

Saving children from disability, one by one



- **80% of all people with disabilities live in a developing country**
- **80% of all people with disabilities has no job nor income**
- **The large majority of children with disabilities receive no care and education**
- **70% of all congenital disabilities are preventable**

Prevention of disabilities is achieved by raising awareness and providing adequate care to vulnerable groups within a community, like mothers, infants and young children. The quality of life of children with disabilities can improve significantly by access to education, acceptance and participation in the society and the right care.

The power of people

Karuna is making a difference in Nepal, where we focus on the development and responsibility of the whole community. Karuna developed two innovative models: Inspire2Care and Share&Care. These models emphasize and strengthen the power of people in line with the specific needs, possibilities and capacities of poor rural communities.

[Read more about Inspire2Care](#)

◀ When Shrawan (4) was one year old, Inspire2Care staff members noticed him, not being able to sit or stand. "Now, he can, he plays with his friends and goes to school like any kid," his mother says. "My husband and I are tremendously stimulating him."

Karunafoundation

It's a healthy baby!

The Inspire2Care program started in 2011 in Aurabani, in Southeast Nepal. The community started with the construction of a birth clinic right away. Lalita Uraw was the first woman of the community who gave birth to a healthy son in the renovated clinic. "I am very impressed and so grateful for their personal care." Nurse Ranjy Yadav: "More and more women find their way to the birth clinic." In the past 10 years, an estimated 1050 babies have been born without birth defects, just as healthy as Lalita's baby.



- A development plan for every child

- Strengthening mother and child care

- Strengthening local leadership

- Lobby for equal rights

- Mobilising local funds

- Education

- Positive attitude towards disabilities

**Inspire
2Care**

Prevention
of disabilities

Better life
for children
with a disability

Karuna focuses on the development and involvement of the whole community. We empower well trained local leaders to stand up and take action for people with disabilities, so that they can participate.

After a relatively small external contribution by Karuna in the first two years, the community continues Inspire2Care independently.

NEPAL

In 2007, Nepal became the first project country of Karuna. Now it is time for accelerated upscaling in Nepal and abroad.

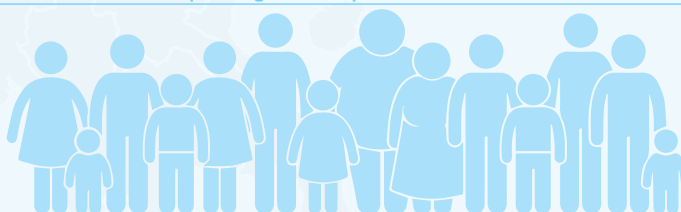


3000

pregnant women participate
in the pregnancy program
Best Wishes annually.

REACH

	Villages, communities	Young women and children < 5 years old	Children with disabilities
2011-2015	7 pilot	24.000	250
2015-2020	50 upscaling district	120.000	1.000
2018-2025	2.000 upscaling nationally	1.800.000	40.000



IMPACT OF THE INSPIRE2CARE PROGRAM

A lot done, a lot to do

2007-2015 Learning by doing

- **2008** Start and development of Share&Care.
- **2011** Start and development of Inspire2Care.
- **2013** The first results become visible. Evaluations and studies lead to new lessons and adaptations.
- **2014** Independent research on the cost-effectiveness of Inspire2Care shows that the program is highly cost-effective, according to the standards of the World Health Organisation.
- **2015** After an investigation in 37 Asian countries, the Asian Pacific Centre for Development and Disability selects Inspire2Care to be one of the five Best Practices in integrating people with a disability into their communities.

2015-2025 Upscaling

- **2015** Start of the first phase of scaling up jointly with private foundations and NGO's.
- **2016** Karuna Nepal becomes an independent local organisation. The ambition of both organisations is to accelerate scaling up of Inspire2Care to the rest of Nepal, in collaboration with the communities, Nepal's government and other investors.
- **2017** Zero Project Conference in Vienna: Inspire2Care was chosen to be one of the Best Global Innovative Practices in Entrepreneurship
- **2017** Karuna the Netherlands strives towards scaling up her programs in and outside Nepal, in collaboration with others. Collaboration and sharing knowledge will lead to greater impact. Several entrepreneurs and organisations were already inspired to embrace our approach.

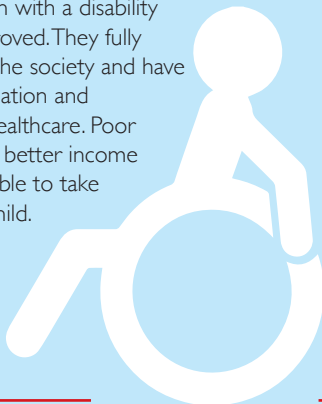


Everybody participates

Inspire2Care employs a community worker in every village, who is trained in communicative, medical and physiotherapeutic skills. Together with the parents, he or she makes and carries out a development plan for every child with a disability. Health workers and civil servants also feel increasingly responsible for reaching out to this forgotten group and to release funds for their cause. This way, the system changes permanently.

1250

lives of children with a disability are being improved. They fully participate in the society and have access to education and (specialised) healthcare. Poor families have a better income and are now able to take care of their child.



60%

of all deliveries are professionally guided, contrasting **3%** before Inspire2Care.



€ 2.500.000

was invested by Karuna. This yielded another **3,5 million euros** of investments for Nepal from local governments and other organisations.

€ 4000

was mobilised on average annually per village for prevention and rehabilitation. The local government budget for people with disabilities has increased from 1% to **5%** of the total annual budget.



Average
contribution
per village:
€ 4,000 per year

'Fashion is my passion'

Jamuna (20) has a speech and hearing impairment. Through Inspire2Care she was able to learn sign language and to follow a fashion training in Kathmandu. "Now, I run a fashion-shop in my own village, where I manufacture and sell beautiful clothes." Jamuna is a happy, proud and a financially independent woman.



JOIN THE INITIATIVE!

You can also join. By learning and sharing together in the Investors Consortium, which will realise the upscaling. Together we can make a difference for thousands of children.



Local leadership

Local leaders know their communities, the people, the cultural values and sensitivities. To strengthen their skills and knowledge, they need motivation and coaching. Karuna teaches them to communicate transparently and take responsibility. The strengthening of local, involved leadership is working well: it anchors a positive attitude towards people with disabilities in the community. "It was difficult to say goodbye to Karuna, but we are also proud," says a village leader during the handing-over ceremony of Inspire2Care to the village. "We are proud because we proved that we can move on with building our community without the financial support of others."

Karuna*foundation*

For more information & inspiration: www.karunafoundation.nl

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