

## Disabled Village Children

**A guide for community health workers,  
rehabilitation workers, and families**

**By David Werner**

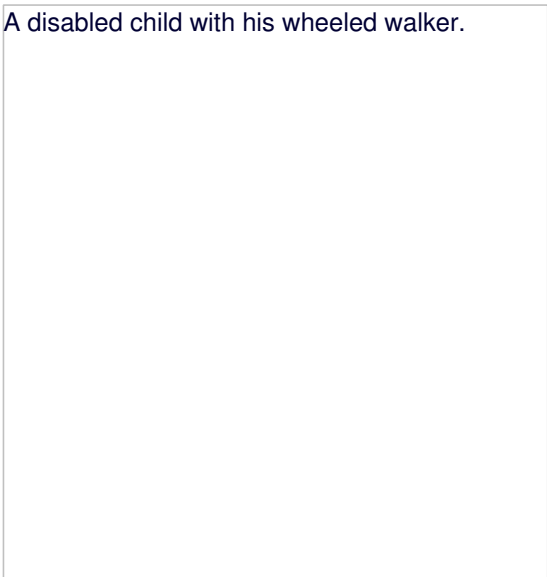
**with the help of many friends Drawings by the author**

Playgrounds for all children. (Drawings by the author)



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A disabled child with his wheeled walker.



## HOW TO USE THIS BOOK

This is a **reference book** to help you meet the needs of disabled children. You need not read it from cover to cover.

Use it to **look up particular information as you need it.**

Short black lines on page-edges.




To learn **how the book is organized, and why**, we suggest you read **ABOUT THIS BOOK** at the beginning. Also, please read the introduction to each of the 3 main parts of the book. These chapters have page edges with a short black line, to help you find the beginning of [PARTS 1, 2, and 3](#).

**To work more effectively** with disabled children, we strongly suggest that you **read the first 5 chapters of PART 1**. These will help you to examine a child, to identify different disabilities, and to keep important records in an easy way.

### **THERE ARE SEVERAL WAYS TO FIND INFORMATION THAT YOU ARE LOOKING FOR:**

- Check the list of **CONTENTS** at the beginning of the book. This tells you what each chapter is about and gives the page numbers.
- Look in the **INDEX** at the end of the book. It lists topics in alphabetical order. (The edges of these pages are all black.)
- If you do not know what disability a child has, use the **GUIDE FOR IDENTIFYING DISABILITIES** on [Page 52 to 58](#). It lists the common signs of different disabilities and gives the page numbers. (There are several black lines on the edges of these pages.)

CP

Throughout the book you will find this symbol  in the margin of some pages. It appears where there is information for ***cerebral palsy***.

**If you want more information** than is in this book, see the list of books and teaching materials entitled **REFERENCES (Where to Get More Information)**, [Page 637](#).

**If you do not know what some words mean**, look in the **LIST OF SPECIAL OR DIFFICULT WORDS**, [Page 643](#). Words explained in this LIST are written in *italics* when first used in a chapter.

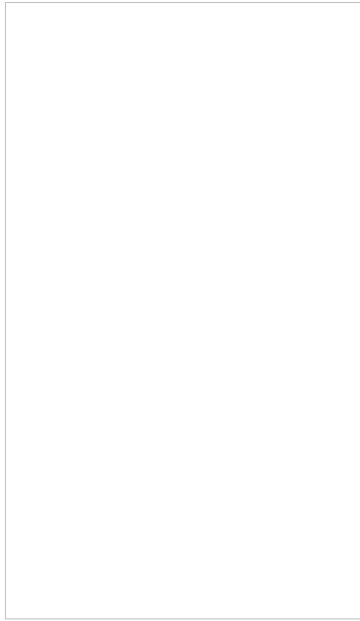
**IMPORTANT:** To find all the information you will need for one disabled child, **you will usually need to look in several different chapters**. To know where to look, follow the page references shown. These are explained inside the back cover.

\* **Asterisk:** This little star is called an asterisk. It is used to indicate that there is more information about a word or an idea at the bottom of the page.

An arrow.

For more information on how to use this book, see the inside of the back cover.

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***This book is dedicated to disabled children everywhere,  
with the hope that they and their families  
will help lead the world  
to be more loving, understanding,  
and just for everyone.***

## **REQUEST FOR YOUR SUGGESTIONS, CRITICISMS, AND IDEAS**

This book is an attempt to pull together basic information to help you meet the needs of village children with a wide range of disabilities.

We have done the best we can, given our limitations. We know the book is not perfect and that it has weaknesses and perhaps some mistakes.

We urge anyone reviewing or using the book, whether a disabled person, parent, health worker, or professional, to send us all your criticism and suggestions. Help us to make improvements for a later edition. Thank you.

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**[Chapter 4.](#) Examining and Evaluating the Disabled Child**

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[Chapter 8.](#) Contractures: Limbs That No Longer Straighten

[Chapter 9.](#) Cerebral Palsy (difficulty with movements because of brain damage)

[Chapter 10.](#) Muscular Dystrophy: Gradual, Progressive Muscle Loss

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[Chapter 12.](#) Common Birth Defects (cleft lip, extra or joined fingers, incomplete I and arthrogryposis)

[Chapter 13.](#) Children Who Stay Small or Have Weak Bones (includes Rickets, Brittle Bone Disease, and Dwarfism)

[Chapter 14.](#) Erb's Palsy: Arm Paralysis from Birth Injury

[Chapter 15.](#) Painful Joints (includes How to Use Aspirin)

[Chapter 16.](#) Juvenile Arthritis

[Chapter 17.](#) Rheumatic Fever

[Chapter 18.](#) Hip Problems

[Chapter 19.](#) Bone Infections

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## [REFERENCE \(Where To Get More Information\)](#)

## [LIST OF SPECIAL OR DIFFICULT WORDS Used In This Book](#)

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Logo of PROJIMO (shade)



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## THANKS

This book has been a cooperative effort. Many persons have contributed in different ways. Some have helped to write or rewrite different sections. Some have criticized early drafts; Some have used it in their programs and sent us feedback; Some have sent original ideas or technologies that we have tested and then included. In all, persons or programs from 27 countries on 6 continents (North and South America, Africa, Asia, Europe, Australia) have contributed.

The entire book has been carefully reviewed by specialists in related fields: physical therapists (PTs), occupational therapists (OTs), orthotists, prosthetists, wheelchair designers, rehabilitation engineers, and leaders from among the disabled. We cannot include the names of all those who have helped in so many ways, but the help of the following has been outstanding:

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Finally, we would like to thank David Werner for his careful and hard work in preparing this book. His vision and advocacy for disabled people around the world is reflected throughout the book.

The Hesperian Foundation

## PART 1: WORKING WITH THE CHILD AND FAMILY (Chapters 1 to 42)

This is the longest part of the book, divided into 5 sections:

**Section A (Chapters 2 to 5):** ideas for sharing information from the book; and background information on working with disabled children

**Section B (Chapters 6 to 33):** detailed information on specific disabilities

**Section C (Chapters 34 and 35):** on the child who is slow to learn and to develop

**Section D (Chapters 36 to 41):** on helping disabled children become more self-reliant

**Section E (Chapters 42 and 43):** on learning specific exercises; includes techniques for using crutches, canes, and wheelchairs

## PART 2: WORKING WITH THE COMMUNITY (Chapters 44 to 55)

ideas for starting a community program, and for helping the community respond to the needs of disabled children

## PART 3: WORKING IN THE SHOP (Chapters 56 to 67)

suggestions for setting up a workshop and for making aids, wheelchairs, braces, and rehabilitation equipment

## LOOKING UP PAGE REFERENCES

Usually the chapter that discusses a specific disability will not include all the information necessary to meet a child's needs. You will also have to look in other chapters. There are several ways to find out where to look.

As you read a chapter, often you will come to page references such as "(See [Page 471](#))." This means that you can turn to page 471 for more information on the topic being discussed.

To find all the different places in the book that give important information about a specific disability or topic, use the [INDEX](#).

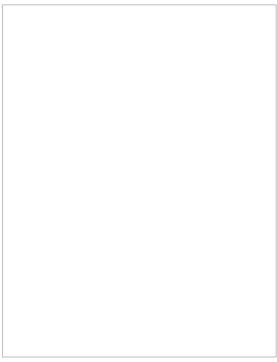
In some chapters, where further reading is essential, there is a list of references to other parts of the book at the end of the chapter. (See, for example, [Page 75](#).)

**It is very important that you learn how to look up these references, and do so.** If you do not, the information to meet a child's needs will not be complete.

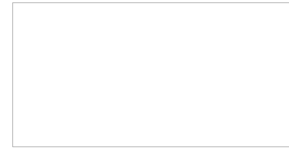
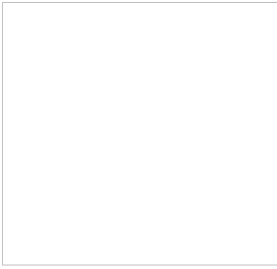
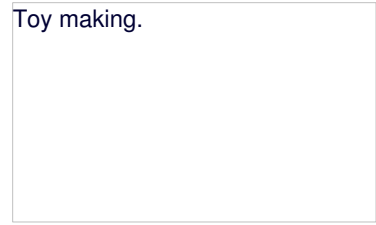
**REMEMBER: The best way to learn how to use this book is to work for a while with the guidance of experienced rehabilitation workers.**

Ways to make therapy fun and useful.

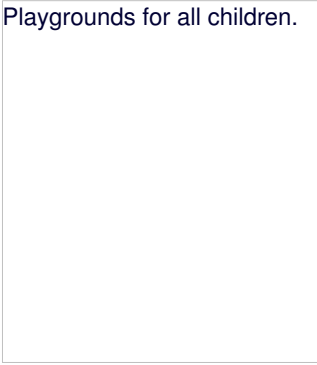




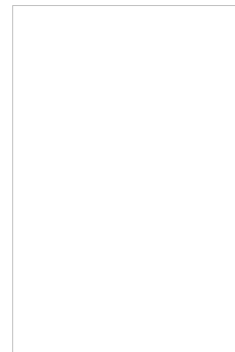
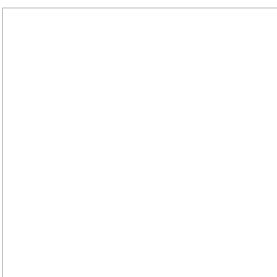
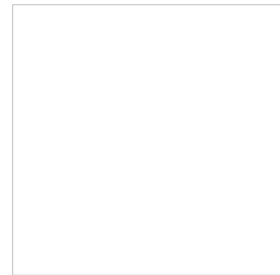
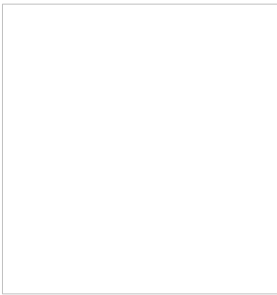
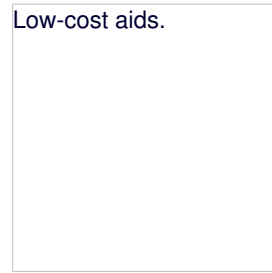
Toy making.



Playgrounds for all children.



Low-cost aids.



	<div data-bbox="1015 58 1326 371" style="border: 1px solid black; padding: 5px;">       Prevention of disability.     </div>
	<div data-bbox="983 757 1417 813" style="border: 1px solid black; padding: 5px;">       Homemade wheelchairs and wheel boards.     </div>

***Disabled Village Children*** is a book of information and ideas for all who are concerned about the well - being of disabled children. It is especially for those who live in rural areas where resources are limited. But it is also for therapists and professionals who assist community-based programs or who want to share knowledge and skills with families and concerned members of the community.

Written by David Werner with the help of disabled persons and pioneers in rehabilitation in many countries, this book has been prepared in a style and spirit similar to the author's earlier works, ***Where There Is No Doctor and Helping Health Workers Learn***. It gives a wealth of clear, simple, but detailed information concerning most common disabilities of children: many different physical disabilities, blindness, deafness, fits, behavior problems, and developmental delay. It gives suggestions for simplified rehabilitation, low-cost aids, and ways to help disabled children find a role and be accepted in the community.

Above all, the book helps us to realize that most of the answers for meeting these children's needs can be found within the community, the family, and in the children themselves. It discusses ways of starting small community rehabilitation centers and workshops run by disabled persons or the families of disabled children.

Over 4,000 line drawings and 200, photos help make the information clear even to those with little formal education.

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Disabled Village Children is a powerful, engaging, and readable reference for (developing world) health and rehabilitation workers. It provides ideas and techniques relevant for the novice and the veteran, as well as for the interested observer. The power of Disabled Village Children derives from its simplicity as well as from its recurring theme of a "bottom-up" approach to health and rehabilitation in rural communities. - -Marc Krizack, Rehabilitation Consciousness.

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