

# **COUNTRY REPORT**

## **ZAMBIA**

### **THE SITUATION OF PEOPLE WITH INTELLECTUAL DISABILITIES**

**Prepared for the Group Training on Intellectual Disabilities**

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## COUNTRY REPORT

### I. General Information

1. *Name of Country:* Zambia.
2. *Area:* 752,614 square kilometres.
3. *Population:* The current population is 10.3 million (2000 Census) with an annual growth rate of 2.9 per cent. Forty nine (49) per cent of the population is male while 51 per cent is female. Thirty eight (38) percent of the people live in urban areas while 62 per cent live in rural areas. Over 90 per cent of the population is less than 45 years old, of which 45 per cent are children from 0-14 years, indicating that the Zambian population is relatively young. Only 2 per cent of the population is aged 65 years and over.
4. *Life expectancy:* In 1995, the average life expectancy at birth was estimated at 43 years. The 1997 estimate sets the figure at 37 years.
5. *Infant mortality rate:* This is 108 per 1000 population.
6. *Maternal mortality rate:* This is set at 649 per 10,000 population (1998), and is higher among teenage mothers.
7. *Literacy rate:* Total adult literacy level is 57%, with 63% being for male and 50% for female.
8. *Education:* Education in Zambia is not compulsory, although there is emphasis on all children in school to be allowed to complete basic education (up to Grade 9), an effort to ensure that most children have basic level education and to increase the literacy level.
9. According to 1998 data, the proportion of unemployed people was 12%.

### II. Situation of People with Intellectual Disabilities

#### I. Situation of I.D. in general, services provided for I.D.

##### 1) *Finding & diagnosis of I.D.*

In the past, it was very difficult to find, assess and diagnose Intellectual Disabilities, mostly due to the stigma and subsequent discrimination that went with it. This caused a lot of parents to 'hide' their mentally disabled children and not bring them for assessment. After a lot of advocacy and sensitisation, currently, more and more children are being seen, assessed and diagnosed with I.D. This service is being provided by two ministries: the Ministry of Health, through Chainama Hills Hospital and Ndola Central Hospital Psychiatric Unit Psychology Departments, which assess for, and diagnose, mental disabilities which usually result in Intellectual Disability, as well as the University Teaching Hospital, which conducts physiotherapy and speech therapy assessment and diagnosis, and the Ministry of Education, through the University of Zambia Special Education Department, which carries out assessment

for intellectual capacity to facilitate appropriate placement in a special educational facility.

**2) *Early intervention***

As stated above, in the past it had been very difficult to ensure that children were assessed and diagnosed as early as possible in life because of the reasons mentioned. However, the importance of early intervention is an aspect that has been advocated and emphasised in the provision of services for the Intellectually Disabled. For instance, Chainama College of Health Sciences has been conducting one to two week in-service training courses on mental disabilities for nursing and clinical staff from health centres, and one of the modules has focused on the levels and standards of assessment at Ante-Natal and Under-Five Clinics, for pregnant women, and for children who are between the ages of 0-5years, respectively. The intent has been to sensitise nursing, and clinical staff on the need to be on the lookout for possible signs of mental disability from as early as the pregnancy stage, and to ensure that appropriate interventions are planned for from this early stage.

**3) *Education***

Zambia has been offering special education to children with Intellectual Disabilities for over 20 years. The earliest special education facility was set up at Chainama Hills Hospital to cater for the mentally retarded children who were being admitted to Chainama for psychiatric assessment and remedial training. This centre, the Chainama Day-Care Centre was being run in collaboration with the Ministry of Education, with the Ministry of Health providing the clinical care and the Ministry of Education providing the special education teachers. Gradually, the Ministry of Education established more special units in the Capital City, Lusaka. These were usually attached to ordinary school in an effort to foster integration and reduce the stigma attached to mental disability. The current situation is such that, with the introduction of Special Education Teachers' Training being offered in Zambia at both Diploma and Degree level, more special education facilities have been set up not only in Lusaka, but in the provincial centres around the country as well. In addition, the Chainama Day-Care Centre has expanded and become integrated with the introduction of ordinary classes.

**4) *Vocational training***

It is a well-known fact that people with Intellectual Disability are usually unable to progress at a normal pace educationally. Therefore, their progression will not be dependent on their chronological or physical development, but rather on their mental and intellectual development. As a result, we find that after a few years in primary

school, when they may already be adolescents, they move on to Vocational Training to prepare them to lead as independent a life as possible. In Zambia, a number of Special Education Units have been established at Vocational and Trades Training Institutes. These units provide skills in vocations such as Carpentry, Tailoring, Brick-making and Weaving.

**5) *Employment***

Although over the years we have had quite a number of graduates from the special education units, opportunities for employment are few to non-existent. Very few industries and organisations are willing or prepared to offer employment to people known to be intellectually disabled. The concept of open or sheltered employment is also not well-known or appreciated. However efforts are being made by the disabled peoples organisations provide job opportunities for the disabled.

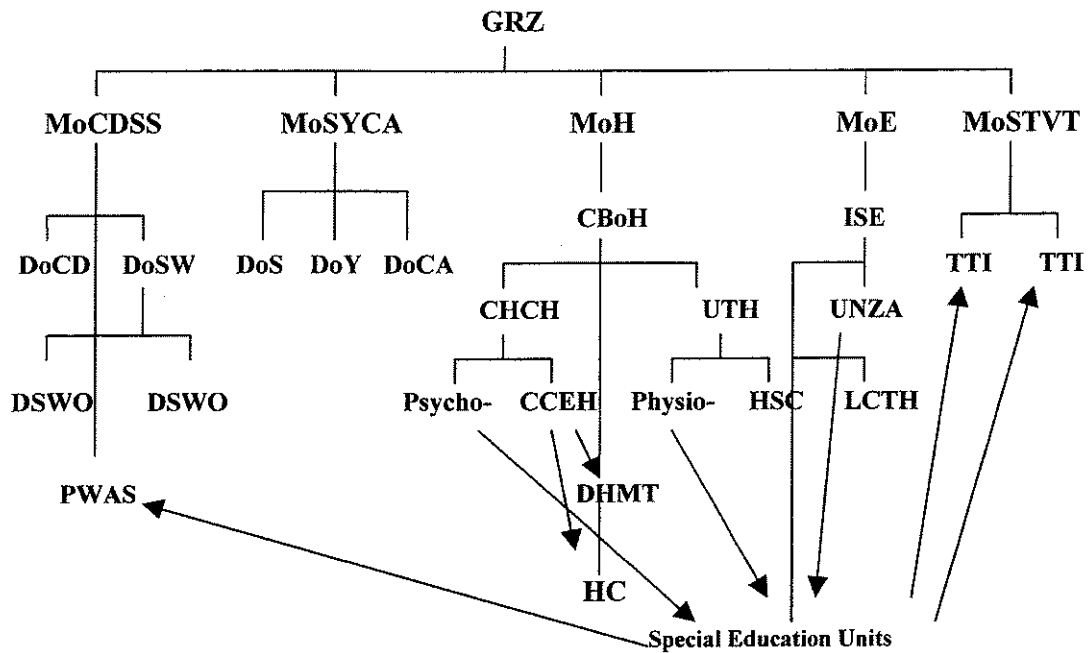
**6) *Financial assistance***

After undergoing training, and since jobs are scarce, the intellectually disabled people require financial assistance to enable them start some fund-raising projects either individually or in groups. Although, such assistance may not be available to everyone, some efforts are being made by the Department of Social Welfare, through its Public Welfare Assistance Scheme (PWAS), to assist some disabled groups with grant and loan facilities. In addition, international organisations supporting some of the disabled peoples organisations do provide some funds for various activities for the intellectually disabled.

**7) *Others***

Zambia has over the last few years made efforts to harmonise services for disabled people, which includes the intellectually disabled. An agency, the Zambia Agency for the Disabled has been established with the sole purpose of ensuring that the needs of all disabled people are identified and addressed. It is hoped that the Intellectually Disabled will be well represented so that government can be enlightened as to their many special needs and the types of services that they require. In addition, and recognising the adage that 'all work and no play makes one dull', efforts have been made over the last 10 years or so to involve the disabled, including the intellectually disabled persons, in the Special Olympics, and other sporting events. But more needs to be done in this area.

## 2. Flow chart of service delivery system



### KEY TO THE FLOW CHART

<b>GRZ:</b>	Government of the Republic of Zambia
<b>MoCDSS:</b>	Ministry of Community Development and Social Services
<b>MoSYCD:</b>	Ministry of Sport Youth and Child Development
<b>MoH:</b>	Ministry of Health
<b>MoE:</b>	Ministry of Education
<b>MoSTVT:</b>	Ministry of Science Technology and Vocational Training
<b>DoCD:</b>	Department of Community Development
<b>DoSW:</b>	Department of Social Welfare
<b>DSWO:</b>	District Social Welfare Office
<b>PWAS:</b>	Public Welfare Assistance Scheme
<b>DoS:</b>	Department of Sport
<b>DoY:</b>	Department of Youth
<b>DoCA:</b>	Department of Child Affairs
<b>CBoH:</b>	Central Board of Health
<b>CHCH:</b>	Chainama Hills College Hospital
<b>UTH:</b>	University Teaching Hospital
<b>Psycho-:</b>	Psychology Department
<b>CCEH:</b>	Centre for Continuing Education in Health
<b>Physio-:</b>	Physiotherapy Department
<b>DHMT:</b>	District Health Management Teams
<b>HC:</b>	Health Centres
<b>ISE:</b>	Inspectorate of Special Education
<b>UNZA:</b>	University Teaching Hospital
<b>LCTH:</b>	Lusaka College for Teachers of the Handicapped
<b>TTI:</b>	Trades Training Institutes
<b>SEU:</b>	Special Education Units

### **3. Laws concerned with I.D.**

Generally, Zambia is a signatory to both the Convention on the Rights of the Child and the African Charter for the Rights and Welfare of Children. It's own Constitution, in the Bill of Rights, also protects the Rights of all Zambian Children. In addition, Zambia has in place a National Child Policy, which is in the process of being reviewed to make it more inclusive to the needs of all children. During the review of the policy, efforts are being made to highlight issues specific to the mental health needs of all children, including that of intellectually disabled children. Zambia is also in the process of developing a Mental Health Policy as well as reviewing the Mental Health Act, and both documents have highlighted issues pertaining to the persons with mental and intellectual disabilities. There is, also, in place a National Disabilities Act which seeks to focus on the varied needs of all disabled people.

### **4. Community-Based Rehabilitation programmes (the system and responsible organization).**

As it is well known for any rehabilitation to be effective it should involve the community where the person to be rehabilitated comes from, and it should use resources from the same community since this will give a correct evaluation of the real needs and abilities of the disabled. In this regard, efforts have been made to integrate CBR activities into the overall service delivery programmes for people with intellectual disabilities. It has been found that CBR has assisted in reducing the stigma and discrimination that usually goes with this type of disability in that there has been more acceptance of the situation by family members and other members of the community. And with the high poverty levels in Zambia, following the disabled into their community and their natural environment has lessened the cost of transportation to seek basic services. In the past, a multidisciplinary team of professionals from the Ministries of Health and Education, comprising a Psychologist, a Social Worker, a Physiotherapist, a Nurse and a Special Education teacher, used to conduct home /community visits into identified areas on a periodic basis. The community would be informed in advance about the planned visit so that any disabled individual or family member would avail him / herself of the service. Due to scarcity of resources and transport this service is currently only taking place in selected communities, although efforts are being made to extend to a wider community. In addition, the Action on Disability and Development (IDD) Zambia programme has introduced a Community Based Intervention (CBI) programme providing home-based physiotherapy and education to disabled children. They work hand-in-hand with the Zambia Association of Parents for Children with Disabilities

(ZAPCD) whose members are trained in ways of assisting the children develop to their fullest potential.

**5. Government agencies concerned with I.D.**

After reviewing the National Disabilities Act, Zambia established the Zambia Agency for the Disabled to look into the affairs of all types of disabilities. Different types of disability groups are encouraged to affiliate themselves to the agency and take part in activities meant to enhance the cause of the disabled. Other government departments concerned with the welfare of the Intellectually Disabled include the Department of Community Development and the Department of Social Welfare.

**6. Non-governmental organizations (NGOs) dealing with activities and issues concerning I.D.**

Generally there are very few Non-governmental Organisations (NGOs) dealing with activities and issues concerning Intellectual Disability.

1) Number of organizations

There are about six (6) active organisations.

2) Name, function, address (mailing & E-mail), and Tel. and Fax no. of the organizations above are as follows:

➤ Action on Disability and Development Zambia Programme (ADD - ZAP).

Works with disabled people for positive change through:

- Capacity building for staff working in organisation providing services to the disabled.
- Community Based Intervention.
- Ensuring early intervention by providing physiotherapy and education as early as possible.
- Teaching parents the importance of early handling as a means of therapy and the importance of early learning.

➤ Zambia Association for Adults and Children with Learning Disabilities (ZACALD).

Strives to:

- Encourage the provision of appropriate services for persons with intellectual disabilities.
- Challenge the traditional pessimistic views of mental retardation.
- Arouse and sustain interest in, and understanding of, the welfare of the mentally retarded.
- Encourage the intellectually disabled persons to live independently in society by using their acquired knowledge and skills.

➤ Zambia Association of Parents for Children with Disabilities (ZAPCD).

- Share knowledge and skills for assisting disabled children develop to their fullest potential.
- Share knowledge and skills on how to handle children who have disabilities.
- Provide a support group for parents and family members of the disabled.
- Zambia Federation of the Disabled (ZAFOD).  
This is an umbrella body of all disability organisations in Zambia.
- Appropriate Paper Technology Enterprises (APTERS)  
Aims to:
  - Produce mobility aids for the physically disabled using paper technology.
  - Offer economic and personal empowerment to persons with disabilities, through regular paid employment.
- Mental Health Association of Zambia.  
Aims to promote good mental health for women, men children and other vulnerable groups in Zambia through:
  - Service delivery;
  - Advocacy;
  - Networking;
  - Research
 in order to realise the highest possible level of mental health for all.

#### **7. Activities of international organizations**

The international organisations involved in activities for people with Intellectual Disabilities are the organisations that are providing funds, expertise and other resources to their Zambian partners. In certain cases, and as the need arises, there are exchange programmes between some of the Zambian disabled peoples organisations and the international partner organisations, where the Zambian staff members are accorded with opportunities to visit the country from which the international organisations originate and study the services provided in those countries, and/or attend some training on disability programmes and activities. Examples of international organisations providing funds and resources to enhance the service provision for intellectual disabilities in Zambia include:

- Action for Disability and Development (ADD) – UK, supporting the ADD- Zambia Programme.
- Norwegian Agency for Development (NORAD), supporting the Libuyu Rehabilitation Centre run by the Mental Health Association of Zambia.
- Kinder Not Hilfe (KNH), a Germany based organisation, supporting both the ADD- Zambia Programme and the Children-in-Need Network for vulnerable children.



- Finnish Development Agency (FINNIDA), has been supporting the Vocational Training programmes.
- Canadian International Development Agency (CIDA), supporting the Mental Health Association of Zambia.
- Nillo Maki Institute of Finland, supporting UNZA Special Education Assessment Centre.

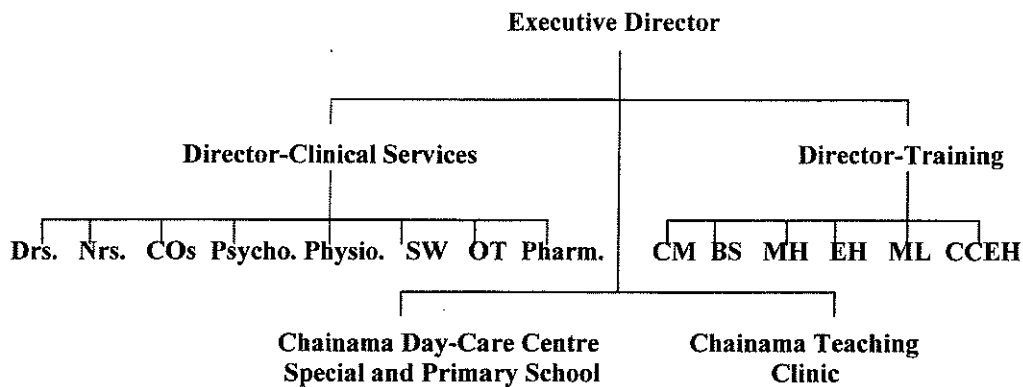
### III. Outline of Your Organisation

#### 1. Function

**Chainama Hills College Hospital** is an institution that comprises:

- a) **Chainama Hills Hospital**, a psychiatric facility for all people with psychiatric and other mental health problems. It includes a ward, and other services for mentally disabled children who also suffer from other mental health problems like Epilepsy, Attention Deficit Disorder, and Autism. The Hospital consists of the following departments:
  - i. Doctors
  - ii. Nurses
  - iii. Clinical Officers
  - iv. Psychology Department
  - v. Social Work Department
  - vi. Occupational Therapy Department
  - vii. Physiotherapy Department
  - viii. Pharmacy
- b) **Chainama College of Health Sciences**, for Basic and Post Basic training:
  - i. Clinical Officers (General) - Basic
  - ii. Environmental Health Technologist - Basic
  - iii. Clinical Officers (Psychiatry) – Post Basic
  - iv. Medical Licentiate – Post Basic
  - v. Registered Mental Nursing – Post Basic
  - vi. In-Service Training
- c) **Chainama Teaching Clinic**, a medical facility used to enhance students' skills, but also providing basic nursing and clinical care to the local and nearby communities.
- d) **Chainama Day-Care Centre, Special and Primary School**, which is an integrated educational facility for both the intellectually able and the Intellectually Disabled run by the Ministry of Education in collaboration with the Ministry of Health.

**2. Organization chart (Indicate your section.)**



**KEY TO ORGANISATION CHART**

<b>Drs.:</b> Doctors	<b>CM:</b> Clinical Medicine Department
<b>Nrs.:</b> Nurses	<b>BS:</b> Basic Sciences Department
<b>.Psy:</b> Psychology Department	<b>MH:</b> Mental Health Department
<b>Physio.</b> Physiotherapy Department	<b>N:</b> Nursing Department
<b>SW:</b> Social Work Department	<b>EH:</b> Environmental Health Department
<b>OT:</b> Occupational Therapy Department	<b>ML:</b> Medical Licentiate
<b>Pharm.:</b> Pharmacy	<b>CCEH:</b> Centre for Continuing Education in Health

**3. My responsibility**

I am a Psychologist. I am currently the Head of the Department of Psychology. My job involves both clinical work and administrative duties.

As a clinician, I am involved in the following activities:

- i. Psycho-diagnostic assessment of people with mental health and psychiatric problems
- ii. Psychological Assessment of the mentally and intellectually disabled persons to facilitate therapy and rehabilitation.
- iii. Counselling and Psychotherapy
- iv. Teaching at Chainama College of Health Sciences and at the University of Zambia Medical School
- v. Whenever resources are available, conducting surveys and /or research on issues pertaining to good mental health.

As an administrator, I am responsible for the day-to-day running of the Psychology Department, to insure that all the tools necessary for the functioning of the department are available. It is also my duty to plan for, and coordinate activities within the department, and between the department and other departments of the institution. I also coordinate activities between the Hospital and Chainama Day-Care Centre, the special education facility within the hospital premises.