



Addis Guzo

Moving forward together

Swiss Non-Profit Organization working with and for people living with disabilities in Ethiopia



Project iRi Integration – Rehabilitation – Inclusion

Project phase 2022 until end of 2024



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Project overview

Sponsorship	Association Addis Guzo Moving forward together 3000 Bern Switzerland	
Location	Addis Ababa Ethiopia	
Project title	iRi - Integration - Rehabilitation - Inclusion	
Project duration	January 2022 - December 2024	
Number of direct beneficiaries	Over 10,000 people with disabilities	
Number of indirect beneficiaries	30,000 relatives, caregivers, authorities	
Project costs	1.2 million US Dollar	
Executing organization	Addis Guzo Ethiopia Recognized aid organization in Ethiopia	
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Project activities	Wheelchair workshop Family-centered early intervention program Physiotherapy treatments Sensory and play space for children with and without disabilities Coaching of craft micro-enterprise groups for women Art - contemporary dance Sports - wheelchair basketball	

Background

Ethiopia is one of the poorest countries in the world. On its way to sustainably improving the living conditions of its population, the country was considerably slowed down by the Covid-19 pandemic and the civil war in the north of the country. The violent conflicts, economic insecurity and high inflation (25% on average) place a heavy burden on the country and its people.

For people with disabilities, living conditions are particularly harsh. In the absence of government support, they are left to their own devices or to rely on help from their families. The supply gap of assistive devices, specifically wheelchairs, is huge. Therapeutic treatments can rarely, if at all, be afforded by the individuals with disabilities or their families. This, of course, has a negative impact on the state of health of those affected, impeding their chances of reintegration and the prospect of a dignified life and participation in society.

Among the most vulnerable groups are children with multiple impairments. Because suitable services are lacking, parents are very often left alone with their worries. Out of shame and burdened with feelings of guilt, many hide their children at home. In addition to the lack of therapeutic treatment, there are issues with social, emotional and sensory-motor experiences. In the iRi project, we give special emphasis to these problems. The family-centered early intervention program opens up new perspectives for parents in their everyday interactions with their children. Apart from our beneficiaries, we are always interested in sharing our knowledge and experience from this program with other organisations, educational institutions and authorities in order to increase our effectiveness.

The Addis Guzo Association

Addis Guzo is a non-profit association that is accredited in Switzerland. Since 2012, we have been operating a center for people with disabilities in Addis Ababa, the capital of Ethiopia. We offer activities in the areas of counseling, wheelchair provision, early intervention, family support, therapy, micro-business, skills training, sports, culture and leisure. Access to our offerings is given to people with impairments regardless of gender, age, social affiliation, political views or beliefs. All our services are free of charge for the beneficiaries. The members of the association who are active in Switzerland work on a voluntary basis.

Addis Guzo is registered and recognized in Ethiopia as a Foreign Organization in accordance with the Civil Society Organisations Proclamation. Over the years, our center has become an important contact point and meeting place for people with disabilities. Our work is highly appreciated by national and international organisations, authorities and diplomatic services. With the project Integration - Rehabilitation - Inclusion we are implementing new initiatives and approaches in our work with and for people with disabilities in Ethiopia. More than 30 local employees work at our center in Addis Ababa.

Evaluation of the organizational structure and project activities to date

Our organization has grown significantly in recent years. The process has been one of continuous development centered around regular evaluation. Following a comprehensive evaluation of the project structures and activities at the end of the last project period, we made adjustments and renewals in various areas for the next three project years. We want to further increase the effectiveness of our work, improve the quality of our services and thus continue to increase the positive impact on our clients. Therefore, we use the strengths of our organization:

- open-mindedness
- great creativity
- broad experience and professional know-how
- short decision-making processes
- prompt actions





Integration



Rehabilitation



Inclusion



Project objectives

The primary goal of our work remains the improvement of the living conditions of people with disabilities in Ethiopia. With our services, measures and activities, we strengthen the soft skills of the beneficiaries, promote their independence and create the conditions for a life with the greatest possible dignity. Our activities include the following sub-goals:

- Promoting social and professional integration
- Provision of assistive devices for mobility and mastering challenges in everyday life
- Developing and implementing the family-centered early intervention program
- Ensuring access to therapeutic treatments
- Promotion of interdisciplinary cooperation
- Prevention of consequential damage caused by disabilities
- Strengthening resources by teaching skills and abilities in the areas of life, work and social skills
- Reducing poverty through employment
- Improvement of psychological well-being
- Imparting joie de vivre through sports, dance and games
- Promoting the professional knowledge and skills of our employees

Our commitment is also to help raise awareness of the community surrounding our project, as well as the greater society, about the needs of people living with disabilities and to promote understanding among the relevant authorities.

Project activities

Wheelchair workshop

Wheelchair supply and adjustment

Our wheelchair workshop in Addis Ababa is unique in Ethiopia. Every year we supply 700 wheelchairs to people with disabilities, making us the largest supply center in the country. Our workshop employees are professionally trained and can respond to the individual needs of the clients. The wheelchairs as well as other aids, therapy equipment and spare parts are collected, overhauled and delivered in containers from Switzerland by our partner association **rollaid**. We receive a wide range of wheelchair models, which allows us to provide a professional and needs-based service that would otherwise not be available to beneficiaries. We work in close cooperation with the local authorities to ensure a smooth and efficient distribution of the wheelchairs.

Repairs

We are in the fortunate position of being able to ensure the long-term and sustainable use of wheelchairs and other assistive devices through our repair services. Every year, our workshop team repairs around 2000 wheelchairs. Thanks to a large number of spare parts from Switzerland, we can fix almost every model without exception. This is a very special service here in Ethiopia and is not offered in this form by any other organization.

Distribution of other aids

In addition to the wheelchair program, we supply a wide range of other aids. These include walking aids, therapy material (e.g. sitting and standing aids, movement devices, material for sensorimotor stimulation, communication aids, etc.), everyday aids (e.g. toilet chairs), motorized front-pulling wheelchair devices and much more.



Rehabilitation and integration of children, adolescents and adults

Family-centered early intervention program

In the past years, we have continuously expanded the therapeutic services we offer to children and have moved more and more towards a holistic approach to therapy. Our therapists now include components from other therapeutic disciplines (e.g. adaptive play, occupational therapy) in their physiotherapeutic treatments, which is not yet common in Ethiopia. In close cooperation with a special needs teacher, we are now working with our team to develop a early intervention program that serves as a model in Ethiopia.

The family-centered early intervention program is offered to infants and toddlers with multiple disabilities with the active involvement of the entire family. The parents play a central role. They learn to support their child autonomously and optimally in its development within the framework of the child's everyday life, which is particularly important in view of the lack of medical / therapeutic services in Ethiopia.

The contents of the program are

- physiotherapeutic treatment
- functional communication and adaptive play
- occupational therapy and sensorimotor stimulation
- development and follow-up of a home program with parents or caregivers
- Training workshops on topics such as eating and swallowing training, pressure sore prevention, first aid, holding, carrying and positioning children and much more.

The physiotherapists act in the role of a coach. The team consists of a special needs expert, three physiotherapists and an assistant. We offer the program in a cycle, each of which lasts five months. The coaching in our center and the practical implementation at home alternate on a monthly basis. Regular training by international experts ensures continuous development.

Physiotherapeutic treatment for children, adolescents and adults

For children who cannot be included in our early intervention program due to their age or type of impairment, as well as for adolescents and adults, we offer individual physiotherapeutic treatment sessions. A wide range of training equipment and aids are available in our well-equipped facilities.

Inclusive playground – sensory and play space for children with and without disabilities

In November 2019, we built a barrier-free playground together with the Kukuk-Kultur association. It is unique in its design and offers the children of the rehabilitation program a wealth of new sensory and movement experiences, which are a valuable extension of the therapy program. In the future, it will also be accessible to children from the neighborhood, allowing children with and without impairments to meet.



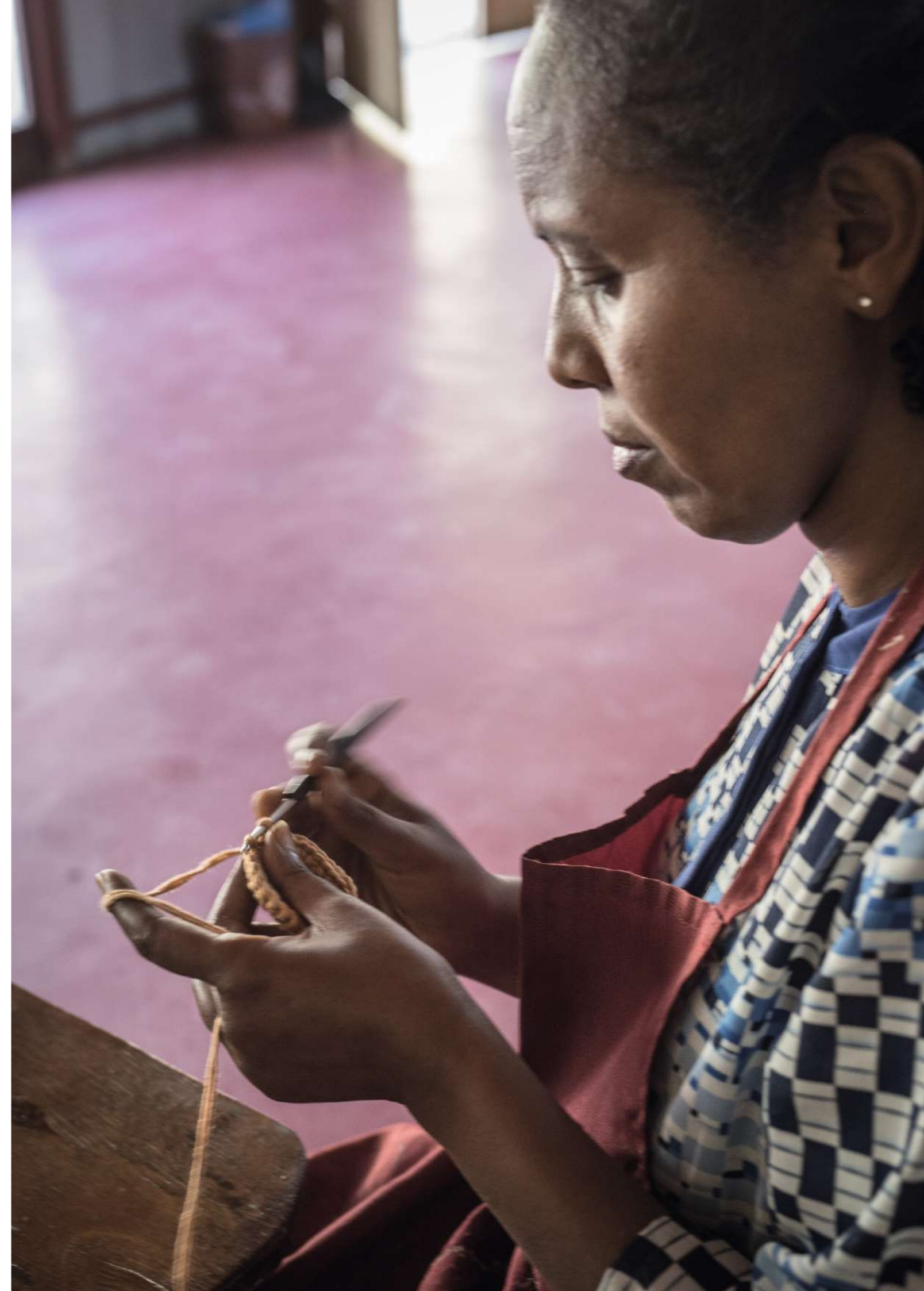
Skills development training

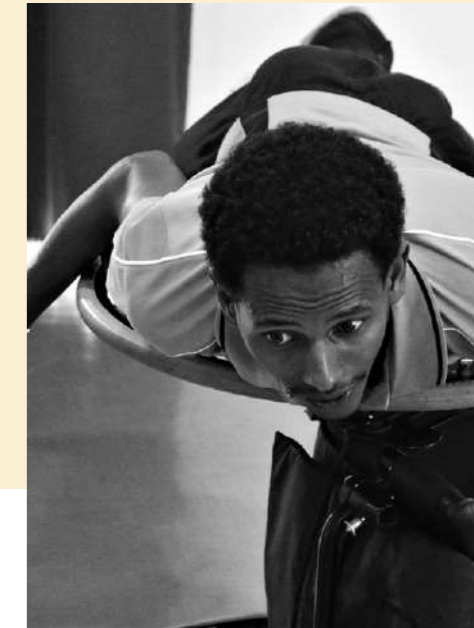
Coaching of craft micro-enterprise groups for women

At the Bottlebrush Craft Center in Addis Guzo, eleven women from three different handicraft groups (doll making, crochet workshop, tailor's workshop) have joined together to form a cooperative. They sell their high quality products at handicraft markets, bazaars or directly at our project site. Step by step, they have learned to manage and organize their workshops independently. Despite the high motivation and commitment of the women, our goal of leading the groups to complete independence could unfortunately not be realized as there are too many obstacles along the way. In a city like Addis Ababa, even getting to work by public transportation is a huge struggle for people with limited mobility, and medical or therapeutic care is inadequate or prohibitively expensive. This often leads to chronic pain, which has a negative impact on resilience. Lack of and inadequate schooling makes it difficult to acquire entrepreneurial thinking and action. These are only a few reasons why women's performance and competitiveness are limited. Further development towards independence can only be expected in the smallest of incremental steps until the reality of life of people with disabilities in Ethiopia fundamentally changes.

In the sense of sustainability of our work, we have therefore decided to continue to accompany the three groups. We offer a safe, handicapped accessible workplace, transportation, therapeutic treatments, mobility aids and coaching in all entrepreneurial matters. The goal of our interventions continues to be the development of the greatest possible independence. This concept has pioneering character and contradicts the common practice in the field of skills training in Ethiopia, which does not take into account the special challenges for people with disabilities.

We are also breaking new ground within the groups. The experienced women pass on their skills and knowledge to other women, who can then work from home and sell their products to our workshop teams.





Promotion of life skills

Over the years, Addis Guzo has developed into a competence center for the needs of people with disabilities and supports them in many ways, to include in the development of life skills.

Due to a lack of school education and years of isolation, many of our clients lack basic skills and information that could make their daily lives easier and thus increase their chances for participation and a self-determined life.

Our skills training is aimed at the families and caregivers from the rehabilitation program, the women of the Bottlebrush Craft Center and the members of our sports and dance groups. Content includes topics such as:

- Gender issues
- Women's issues
- Victim prevention
- Child protection concept
- Legal issues

Arts enhancement and sports training

We set trends with our sporting and artistic activities! Their positive effect on the physical and mental health of the participants is immense. We are convinced that sports and dance are effective and inexpensive rehabilitation measures for people with disabilities. They help participants develop strength and endurance, improve motor skills and coordination, boost self-confidence and have a positive effect on mental health and general well-being. At the same time, we promote social recognition and respect for people with an impairment in a country where disabled people are still largely stigmatized, thus making an important contribution on the long road to inclusion.

Art - contemporary dance

Contemporary dance encourages creative freedom, pushes boundaries and promotes strength physically and emotionally. It incorporates the latest trends in music and dance. The focus of our weekly training sessions is not on the physical limitations of the individual, but rather on the dance creation, the liveliness and the expressive possibilities that arise from the diversity of body and personality. For many participants, this is an experience they have never known.

In 2018, the *Addis Guzo Dance Group #movement is life* was founded and has developed into a semi-professional group that receives great recognition for its ambitious performances. The activities of the Contemporary Dance Group are:

- Weekly two times training for advanced dancers
- Weekly two times training for beginners
- Inclusive dance workshops
- Training of a dancer with disabilities to become a professional dance trainer

Sport - wheelchair basketball

Pure joie de vivre, energy and team spirit: The two wheelchair basketball teams (men and women) enrich everyday life in Addis Guzo. More than 20 men and 10 women regularly take part in the training sessions, which have been led at a high level by a professional coaching duo since 2016. We maintain close contact with the ICRC (International Committee of the Red Cross), which has launched a program in Ethiopia to promote the sport of wheelchair basketball. This enables our athletes to participate in nationwide competitions. Both teams are among the best in the country, and the trophies they have won almost find no place in the glass display case. New, younger players are constantly being added and integrated into the existing teams.



Beneficiaries

With the **iRi** project, over the entire project period 10,000 individuals directly benefit from our range of diverse activities. We reach a large part of these beneficiaries through the services of the wheelchair workshop. The breakdown into the individual areas and years can be seen in the following table:

Project area	annually	within 3 years
Wheelchair workshop		
Wheelchair supply and adjustment	700	2100
Repairs	2000	6000
Disposal of other aids	300	900
Total direct beneficiaries wheelchair workshop	3000	9000
Rehabilitation and integration		
Early intervention program for children with multiple disabilities	72	216
Rehabilitation program for children and their families	48	144
Physiotherapy for adolescents and adults	72	216
Inclusive playground for children with and without disabilities	200	600
Total direct beneficiaries rehabilitation and integration	392	1176
Rehabilitation and Integration Skills Training		
Coaching of crafts micro-enterprise groups for women	15	15
Promotion of life skills	122	366
Arts - contemporary dance	24	40
Sports - wheelchair basketball	32	42
Total direct beneficiaries skills training	189	463
Total Direct Beneficiaries	3585	10639

Human resources

In the iRi project, two part-time positions are occupied by professionals from Great Britain (trainer of contemporary dance) and Germany (coordinator of rehabilitation and integration). All other employees are citizens. The project is managed by Mr. Tamirat Belay, the Country Director of Addis Guzo Ethiopia.

In Switzerland, the members of the association all work on a voluntary basis. For all program areas, we regularly send experts from Switzerland or other countries to Addis Ababa as volunteers. The aim of these assignments is to provide further training for our employees. As a rule, Addis Guzo covers the costs of travel and accommodation. The staffing is as follows:

Project area	number employees
Wheelchair workshop	
Workshop Manager	1
Rehab Technician	6
Rehabilitation and integration of children, adolescents and adults	
Coordination Rehabilitation and Integration	1
Physiotherapy	3
Therapy Assistant	1
Skills development training	
Skills Development Project Coordinator	1
Contemporary Dance Coaches	2
Wheelchair Basketball Coaches	2
Administration, general operation, security	
Project Manager	1
Head of Human Resource and Finance	1
Accountant and Cashier	2
Secretariat	1
Technical Service and Drivers	3
Security	8
Kitchen	2
Gardener and Cleaning Staff	2
Total employees	37

Project costs

The following table shows the total expenditure for the iRi project, divided into costs for the individual project areas. Also listed separately are the general operating costs and the administrative expenses for both Ethiopia and Switzerland. The percentage distribution of the program costs and the operating and administrative costs gives the following picture:

Direct project costs Ethiopia	USD	947,136.70	78.74%
Administrative costs Ethiopia	USD	226,905.30	18.87%
Operating costs Switzerland	USD	2,943.00	0.24%
Administrative costs Switzerland	USD	25,886.00	2.15%



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