

# Inspire2Care



**The Inspire2Care model is aimed at building strong communities in which children and adults with a disability fully participate and in which avoidable birth defects and childhood disabilities are reduced.**

**Karuna***foundation*

*Saving children from disability, one by one*

## Societal problem

- 6% of the babies are born with a birth defect and too many infants develop disabilities in their early years;
- Poverty and disability are strongly interconnected: 1 out of 5 people living below the poverty line, has a disability. The majority of children with a disability have no access to healthcare and education;
- The potential of people with a disability is unrecognised and unutilised.

The causes of this often lead back to poverty, poor education, poor access to adequate mother and child care, ignorance about the causes of birth defects and disabilities, a negative perception regarding children and adults with a disability and the lack of priority given to the rights of people with a disability by governments.



## The Inspire2Care approach



### Target groups

- Children and adults with a disability and their families;
- Women in the reproductive age (15-49 years old), with a special focus on pregnant women;
- Children under 10 years old, with a special focus on children under 2 years.

### Prerequisites for communities to participate

- Cost-sharing with gradually increasing local resources to 100% from the third year onwards.
- Responsible leadership. Responsibility = the ability to respond;
- A qualified and committed team: a capable Community Based Rehabilitation (CBR) Facilitator, health workers and local leaders.

### Principles

- Leave no one behind - Each and every child in any Inspire2Care community is being reached;
- People develop themselves - We support people to develop their potential;
- Replicable and scalable - Inspire2Care is practical, cost-effective and adapted to the local needs and capacity.



## Journey in a community

### STEP 1 | Readiness

- a** Assess the readiness and willingness of local leaders and key responsible persons, including financial contributions.

### STEP 2 | The community and Karuna set up the foundation for Inspire2Care

- b** The community mobilises local financial resources before the start;
- c** Make an equal partnership agreement based on a clear plan and budget;
- d** Karuna trains the responsible local committee, key leaders and health workers;
- e** The community ensures that people with a disability are represented in key positions;
- f** The community selects and pays a CBR Facilitator. Karuna provides an intensive training.

### STEP 3 | Implementation by the community, coaching by Karuna

- Quality of life of children**
- g** Identify and assess each and every child with a disability in the community;
  - h** The CBR Facilitator draws an individual development and treatment plan for each child with a disability, together with the family, including healthcare, education, participation and income generation of the family. Adults with a disability also have an individual plan, which is focused on their most urgent needs;
  - i** Implement the plan: set up linkages with hospitals, assistive devices, inclusive education, access to vocational training and credits;
  - j** Organise trainings for parents of children with a disability.
- Prevention of birth defects and disabilities**
- j** Improve mother and child care by training local health workers: all pregnant women are registered, they attend four prenatal check-ups, and are guided professionally with the delivery;
  - k** Raise awareness on disabilities, the prevention of disabilities, and the rights of people with a disability.



# Impact


Research in the communities has shown the following impact after five years:

- A 62% reduction in the number of birth defects and handicaps among babies and children in their early years (among approximately 500 children, birth defects and disabilities were prevented).
- 70% of the children with a disability (1250 in total) experience a significant improvement in their quality of life because of interventions in health, education, income and participation in society.
- 80% of the communities where Inspire2Care is implemented continues the activities after three years, independently from Karuna. It becomes part of the annual budget of the municipality.

## Ambition

From 2011 to 2014 Karuna has developed and tested the concept of Inspire2Care within a number of villages in Nepal and from 2015 has successfully replicated to one entire district with 50 villages in Nepal. After these successes and improvements, the model is now low-cost, more robust and ready for further upscaling.

### Towards 2025! Further upscaling of Inspire2Care in Nepal

	Villages, communities	Young women and children < 5 years old	Children with disabilities
2011-2015	7 pilots	24.000	250
2015-2020	50 upscaling district	120.000	1.000
2018-2025	1.000 upscaling future	1.000.000	25.000

The costs of this upscaling are 12 million euros in 6 years. This amount will be multiplied by the communities and by the Nepalese central government.

### Going global

Inspire2Care has proven to create significant and meaningful impact for empowered communities, for the lives of children and adults with a disability and the prevention of birth defects and disabilities. Because Inspire2Care is adaptable to the local context, needs and capacities, it can be replicated relatively easily in other countries.

## Become a game changer!

### Investors for Nepal

The investor consortium is being formed to guarantee sufficient resources for the coming 6 years for the replication of Inspire2Care in Nepal. The consortium with five or six like-minded organisations acts as one entity towards Karuna Nepal and forms a creative and innovative think tank to support Karuna Nepal. Four organisations have already expressed the intention to be part of it. We are seeking one or two more like-minded investors who are aiming for great impact. Are you interested to join us in replicating Inspire2Care? Please contact us!

### Implementers and investors in other contexts

The principles and approach of Inspire2Care are ready to be shared and replicated in other countries, with adaptations to the local context. Let's go global!

*Anyone can do it! Are you an eager and learning organisation, institution or (local) government and ready and willing to take action? Karuna Foundation can inspire, train and coach you in doing so.*

# Karuna foundation

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For more information and inspiration: [www.karunafoundation.com](http://www.karunafoundation.com) ● Betteke de Gaay Fortman, director

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