

There is life after
THERE IS LIFE AFTER
disability



2019

REPORT ON ACTIVITIES

1 APRIL 2018 – 31 MARCH 2019



CONTENTS

Governing Structure	2
Divisions and Programmes	3
Chairperson's Report	4
Financials	5
Treasurer's Report	6
Director's Report	7-9
Community Services	10-22
Service Awards	23
Achiever of the Year	24

ASSOCIATION FOR THE PHYSICALLY DISABLED

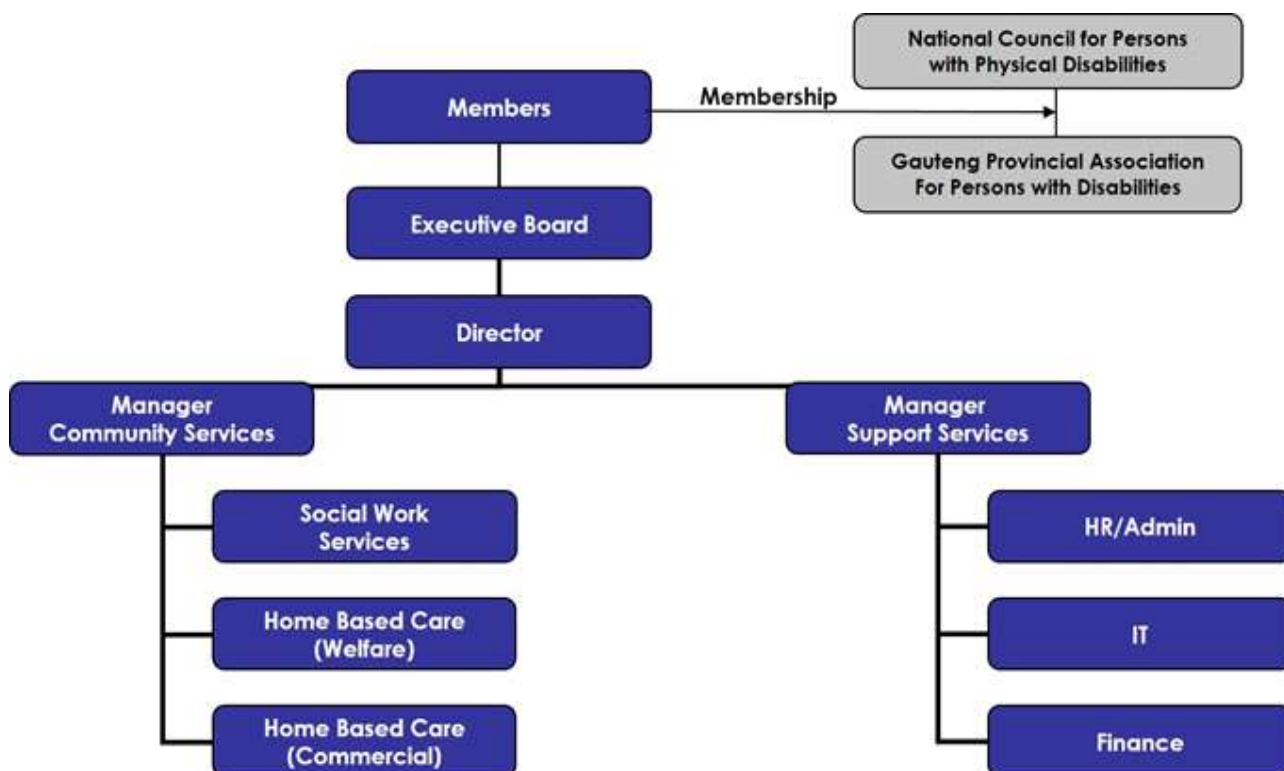
GREATER JOHANNESBURG

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
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
AUDITORS: Ransome Russow, PO Box 6706, Cresta 2118 Tel: Tel 087-022-0410		

Pallinghurst Road
Westcliff

Private Bag X1
PARKVIEW
2122

ASSOCIATION FOR THE PHYSICALLY DISABLED
GREATER JOHANNESBURG

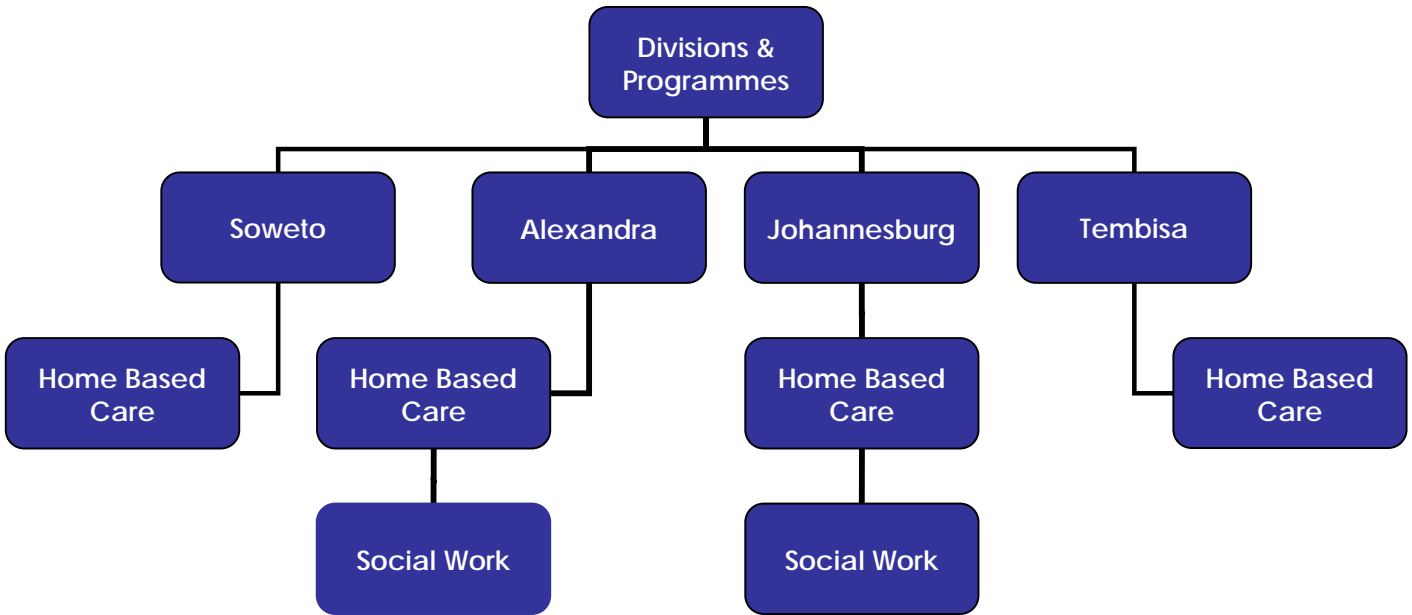
OUR ACTIONS SPEAK LOUDER THAN WORDS
85 years of service excellence

Tel: 011-646-8331
Fax: 011-646-5248

info@apdjhb.co.za
www.apd.org.za

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

Initiative

Mutual Respect

Team Work

Professionalism

Accountability

CHAIRPERSON'S REPORT

APD CONSISTENTLY RENDERS QUALITY SERVICES DESPITE A DECLINE IN INCOME



This year we celebrate the 85th anniversary of the Association for the Physically Disabled - Greater Johannesburg (APD); and what an interesting journey we've been on during 2019! Broadly South African Non Profit Organisations (NPOs) have increasingly worked under pressure due to the socio-economic development challenges of the country. Weakened support from funders and erratic funding has required NPOs to cope with limited funds and some of the NPO's have even closed down.

The past year continued to show a decline in donor funding and the Executive Board has increasingly had to think about APD's long-term sustainability. In response, the Executive Board successfully held a two-day strategic planning session during which we reviewed APD's strategies and considered ways in which we can improve the financial capacity of the organisation. Key discussions included: HR matters (such as succession planning of critical positions), review of our Public Relations strategy, review of our Social Services and our financial and fundraising strategies.

We established task teams to work on the various actions identified during the planning sessions. These teams set target dates for completion of each action and agreed to submit progress reports to the Board on a quarterly basis. So far some progress has already been reported to the Board. We continue to actively work on these tasks and hope to achieve most of them by 2020.

Despite less funding, APD has consistently rendered quality social work and home-based care services to assist people with most forms of physical disabilities. During the past year, the organisation reached 3 571 beneficiaries. This would not have been possible without the funding received from Department of Social Development, Department of Health, Hope Trust, our corporate funders and individual donors.

Our staff is the backbone of this organisation and I extend my appreciation to the dedicated team of Social Workers and Care Givers who tirelessly work with people who have physical disabilities, their families and the community as a whole to make sure that each person has a chance to reach their full potential. I extend appreciation to the Community Services Manager, Office Manager and all our Support Staff. To the Director, who has kept the organisation on course, I extend my gratitude to her for overseeing all operations and ensuring that APD remains a goal driven organisation. To the Executive Board members: thank you for using your time, skills and networks to the benefit of the APD. Your input has been invaluable in forming and shaping APD's evolving strategic direction.

The next financial year promises steady growth for the APD and I am grateful to be a part of an organisation that is represented by a team of selfless individuals.

In conclusion, I would like to end with a quote from Nick Vujicic, the well-known Australian motivational speaker who was born without arms and legs: "For every disability you have, you are blessed with more than enough abilities to overcome your challenges."



*Zimi Gongxeka
Chairperson*

FINANCIALS



SUMMARY OF SOURCES OF OPERATING INCOME AND EXPENDITURE FOR 1 APRIL 2018 – 31 MARCH 2019

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

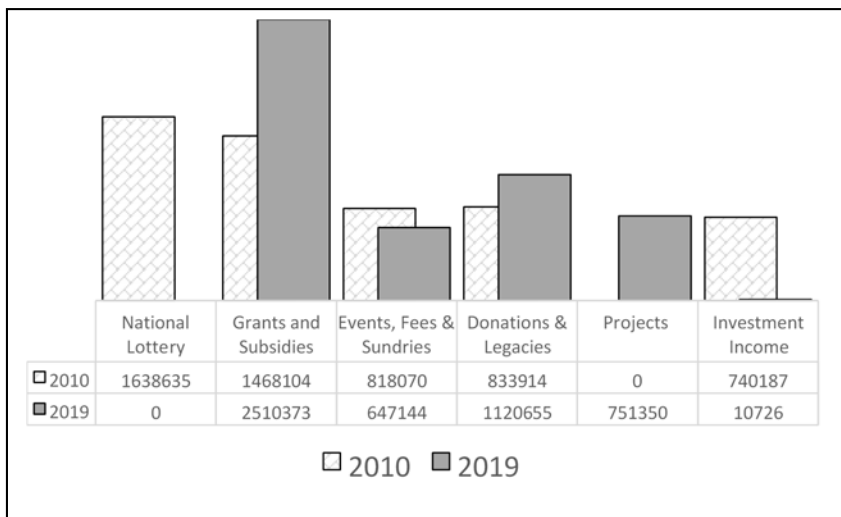


INCOME FROM PROMOTION

APD HAS HAD TO WORK HARD AT PROMOTING AND EXPLAINING WHAT WE DO TO BUSINESS AND GOVERNMENT

Our major income sources in 2010 were the National Lottery and Department of Social Development (DSD). In 2019 we did not receive any funding from the National Lottery, however, through our relationship with Barrier Breakers Commercial Services (Pty) Ltd and Demisize (Pty) Ltd, we were able to secure funding through their partners in the form of Socio Economic Development (SED) spent.

INCOME SOURCES - 2010 vs 2019



We would like to thank the Department of Social Development for their continued support of our Community Services Division (Home-Based Care and Social Work). In addition to the yearly increase of the Social Work division's subsidy, this year the Department increased the Home Based Care division's grant by 2%.

This is encouraging for us, because it shows that DSD sees the need to increase grants for this programme. We hope that the Department will continue from now on to increase the grant for the HBC programme every year to enable us to keep up with inflation.

Expenditure continues to grow, creating a greater need for income. Tight control of expenditure does not alleviate the effect of inflation on the cost of running the Association.

The team, ably led by Rachel, carries a large workload advancing and promoting APD to both business and government, in order to obtain income.

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.



*Gavin Julyan
Treasurer*



UNITY IS STRENGTH

...WHEN THERE IS TEAM WORK AND COLLABORATION, WONDERFUL THINGS CAN BE ACHIEVED

I would like to take this opportunity to thank the Executive Board Members for their wonderful support, cooperation and understanding during the past year. Without them, our organisation would not have achieved its Mission: *working in partnership with people with 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.*

One of our Values is **Team Work** – something which we hold in high regard as it necessitates us to work together – not only when it comes to the staff members of the APD, but also the beneficiaries of the various services we render. I am very proud of the level of team work that the APD experienced at every level and within every division of our organisation during the past year - unity is truly strength.



Staff members of APD's Community Services and Support Services divisions.

FINANCIAL SUPPORTERS

I would like to thank our biggest funder - the Department of Social Development, for their continued support of our Home Based Care and Social Work programmes; and I really welcome the 2% increase in the funding received from them for our Home Based Care programme.

I also extend my sincere appreciation to the Department of Health for their support of our Home Based Care programme since 1995. Their funds are used towards the rehabilitation of PWDs and has made a big difference in the lives of our beneficiaries. Many of our beneficiaries have become so independent as a result of this programme, that they have actually been able to cancel our service!

My sincere gratitude to the following companies for their continued financial support of our organisation: Anglo American, Bandag, OTS and USS Pactech. Their support has repeatedly played a key role in our ability to continue to render services to people with disabilities (PWDs) in the communities of Johannesburg, Soweto, Tembisa and Alexandra. There is no way to fully express our gratitude for their loyalty. We are continually inspired by the dedication and generosity of these companies.

A special word of appreciation to Demisize (Pty) Ltd and Barrier Breakers Commercial Services (Pty) Ltd for their support and commitment to the APD. They always remember us in their professional dealings with

DIRECTOR'S REPORT (2)

UNITY IS STRENGTH

...WHEN THERE IS TEAM WORK AND COLLABORATION, WONDERFUL THINGS CAN BE ACHIEVED



other companies and we are very grateful that this has often led to appropriate funding coming our way. We appreciate the excellent team spirit that exists between us and them and hope that we will continue to work together in the interest of PWDs for a very long time to come.

Last, but by no means least, I want to thank our individual donors for their wonderful support of the APD: every cent we received from you has been used to improve the quality of life of the PWDs we serve.

FUNDRAISING AND EVENTS

This year we experienced mixed fortunes with our two biggest traditional annual fundraising events – the year-on-year net profit from the APD Annual Golf Day showed a huge increase, while Casual Day recorded a big decrease.

GOLF DAY:

We are extremely happy that our 2018 Annual Golf Day recorded an incredible 286% growth in net profit compared to that of our 2017 Golf Day!



Some of the golfers getting ready to play.

We are striving to improve the net profit from the event each year, and thank Sandra Braxton, the Event Coordinator, for her dedication and commitment to drive this project so successfully. We hope that she will be with us for many more years to come.

We would also like to thank all the companies that participated in the 2018 Golf Day, and urge them to join us once again at our 2019 Golf Day which will be held at the Bryanston Country Club on 21 August 2019.

CASUAL DAY:

Unfortunately this year's Casual Day was a huge financial disappointment for our organisation with the net profit year-on-year dropping by almost 79%!



UNITY IS STRENGTH

...WHEN THERE IS TEAM WORK AND COLLABORATION, WONDERFUL THINGS CAN BE ACHIEVED

Our investigation into the reason for this poor performance revealed that many companies and schools who have always supported us with this event had shifted their support to other organisations. This serves as a big wake-up call for us to always be looking for new supporters rather than hoping to be supported by the same companies, schools, etc year after year.



Staff members and the learners doing some exercises on Casual Day.

APD has always treated Casual Day as an awareness rather than fundraising event, but we are living in bad economic times where it is not easy to get donations from companies anymore and we will have to change our mind-set towards this event if we want to get the most out of it financially that we possibly can. To this end we have put in place a proactive strategy to win back old, and find new supporters for Casual Day. We are hopeful that our strategy will bear fruit.

HOSTING LEARNERSHIP PROGRAMMES

We are very excited about the potential to generate income for the APD by hosting Learnership Programmes at our offices. During the past year we earned more than R40 000 by hosting learners with disabilities for Bandag, OTS, USS Pactech and Vodacom. We could, however, have generated significantly more if we had had the office space to physically accommodate more Learners.

In a bid to address this issue, we have had discussions with the Hope Trust (owners of the premises we occupy) and are very pleased to report that they have made some additional space available to us for this purpose. We extend our heartfelt gratitude to the Hope Trust for assisting us in this regard.

The area allocated to us will, however, require some work and we are therefore now working hard to raise funds to refurbish the building as soon as possible.

SHARING OF RESOURCES

APD has secured an amount of R182 612 through the provision of specific resources and services to Demisize (Pty) Ltd and Barrier Breakers Commercial Services (Pty) Ltd. This has assisted in the survival of APD, since the organisation finds it increasingly difficult to keep up with the constant increases in its basic overheads due to the high inflation rate.



CONCLUSION

I would like to conclude by thanking all APD's staff members – both Community Services and Support Services - for everything they have done to make this year a success.

Without team work we would not be able to achieve our mission. I encourage you to continue the good work you do in the effective delivery of critical services to PWDs in the various communities.

*Rachel Legasa
Director*

COMMUNITY SERVICES

THE FIGHT FOR EQUALITY CONTINUES



When you can't change the direction of the wind — adjust your sails. **H. Jackson Brown**

Throughout its 85 years of existence, the Association for the Physically Disabled - Greater Johannesburg (APD), through its Community Services Department, has ceaselessly endeavoured to enhance the quality of life for PWDs and their families, by making efforts aimed at meeting their physical and psychosocial needs, as well as ensuring their inclusion and participation in society.

That existential commitment is derived from the fact that, just as was the case in 1934 when the APD was formed, to this day, PWDs still experience poor health outcomes, lower education achievements, less economic participation and higher rates of poverty than people without disabilities. This is partly because PWDs experience barriers in accessing services that many people without disabilities have long taken for granted, including health, education, employment, and transport as well as information. These difficulties are even more prevalent in the less advantaged communities of the broader South African society.

It is therefore by no sheer coincidence that currently most of APD's work is concentrated in the socio-economically disadvantaged communities eg Soweto, Alexandra and Tembisa. APD mainly uses the community based rehabilitation strategy to achieve its goal, integrating the professional work of its social workers and caregivers with the efforts of PWDs, their families and communities, and relevant government and non-government health, education, vocational, social and other services.

In the period between April 2018 and March 2019, the Community Services Department spared no effort to ensure that APD consolidates its historical position as a leader among organisations that provide services to PWDs in the Greater Johannesburg area.

The following is a summarised account of the work that was done by the Community Services Department during the period under review.

SOCIAL WORK SERVICES



Social Work Staff (from left to right): Nokuthula Mahlangu, Meriam Maunatlala (Community Services Supervisor), Johannah Mkhari, Vusumuzi Nxumalo and Luckmore Takachicha (Community Services Manager).

GOAL: ENHANCING SOCIAL FUNCTIONING FOR PERSONS WITH DISABILITIES

The goal of the Social Work Division, in line with the vision of the APD as a whole, is to work in partnership with PWDs, their families and the community as a whole in order to promote their integration into the society and to enable them to achieve their full potential.

In their commitment to human rights, social workers prioritise a holistic understanding of the person, seeing their impairment as only one aspect of what makes them who they are. This view is driven by a deep belief in the intrinsic worth of all human beings and their inalienable right to dignity and self-determination. Drawing on the significant contribution of the self-advocacy movement, social workers

COMMUNITY SERVICES (2)

THE FIGHT FOR EQUALITY CONTINUES



understand that PWDs are a diverse group and have a wide range of experiences, abilities, impairments and potential for development.

Below is a summary of the social work achievements and challenges for the 2018/19 financial year.

TARGET GROUP FOR SOCIAL WORK SERVICES

Our primary target group are persons with physical disabilities of all ages, together with their families and loved ones. However, for disability education and awareness campaigns, we target all communities in which we operate.

AREAS OF OPERATION AND CASELOAD FOR SOCIAL WORK SERVICES

APD Greater Johannesburg Social work services are rendered in Region B (including Newlands, Westbury, Sophiatown and the surrounding communities), Region E (including Alexandra, Atholhurst Ext 1, Atholl, Atholl Extensions, Atholl Gardens, Austin View, Austin View Ext 1 and the surrounding communities), Region F (including the Johannesburg CBD, Yeoville, Rosettenville, Abmarie, Aeroton, Aeroton Extensions, Alan Manor, Alan Manor Ext 2, Alveda Ext 2, Aspen Hills, Aspen Hills Extensions, Baragwanath, Baragwanath Ext 1, Bassonia, Bassonia Ext 1, Bellavista Estate, Bellevue, Bellevue East, Benrose, Benrose Extensions, Berea, Bertrams, Bezuidenhout Valley and Tembisa (including all surrounding areas) in Ekurhuleni.

In total, the Social Work Division reached 281 direct and 1 413 indirect beneficiaries between 1 April 2018 and 31 March 2019. The following is a breakdown of the services rendered:

OBJECTIVE 1: CASE WORK - CARE AND SUPPORT

The goal of this objective is to render psychosocial support services to PWDs and their families/support systems. In its generic sense, the term *psychosocial support* refers to the actions that address both psychological and social needs of individuals, families and communities. (**Psychosocial interventions. A Handbook:** <https://papyrus-project.org/what-is-psychosocial-support>).

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:

- 123 intakes were attended to by social work staff
- 79 assessments were conducted
- 9 placements to residential care facilities and schools were done
- 3 clients were assisted to secure employment and 1 enrolled in an internship programme
- 85 cases were referred to other service providers for further assistance
- 13 wheelchairs were handed over and 11 applications/motivations for wheelchairs made
- 395 face-to-face interviews were conducted
- 3 917 telephonic interviews were conducted
- 393 home visits were conducted
- 172 counselling sessions totalling 96 hours were conducted
- 23 social work reports were compiled for Hope School bursary applications
- 8 case conferences were conducted
- 57 PWDs who have incontinence problems were issued with disposable nappies received from Abraham Kriel
- 37 PWDs received donated second hand clothes

COMMUNITY SERVICES (3)

THE FIGHT FOR EQUALITY CONTINUES



OBJECTIVE 2: GROUP WORK - LIFE SKILLS AND REHABILITATION

The goal of group work is to promote self-development of the target group via life skills programmes in a rehabilitative environment. The therapeutic or curative factors in groups are well known. It's not unusual for PWDs, particularly those with newly acquired disabilities, to feel that their experience is unique and that their disability is socially isolating. Consequently, the following curative aspects of the group experience may be of particular relevance for PWDs:

- **universality** - realising one is not alone in one's struggles,
- **instillation of hope** - seeing other members who are living full and productive lives, despite myths and misconceptions about disability,
- **cohesiveness** - the feeling of belonging that develops within a group,
- **interpersonal learning** - discovering, through group feedback, how others see them; having the opportunity to practice new skills in a safe environment, and
- **imparting of information** - learning practical health management skills and information about negotiating social and physical barriers in their environments.

In their professional pursuit to ensure that PWDs who are receiving other forms of social care and protection also get access to the above therapeutic benefits of group dynamics, APD social workers conducted and facilitated 36 group sessions in regions B, E and F of the City of Johannesburg, as well as in Tembisa.

At total of 48 PWDs and 22 family members of PWDs participated in the group sessions. As a general rule, participants choose the topics they want for group discussions, hence the topics across the four groups varied.



Johannah Mkhari with some of the group members in Alexandra.

However, in the interest of promoting their dignity, rights and welfare, 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 persons with disabilities, self-awareness and disability and relationships.

OBJECTIVE 3: COMMUNITY WORK - POVERTY ALLEVIATION

Disability is a development issue, because of its bidirectional link to poverty, ie disability may increase the risk of poverty, and poverty may increase the risk of disability. A growing body of empirical evidence from across the world indicates that PWDs and their families are more likely to experience economic and social disadvantages than those without a disability.

COMMUNITY SERVICES (4)

THE FIGHT FOR EQUALITY CONTINUES



While the disability grant, which the South African government decided to avail to PWDs post-apartheid, is in 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, APD social work staff facilitated the following poverty alleviation and empowerment initiatives:

WHITE PAPER RECYCLING AT ALEXANDRA DISABILITY CENTRE (ADC):

Recycling of white paper at ADC has been going on for almost five years now. In the past APD social workers used to just deliver waste paper from our offices to ADC and also transport it to the buyers for sale.



However, during the period under review, they have gone further by assisting ADC members to market their project to all the NPOs in Alexandra. As a result of this strategy, the financial proceeds from recycling more than tripled as more and more NPOs began to "donate" all their waste paper to ADC. Before the implementation of the new marketing drive, their average monthly revenue from selling waste paper was around R500, but that amount increased to more than R1 500.

Sorting of white paper by PWDs at Alexandra Disability Centre.

Members of ADC workshop (17 of them), who are all people with varying types of disabilities

and who subsist exclusively on the disability grants, use the money they generate to purchase food to consume while at the workshop. Undoubtedly, this income generating activity cannot break the cycle of poverty in which they find themselves, but surely those small income injections serve to augment whatever is coming from SASSA. It also reinforces a sense of self-worth and dignity as they claim back their agency by being able to deconstruct the unfortunate myth that PWDs are helpless.

General challenges with community work

- The Department of Social Development does not provide funding for the capitalisation of projects, hence a 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 they should be.
- 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.

COMMUNITY SERVICES (5)

THE FIGHT FOR EQUALITY CONTINUES



OBJECTIVE 4: EDUCATION AND AWARENESS

The importance of disability awareness has been given prominence over recent decades, making it easier for the PWDs and the society to develop empathy for one another. Disability awareness helps in subsiding the stereotypical mind-set of society, thus providing vast opportunities for everyone to get involved in creating a positive, inclusive society for all.



Nokuthula Mahlangu conducting education and awareness at Sophiatown Clinic.

According to a WHO (2005) study, more than 50% of the causes of disability are preventable, concretely underlining the need to conduct disability education and awareness programmes that are largely preventative in nature. It is also stated that PWDs are more likely to experience a discriminatory attitude in the prevailing fields of education, health, social economy, employment and justice.

Over and above packaging our disability messages on the thematic areas outlined above, our awareness programmes also endeavoured to make communities, especially the families of PWDs, aware of the services available from the APD and other stakeholders.

A total of 2 713 people were reached with different disability messages during the period under review, signalling a very significant 26% increase compared to the similar period in the last financial year.



Luckmore Takachicha conducting disability awareness and sensitisation at Tupperware offices in Bryanston.



Vusumusi Nxumalo conducting disability awareness and prevention at Yeoville Clinic.

COMMUNITY SERVICES (8)

THE FIGHT FOR EQUALITY CONTINUES



Some of the venues were: Sankopano, Eastbank Clinic, Eastbank Hall, Altreck, 3-square, 8th Avenue Clinic, Gerald Joseph Old Age, Ithokomeleng Old Age, Alexandra Fire Station hall, Parkhurst Clinic, Claremont Montage flats, Riverlea Clinic, Rosettenville Clinic, Westbury Clinic, Sophia Town Clinic, Joubert Park, Fordsburg Park, Langlaagte, Abraham Kriel, Westbury Recreation Centre, Brixton Park, Yeoville Clinic and Tembisa.

OVERALL SOCIAL WORK CHALLENGES

- Inaccessible public transport for clients 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.

HOME BASED CARE SERVICES

As alluded to in the introduction of this report, Community-based Rehabilitation (CBR) was initiated by the World Health Organisation (WHO) following the Declaration of Alma-Ata in 1978, in an effort to enhance the quality of life for PWDs and their families, meet their basic needs, and ensure their inclusion and participation in society.

Home Based Care (HBC) services are a vital cog in the broader community based rehabilitation strategy. While initially a strategy to increase access to rehabilitation services in resource-constrained settings, CBR is now a multi-sectoral approach working to improve the equalisation of opportunities and social inclusion of PWDs while combating the perpetual cycle of poverty and disability.

PROGRAMMATIC OBJECTIVES

In a nutshell, the following are the programmatic objectives of our Home Based Care Services for PWDs:

- prevention of the loss of function,
- slowing the rate of loss of function,
- improvement or restoration of function,
- compensation for lost function, and
- maintenance of current function.

Beyond the above "physical" outcomes of our HBC interventions, there are also positive psychosocial spin-offs of the entire programme in the lives of PWDs.

In a 2016 study which was conducted by a former APD employee, Mr AP Mungani, using our HBC beneficiaries as the subjects of the study, as part of his thesis for a Master of Public Health degree through the University of Witwatersrand, under the topic: *HOME-BASED CARE AND QUALITY OF LIFE FOR PEOPLE WITH PHYSICAL DISABILITIES IN GREATER JOHANNESBURG*, unsurprisingly, Mr Mungani concluded with the following empirically verified observation:

"Home Based Care (HBC) was shown to increase social support pointing to the fact that the HBC caregivers are seen as a social support structure in the absence of such or contribute to building stronger social support systems for persons with disabilities and their families, which has a positive influence on their quality of life" (AP Mungani, 2016).

COMMUNITY SERVICES (9)

THE FIGHT FOR EQUALITY CONTINUES



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 must be between 18 and 59 years.
- The service is mainly for persons receiving disability grants.

Letters of appreciation from HBC beneficiaries

23-12 Avenue
Alexandra
John Brant.

Dear A.P.D.

I write this letter to thank A.P.D. for sending the care giver Ntombikete Boukaya to come and assist me with exercises. Massage and bathing. I would like to thank her for being patient with me through all this years since I had a stroke and I'm getting better every day and I'm very happy for the service I have no complain.

yours faithfully
Reinold Makhosi.

Dear APD

I would like to send my appreciation for the great service offered to me I really thank the exercises I am getting from Zanele. The exercises have improved my well being. I remember before I could not feel any sensation on my legs but this has changed now I feel much better.
Thank you so much..

J. Moyo.

ACHIEVEMENTS FOR 2018/19

From 2017/18 we carried over 317 direct and 453 indirect beneficiaries to the 2018/19 financial year. 82 new beneficiaries were assessed during the period under review, and 46 of these were taken on board while 36 were referred elsewhere. Consequently, 363 direct (PWDs) and 471 indirect beneficiaries (other family members/support system) were assisted in 2018/19.

The following was achieved with both direct and indirect beneficiaries:

THE FIGHT FOR EQUALITY CONTINUES



- 18 beneficiaries became independent and cancelled the service.
- 263 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, finished the training to be trainers of financial literacy among PWDs and their families. The project was made possible with financial assistance from Experian South Africa.
- 47 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.
- 161 beneficiaries improved tremendously, but are still in the service and 9 beneficiaries were placed in residential homes due to old age.

OTHER HOME BASED CARE ACHIEVEMENTS

Vusi Msomi

Mr Vusumuzi Msomi was born without any form of disability and had a normal childhood until he was in Grade 7 when he one day suddenly collapsed while playing with the other kids at Enxiweni Primary School. He was rushed to hospital and ended up being admitted for a week.

Initially the doctors could not determine what was wrong with him, but on the sixth day, he was diagnosed with epilepsy. Unfortunately, the type of epilepsy he was diagnosed with was so vicious that he ended up going in and out of hospital very regularly, thus making it impossible for him to proceed with his education.

As time went on Mr Msomi's condition took a turn for the worse: both his mobility and speech became impaired. At some point he was admitted to the Weskoppies Hospital and later transferred to Tswelopele Centre for the Frail in Johannesburg, but there was still no improvement.

The first time that Mr Msomi came into contact with the APD was in March 2014.

His mother had heard about the APD and the services provided by the organisation so she went to APD's office in Tembisa to request the home-based care (HBC) service for her son who was already bedridden and living in her home at that time.

APD's HBC Supervisor went to assess Mr Msomi at home and a caregiver was assigned to assist him at home. After two months of extensive but gentle exercises and relevant training, he was able to use a walker with the assistance of a care giver!

Mr Msomi continued to make very good progress until his mother unfortunately fell ill. Knowing that her son is dependent on her for his daily welfare, and fearing that she might not recover from her illness, Mrs Msomi took the difficult decision to have him re-admitted to the Tswelopele Centre where she believed he could receive sustainable care.



Mr Msomi on the road to recovery (October 2018).



THE FIGHT FOR EQUALITY CONTINUES

Fortunately his mother had recovered to such an extent by June 2018, that she felt strong enough to care for her son with the assistance of APD's caregiver and Mr Msomi was discharged from the Centre.

Although Mr Msomi was now once again bedridden, it didn't take long for his condition to improve: by the end of October 2018 he was able to sit up in his bed on his own, and by November 2018 he could again walk using his walker while assisted by a care giver! We continue to assist Mr Msomi and he and his mother continue to work hard to ensure his continued welfare.

The dramatic recovery and resilience he has shown after being re-admitted into our HBC programme for the second time vividly demonstrate the positive impact that our services have on PWDs and their families.



Ms Van Tienhoven back on her feet after three months of receiving our services.

Peta van Tienhoven

Ms Peta van Tienhoven, a South African citizen, had a debilitating stroke in 2007 while she was living with her husband in the United States of America and working as an International English teacher.

After being in hospital for some time, she was discharged into the care of her husband. Unfortunately the nature of her disability and the fact that she needed constant care took its toll on their marriage and they eventually got a divorce.

She stayed in America for few years after the divorce, but eventually decided to relocate back home to South Africa as she had no source of income and no one to care for her in the USA-

When she arrived here in March 2016, she had no job and no money, which meant that she had to move into her elderly parents' home. The reality of her personal situation soon led to her becoming very deeply depressed.

By August 2016 she realised that she desperately needed both financial and psychosocial help. She decided to do something positive about her situation and did an internet search for organisations that assist people with physical disabilities in Johannesburg. She found the APD's contact details and phoned our office to ask for help.

An in-depth social work needs assessment was conducted by APD's Social Work division and it revealed that Ms Van Tienhoven needed a lot of help.

She required extensive psychosocial support - which was provided mainly through counselling, as well as statutory welfare support - which was addressed by successfully assisting her to obtain a disability grant effective November 2016.

We also found that her elderly parents, with whom she was living, were not receiving the state old age pension despite their age and obvious need. We assisted them with the applications and her parents' old age grants were approved by SASSA in October 2016.



THE FIGHT FOR EQUALITY CONTINUES

Ms Van Tienhoven continued to receive psychosocial support even after the family's financial circumstances had vastly improved.

The overhaul of the family's socio-economic circumstances was, however, not accompanied with a corresponding improvement in Ms Van Tienhoven's physical functionality. Years of relative inactivity after the stroke had taken a huge toll on her: she had gained weight, was struggling to walk, and her eyesight was rapidly deteriorating.

As a result of this, Ms Van Tienhoven called APD head office on 7 November 2018 and requested to become a beneficiary of our home based care (HBC) service. After an assessment of her at her home by APD's HBC Supervisor, a decision was made to allocate a Caregiver to assist her with extensive physical exercises and massages twice a week.

Her recovery was quite remarkable: within two months she had lost a considerable amount of weight, grew in physical strength and re-learned how to walk with the aid of a walking stick! Soon she could walk up and down the steps of their home and even go for check-ups on her own. We continue to provide the services in order to sustain the positive changes.

At the time of compiling this report, Ms Van Tienhoven said she was already contemplating getting back to practicing her profession as an international English teacher and thanked the APD for helping her to obtain an improved physical condition and less stressed psychosocial situation.

Caroline Malajje



Caroline eight months after she became a beneficiary of our services. Her smile says it all.

Ms Caroline Malajje, who was born in Giyani, moved to Tembisa (Gauteng) in 2003 to do her tertiary education. Life was good for Caroline: she had a son in 2005, got married in 2006, successfully finished a course in engineering, immediately got a job with an engineering company (which she held for nine years) and also managed to buy a house!

But in 2015 something tragic happened that would dramatically and irreversibly alter the course of Caroline's life. She and her brothers had just arrived home from a visit to Giyani and were about to get out of the car to unpack their belongings, when a speeding car rammed into their stationary vehicle from the side – right where she was sitting.

All the other occupants were unscathed, but Caroline was seriously injured and had to be rushed to Netcare Hospital in Johannesburg, where she ended up being admitted for three months. When she was eventually discharged, she had extensive mobility impairments and was bedridden.

Her family came from Giyani to assist her, but in October 2017 she was referred to APD by one of our beneficiaries who had been a patient at Netcare Hospital at the same time as Caroline.

After evaluation, it was decided that our HBC division would assist her with exercises and all other activities of daily living.



THE FIGHT FOR EQUALITY CONTINUES

When we started working with her, she had completely lost the use of her hands and had very minimal body movements.

She had become accustomed to spending most of her time lying in bed and therefore the early days of our rehab programme were quite difficult for her, but we made sure she understood and accepted the motto for all effective exercises: no pain, no gain!

And the hard work paid off - after only eight months (end of June 2018), she was able to use her hands again! She was particularly thrilled when she was able to use a smart phone, write and wash her face. These very rudimentary tasks are taken for granted by people without disabilities, but for a very ambitious lady who had almost resigned herself to a fate of dependency on family and friends for something as basic as making a phone call, this was a great achievement.

As much as these achievements are a clear reflection of her undying resolve, they are equally a source of pride for our caregivers and her family members who worked so patiently and diligently to improve the quality of her life.

Frederik Katzke



Mr Katzke with his caregiver.

Mr Frederik Katzke suffered a stroke in December 2018 which resulted in him being unable to walk. At the time, he was living with his brother in Newlands, but later had to move in with his elderly parents, who were already living in old age home, as he had no one to care for him.

Immediately after enrolling Mr Katzke into our HBC programme, the HBC Supervisor for that area brought his case to the attention of our Social Workers who then assisted him to successfully apply for a disability grant.

Social workers and the caregiving team managed to convince Mr Katzke that he had to fully cooperate with the caregivers and persevere with the exercise programme in order to restore some physical functionality.

By the end of February 2019, the hard work had paid off: the massages and exercises had both loosened and reinvigorated his muscles to such an extent, that he speedily regained his strength.

Motivated by the success achieved, he started working even harder to improve his condition and by the end of March he could walk with a crutch while in the house!

This improvement in his mobility and the fact that he could bath himself when the care givers were off, resulted in the HBC services being reduced to twice per week.

Mr Katze says that he is extremely grateful for both the home based care and social work assistance he has received and credits APD for transforming his life for the better.

COMMUNITY SERVICES (14)

THE FIGHT FOR EQUALITY CONTINUES



Analysis of Home Based Care beneficiaries who were assisted:

CONDITION	NUMBER	CONDITION	NUMBER
Stroke	149	Parkinson's Disease	2
Arthritis	37	Epilepsy	19
Paraplegic	61	Quadriplegic	11
Amputated Limbs	11	Hip Replacement	6
Cerebral Palsy	33	Multiple Disabilities	3
Obesity	4	Old Age	3
Cardiac Failure	5	Fractures	2
Spine Injury	4	Other	16

Home Based Care beneficiaries who received assistive devices and other donations

- 5 beneficiaries received wheelchairs
- 39 families received clothes
- 11 beneficiaries received walking frames
- 14 beneficiaries received walkers and walking sticks

Training for Home Based Care Staff

Home Based Care staff received refresher training in:

- Theories of Basic Human Needs
- Diversity
- Communication and Interpersonal skills
- Observing, Recording and Reporting
- Confidentiality
- Food, nutrition and meal preparation
- Family spending and budgeting

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

Donors and Supporters for Community Services

The APD would like to express its gratitude to the following donors for showing unwavering support to its staff members and beneficiaries:

- Department of Social Development
- Department of Health
- Anglo American Chairman's Fund
- HCH Convalescent Home Trust
- Michelle de Jagger
- Protea Hotel Wanderers
- Romy Heldsinger



*Luckmore Takachicha
Manager: Community Services*

THE FIGHT FOR EQUALITY CONTINUES



**JOHANNESBURG/ALEXANDR
A HBC TEAM.**

*Standing (left to right):
Hendrietta Kaunda
(Supervisor), Ntombifikile
Bvukeya, Xolile Msibi, Cindy
Mkhonza, Zandile Victoria
Nkolongwane and Zanele
Nqeto.
Kneeling: Sindisiwe
Mpungose and Zandile Ruth
Nxumalo.*



TEMBISA HBC TEAM.

*Standing (left to
right):
Elizabeth Maisela,
Gloria Moela and
Stellah Madi
(Coordinator).
Kneeling: Mashudu
Nemahotole and
Shirley Sono.*



SOWETO HBC TEAM

*(left to right: Tebogo
Itumeleng (Supervisor),
Lungile Mahaye, Zandile
Buthlezi, Andiswa
Mqgatswa, Busi Mkhathshwa
and Kidibone Monnakgotla.*

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:

30 YEARS	25 YEARS	10 YEARS	5 YEARS
Sonja Botha	Rachel Legasa	Henrietta Kaunda Nokuthula Mahlangu Johannah Mkhari Zandile Nkolongwane	Zandile Buthelezi

IN RECOGNITION OF SERVICE EXCELLENCE



ZANELE NQETO – Johannesburg/Alexandra Home Based Care Services

Recipient of this year's APD Staff Service Excellence Award, Zanele Nqeto, originally joined the APD as a Caregiver based in Tembisa (October 2017), but was later transferred to the APD's Alexandra office (February 2018).

"Zanele is a hard worker who enjoys her work," says her Supervisor, Hendrietta Kaunda. "She is a very dedicated, patient, calm and reliable person who will not wait for me to find her more clients when her workload has reduced. As her clients become independent and cancel the service, Zanele goes out of her way – even after working hours - to find new clients and to report these to me.

"She has made a big difference in the lives of many of her clients since she started working for the APD. I know very well that when I give her a new client that that person's condition will improve in two to three months; especially if the person is a stroke victim.

"Zanele is servicing 10 clients at present. Most of them have spinal injuries and two could not walk when she started to care for them, but in four months' time, they improved to such an extent, that they are able to move around using walking frames! One of her clients who had had a stroke is now independent and is looking for a job.

"She is very good at empowering her clients and all of them are happy with her. I've never received a complaint about her. She also has a good working relationship with her colleagues at the APD. I am very proud of her and feel that she really deserves this award for her wonderful performance as a caregiver of our organisation."

ACHIEVER OF THE YEAR

TSEPO HAS BIG PLANS FOR THE FUTURE



Life changed dramatically for APD's Achiever of the Year for 2018, Mr Tshepo Moloi (*pictured here with APD Director Mrs Rachel Legasa shortly after receiving his certificate*), when he was shot in the back at the age of 15, while he was busy with a part time job off-loading cold drinks from a delivery truck in order to earn some pocket money.

He was rushed to the Milpark Hospital, but he had unfortunately sustained spinal injuries which resulted in him becoming a paraplegic during the shooting. Mr Moloi spent the next three months in Milpark whereafter he spent a further three months at the Barney Hurwitz rehabilitation centre in Auckland Park.

Prior to the shooting, Mr Moloi had been a learner at Athlone Boys' High in Kensington, but he decided to enroll at the Hope School - which caters for children with physical disabilities, after being discharged from Barney Hurwitz.

Being someone who never enjoyed staying at home and doing nothing, Mr Moloi began to volunteer at the Alexandra Clinic, participating in the clinic's HIV/Aids awareness programmes, after matriculating in 1999.

In 2017, the 37-year old Mr Moloi had a chance-meeting which, according to him, changed his life...

While on his way home from the Alexandra Clinic, he met one of our caregivers, Ms Zanele Nqeto, who had seen him struggling to push his wheelchair, and took the opportunity to tell him about the services provided to PWDs by the APD's Home Based Care Services division (HBC). He asked that his situation should be assessed by our HBC as soon as possible.

The next day, the HBC Supervisor Mrs Hendrietta Kaunda did the assessment at his home and it was agreed that he should be assisted with massage sessions and exercises for three days a week. In addition APD donated a walking frame to him to enable him to do the exercises with the assistance of a Caregiver.

Only a few months later, by December 2017, Mr Moloi's condition had improved so much, that he could walk around his home using a walking frame instead of having to use the wheelchair to traverse his home.

When he became disabled Mr Moloi quickly realised that his chances of finding employment in the open labour market were quite slim. He therefore decided to build rooms around his RDP house which he rents out in order to augment his disability grant.

He, however, insists that his ultimate goal is to own a restaurant one day. As a first step towards securing the money he needs to achieve this goal, he wants to start selling kotas (quarter bread) and other easy-to-make township meals.

While sharing his experience of how his life has improved since he started receiving APD's HBC services, Mr Moloi emphasised that he neither had the physical balance nor energy to carry out even the most basic tasks, let alone dream about becoming a restaurateur one day, before the APD intervened. He thanked the APD for everything the staff members have done for him.

