

THE CORE ACTIVITIES OF ILS-NEPAL:

Advocacy

It is conducted for protection and promotion of human rights of people with disabilities for living independently in the community. It proclaims the stakeholders to assure the fundamental rights and to implement national and international convention, treaty, laws and legislation.



Attendant Services

Attendant services are indispensable and fundamental rights for the people with severely disabled people who need support at all time. It believes that the attendant services should be provided as a part of national social security system not volunteered work for the disabled people living independently in the community.



Peer Support

Peer Counseling means fellowship. "Peer counseling" mean non-professional counseling using a co-counseling teaching technique to help each other among the disabled people that have a similar personal problems and background. It is designed to motivate the disabled people to believe in themselves and make their own decisions confidently for liberating them from the various social pressures.



Independent Living Program

The "Independent Living Program (ILP)" aims for people with severely disabled to have their own free and joyful life with being responsible. They learn to gain specific information and experience in their daily livings.



CONSUMER CONTROL

"Consumer Control" is defined as: significant representation, power, authority, and influence of individuals with varying disabilities in all aspects of an organization that provides services to enhance independence and that seeks to change the political, social, and economic environment and quality of life possible for all disabled persons.

INDEPENDENT LIVING EXPERIENCE ROOM

There are experiencing rooms for disabled before they start living independently. They first move into these rooms and get an idea of Independent Living by practicing daily activities.

INFORMATION AND REFERRAL

It provides information about disability issues and referral to other agencies with services to the disabled community.

ASSISTIVE TECHNOLOGY SERVICES

Help consumers obtain, repair and understand how to use assistive devices. To encourage private entrepreneurs to produce and distribute assistive devices free of cost.

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**स्वावलम्बन जीवनपद्धति
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INTRODUCTION

Independent Living Society for people with disabilities (PWDs)-Nepal (ILS-Nepal) is completely non-profitable and non-political self-help organization entirely run by persons with disabilities. This is a non-governmental organization established to work for the promotion and protection of the rights of people with disabilities (PWDs) through the concept of independent living. It was established and registered in District Administration Office of Kaski in 2009 under the Institution Registration Act-1977 and affiliated with the Social Welfare Council (SWC) in 2014. It was established principally to support the persons with severe disabilities considering that the persons with severe disabilities should have the opportunity to be actively involved in daily livings activities, decision-making processes, policies and programs, including those directly concerned issues of people with disabilities (PWDs) through Independent Living Concept.

MEANING OF INDEPENDENT LIVING (IL)

Independent Living is not to make a person "normal" in a physical or mental sense, the movement emphasizes the value of people with disabilities to have access to ordinary life experiences by providing community-based, stakeholder-controlled services, support, resources and skill trainings to enable people with disabilities to live an "ordinary life" in the community.

VISION

Empowered and productive persons with disabilities living with dignity and independently with the full realization of human rights in a barrier free environment and chosen community.

MISSION

Promoting and strengthening values, principles and practices of Independent Living in Nepal.

GOAL

- Promote and strengthening IL centres as the key mediators of government to implement Independent Living activities.
- Get a positive and completely responsible state and society for the promotion and development of Independent Living Programs.
- Get adoption of anti-discriminatory laws, policies regarding the rights of PWDs and its effective implementation.

OBJECTIVES

ILS-Nepal has the following organizational objectives.

- To get a positive and fully sensitized state, need based and inclusive program, obligatorily laws and their effective implementation.
- To increase capacity of persons with disability in management, leadership, advocacy, Independent Living skills and local resource mobilization within an active and effective network.
- To provide peer counselling, attendant services, Independent Living Programs (ILPs), Independent Living Trainings etc.
- To get a cooperative and barrier free society with positive attitudes towards PWDs.
- To make participation on social, political, economic, physical, cultural level of persons with disabilities to maintain their livelihood with their self-esteem, independency and dignity.
- To advocate for framing inclusive act, laws, regulation and activities as accordingly.
- To perform or cause to perform activities to guarantee and protect human rights of persons with disabilities.
- To advocate for implementing national, international treaty, agreement, declaration etc. related to persons with disabilities.
- To prepare enabling environment to produce assistive devices that is used in daily life of persons with disabilities and make available of it.

PRINCIPLES OF "INDEPENDENT LIVING"

Independent Living Society-Nepal provides supports, services and other assistance to empower people with disabilities to exercise their rights to live independently and with dignity in their chosen community. The principles are:

- 1. Human rights:**
equal rights and opportunities for all; no segregation by disability type or stereotype.
- 2. Consumerism:**
a person "consumer" or "customer" who is using or purchasing a service or product decides what is best for him or herself.
- 3. De-institutionalization:**
no person should be institutionalized on the basis of disability.
- 4. De-medicalization:**
people with disabilities are not 'sick', as prescribed by the assumptions of the medical model and not

necessarily require help from certified medical professionals for daily living.

5. Self-help :

people learn and grow from discussing their needs, concerns, and issues with people who have had similar experiences. "Professionals" are not the source of the help provided.

6. Advocacy:

systemic, systematic, long-term and community-wide change activities are needed to ensure that people with disabilities benefit from all that society has to offer.

7. Barrier removal:

architectural, communication, institutional and attitudinal barriers must be removed in order to ensure human rights, consumerism, de-institutionalization, and self-help.

8. Consumer control:

the organizations best suited to support and assist individuals with disabilities are governed, managed, staffed and operated by the people with disabilities.

9. Peer role models:

leadership for living independently and disability rights is vested in individuals with disabilities, not partners, service providers, or other representatives.

10. Cross-disability:

activities designed to achieve the principles must be cross-disability in approach, meaning that the work to be done must be carried out by people with different types of disabilities for the benefit of all persons with disabilities.

THE MAJOR BARRIER OF LIVING INDEPENDENTLY

- Physical barriers at work places, shops, education, health facilities, public buildings and public constructions. Lack of accessible transportation.
- Legislation, regulations, policies or practice that forces PWDs to live segregated and institutional setting against their will.
- Lack of accessible information about services, rights and responsibilities to support living independently.
- Lack of accommodations to facilitate communication by people with disabilities.
- Attitudes about the ability of people with disabilities to live where and with whom they choose and make decision for themselves.