

There is life after
THERE IS LIFE AFTER
disability



2020

REPORT ON ACTIVITIES

1 APRIL 2019 – 31 MARCH 2020



CONTENTS

Governing Structure	2
Divisions and Programmes	3
Chairperson's Report	4
Financials	5
Treasurer's Report	6
Director's Report	7-10
Community Services	11-24
Service Awards	25
Achiever of the Year	26

ASSOCIATION FOR THE PHYSICALLY DISABLED

GREATER JOHANNESBURG

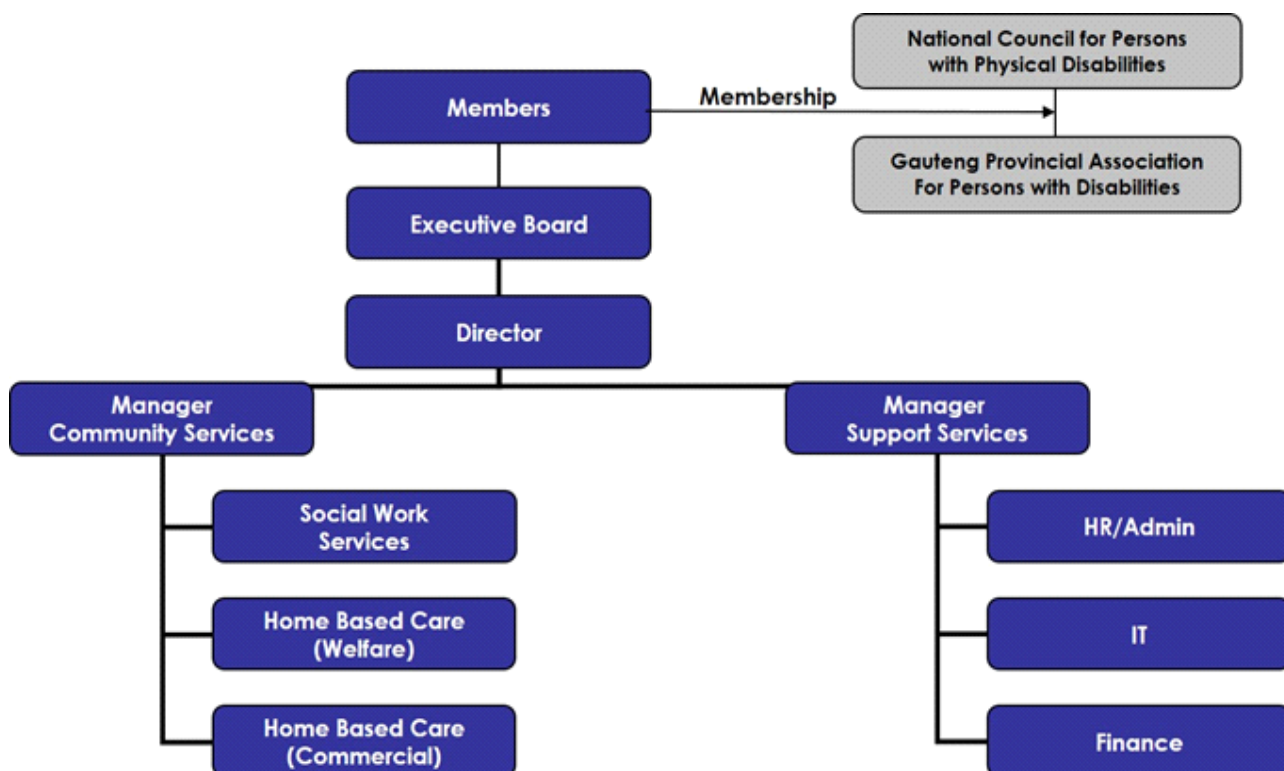
NPO NO 000-865

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
Financial Manager	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

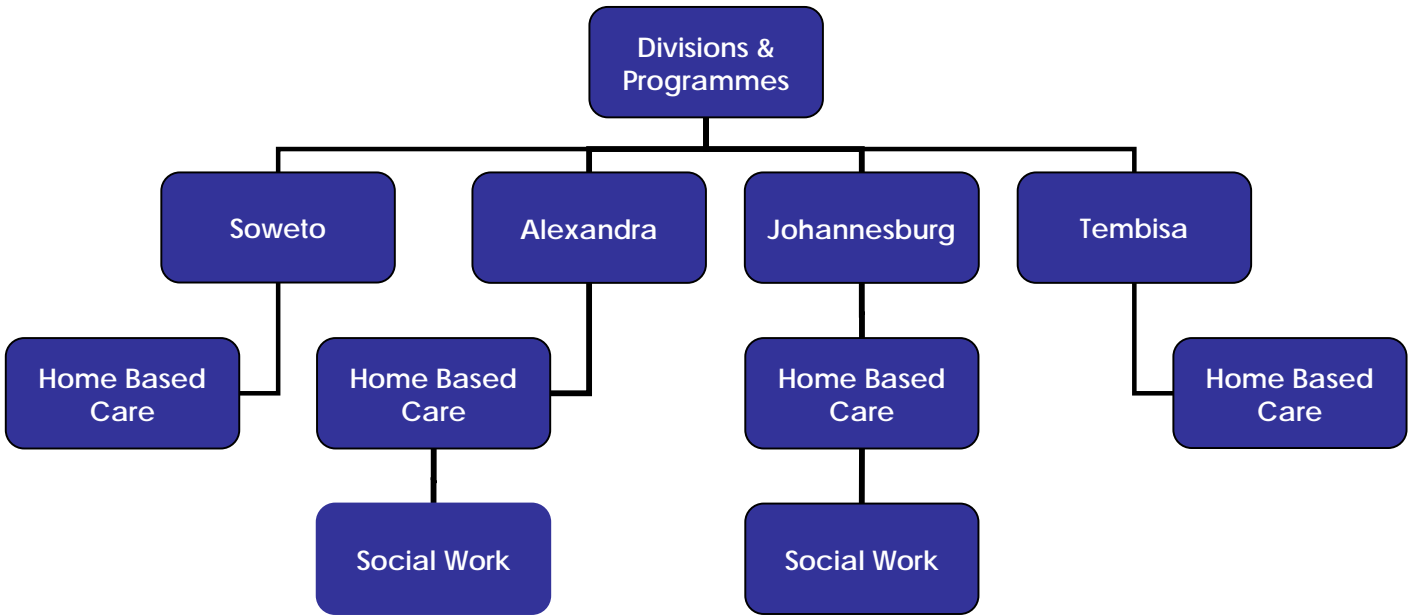
OUR ACTIONS SPEAK LOUDER THAN WORDS
 86 years of service excellence

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

Mutual Respect

Professionalism

Initiative

Team Work

Accountability

CHAIRPERSON'S REPORT

THE HARDER YOU WORK FOR SOMETHING THE GREATER YOU'LL FEEL WHEN YOU ACHIEVE



The Association for the Physically Disabled – Greater Johannesburg (APD) has continued to successfully render services that have enhanced the quality of life for people with disabilities and their families.

For the year of assessment, the APD missed two working days in March due to the Covid-19 lockdown restriction measures and for this reason the lockdown has had little impact on our 2019-2020 service delivery activities.

During the past year the Executive Board (Exbo) had challenges in reaching quorum numbers and this resulted in several adjourned meetings which delayed the approval of decisions taken at Exbo meetings.

The Board took a decision to recruit more members from some of the communities we service, namely Tembisa, Alexandra and Soweto. This is an ongoing initiative that will unfortunately have to be suspended during the Covid-19 lockdown. We will, however, continue to recruit new members when things have normalised.

In September 2019, the Board started exploring the possibility of conducting meetings virtually. Post consultation and approval from the Department of Social Development, the Board resolved to conduct meetings – including its next AGM - virtually with the continued option for on-site attendance at the APD offices for Members who prefer that method. All future AGMs will, however, be held at our offices.

I would like to thank our former Members, Mr Dave Fox and his wife Heather, who served and contributed immensely to the shaping of the organisation for more than a decade. They have relocated to Ireland. Their participation in the APD will be sorely missed. I would also like to thank Thirushaa Moodley for her participation during her 13 years of service in the APD Board. Thirushaa relocated to Luxembourg in Europe in February 2020. On behalf of the Board, I thank them for their individual contributions and wish them success in their future endeavours.

To the current Board Members, I thank each one of you for your contributions. Your time, skills and networks have been invaluable in shaping APD's success. I would like to encourage you to continue engaging and challenging the status quo in our mission to promote the interests and well-being of persons with disabilities.

I thank our Director, Mrs Rachel Legasa, for managing all the moving parts of this busy organisation. I extend appreciation to our Community Services and Support Services staff members for all their hard work. The successful execution of APD's services is a result of your combined efforts.

Last, but not least, I thank the financial supporters of the APD, the Department of Social Development, the Department of Health, Anglo American, The Hope Convalescent Home and each individual donor who has made a contribution. All the services the organisation provided would not have been possible without your support.



*Zimi Gongxeka
Chairperson*

FINANCIALS



SUMMARY OF SOURCES OF OPERATING INCOME AND EXPENDITURE FOR 1 APRIL 2019 – 31 MARCH 2020

OPERATING INCOME	
National Lottery Distribution Fund	ZERO
Subsidies – Social Work Services	1 043 628
Appeals, Donations & Corporate Grants	300 730
Events, Sales & Street Collections	205 807
SED Funding	110 000
Legacies	167 358
Projects	376 007
Subsidies & Grants for Home Based Care	2 160 352
Fees for Services	373 150
TOTAL INCOME	4 737 032
OPERATING EXPENSES PER COST CENTRE	
Governance	145 222
Home Base Care	2 398 831
Projects	539 666
Social Work Services	1 853 077
Workshops	28 958
TOTAL EXPENDITURE	4 965 754
NET OPERATING SURPLUS/(DEFICIT)	
Sundry Revenue	13 375
Income from investments	ZERO
NET SURPLUS/(DEFICIT) FOR THE YEAR	(215 347)

PERFORMANCE OVER LAST 6 YEARS

YEAR	SURPLUS/(DEFICIT)
2014	(571 786)
2015	(1 230 688)
2016	(287 979)
2017	428 316
2018	275 309
2019	(246 319)



WE WILL SURVIVE

The Association for the Physically Disabled – Greater Johannesburg (APD) is, like all organisations, working through a series of events that were unpredictable.

Our financial year end coincided with the beginning of the lockdown for Covid-19, which is the situation that needs to be addressed as part of this report.

Let us first deal with the results for the financial year ended 31 March 2020.

In terms of income and expenditure, APD reported an income of R4 737 032, which is slightly higher than the 2019 income of R4 642 772 and a deficit for the year of R215 347 which is slightly lower than the 2019 deficit of R246 319.

These figures once again display the operational discipline and responsibility of the management and staff of APD.

The Balance Sheet reflects an improvement over 2019 because the Department of Social Development has provided us with a grant for the purchase of three vehicles. At year end, two vehicles had been purchased and funds for the remaining vehicle and branding of the vehicles have been set aside as earmarked funds.

Before the end of the financial year, APD was informed about a legacy of approximately R2 000 000 that was bequeathed via a deceased estate. This will certainly make a massive difference to our ability to survive through the lockdown timeframe.

We do not know what the world holds in store for us post lockdown. We also do not know how we will react to what is coming, but if we remain focused on our primary goal of servicing our clients, I believe we will make the right decisions.

I wish to thank the staff and management of APD for their patience and dedication during this unprecedented sequence of events.



*Gavin Julyan
Treasurer*

DIRECTOR'S REPORT

IT IS NOT HOW MUCH WE GIVE, BUT HOW MUCH WE PUT INTO GIVING



Our Executive Board is the cornerstone of this organisation. Without them, there is no APD. I thank the Executive Board for taking time away from their families and businesses to serve our organisation. This is the greatest gift our beneficiaries and staff members can ever get.

I know that it might sometimes seem to our Members that we do not acknowledge the responsibility that they carry, but we would like them to know that we value and appreciate the work they do for our organisation.

Our Board Members are the most important people to us (the staff) and the beneficiaries, and I therefore again say to them thank you very much for giving back to the communities of Soweto, Tembisa, Alexandra and Johannesburg.

OUR EXECUTIVE BOARD IS THE CORNERSTONE OF THIS ORGANISATION

It is not easy nowadays to get a Board that is committed to serving in the NPO world. We are very grateful every year to see our Board Members continuing to serve our organisation with such love and devotion.

One of the APD's strengths is **Integrity** - which is one of the Values of this organisation. It is very important for an organisation such as ours to encourage open communication among staff members, to create an environment where everyone can speak their mind without fear or favour since that leads to effective relationships and good work performance. I'm happy that we get along well as staff members. No one wants to work in a hostile environment.

Everyone in this organisation is committed to the services we render to people with disabilities in the communities and we not only welcome, but encourage the people we serve to give us feedback on our performance. Our beneficiaries know that they are very welcome to raise any concerns and/or ideas they may have with the staff members of the organisation at any time. I am proud of this wonderful relationship and would like to thank all our staff members and beneficiaries for their effective collaboration.

FINANCIAL SUPPORTERS

My heartfelt appreciation goes to all our financial supporters during the year under review. Without your contributions – big and small – we would not be able to serve those people entrusted to our care.

OUR BROTHERS-IN-ARMS

I want to start by expressing my sincere gratitude to our *comrades* in the work being done in the non-profit sector to improve the quality of life for people with disabilities - the **Hope Convalescent Home**, who donated an amount of R100 000 for our Home Based Care Programme.

OUR PUBLIC SECTOR PARTNERS

I would like to thank our very important government partners for supporting our organisation:

Department of Social Development (DSD): We thank the DSD for their continued support of our Community Services Department. Over the years Social Development traditionally only increased the subsidy amount allocated for our Social Work programme, but we are very grateful that they also increased the grant they provide for our Home Based Care programme during this financial year.

DIRECTOR'S REPORT (2)

IT IS NOT HOW MUCH WE GIVE, BUT HOW MUCH WE PUT INTO GIVING



Department of Health (DOH): The first grant we received from the DOH years ago was an amount of R50 000. This amount has grown over the years and we are extremely grateful that we received R250 000 from them during this financial year. We use this money to further the main focus of the DOH which is the rehabilitation and training of family members to take responsibility for the care of their family members who are differently abled.

OUR PRIVATE SECTOR SUPPORTERS

Unfortunately the advent of the Covid 19 pandemic which is causing financial havoc in the world and is expected to also have a very negative impact on our local economy, has also affected the APD badly as some of the companies who support us regularly have expressed their regret but could not see their way open to donate to us this year.

This has obviously had a major impact on our organisation, but we understand how their financial stability has been affected by the pandemic and wish them every success in their future endeavours.

Given the above, we can only express our extreme gratitude to USS Pactech, Anglo American, Demisize (Pty) Ltd and Barrier Breakers Commercial Services (Pty) Ltd for their support. I hope that you will be richly rewarded for your kindness!

SHARING OF RESOURCES

By sharing certain resources with Demisize (Pty) Ltd and Barrier Breakers Commercial Services (Pty) Ltd, the APD has secured an amount of R195 836 in this financial year. We would like to thank Demisize and BB for their dedication and co-operation with the APD.

HOSTING OF LEARNERSHIP PROGRAMMES

We are not only very proud of the employment opportunities that the APD has again created for people with disabilities by hosting Learnership Programmes at our offices this year, but we are also very grateful for the human resources and income stream that this has provided for our organisation.

These Learnership Programmes not only offer work experience and employment opportunities for people with disabilities, but also assist industries that are not able to accommodate people with disabilities because of health and safety restrictions within their own environment.

This financial year we generated R32 982 through new clients AVR Systems and FoodBev Seta.

OUR INDIVIDUAL SUPPORTERS

We greatly value the support we get from our monthly individual donors as well as those who donate from time to time. Thank you for your dedication to making a difference in the lives of people with disabilities.

We are also grateful to all those people who made donations-in-kind to our organisation, with a special word of appreciation to the staff members of Demisize (Pty) Ltd for their support.

FUNDRAISING EVENTS

Even though we were not able to generate the anticipated income from our annual fundraising projects, I value every cent that we did manage to raise as it contributes to covering our running costs.

DIRECTOR'S REPORT (3)



IT IS NOT HOW MUCH WE GIVE, BUT HOW MUCH WE PUT INTO GIVING

GOLF DAY

We thank Sandra Braxton, the Event Coordinator, for her dedication and commitment to the APD and all the hard work she put into organising this event on our behalf.

Unfortunately some late cancellations led to a drop in our year-on-year income from the event, but we still managed to generate a net income of R53 412 and are very grateful to all those companies who participated in our event.



Some of the golfers.



Our staff members assisting at the Golf Day.

CASUAL DAY



One of the APD Learners, Thabo Ncala, talking about his disabilities to the school children and their teachers.

Although we see Casual Day mainly as a disability awareness opportunity, we also take advantage of this event to generate income for the organisation.

We performed much better in 2020 than in 2019, increasing our net income from R9 239 in 2019 to R21 205 this year.

Not only all the APD's staff members (home based care, social work and

DIRECTOR'S REPORT (4)

IT IS NOT HOW MUCH WE GIVE, BUT HOW MUCH WE PUT INTO GIVING



Our team who visited Tembisa on Casual Day looked very smart.

support services), but also the Learners who are hosted by the APD, visited two schools in Tembisa to do disability awareness.

The teachers at the schools were very impressed and the principal of the one school undertook to consult with the Department of Education in a bid to get the APD to re-visit the school to educate the teachers as some of them are struggling to interact effectively with certain learners - especially those with mental impairments.



CONCLUSION

I would like to conclude by thanking all APD's staff members – both Community Services and Support Services - for their devotion and hard work during the past year, and urge them to continue the good work they do in the effective delivery of critical services to our beneficiaries in the various communities we serve.

*Rachel Legasa
Director*

COMMUNITY SERVICES

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



APD Greater Johannesburg, through its Community Services Department, continues to render holistic social work and home based care services to persons with disabilities resident in our areas of operation. We have been doing this for more than 85 years to date, simply because despite all the positive changes that have taken place in the social development field since the advent of democracy, people with disabilities still need extensive support.

They require support with many generalist services, such as mental health, child protection, state grants, housing, placements and criminal justice systems. They may traverse many services, often entering, exiting, and returning to the same service providers and APD is always ready and capable to assist.

The financial 2019-2020 had its fair share of highlights and challenges in terms of service delivery, mainly caused by exogenous factors over which, as an organisation, we had no control.

When rendering community services at the grassroots level as we do, there is a responsibility to meet the requirements of the funders as well as the needs of service recipients at the same time. Sometimes it is not easy to juggle the balls, but we managed to survive and below are the achievements and challenges for the 2019/20 financial year.

SOCIAL WORK SERVICES

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



The Social Work Team (left to right): Ms Johannah Mkhari, Ms Nokuthula Mahlangu, Mr Luckmore Takachicha, Mr Vusumuzi Nxumalo and Ms Meriam Malatji.

All the professional activities of APD social workers during the period under review and even before have been solely designed to enhance the quality of life of people with disabilities in the operational areas.

This is achieved by supporting people with disabilities to build relationships, resources, knowledge and, as far as possible, a level of autonomy in their everyday lives.

In total, the Social Work Division reached a total of 1 448 beneficiaries and their families between 1 April 2019 and 30 March 2020. The following is a breakdown of the services rendered:

COMMUNITY SERVICES (2)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



OBJECTIVE 1: CASE WORK - CARE AND SUPPORT

- 67 intakes were attended to by social work staff
- 59 assessments were conducted
- 11 placements to residential care facilities and schools were done
- 2 clients were assisted to secure employment and 1 enrolled in an internship programme
- 58 cases were referred to other service providers for further assistance
- 20 wheelchairs were handed over and 11 applications/motivations for wheelchairs made
- 535 face-to-face interviews were conducted
- 386 telephonic interviews were conducted
- 588 home visits were conducted
- 189 counselling sessions were conducted, totalling just over 141 hours
- 18 social work reports were compiled for Hope School bursary applications
- 14 case conferences were conducted

Some of the highlights in rendering care and support services by APD social workers

WORKER'S NAME: Johanna - Mkhari

10/06/2022

Social Assistance

I Victor Makhanyisa received two(2) wheelchairs from Johanna (disability sector) and social assistance with regards to family issues i've been having with my siblings. I went to SAPS for a further assistance, which the matter was temporarily resolved. Johanna visited on couple of occasions to monitor the situation.

The I've ^{Johanna} come to realise these lack of respect for a person with disabilities and no intentions to learn or assist Victor to make his life more easier.

I've taken Victor to the ward counselor to assist to obtain a RDP house. of which the matter is still pending.

✓
m

Witness
Samuel Mboni

Clients sometimes write letters to either express their appreciation for the service rendered by APD, or to raise concerns about the treatment they get in their communities.

WORKER'S NAME:
NOKUTHULA MAHANGU

No 10 Church Street
Turffontein

My name is Thabo Matshidiso from Turfontein. 47 years old. I started to be APD client since 2017. The social worker helped me to get a new wheelchair. I was struggling to get a wheelchair. I also thank you for a support that I am getting from you.

My wish is to get another place to stay and I hope APD will help me

Thank you so much

Thabo Matshidiso

COMMUNITY SERVICES (3)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



Kamogelo Motshwari

Kamogelo was diagnosed with cerebral palsy when she was six months old. Her condition was so profound that even as she grew older, she could not reach most developmental milestones, and up to now she is unable to talk, walk, sit or even eat on her own. She spends most of her time in bed. Kamogelo stays with her mother, two siblings and her grandmother in Alexandra. None of the family members are working, so the family subsists on welfare grants.

The challenges faced by Kamogelo's family came to the attention of APD in 2013 and the social worker who worked in Alexandra at the time assisted the family to successfully apply for a care dependency grant.

Subsequent to that, she was assisted to get a place Sthandiwe Care Centre, mainly for stimulation. In 2016, the family decided to take her out of the centre because of quality of care concerns and immediately we began to assist her with activities of daily living through the APD's home based care programme.



Kamogelo with her mother.

Kamogelo's mother (left) on the day that she appeared on national television.



As the social workers continued with psychosocial support to the family on the one hand, and home based care on the other, her family was also prioritised whenever there were any donations available, ranging from nappies, food parcels and clothes.

When we were approached by the news channel ENCA to identify a family experiencing challenges as a result of caring for a child with a disability, we put Kamogelo's family forward and her mother then appeared on a programme called *Care Matters*. The publicity that the family's plight received opened floodgates of donations.

We continue with both social work and home based care, but there has been a huge improvement in the

food security situation of the family because of our persistent interventions.



LEFT:

Wheelchair and mealie meal distribution at APD offices in October 2019, through a partnership with Buddhist Light International Association South Africa.

COMMUNITY SERVICES (4)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



OBJECTIVE 2: GROUP WORK - LIFE SKILLS AND REHABILITATION

The goal of group work is promote self-development of the target group via life skills programmes in a rehabilitative environment.

There were three groups which were facilitated by social workers in the 2019/20 reporting period.

Two groups were in Alexandra and another one in Westbury. All three groups were support and educational groups. 34 group sessions were held and a total 36 people with disabilities benefited from the group sessions.

The topics discussed included, but were not limited to: building a positive self-esteem, time management, financial management (budgeting), healthy living, HIV/AIDS, children's rights, rights of persons with disabilities, self-awareness and disability and relationships/sexuality.



Group work at Alexandra Disability Centre with invited guest speakers.



LEFT:

Group work at Westbury with family members of children with disabilities.

OBJECTIVE 3: COMMUNITY WORK - POVERTY ALLEVIATION

Adults with disabilities have historically been excluded from community, work and social opportunities. This has resulted in a greater dependency on the social care system. This is despite the fact that the Constitution and a variety of other legislation unequivocally emphasise that all people, regardless of disability, deserve the opportunity for a full life in their community where they can live, learn, work and play alongside each other through all stages of life.

Our organisation therefore engages in community work to reduce the level of poverty among people with disabilities, individually and as groups. This is done by empowering them to establish and maintain income

COMMUNITY SERVICES (5)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



generation projects. As part of community work with people with disabilities, APD social work staff facilitated the following poverty alleviation and empowerment initiatives:

ALEXANDRA DISABILITY CENTRE (ADC)

White Paper Recycling: Recycling of white paper at ADC is continuing. 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. 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 has increased to over R1 500.

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

However, ADC faces numerous challenges. Some of these are as follows:

1. **Premises:** The ownership of ADC premises has been contentious for a long time now hence financial resources are urgently required so that a building can be purchased/made available for exclusive use by ADC beneficiaries. This will go a long way in making operations smooth and sustainable.
2. **Equipment:** ADC beneficiaries need equipment to start more viable income generating projects. The equipment the members have prioritised is sewing machines, peanut butter making machines and candle making equipment. These projects will enable the beneficiaries to derive more substantial financial rewards and this will translate into improved standards of living for them and their families
3. **Transportation:** Most of ADC's beneficiaries live a long distance away from the ADC and hence they struggle to get to the centre. Their various disabilities also compound this problem, especially those who use wheelchairs because even if they have to use public transport, they will need to pay for themselves as well as their wheelchairs. A modified van or minibus will greatly assist in this regard.

In order to deal with the above challenges, APD intends to assist ADC with compiling project and funding proposals to national donor agencies, corporate bodies and government departments. However, as that work continues to be ongoing, assistance of any kind will be greatly appreciated.

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.

COMMUNITY SERVICES (6)



2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!

- 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.

OBJECTIVE 4: EDUCATION AND AWARENESS

The broader objective of the education and awareness programmes is to disseminate information about disability, with the emphasis on prevention, early intervention and community based rehabilitation.



The community services supervisor (Ms Malatji) conducting awareness at Riverly Park Clinic.

Our awareness programmes also endeavour to make communities, especially the families of PWDs, aware of the services available from the APD and other stakeholders. The campaigns create a platform for the public to learn and ask questions about disability and where to access services.

At every platform where the education and awareness programmes were conducted, clarity was provided on how the entire discourse on disability neatly fits into the broader human rights discourse, as envisaged and mandated by the Constitution.

During the 2019/20 reporting period, 29 education and awareness sessions were conducted in the different areas where the APD operate. Some of the venues where the awareness programmes were conducted include the following: 8-Avenue clinic, Sankopano, Sandown Clinic, River Park Clinic, Eastbank Clinic, Esselen Park Clinic, Randburg Clinic, Berario Clinic, Crown Gardens Clinic, Westbury Clinic, South Hills Clinic, Windsor Clinic, Attowa Flats (door-to-door), Methodist Church, Sisters of Mercy Shelter, Phineas Mcintosh Park, 18-Avenue Clinic, Yeoville Clinic and Joubert Park. A total of 847 people were reached with different disability messages.



Mr Nxumalo conducting awareness in Alexandra.

COMMUNITY SERVICES (7)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



OVERALL SOCIAL WORK CHALLENGES

- Housing in general and accessible housing in particular remains one of the greatest challenges faced by people with disabilities. The dire housing situation for PWDs is exacerbated by the fact that the majority of PWDs are not formally employed, hence they are excluded from home loans available and even those that are lucky to be working, are earning extremely low salaries which again make them unable to acquire the loans. Those that are staying in family houses still struggle to move around in the house because the houses are not accessible. From the social work department's caseload of 149 active cases, 71 (47%) require assistance to secure proper housing. There has been a 2% increase in the number of PWDs requiring houses compared to the same period in the last financial year. Our social workers raise this problem with government representatives at all forums that they attend, but thus far there has been little to no positive outcome.
- Shortage and distance to protective workshops: Youths and adults with disabilities who are unable to secure formal employment due to disability and low skill levels are still struggling to join protective workshops because the workshops are located far from where they stay and in some instances there are no workshops at all in the specific area.
- Long waiting lists for specialist services: Those PWDs requiring integrated interventions involving other specialists such as psychologists, physiotherapists, occupational therapists etc are often put on long waiting lists, thus compromising service effectiveness.
- Special assistive devices, especially wheelchairs for CP clients, are difficult to source. When they are found at private companies, they are prohibitively expensive.
- Psychosocial support activities - such as outings for PWDs - are not funded, neither by DSD nor corporates.
- Acquiring residential placements is still a huge challenge. Most facilities are full, waiting lists are painstakingly long and the independently run facilities are costly and beyond the reach of most clients.
- Delays in renewing disability grants at SASSA. Also, SASSA not recognising some types of disabilities prejudices other clients since without the grant it is difficult to secure residential placement.
- Limited resources to run more income generating projects. Though income generating projects have been started, it is sometimes not easy to sustain them because of a lack of material resources and marketing skills.
- High unemployment rate amongst PWDs which is caused by lack of proper qualifications such as matric certificates and skills to make them employable. Again, age restriction also minimises their chances of being employed and even getting learnerships.
- Accessibility and worker safety have been issues that have affected service delivery particularly in informal settlements.

HOME BASED CARE SERVICES

The APD Home Based Care Services is an essential service which assists with the care and rehabilitation of people with physical disabilities. This service is required by people who have temporal and permanent physical disabilities.

Apart from assisting people with disabilities with most activities of daily living in order to improve the quality of their lives, continued rehabilitation in the community also assist in eliminating compounded marginalisation for people with physical disabilities.

COMMUNITY SERVICES (8)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



The programme also ensures that other family members are capacitated with the skills and knowledge to assist their disabled relatives, especially during the weekends and holidays when our caregivers are not attending to the beneficiaries.

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, although, in some instances, those who do not receive any grant and have no financial means are also assisted.

ACHIEVEMENTS FOR 2019/20

In the 2018/19 financial year we assisted 363 direct beneficiaries and 471 indirect beneficiaries. During the period under review, we managed to assist 325 direct beneficiaries and 446 indirect beneficiaries. This indicates a 10% decline in the number of direct beneficiaries we assisted year-on-year.

The decline was necessitated by the service realignment to a new performance indicator introduced by the Department of Social Development, whereby we had to drop almost all our beneficiaries who are above the age of 59 or below the age of 18.

However, in general programme performance terms, we over performed by almost 39% because we had a service level agreement with the Department of Social Development for only 230 beneficiaries per annum!

Analysis of Home Based Care Beneficiaries who were assisted:

CONDITION	NUMBER	CONDITION	NUMBER
Stroke	128	Parkinson's Disease	2
Arthritis	19	Epilepsy	2
Paraplegic	37	Fractures	5
Amputated Limbs	17	Hip Replacement/operation	10
Cerebral Palsy	27	Multiple Disabilities	8
Obesity	8	Lung/kidney failure	3
Cardiac Failure	1	TB Spine	18
Spine Injury	3	Quadriplegic	13
Other	24		

COMMUNITY SERVICES (9)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



From the direct beneficiaries who were assisted the following was achieved:

- 17 beneficiaries became independent and they cancelled the service.
- 22 beneficiaries cancelled the service and are now cared for by family members. 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.
- 278 family members were trained to assist their family members with a disability when the caregivers are not on duty
- 8 beneficiaries were placed in residential care facilities.
- 25 beneficiaries were referred to other organisations for other services.

Challenges

- Beneficiaries who stay alone and depend on the caregivers. They struggle a lot during the weekends. In these instances, arrangements with neighbours to assist are made, but often the beneficiaries end up not being assisted as neighbours feel it is not their responsibility.
- The transport cost for caregivers continues to steadily rise and this puts pressure on the operational budgets, given that DSD does not fund transport for caregivers.
- Some beneficiaries do not understand the limits to what caregivers can do and try to treat caregivers like housemaids, even though the boundaries are clearly explained at the beginning of the service.
- The lack of State-provided disposable nappies and sometimes even medication, results in PWDs using their disability grants to buy these items. This greatly impacts on their ability to cater for their other needs such as housing and basic nutrition. At the moment the Department of Health does not provide any of these necessities.

WORKER'S NAME: HENDRIETTA- KAUNDA

To APD

I am Boniswa Tyabule, I joined APD in 25-06-19, Hendrietta with a care giver were doing door to door at Alex. I'm disable because of I was involved in a Taxi Accident. The Doctors said I have T.B in my bones (legs) I asked for the service and I was helped the next day and I also had a problem about Sassa disability grant. Hendrietta came with Vusi the social worker to do assessing and he made an appointment to take me to Sassa. I still get my grant till now. I hope this association will go far as long as they assist poor people like us who can not afford they are helping us for free. I will like to thank A.P.D and Ntombifike the care giver for everything they did for me. I will like to say please keep up the good work that you are doing. I am speechless, Thank you so much and be blessed.

Boniswa Tyabule

Letters
from
some
of
those
people
we
care
for

2020 March

I Matskhidiso Gloria Seanege here by write a letter to APD to thank them for their services. I started working with Gloria while I couldn't walk but with her exercises and patients I ended up walking with a walking ring but unfortunately I had Meningitis on the spine and I ended up relapsing again but she is still working with me and trying by all means that I end up walking again so with all that being said I would really like to thank APD for their services.

Regards
M.G. Seanege
Shw

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



- Some beneficiaries do not have toiletries and food. We help when we receive donations, but there is no consistency.
- Some beneficiaries are neglected by their families. These cases are referred to social work practitioners.
- Some beneficiaries do not disclose all the information about their disability and general health condition and that also exposes the caregiver to risk, especially when communicable diseases are involved.

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



Caregiver Xolile Msibi attending to Ms Mauff

ADRI MAUFF

Ms Adri Mauff (60) was bitten by her pet dog in January 2019. She sustained severe injuries on both of her hands, but the left hand was injured the most and had to be amputated.

At the time she lived with a male tenant on her property. He tried his best to assist her with most house chores while she was in the process of recovering from the injuries, but being male, there were things that he couldn't do for her such as bathing or changing her clothes.

Her sister, who knew about our home based care programme, asked Ms Mauff to call our office for assistance, which she did. That was towards the end of September and exactly on the 30th, we began to assist her.

At the time we commenced service, the wounds on both the amputated hand and the other one that had survived the attack were almost septic because there was no one to dress them properly and on time.

We began to assist her twice a week with bathing, exercises and wound dressing. Combined with her strong will power, our intervention helped her in a

short space of time.

As she gained more functionality, and with a view to acquiring new skills, she immersed herself in cooking lessons and in December 2019, she took part in a cooking competition for people undergoing rehabilitation at Charlotte Maxeke Hospital, and came second. That was a huge confidence booster for her.

Ms Mauff is very grateful for the work we have done for her and we will continue to assist her for as long as she needs our services.

COMMUNITY SERVICES (11)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



BAFANA MAHLANGU

Mr Bafana Mahlangu was born October 1969, attended schools in Tembisa and matriculated in 1993. He then proceeded to study for a policing qualification at the University of South Africa in 1994. After completion, he secured employment as a traffic officer, based in Germiston.

Then one day in 2011, while on his way from work to his house, he was involved in a shooting incident that resulted in him being hospitalised at Edenvale Hospital for several months. When he was eventually discharged, he could not walk, talk or even recognise anyone because the injuries from the shooting had severely affected his spinal cord.

The responsibility to nurse and care for him fell on his elderly, extremely loving mother. Little did the family know that there was help around the corner. As fate would have it, while his mother was attending the local clinic for her own check-up, she was lucky to find herself in a group that the social auxiliary worker for Tembisa was educating about disability issues and the services that APD offers.

After the APD social auxiliary worker had finished her presentation, Mrs Mahlangu approached and narrated the challenges she was beginning to experience as she cared for her son. They agreed that he was to be assessed the following day. After the assessment in October 2018, it was decided that Mr Mahlangu should be assisted for three days per week. The caregiver assigned assisted him with bathing, physical exercises as well as speech re-training.

He has improved considerably since we began to help him and is now able to walk for short distances without a walker. He has also regained part of speech. We continue to assist him.

BERVELY MOKGOPO

Ms Beverly Mokgopo was born in 1991 without any disability. Five months after her birth, she developed a very serious cough that landed her in Tembisa Hospital.

Initially the doctors suspected tuberculosis, but after conducting all the tests, they could neither confirm it nor diagnose her with any other disease. The family even consulted traditional healers, but still her condition did not improve.

As she got older, she began to lose her speech and mobility. At that stage the doctors advised the family that they have to content with the possibility that Beverly would most likely never walk.

The family persevered and Beverly only went to school up to Grade 6 and then they decided that it was better for her to stay and be cared for at home.



COMMUNITY SERVICES (12)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



On 2 May 2018 Miss Mokgopo – now aged 27 – was referred to the APD by her uncle.

We began to assist her with bathing, exercises and speech training.

Ever since we started to assist her, she has been improving progressively.

The social auxiliary worker also provided psychosocial support to the family and they are very pleased with the positive changes that they are now experiencing.

Beverly now knows how to walk without a walker, even though it's still only for short distances.

*Ms Mokgopo
6 months
after we
began to
assist her.*

Social Work and Home Based Care beneficiaries who received other donations

- 27 families received clothes
- 11 beneficiaries received walking frames
- 1 beneficiary received a bed
- 41 beneficiaries received Movite porridge

Training for Social Work Staff

Social Work staff received training in:

- Facilitation of employment and Learnerships for youths with disabilities
- White paper on the rights of persons with disabilities
- Ethics in community development model
- Sexual Health and protection in mental and intellectual disabilities
- Incontinence management for persons with disabilities

Training for Home Based Care Staff

Home Based Care staff received training in:

- Exercises
- Stroke
- Diabetes
- Cancer
- HIV/AIDS
- Incontinence training for persons with disabilities
- Transfers
- Sexual abuse of persons with disabilities, HIV/AIDS and STIs

COMMUNITY SERVICES (13)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



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
- Ms Miemie Retsuri

*Luckmore Takachicha
Manager: Community Services*



HOME BASED CARE SERVICES 2019/20 STAFF MEMBERS



JOHANNESBURG & ALEXANDRA STAFF

*Back (from left to right):
Ms Zandile Nkolongwane, Mrs Hendrietta Kaunda, Ms Xolile Msibi, Ms Cindy Mkhonza and Ms Zanele Nqeto.*

*Front:
Ms Zandile Nxumalo and Ms Sindisive Mpungose.*

The other care worker, Mrs Ntombifikile Bvukeya was on maternity leave at the time the picture was taken.

COMMUNITY SERVICES (14)

2020 AND PEOPLE WITH DISABILITIES STILL NEED EXTENSIVE SUPPORT!



TEMBISA HOME BASED CARE TEAM



Standing (from left to right): Mrs Stellah Madi Ms Shirley Sono and Ms Gloria Moela.

Seated (from left to right): Ms Zanele Nqeto (this was before she was transferred to the JHB/Alexandra Office), Ms Elizabeth Maisela and Ms Mashudu Nemahotole.

SOWETO HOME BASED CARE TEAM

Left to right: Mrs Kidibone Monnakgotla, Ms Busi Mkhathswa, Ms Lungile Mahaye, Ms Xolile Msibi (picture was taken before she was transferred to work in the Jhb-Alexandra office), Ms Zandile Buthelezi and Ms Tebogo Itumeleng. Another care worker, Ms Andiswa Mqgatswa, was on leave the day the picture was taken.





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
Gloria Moela	Lungile Mahaye Busi Mkatshwa	Mashudu Nemahotole

IN RECOGNITION OF SERVICE EXCELLENCE



VUSUMUZI NXUMALO - Auxiliary Social Worker

Mr Nxumalo was employed by APD in May 2016. The region in which he was appointed to work had been without an Auxiliary Social Worker for more than four months and so there was a huge back log, both in terms of the numbers of clients as well as implementation of community work and group work programmes.

Even though the number of clients he inherited at inception were fewer compared to those of his departmental counterparts, he faced the added challenge that they were scattered between two city of Johannesburg regions, ie Region E and F and it entailed a lot of travel time to cover the areas. Notwithstanding these challenges, he dramatically increased his caseload from 32 cases to 62 by the end of June 2018. By the end of that same year, he had initiated a successful support Group at Alexandra. He also boosted the community work project by delivering more recycling paper at the Alexandra Disability Centre.

It must be stated that his counterparts operating in other regions were struggling with both community work and group work at that particular time. To achieve that progress required real dedication to duty and excellent organisational skills and Mr Nxumalo showed these attributes in abundance. He also conducted more disability education and awareness campaigns in comparison with his peers. On many occasions, he also went beyond his job description to assist fellow staff members in need. For these reasons, it is therefore recommended that Mr Nxumalo be awarded the staff excellence award for the period under review.

ACHIEVER OF THE YEAR

PETA IS READY TO FACE THE WORLD AGAIN



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. She 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, she 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.

Ms Van Tienhoven is now contemplating getting back to practicing her profession as an international English teacher. We congratulate her with the progress she has made in all areas of her life thus far and wish her well in all her future endeavours. The Association for the Physically Disabled - Greater Johannesburg (APD) proudly recognises Ms Van Tienhoven as our 2019 Achiever of the Year.

