITY SERVICES (6)

STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

As a general rule, participants choose the topics they want for group discussions hence the topics across the four groups varied. However, in the interest of promoting the dignity of PWDs, the following were discussed in all groups: building and maintaining a positive self-esteem, time management, financial management (budgeting), healthy living, HIV/AIDS, children's rights, educational opportunities for children and youths with disabilities, rights of PWDs, self-awareness as well as disability and relationships.



Mrs Madi with some of the Ithuseng members after a group work session.

OBJECTIVE 3: COMMUNITY WORK - POVERTY ALLEVIATION

Since its inception, the APD has always committed a lot of resources (human, financial and assets) and

time towards the creation of socio-economic opportunities for the advancement of PWDs. The reason being precisely that evidence from research by government and academic institutions has consistently revealed that adults with disabilities have historically been excluded from community, work and social opportunities, resulting in a greater dependency on the social care system. While the disability grant is no doubt very much appreciated by its recipients, mainly for its attempt to prevent total destitution among PWDs, it remains acutely inadequate to meet even the basics such as food, clothing, accommodation, health care etc. The need for the implementation of income generating activities and other poverty alleviating initiatives for and by PWDs can therefore never be taken for granted. As part of community work with PWDs, the APD social work staff facilitated the following poverty alleviation and empowerment initiatives:

REAKETSETSA DISABILITY CENTRE GARDENING PROJECT

In June 2017, our social workers in Alexandra were approached by the manager of a protective workshop that had just been formed called the Reaketsetsa Disability Centre. The Centre requested our help to initiate income generation projects and other livelihood support ventures for PWDs. After using the asset based community development strategy, it was resolved that, in the interim, the PWDs in the project could partake in the following activities:

- **Beading:** This project, though it seems to have saturated the informal sector, was chosen mainly because it is easy to train the beneficiaries and also because it requires minimal levels of physical exertion, hence it would be appropriate for PWDs. A facilitator from a nearby Disabled People's Organisation and our social auxiliary worker helped to train all 15 beneficiaries. The beneficiaries are still gaining the skills and it is hoped that once they start making good quality beads, they will be assisted with marketing, especially at the upcoming ACSA expo sometime in November. Their wares will be on display at the OR Tambo International Airport.
- **Gardening:** The social worker wrote letters to the City of Johannesburg, through the local councilors, requesting land to start a gardening project. Unfortunately, due to bureaucratic red tape, there was no positive outcome. A breakthrough came when a landowner in Kimbler Park,



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STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS



which is close to the Alexandra Mall, heard of the PWDs plight and offered a plot where the beneficiaries could establish and run the gardening project. Immediately after the offer was made, the social worker contacted the Department of Agriculture requesting training and the provision of seeds and small implements. At the time of this report, the beneficiaries are busy preparing the piece of land while the Department of Agriculture is scheduling the training programme and organising the seeds and implements. Once everything is up and running, part of the vegetables produced will be shared among participants to improve their diet and the rest will be sold to the local market to augment their disability grants.

General challenges with community work

- The Department of Social Development does not provide funding for the capitalisation of projects, hence lack of capital remains a huge stumbling block for the empowerment of PWDs.
- The implementation of income generating projects is an inter-departmental activity involving collaboration with many stakeholders, mainly government departments, and unfortunately some stakeholders are not as passionate about issues affecting PWDs as would be necessary.
- Activities of the projects require a certain amount of physical capabilities, which PWDs may not have owing to the nature and extent of their disability.
- Transportation of participants to project sites is always a huge challenge, both in terms of cost and accessibility.

OBJECTIVE 4: EDUCATION AND AWARENESS

According to a World Health Organisation study (2005), more than 50% of the causes of disability are preventable. Those statistics, though not really astounding to an organisation such as ourselves given our distinguished and long history in the disability sector, help to buttress the justification of why the APD social workers devote considerable time to rolling out disability education and awareness campaigns.



Mrs Stellah Madi conducting awareness at a church event in Tembisa.

Most of these campaigns have focused on the two stages which precede disability in the progression from disease to disability, namely prevention of disease or injury (primary prevention) and prevention or treatment of injury or impairment (secondary and tertiary prevention).



An awareness session at the Methodist Church in Johannesburg

The education and awareness programmes have also been an entry strategy into the communities that the APD is operating in.

Our awareness programmes also endeavour to inform communities, especially the families of PWDs, of the services available from the APD and other stakeholders.

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STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

During the 2017/18 reporting period, 38 education and awareness sessions were conducted in different areas where the APD operates.

Some of the venues were as follows: Sankopano, Eastbank Clinic, Eastbank Hall, Altreck, 3-square, 8th Avenue Clinic, Gerald Joseph Old Age Home, Itlhlokomeleng Old Age Home, Alexandra Fire Station hall, Parkhurst Clinic, Claremont Montage Flats Riverlea Clinic, Rosettenville Clinic, Wesbury Clinic, Sophia Town Clinic, Joubert Park, Fordsburg Park, Langlaagte, Abraham Kriel, Wesbury Recreation Centre, Brixton Park, Yeoville Clinic, Tembisa and many others. A total of 2 145 people were reached with different disability messages.

OVERALL SOCIAL WORK CHALLENGES

- Inaccessible public transport for beneficiaries to visit hospitals and public offices.
- Lack of adequate resources to conduct effective awareness programmes.
- Lack of resources for income generating activities (eg land to operate from).
- Long lists for RDP houses.
- Acquiring residential placements for both children and adults with disabilities continues to be a huge challenge as there is a general shortage of homes for PWDs.
- Long waiting periods for first-time applicants and renewal of temporary social grants.
- Getting wheelchairs for children.



SOCIAL WORK STAFF MEMBERS

Left to right: Vusumuzi (Social Auxiliary Worker Region E), Nokuthula (Social Auxiliary Worker Region B), Meriam (Community Services Supervisor), Johannah (Social Auxiliary Worker Region E) and Luckmore (Community Services Manager).

HOME BASED CARE SERVICES

The World Health Organisation defines Home-Based Care (HBC) as "health service provision (formal and informal) in the home to promote, restore and maintain the maximum level of comfort, function and health".

HBC may be required by PWDs for short periods (eg recovery from surgery or bedsores), or for a medium term (to assist with the transition from hospital to the home), or full-time/long-term.

The APD Home Based Care Services render an essential service which assists with the care and rehabilitation of PWDs. Continued rehabilitation in the community assist in eliminating compounded marginalisation for PWDs and also ensures that other family members are capacitated with the skills and knowledge to assist their disabled relatives.

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OUR PURPOSE IS TO ENSURE HOLISTIC SERVICE DELIVERY

According to feedback from our beneficiaries, some of the advantages of home based care are as follows:

- The beneficiary remains in a familiar environment and participates in daily family routines. This maintains daily contact and a healthy family relationship.
- The care worker has the knowledge and experience to deal with the client's needs and assist with improving functional independence.
- HBC carers provide healthcare services so that family members can fulfil their role of parent, spouse, partner or sibling - as opposed to being the primary caregiver.
- HBC can provide care when family members are away.
- The beneficiary feels less of a burden on the family and is able to become more independent.

Services Provided:

- Basic care: bathing, dressing, transfers, massage, light meal preparation, feeding, treatment and prevention of pressure sores, light house cleaning, basic exercises and assistance with training other family members to provide effective care and support.

Areas where the service is provided:

- Greater Johannesburg (including Alexandra), Soweto and Tembisa.

Service qualifying criteria for beneficiaries:

- The services are for persons with temporal and/or permanent physical disabilities.
- Beneficiaries have to be between 18 and 59 years.
- This service is mainly for persons receiving disability grants.

Achievements for 2017/18

From 2016/17 we carried over 295 beneficiaries to the 2017/18 financial year. 73 beneficiaries were assessed during the period under review, and of these, 51 were taken on board while 22 were referred elsewhere. Consequently, 317 direct (PWDs) and 453 indirect (other family members/support system) beneficiaries were assisted in 2017/18. The following was achieved with both direct and indirect beneficiaries:

- 16 beneficiaries became independent and they cancelled the service.
- 291 family members were trained on how to assist their family member with a disability when caregivers are not on duty.
- All 20 caregivers, including their supervisors, were trained to be trainers of financial literacy among PWDs and their families. The project was made possible with financial assistance from Experian South Africa.
- So far 112 families and 137 beneficiaries have been trained on Financial Literacy. The project is still ongoing, but the impact it has already had on our beneficiaries' financial awareness is astounding.
- 57 beneficiaries cancelled the service and are assisted by their families. When family members take over the care of their relatives, we feel satisfied as family takeover is in fact one of the objectives of the programme.
- 143 beneficiaries improved tremendously, but are still in the service and 5 beneficiaries were placed in residential homes due to old age.



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

SOME OF THE BENEFICIARIES WHO HAVE IMPROVED AND WHAT THEY HAVE TO SAY ABOUT THE SERVICE THEY RECEIVED FROM THE APD

Dear APD-Greater Johannesburg

My name is Reuben Makobela and I would like to thank you APD for everything you have done for me. My life was tossed upside down sometime in 2009. As I was on my way from work one day, I was caught in the crossfire of a shooting between armed robbers and a security company. I was hit in the head by a stray bullet and by God's grace I survived, but I ended up admitted in the Tembisa Hospital ICU for over a month. When I was discharged, my speech had become severed and I had become paraplegic. I had to use a wheelchair for mobility. Communication also became a huge challenge as whatever I said was now inaudible.



***A visibly elated Reuben with
his new motorised
wheelchair.***

Then one day last year, (1 June 2017 to be specific), while a friend of mine was pushing my wheelchair to the SASSA pay point, we met one the APD caregivers, Gloria Moela, and she stopped us and explained about your services. I was immediately very thrilled with the prospect of having someone assist me with a lot of things. Though my eyes were obviously glowing with enthusiasm and excitement, sadly I could not verbally express my feelings due to the speech impairment.

Two days later, Gloria Moela visited my parents' home where I live and after assessing all my challenges and needs, we agreed that she would assist me three days per week with bathing, wheelchair-bed transfer training, exercises and general motivation.

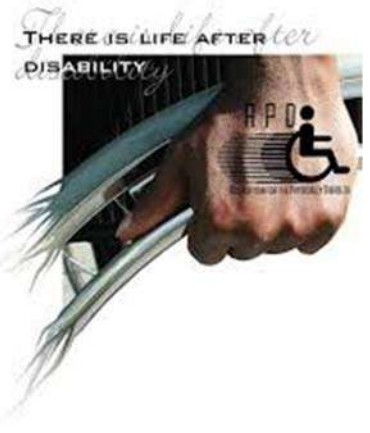
I initially found the exercises to be very tiring, but as time went on I noticed changes that really shook me. My speech began to improve and I gradually gained more and more energy. I could now push my wheelchair with more vigour than I ever thought could be possible.

On one of her routine visits, Me Gloria's supervisor advised me to go and apply for a motorised wheelchair at the hospital. I did so and fortunately I received it after only three months of waiting. I have already started to learn how to use a walker and when I am in the house I use the walker

and for long distances I just ride away in my new motorised wheelchair.

To be honest I sometimes still curse myself for having been at the wrong place at the wrong time on that fateful day in 2009, but I am sincerely grateful that I survived the shooting and along the way then came really good hearted people sent by APD. I beg you not to terminate the service to me as I know I still have a long way of recovery ahead of me. And most importantly, don't do it for me alone, continue your good work for all the disabled people you come across. May our Lord continue to bless your work!

***Yours
Reuben Makobela***



***STILL TOTALLY COMMITTED
TO HELP AFTER 84 YEARS***

To APD Management

I am Tshepo Moloi. I got shot in the spine in April 1995. As a result of the injuries I sustained, I am now paraplegic. I live in Alexandra. Since I joined your home based programme on 24 October 2017, I have benefited immensely. I never used to get training or exercises except using my lifts. I am now able to walk using the walker that APD gave me. I used to have pains in my legs but since joining I have less pain as I can now use my legs regularly. I appreciate this service and would like to personally thank Sister Zanele Nqeto and APD for this service. I really wish you could do the same to people like me in the whole of South Africa.

***Yours
Tshepo Moloi
Alexandra***



Dear APD

I write this letter to thank APD for sending a care giver to assist me. I have been a beneficiary of your organisation since 16 February 2015. I have been suffering from Arthritis, breast cancer, hypertension for many years but ever since they started to assist me I have felt like I am healed. The caregiver bathes me, exercises, massages my body three days in a week and I can confidently say that Ntombifikile is the best. I will be very honoured if she can continue assisting me.

***Yours faithfully
Stella Mongale
Alexandra***



Dear Sir/Madam

My name is Phumzile Themba and I am the mother of Jacqueline Themba, one of the people you are assisting. My daughter was born with spina bifida 42 years ago. As a family we have been struggling to assist her with most activities all her life but when you began to assist her in July 2017, it was a huge relief. At my age (63), I am now an elderly woman myself and I really struggled especially with turning her. At some point before you began to help us, Jacky developed pressure sores and they only healed after you trained me how to prevent and treat the sore. My family and I are extremely grateful for the work that you do.

Please bear with us and do not stop the service because for three days every week, we know Jacky receives utmost care from capable hands. Even our knowledge on how to take care of her when you are not coming, like weekends, continues to grow.

***Thank you very much
Phumzile Temba (Jacqueline's mother)
Soweto***



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

OTHER HOME BASED CARE ACHIEVEMENTS



*Miss Mpete, in April 2018,
10 months after our
intervention.*

Anastasia Mpete

Miss Mpete was born in 1989, without any birth deformities or complications. Her normal growth and development was unfortunately disrupted at the age of four. She was involved in a car accident in 1993 and ended up being hospitalised for several months. She sustained severe head injuries and also her left side was damaged extensively. When she reached school-going age, her family enrolled her as a boarding scholar at a school for learners with special educational needs (LSEN) in Pretoria.

After she finished her Level 5 in 2008, she came back home but then there was practically nothing else to do at home. At the boarding school she had become used to having access to therapists and other medical professionals who assisted and monitored how she coped with her condition. Staying at home with little activity resulted in weight gain and physical regression. Her speech worsened and she also began to struggle to be mobile.

Miss Mpete joined our HBC programme on 29 June 2017, after a referral by the clinic. The caregiver who was assigned began to assist her with physical and speech exercises for three days per week. Her siblings (brother and sister) were also trained how to continue with the exercises during the weekend. By the end of November 2017, Miss Mpete's speech had vastly improved and she was beginning to learn to walk without a walker. At the beginning of 2018, the HBC Supervisor/SAW helped her to successfully apply and register with ABBET School for her study towards matriculation. She was also assisted to apply for a learnership and psychosocial support to the family is still on going.

Thokozani Johannes Mthabela was born in Soweto on 16 April 1979. He grew up and attended school in Soweto, passed his matric in 1999 and proceeded to further his education at Soweto Technikon, where he eventually graduated with a qualification in electronics. Thereafter, he set himself up in a small workshop repairing all types of electrical appliances.



*LEFT: Mr Mthabela
in the early days
after he enrolled
on our
programme.*



*RIGHT: After 6
months of our
service, Mr
Mthabela's
infectious smile
had returned.*



STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

Just as Mr Mthabela thought his life was heading in the direction he had always desired since he was just a kid, disaster struck. In early 2016, his shop was raided by hammer-wielding criminals who knocked him unconscious and fled with all the valuables from the workshop. The head injuries he sustained during the attack were so severe that he spent 3 months in hospital. At the time of his discharge he was still unable to talk or walk.

In August 2017 a call came to our HBC Supervisor notifying her of Mr Mathabela's situation. After assessment, he immediately joined our programme, being assisted with mainly bathing and exercises. At that point, he was practically spending most his time lying in bed. Three months later, he had regained sufficient strength to push a wheelchair by himself. His speech was still profoundly slurred and the HBC Supervisor referred him to Headway for further medical intervention. By January 2018, he had made remarkable progress. The caregiver also taught him to walk with either a walking stick or a walker and also continued with basic speech therapy. He is now able to use the walking stick for short distances and the speech and physical exercises also continue. What cannot be doubted, however, is the fact that Mr Mthabela has indeed shown tremendous recovery in the last year.



Miss Mqalanga when she was still learning to crawl.

Nombulelo Mqalanga was born in 1983 in Mpumalanga but currently lives in Hillbrow with her mother. Nombulelo had epilepsy since she was young but in 2010 she suffered a stroke. When it happened, her mother thought it was an epilepsy seizure as usual, but she only panicked after she noticed that her mouth and hand were taking a strange posture. By the time she was rushed to hospital, considerable damage had occurred. The stroke left her paralysed, unable to talk properly and the limbs dysfunctional. An acquaintance of the family who knew about APD then referred her case to us. She was assessed and assigned a caregiver on 13 December 2017. She was unable to even turn by herself and her mother struggled with her.

As we persisted with a routine of assisting her three days per week, we began to notice some pleasing improvements. She began by being able to crawl and later she learned to lift herself onto the wheelchair, and now she can balance using the walker that APD donated to her. Though she is now able to wash herself on the days that our caregiver doesn't attend to her, we still continue with the exercises and massaging for three days a week.



Smile for a job well done: Miss Mqalanga back on her feet again with the aid of a walker and a caregiver.

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STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS



Analysis of Home Based Care Beneficiaries who were assisted:

CONDITION	NUMBER	CONDITION	NUMBER
Stroke	131	Parkinson's Disease	3
Arthritis	33	Epilepsy	15
Paraplegic	52	Quadriplegic	9
Amputated Limbs	12	Hip Replacement	8
Cerebral Palsy	17	Multiple Disabilities	6
Obesity	5	Old Age	3
Cardiac Failure	3	Fractures	3
Spinal Injury	4	Other	13

Home Based Care beneficiaries who received assistive devices and other donations

- 3 beneficiaries received wheelchairs
- 19 families received clothes
- 2 beneficiaries received walking frames
- 7 beneficiaries received walkers and walking sticks

Training for Social Work Staff

Social Work staff received training in:

- Administration of the Children's Act : Children with special needs
- Bereavement counselling
- The ABC of monitoring and evaluation of community projects
- *Financial Freedom Made Easy* - Experian Project.
- Incontinence management for persons with disabilities

Training for Home Based Care Staff

Home Based Care staff receive continuous training in:

- Exercises,
- Strokes,
- Diabetes,
- Cancer,
- HIV/AIDS,
- Incontinence training for persons with disabilities
- Transfers and sexual abuse of persons with disabilities; HIV/AIDS and STIs
- Financial Freedom Made Easy - Experian Project.

Networking for Community Services

Networking and advocacy continues to be carried out at local, regional and provincial forums. Forums assist with providing effective services to PWDs as different stakeholders from government and civil society participate in these forums.

- Department of Social Development Provincial and Regional Disability Forums
- Johannesburg Welfare, Social Services and Development Forum
- Gauteng Welfare, Social Services and Development Forum
- Ekurhuleni Welfare, Social Service and Development Forum
- Tembisa Disability Forum
- Westbury LDAC

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STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS

Donors and Supporters for Community Services

The APD would like to express its gratitude to the following donors for their unwavering support of the APD's staff members and beneficiaries:

- Department of Social Development
- Department of Health
- Anglo American Chairman's Fund
- The HCH Convalescent Home Trust
- Experian South Africa
- Mrs Lorna Arnott & Friends
- Ms Miemie Retsuri
- Lorien Gimpel
- Mashadi Letwaba
- Ria Cockcroft

Lastly, I want to thank, most sincerely, the Community Services team firstly and the entire APD family secondly for dedicating time and effort in ensuring that people with disabilities in Greater Johannesburg and Tembisa continued to receive a holistic package of services during this reporting period.

As much as it is undoubtedly fulfilling to be of service to humanity, in our case - in situations where fellow human beings have become unable to help themselves - it is nonetheless very nerve-wrecking. After all, we are simply human too. Yet, we took it in our stride to wake up every morning and practically roll up our sleeves to make sure people with disabilities have the opportunity to live the best life in their circumstances. We did not just do it, but we did it with a smile.

Thank you!



*Luckmore Takachicha
Manager: Community Services*

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STILL TOTALLY COMMITTED TO HELP AFTER 84 YEARS



Home Based Care Services 2017/18 Staff Members



JHB/ALEXANDRA HBC TEAM

Seated (Left to Right): Sindisiwe Mpongose, Florah Sithole and Zandile Ruth Nxumalo.

Standing: Zandile Nkolongwane, Cindy Mkhonza, Hendrietta Kaunda (Supervisor) and Ntombifikile Gumedede.

TEMBISA HBC TEAM (Left to Right):
Seated: Zanele Nqeto, Gloria Moela and Elizabeth Maisela.

Standing: Shirley Sono, Mashudu Nemahotole and Stellah Madi (Coordinator).



SOWETO HBC TEAM (Left to Right):
Seated: Kedibone Mlangeni, Andiswa Mqgatswa and Xolile Msibi.

Standing: Lungile Mahaye, Tebogo Itumeleng (Supervisor) and Busi Mkatshwa.

SERVICE AWARDS



WE SALUTE OUR DEVOTED STAFF MEMBERS

LONG SERVICE

The Association recognises those individuals who have devoted a considerable amount of their working life to the organisation. As it is important that these individuals are formally acknowledged for their contribution, the following Long Service Awards policy applies:

Long Service Awards to members of staff are as follows:

5 Years:	A certificate and a cheque for R250
10 Years:	A certificate and a cheque for R500
15 Years:	A certificate and a cheque for R1000
20 Years:	A certificate and a cheque for R1500
25 Years:	A certificate, a cheque for R2 000 and a watch to the value of R500
30 Years:	A certificate and a cheque for R2 500
35 Years:	A certificate and a cheque for R3 000
40 Years:	A certificate and a cheque for R3 500

Presentation:

Takes place at the AGM held during the year in which the required period of service is completed. This year the recipients of our **Long Service Awards** are:

15 YEARS	10 YEARS	5 YEARS
Tebogo Itumuleng	Angie Lewis	Andiswa Mqgatsa

IN RECOGNITION OF SERVICE EXCELLENCE



BUSI MKATSHWA - Soweto Home Based Care Services

Busi Mkatshwa has been with the APD since 2009. Over the years, she has demonstrated an unwavering loyalty to the organisation and to the service of her clients. Her Supervisor Tebogo Itumeleng describes her as an honest, punctual and hardworking care worker who takes pride in providing an excellent service to PWDs. Whenever the Supervisor is absent or goes on leave, Busi is assigned to act as the supervisor and she makes sure all Soweto clients are attended to and also submits reports and timesheets to the Manager. There is always positive feedback from the PWDs that she services. Apart from being diligent with her core duties, Busi is also known to refer her clients to other service providers, thus making sure they receive a holistic package of help from APD and other stakeholders.

ZANDILE V NKOLONGWANE - Greater Johannesburg Home Based Care Services

On 1 July 2017, Zandile Nkolongwane celebrated 9 years of service to APD and PWDs in the Greater Johannesburg area. Her Supervisor Hendrietta Kaunda describes her as the kind of a person one enjoys working with as she is very dedicated to her work and she works very well with other co-workers. She is able to work under difficult, high-pressure situations and still attain excellent results. She has shown a level of dedication above and beyond the scope of her job. She is trustworthy, self-disciplined and dedicated, and above all, her clients have made progress and are happy and appreciate what she does with them. Due to her dedication and diligence, she was chosen to be interviewed in a documentary with one of the APD's beneficiaries who is her client and a student at the University of Johannesburg. The year under review has arguably been one of her best at APD.



ACHIEVER OF THE YEAR

SFISO ADAMANT TO PROVE APD MOTTO THAT *THERE IS LIFE AFTER DISABILITY* RIGHT



WORDING ON THE CERTIFICATE

The Association for the Physically Disabled – Greater Johannesburg (APD) proudly recognises Mr Sfiso Mbethe as the Achiever of the Year.

APD home based care services were provided to Sfiso after he suffered a stroke in 2010, brain tumour in 2012 and an eye operation thereafter. All these health challenges left him bedridden and forced him to close down the internet business he had started in 2007. His situation worsened when his own mother also suffered a stroke. APD home based caregivers began to assist him with bathing, exercises, feeding and turning him in bed. As a result of that assistance and his own determination and cooperation, Sfiso improved so much that he regained enough strength and reopened his internet business, began to walk with the aid of a stick, enrolled in two learnerships to improve his business skills and there is no doubt that if he continues on that path, he will become an entrepreneur of note.

APD – Greater Johannesburg congratulates Sfiso for his perseverance to economically empower himself by breaking down the barriers imposed by his disability.

Congratulations!

Sfiso Mbethe completed his high school studies at Tembisa High in 2004. The next year he enrolled at Rosebank College to study accounting and financial computing. After finishing his studies, he found employment at SAB Miller in 2007.

In 2010, he started to become ill, after which he had a stroke. He was hospitalised at Tembisa Hospital from October 2010 to January 2011. He became bedridden and closed down his internet café business which he had started in 2007 as he couldn't run it anymore. His situation became worse when his mother also suffered a stroke! Both of them were then referred to APD by one of the neighbours. He began to be assisted with bathing, exercises, feeding and turning him in bed.

Six months after both mother and son were being assisted, Sfiso had learned how to get up and sit on his bed, and almost miraculously he recovered his speech. Three months later, the care giver began to assist him to stand-up, though he said he felt dizzy in the beginning.

Day by day he gained more strength, eventually he began to use a wheelchair and later a walker. By the end of 2016 he was walking on his own, even though he could only walk slowly over short distances. He also reopened his internet café.

APD Supervisor Stellah Madi encouraged Sfiso to do a learnership on self-awareness, focussing on equipping learners with advanced knowledge on issues of self-esteem, lifestyles and disability issues. The learnership was for nine months ending at the beginning of 2017.

He is currently doing a business administration learnership which will end in April 2018. Through this learnership, Sfiso wants to gain knowledge and experience in business administration, so that he will be able to successfully run his Internet Café and hopefully venture into other businesses. His immediate plan is to open another Internet branch elsewhere to broaden his market, and if he gets any capital injection, he would use that income to finance this new business.

His vision is to continue empowering himself economically, thus proving true APD's motto that "There IS life after disability".

