

‘Partner of Life’

-Personal Assistant Service in Costa Rica-

Costa Rica

Introduction:

This project named “Partner of Life” it is directed at improve the quality of life and improve social participation of PWDs in Costa Rica.

In Costa Rica persons with disabilities can receive wheelchairs from Association, but it is very difficult for wheelchair users to go out. Because they do not have person to help them to go out, so they cannot go to school and go out on their own. Family members can help them at home, but they have to work to earn money, so it is difficult to take care of children with disabilities all day long. And besides that, Costa Rica is not accessible yet. We have taxi with lift, but it is very expensive. So most of persons with disabilities tend to stay home.

To doing that, we need government support and also the private sector needs to invest in PWD.

To organize these services we must to inform all PWD society and like so promote this project for improve quality life.

Overall Goal:

1- “To improve quality of life and promotion of social participation of PWD with personal assistant service”

Concrete objectives:

- 1- To organize and support personal assistant service Work with National Rehabilitation Center Start with 5 PWD and increase every year 10% the number of participant.
- 2- To organize seminars to inform PWD families about this project

Beneficiaries:

In the first year we will target Physical Disabled Persons between 18 and 45 years old who are involved in society, and in the future I will expand the age range.

Impact on beneficiaries:

- To improve self-esteem
- To allow people to become independent from their family

Phase I

What: Create a Personal Assistant Service

Where: In San Jose

Who: S.I.L.O.R, National Institute of Rehabilitation.

When: 2008

Why: because PWDs needs to be independent from their families

How: working all together to accomplish the objectives, having a meeting every 6 months for evaluate the personal assistant job

How much: \$200

Some snacks for 21 persons \$30

Transport for 15 persons \$150

Paper and information materials \$20

How many: about six staff, 5 PWDs, 5 personal assistant and 5 family members

Phase II

What: Make a seminar

Where: In San Jose

Who: S.I.L.O.R

When: 2008

Why: because PWD families need to know about this project

How: Having 2 seminaries by year for give inform about this project.

How much: \$195

Some snack for 18 persons \$25

Transport for 15 persons \$150

Some paper information \$20

How many: around 3 staff, 5 PWDs, 5 personal assistants, 5 family members

Step 1: I need to show this Project all member, At the second week on February 2008.

Step 2: To create a team to run the project 7 people (a coordinator, an accountant, a secretary, 2 fund raising staff, 2 staff for workshop) from my association at the third week on February 2008.

Step 3: After the team is formed, all the team will make a proposal to public and private companies for fundraising at fourth week on February 2008, because we need help for private sector and government Investing 2 times by year

Step 4: To recruit personal assistant publish advertisement in newsletter two times year start at first week on March 2008.

Step 5: To get training personal assistant by member of S.I.L.O.R association, 2 times by year, on march 15th and on 15th September 2008.

Step 6: To recruit PWD who wants to participate in this project visiting associations, at first week on March 2008.

Step 7: To get training PWD 2 times by year in association building it is same place to get training personal assistant, on March 16th and on 16th September 2008.

Step 8: To organize a Personal Assistant Service On 1st of April.

Evaluation and Monitoring :

To doing that, we will work in Survey for evaluate their work .
And work together with my association will evaluate personal assistant job every 2 months.

We will to create an office for information and complaints.

Possible obstacles:

I hope I won't have any obstacle but I will have financial problem, since we have not enough support from government. In Japan I learned so much how to demand our rights.

Budget:

To get funds we will send proposal to public and private company, making sponsorship with private company related to the workshop.

EXPENSES	COSTS	#. OF PEOPLE	OCCASSIONS	TOTAL
Salary(staff)	\$15	7	12	\$1260
Salary(volunteer)	\$10	4	4	\$160
Workshop Rental	N/A	N/A		
Transportation for staff	N/A			
Stationery for office use	\$30	N/A	12	\$360
Office Equipment	\$2000	N/A	1	\$2000
Allowances	\$15	7	4	\$420
Maintenance of computer and printer	\$100	N/A	4	\$400
Snack and lunch	\$5	21	4	\$420
Postage	\$100	N/A	2	\$200
Internet, Telephone, Fax, Electricity, Water.	\$115	N/A	12	\$1380
			TOTAL	\$6600

Revenue:

- From the government about US\$3,300.
- Rest of money s I will ask supporting donation from foreign organizations

Impact of this training:

When I visited “Human Care Association” in Hachioji City, I got an idea about how to establish a kind of personal assistant service to improve the life of person with physical disabilities. Also I learned in this course how to be a good leader and to apply all my knowledge in my country.

I was impressed with those PWDs, live independently and have many possibilities into society thanks for personal assistant service, and I hope this project I going to do become in reality for all persons with physical disability improve their lives in Costa Rica.