

20th November 2012

Concept Note for Rehabilitation Program

Plateau Perspectives

Plateau Perspectives is a Canadian NGO that aims to promote conservation and sustainable development in the Tibetan Plateau region in Western China. We work closely with local government, local communities and other organizations as well as with national and international academic institutions to promote more sustainable livelihoods in the fragile alpine environment. We also aim to conserve the headwaters of the major rivers that originate on the Tibetan Plateau, including the Yangtze, Yellow and Mekong Rivers. These rivers are vital for the survival of over one third of the world's population downstream. We seek to support and empower local Tibetan communities and people that are marginalized, to improve their livelihoods and health.

Background

Yushu town was a thriving town for trade and with government offices serving the people of the larger region of grassland inhabited mainly by Tibetan pastoralists. The prefecture has a land area of 198,000 km² (about 80% or the land area of the UK) with a population of around 227,000 people.

In April 2010 it was struck by a 7.1 magnitude earthquake which left over 2,200 people dead and 10,000 seriously injured. Plateau Perspectives' immediate response was to set up a medical camp, at the invitation of local government. Many people were evacuated to hospitals around the country but on their return there was little available rehabilitation care. The same people who had lost their physical ability had also lost relatives who would have been

the obvious carers and household earners. Without rapid intervention, these people were (and remain) at risk of increasing marginalisation and poverty. The newly established *Disability Association* struggled to meet the increased need. Plateau Perspectives was asked to assist in the set up of two rehabilitation centers and the training of local therapists to staff them. The trainees were taught to consider the whole person and their lives as well as specific physiotherapy interventions. In the light of the success of this project, Plateau Perspectives has now been asked to assist in the extension of disability services for the whole prefecture, starting in 2013.



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The Project

To enable the services to be expanded to serve people with disability across the prefecture, 80 people will be recruited to train as therapists to staff around 40 different centers or clinics, many in very remote areas. Dr Torrance-Foggin (a neuro-developmental paediatrician) and Dr Hoejberg (a family practitioner) will lead up a team of experts to give the training. The content will be informed by the results of previous training courses and the range of needs met in the clinical work of Plateau Perspectives' staff. The aim is to increase the health and independence of the people assisted by the service, building their capacity to reintegrate in their communities and to increase their opportunities for income generation.



We have also agreed to help furnish a newly built training center, enabling the present and future training courses to take place without substantial accommodation costs. Patients seen in the course of the training will be provided with equipment if deemed necessary, and a small "Samaritan Fund" will be set up to assist in the occasional cases when surgery is required but a client cannot afford the cost.

Request Plateau Perspectives requests support to enable the training of rehabilitation staff to provide new and accessible services and to bring hope to people with disabilities throughout Yushu Tibetan Autonomous Prefecture in southwest Qinghai Province, China. The total budget for this project is 650,000 RMB.

Plateau Perspectives Information Sheet

<http://www.plateauperspectives.org>

Established in 1998

Registered in Canada in 2002 (Charity no. SC036202)

Recognized in Scotland in 2004 (Charity no. 88353 511 RR0001)

China Xining Representative Office registered in 2007 (BN # 78144734-9)

Plateau Perspectives is a Canadian NGO that promotes sustainable development and environmental protection in the Tibetan Plateau region, empowering local communities and helping government leaders find long-term solutions to promote more sustainable livelihoods, to improve local people's quality of life and to protect the natural environment.

Plateau Perspectives currently has three main projects:

- **Development of rehabilitation services** in Yushu Tibetan Autonomous Prefecture, Qinghai Province, undertaken in collaboration with the Yushu Disabilities Association and Yushu Foreign Affairs Office. The aim of the Health Program is to work with communities to improve their health and wellbeing. Within this context, the objectives of the rehabilitation training project are to improve the quality and accessibility of rehabilitation services, to improve an understanding of disability and reduce barriers to full community participation of those with disability, and to help establish a training center that will facilitate the continued training of staff and maintain the quality of service.
- Capacity building for development of **community ecotourism** and **nature reserve management** in the Sanjiangyuan Region, Qinghai Province, with support from the Government of Norway (NORAD), carried out in collaboration with the Qinghai Forestry Department and the management bureau of the Sanjiangyuan National Nature Reserve.
- Development of **policy options for poverty alleviation** in rural grassland areas of Qinghai Province, with support from Ford Foundation, in collaboration with colleagues from Chinese Academy of Social Sciences, Qinghai Normal University, and local Tibetan herders cooperatives.

Plateau Perspectives also contributes in several ways to the **biodiversity conservation** project of UNDP and the provincial government, "*Strengthening the effectiveness of the protected area system in Qinghai Province to conserve globally important biodiversity.*"

Key Field Staff in China

Dr Marion E Foggin, Medical Director

Dr Thomas Hoejberg, Family Practice

Ms Lydia David, Occupational Therapist

Dr Marc Foggin, International Director

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Website <http://www.plateauperspectives.org>