

**BUILDING FOUNDATIONS FOR CHANGE.**



**MAISHA OUTREACH THERAPY ORGANISATION**

**STRATEGIC PLAN 2022- 2027.**

## **About MOTO**

Maisha Outreach Therapy Organisation (or MOTO) was founded in 2016, and has the following aims:

- 1. Facilitate greater access to and function of rehabilitation services in Africa.***
- 2. Support those made vulnerable through health conditions or marginalisation.***

Sub-Saharan Africa contains some of the world's lowest income (as per GDP) countries. For many people, living in poverty means that they are at greater risk of health inequality, without the means to effectively prevent, treat and access appropriate health interventions. Not only are there a lack of rehabilitation specialists (including OT), but the prevalence of conditions that may require rehabilitation therapies is increasing). Similarly, marginalised people (such as those who are homeless, or refugees) face health inequality, and can also face the same social stigma experienced by people with disabilities and long-term conditions. These challenges can lead to vulnerability. When illness, disability, or social exclusion becomes an obstacle to daily life, the prospects and equality of those people are compromised.

At MOTO, we believe that empowering and supporting individuals can reignite the "moto wa maisha" - the fire of life (in Kiswahili), and that access to support and rehabilitation therapies are key to reducing vulnerability and isolation, and increasing the chances of a happier, healthier life for individuals and their families.

***Our Mission:*** To provide high-quality, accessible therapeutic intervention and social support in communities around Africa.

***Our Vision:*** Sustainable health and equality through accessible therapy services.

## **Objectives**

To achieve our goals, we:

- 1. Facilitate vital awareness raising, advocacy and rehabilitation projects with and for people with disabilities and long-term conditions in Africa.***
- 2. Share skills and knowledge to work towards accessible and comprehensive rehabilitation services, and the training of relevant professionals.***
- 3. Use therapeutic interventions and social outreach as a tool to support and empower those made vulnerable through health conditions or marginalisation.***

MOTO believes that access to more rehabilitation services, and further support for vulnerable and marginalised people is the key to sustainable healthcare and is the new frontier of global health development.

## Values:

- **ADVOCACY**

To advocate for and alongside people living with disability, long-term conditions (Both acquired and non-acquired), and other vulnerable and marginalise people. To achieve this, we aim to be a voice for vulnerable people, to ensure they are gaining access to the healthcare interventions and support we all have a right to.

- **EMPOWERMENT**

We aim to not only advocate for vulnerable people but to empower those to advocate alongside us, to raise awareness and support for those in need. Further to this we aim to empower through education, rehabilitation, and skill building. Enabling individuals to achieve their daily activities of living, and to reignite their “fire of life”.

- **INDIVIDUALITY**

We believe that all therapy interventions should be solely driven by individual needs of those receiving the therapeutic intervention. Person centred care will be at the heart of what we do.

- **EDUCATION**

We see education as central to our principles. Not only will we aim to educate individuals, care givers and volunteers by providing training on evidence-based therapeutic interventions, we also understand the importance of the transference of both knowledge and skill set between professionals, care-givers, clients, and organisations.

- **SUSTAINABILITY**

Here at MOTO we aim to not only meet the needs of the present, but we aim to focus on long-term outcomes, in which we can support individuals, organisations and communities to build an effective, sustainable structure necessary for the suitable care and support necessary for those with LTC's. We aim to achieve this by learning from each other, empowering individuals through education and advocacy. Further to this we aim to improve access to quality services, resources, and education.

## Our Theory of Change

**MOTO  
AIMS**

Improved community support for those made vulnerable through health conditions or marginalisation

Facilitate access to, and function of rehabilitation services

**How?**

Facilitate vital awareness raising, advocacy and rehabilitation projects with and for people with disabilities and long-term conditions in Africa.

Share skills and knowledge to work towards accessible and comprehensive rehabilitation services, and the training of relevant professionals.

Use therapeutic interventions and social outreach as a tool to support and empower those made vulnerable through health conditions or marginalisation

**Key  
Assumptions**

Communities are receptive to discussing and developing perceptions and beliefs about disability

Partnerships and pathways to share skills and knowledge are available, with professionals to facilitate this

Access to target group is available and sustainable

**Outcomes**

Safer, supportive and more inclusive communities where vulnerable and marginalised people can thrive.

Accessible rehabilitation services delivering quality and person-centred care

Vulnerable and marginalised people who feel empowered, know their rights, recognise their potential.

## Strategic Goals

### 1. Build A Foundation Through Knowledge – understanding the need, understanding the solutions

The need for rehabilitation in Tanzania is an under-researched area, and it is critical for MOTO to become experts in understanding the unique challenges that prevent access to quality rehabilitation, and the effect this has on the people who may require these services. In addition, it is essential that the communities and people we aim to serve, as well as the partners and stakeholders, understand the need for accessible rehabilitation services if they are to engage in our programmes.

We believe that growing, developing, and sharing knowledge are the keys to future success.

### 2. Increasing Capacity

Tanzania currently has some impressive national and grassroots organisations who are providing rehabilitation in local communities already. Increasing the capacity of these existing organisations will result in more service users being seen, and improved health outcomes for those in need.

Increasing the capacity of organisations by providing professional placements will help more people access services in the areas where we work.

### 3. Connecting Skills

Skill sharing is a fundamental part of clinical development, improved interventions, and safe practice. There is an identified lack of skill sharing within Tanzania, leaving many clinicians without the resources, support, supervision, and professional development to provide effective practice within the services and resources that they have.

Creating a network and skill-sharing programme may be the key to more confident, less isolated, and ever-evolving rehabilitation clinicians within Tanzania.

## What Does Success Look Like?

### BUILDING A FOUNDATION THROUGH KNOWLEDGE



- Regular field research to strengthen understanding of needs
- Sharing research with communities, partners, and stakeholders to increase understanding of need and build support for change (training days, reports etc)

### INCREASING CAPACITY



- Provision of professional volunteer placements to support current community rehabilitation programmes in Kilimanjaro region.
- Increasing capacity of MOTO staff and volunteers

### CONNECTING SKILLS



- Development of professional register for rehabilitation professionals in Kilimanjaro region
- Development of networking and training days from local, national and international therapists.
- Development of online skill-sharing platform exclusively for registered professionals

## The Start of Change

MOTO started in late 2017, and through determination and passion has kept going despite limited resources and the devastating effects of the COVID-19 pandemic. We have been successful in strengthening our organisation aims and action, and now have a cleared shared vision of what we need to achieve to begin to make change in earnest. We believe that we have the drive and belief to become experts and pioneers in rehabilitation services in Tanzania, and eventual beyond in order to make significant and positive change for individuals, professionals and healthcare providers. As the COVID-19 pandemic showed, access to rehabilitation therapies are they key to reducing strain in hospitals and helping people (and their families) recover or adapt to life-changing conditions that effect quality of life, livelihood, safety and mental health. Improved access to rehabilitation services has the potential to revolutionise healthcare in Tanzania. Be part of the journey, now.