

Action Plan

Name of project: Independent Living Center for Lao Persons with Disabilities.

Country : Laos

1. Background

Lao People's Democratic Republic (Lao P.D.R) is a small landlocked country, situated in South East Asia. Its total area: 236,800 Square Kilometers, it is shared border by China to the north, Cambodia to the south, Vietnam to the east, Myanmar to the northwest, and by Thailand to the west. About 75% of country is mountainous, and remaining 25% is lowland adjacent to the Mekong River which runs for 1800 kilometers along and within the western border.

Vientiane is a Capital City of Lao, population is estimated at 5.62 million people (March 2005), 2.82 million people were females and 2.80 million people were males.

According to the results of National Statistic Center surveyed in 2005. Total number of people with disabilities is 70,261 people. Estimated 1.26% of population.

All most Lao disabled people live with their parents and some of them are poor, have no educations, have no profession because the environment is not accessible. No accessible schools, no accessible transportation, some of them live in rural area no accessible road, they spend all day walking to the district, etc. So they easily give up their precious chances and hope to study it is caused by disadvantageous environments, some of them are locked at home by their parents. Only limited numbers of PWDs, who are mild disabled, can go to school, if they can walk and move around by themselves. In addition, slightly severe disabled people have no chance to have their own wheelchair. Those who have education, maybe have more qualification, and skill, but no job to do, because society is not prepared to accept PWD as workers. It is make them unemployed.

In my opinion, also comparing with my experience, the problems of PWDs are caused by society because when they become persons with disabilities, society doesn't help them, doesn't give them opportunities to study, infrastructure is not barrier-free they are no accessible school buildings or other public buildings. These problems integrate with poverty of parents. It makes them lose a chance to their future and become persons with disabilities that lack opportunities in their lives.

Therefore, the government should have policy to enable PWDs to receive necessary education such as:

- Special school for PWDs.
- Accessible school buildings.
- Accessible public buildings.
- Accessible transportation.
- And other support centers for PWDs.

2. Overall Goals

- Set up an independent living center.

3. Concrete Objectives

- Training skills to 15 Personal Assistants.
- Personal Assistants Service to PWDs.

- Training 10 peer counselors of persons with disabilities.
- Peer counseling service for 15 persons with disabilities.

Activities

- Report to the government.
- To ask agreement of the government.
- Organize meetings with representatives of each organization of persons with disabilities in city.
- Draft documents: job description, principle for controlling independent living center, And decree.
- To ask a signature of the government.
- Prepare curriculum for training personal assistant.
- Training personal assistant.
- To organize workshops of peer counseling.

4. Beneficiaries

8 persons with disabilities who is 15 to 30 and living in Vientiane capital city.
4 persons with intellectual disabilities who is 15 to 30 and living in Vientiane capital city.
3 persons with visual impairment who is 15 to 30 and living in Vientiane capital city.
Personal assistants who is 18 to 30 and unemployed and need job in Vientiane capital city.

5. Impact on beneficiaries

- Persons with physical disabilities, persons with intellectual disabilities, and persons with visual impairment independently living in society
- After peer counseling persons with disabilities, persons with intellectual disabilities, and persons with visual impairment will not feel alone and gain confidence.
- Personal assistants will help persons with disabilities become more active socially.

6. Action plan outline: step by step description, timeline

Phase I

January, 2008

- I will report to the Minister of Ministry of Education, Ministry of Foreign Affairs and Ministry of Labor and Social Welfare about the result of Leadership Development of Persons with Disabilities in Japan.
- I ask agreement of the Minister of Ministry of Labor and Social Welfare.

February, 2008

- Request the government for office space.
- Organize meetings with representatives of each organization of persons with disabilities in city to select staff of independent living center.

Phase II

March to July, 2008 (report to JICA)

- Draft documents: job description, principle of Minister of Ministry of Labor and Social Welfare for controlling independent living center, And decree of Minister of Ministry of Labor and Social Welfare.
- To ask a signature of Minister of Ministry of Labor and Social Welfare.

August to December, 2008 (report to JICA)

- Committees of IL center prepare curriculum documents, materials for training personal assistants: daily living, how to help PWDs go out.
- Hold meetings with committee of Independent Living Center about How to find trainers such as JICA volunteers, and Participants in villages that have PWDs.

Phase III

February, 2009

- Training 5 personal assistants that selected from villages and have PWDs for 6 days.
- Personal assistants service to PWDs.

March, 2009

Report to JICA(JICA program officers)

June, 2009

- Training 5 peer counselors of persons with disabilities from LDPA and IL center 2 days.

July, 2009

Report to JICA (JICA program officers)

September, 2009

- To organize workshops of peer counseling for 5 persons with disabilities for 3 days.

October, 2009

Report to JICA (JICA program officers)

December, 2009

- Training 5 personal assistants that selected from villages and have PWDs for 6 days..
- Personal Assistants Service to PWDs.

January, 2010

Report to JICA(JICA program officers)

March, 2010

- Training 5 peer counselors of persons with disabilities from LDPA and IL center for 3 days.

April, 2010

Report to JICA(JICA program officers)

June, 2010

- To organize workshops of peer counseling for 5 persons with disabilities for 3 days.

July, 2010

Report to JICA (JICA program officers)

September, 2010

- Training 5 personal assistants that selected from villages and have PWDs for 6 days.
- Personal Assistants Service to PWDs.

December, 2010

- To organize workshops of peer counseling for 5 persons with disabilities for 3 days.

January, 2011

Final report to JICA (JICA program officers)

7. Monitoring and evaluation**Monitoring**

- I make questionnaire to participants for each training or workshop.
- Interview participants after each training.

Evaluation

- Interview PWDs who service by personal assistant.
- Interview PWDs about peer counseling workshop.
- Give evaluation form to participants and collect the results of project.

8. Possible obstacles to action plan implementation

I will face many difficulties. First, because the schedule of action plan will start early, it's hard to get fund. Maybe the government can not support us about the budget. Then no law to protect the benefit of PWDs.

9. Budget needed, how to raise funds

1). COSTS TO BE INCURRED

- Office rent
- Transportation.
- Stationery
- Allowances for volunteers
- Printing
- Repairs and Maintenance
- Office Equipment – Computer, Photocopier, Printers and Furniture
- Utilities - Fax, Telephone, Internet

2). INDEPENDENT LIVING CENTER BUDGET

For 3 years.

| EXPENSES | COSTS | #. OF PEOPLE | OCCASSIONS | TOTAL |
|--------------------------|-------|--------------|--------------|----------------|
| Salary(staff) | 120 | 4 | 36 | 17,280 |
| Personal assistant fee | 30 | 15 | 8 | 45,240 |
| Volunteers | 100 | 3 | 8 | 2,400 |
| Office Rental | 500 | | 36 | 18,000 |
| Transportation | 300 | N/A | 8 | 2,400 |
| Stationery | 40 | N/A | 8 | 320 |
| Office Equipment | 7,000 | N/A | 1 | 7,000 |
| Allowances | 150 | 15 | 8 | 18,000 |
| Coffee break & lunch | 5 | 15 | 56 | 4,200 |
| Maintenance machine | 100 | N/A | 3 | 300 |
| Shipping | 200 | N/A | 3 | 600 |
| Internet, Telephone, Fax | 150 | N/A | 8 | 1,200 |
| | | | TOTAL | 116,940 |

REVENUE

- 30% of budget from the government.
- 70% of budget was asked supporting donation from foreign organizations(Handicap France, ADDP Japan, ...)

10. Impact of this training: how this training contributes to your Action Plan Knowledge acquired during the training in Japan

I have learnt from experience during training course in Japan I visited many places it is make me impress and many place is very important for me to know how is going on in Japan, I learnt a lot about individual training, prosthesis and orthosis, volunteer, personal assistant, accessible transportation for PWDs, Japanese culture, how to write action plan, how to manage organizations, Japanese home visit, law to protect PWDs in Japan, workshop skills, all handouts and some things else, all of these make me have strong power to manage my organization and work with persons with disabilities in my county.