



Moving Forwards – The Wheelchair Project.

Maisha Outreach
Therapy Organization.





MAISHA
OUTREACH
THERAPY
ORGANISATION



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Moshi, Kilimanjaro, Tanzania

We are a dedicated Registered Non-Government Organisation (NGO) based in Tanzania who believes in empowering and supporting individuals to reignite their “moto wa maisha” – the fire of life (in Kiswahili). To achieve this, we help provide access to sustainable rehabilitation therapies that are crucial in reducing the vulnerability and isolation of those suffering with a disability in Tanzania. We do this, in the hope that we can increase the happiness, health, and quality of life for vulnerable individuals and their families.

Our current outreach program works in Kilimanjaro with aspirations to work in Arusha, Manyara, Tanga, and Zanzibar. And one of our previous programs was facilitated in Malawi. Our NGO Registration is OONGO/R/1612.



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.

MOTO's Mission

Our mission is to provide access to rehabilitation, speech therapy, occupational and physiotherapy to all vulnerable people in Tanzania, in a way that is sustainable for the Community and the planet.

MOTO's Vision

Our vision is to make high quality therapeutic intervention, social support, and relevant capacity building training accessible to all who need it.



Our Objectives

To achieve our goals, we:

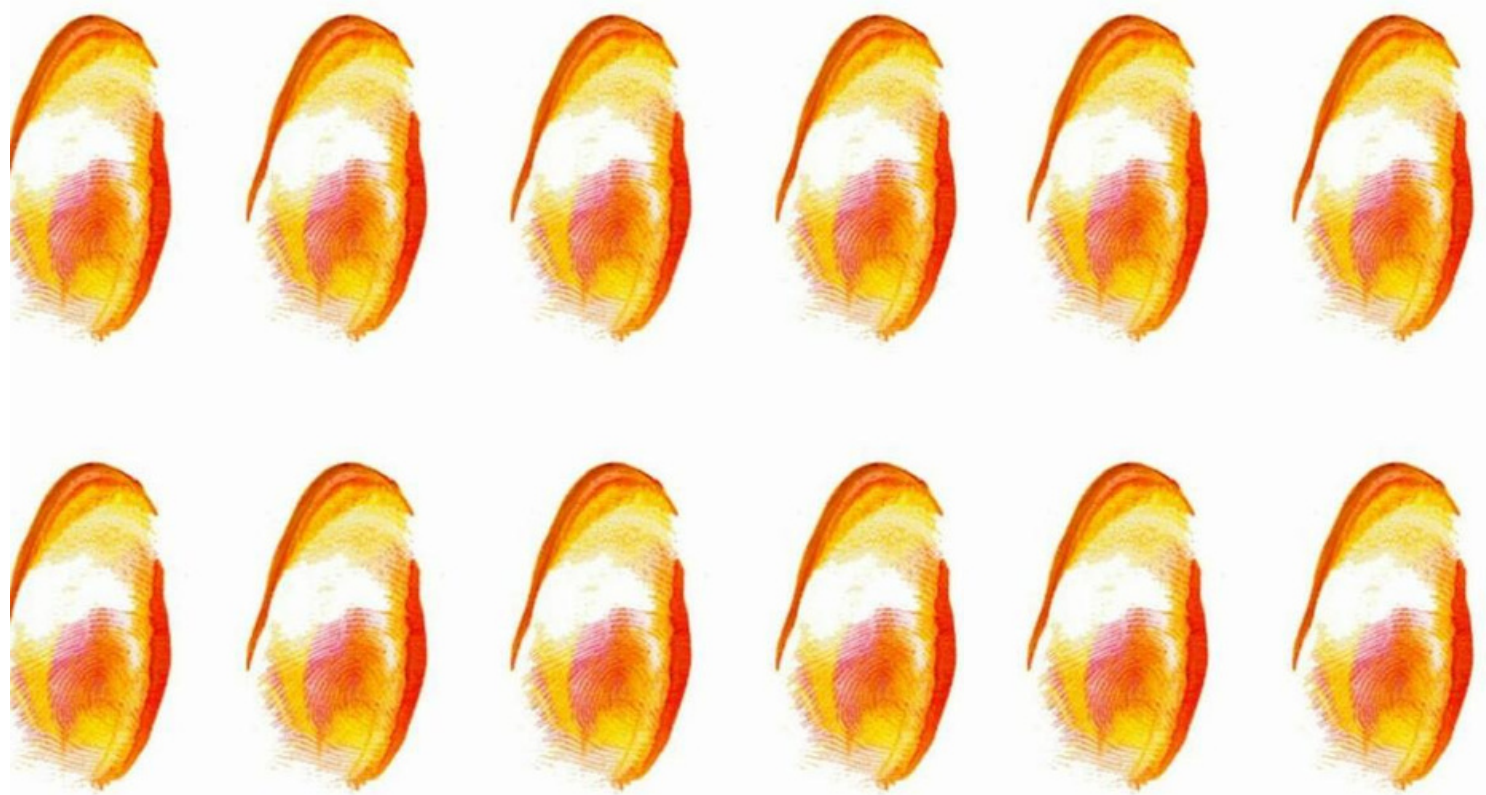
Facilitate vital awareness raising, advocacy and rehabilitation projects with and for people with disabilities and long-term conditions in Africa.

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.

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.





Our 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.

SUSTAINABILITY

Here at MOTO we aim to not only meet the needs of the present, but we aim to focus on longterm 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.

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.

OUR OUTREACH PROGRAMME

Our Outreach Therapy programme aims to improve accessibility and quality of rehabilitation therapy. Based on needs assessments and external evidence-bases, it is clear that access to therapies such as occupational therapy, physiotherapy, and speech and language therapy is limited.

These services are often understaffed, and underresourced as the impact of these professions is underestimated. Instead, both state and private funding is usually directed towards medic-led urgent, critical and acute hospital-based services. However, globally it is becoming recognised that the services of therapists (hospital and community – based) not only provide better health outcomes for service users, but also reduce strain on medic-led services and prevent re-admission. In addition, these therapies can help support people to remain active and independent, facilitating better work/education outcomes for service users and their families, and reduce risks of poverty and social isolation.



READ MORE!

You can access our field study report from 2022 to learn more about our recent needs assessment work in the Kilimanjaro region. Find it (and more) on:



[MOTO Field Research Report 2022.](#)



Programme Activities

- Supporting existing hospital and community-based therapy services through funded placements for experienced, qualified volunteers to assist in therapeutic services and clinical management.
- Supporting existing hospital and community-based therapy services with essential material resources needed to run effectively (subject to needs assessment).
- Providing skill-sharing networks, workshops and training opportunities to support efficient, effective, and evidence-based assessment, treatment and clinical management.
- Establishing new therapy services to improve access to therapies.
- Raising awareness about the positive impact of integrating therapies into health services on a local and national level.
- Advocating for increased use of therapists in state and private services.

WHY WHEELCHAIRS?

The Moving Forward Project aims to provide custom-made wheelchairs for those in need. MOTO will work with partners to provide wheelchairs made locally, from local materials, which are adapted by trained therapists to the client's needs.



Why Our Wheelchairs?

Independence & Dignity



Wheelchairs provide the opportunity for those who require them to live with more independence and dignity by allowing them to live a life outside of their room/bed and participate in meaningful activities every day alongside others.

Durability



Our wheelchairs are made in local workshops, by local technicians, using local materials. This means that they can be easily fixed (unlike imported/donated wheelchairs), adjusted and they are made with local terrain in mind. Our wheelchairs are made to last, and to work, even in rural Kilimanjaro.

Clinical Need



Unlike donated or imported wheelchairs from other countries, our wheelchairs are adapted to the clinical need of the client. This involves an assessment by a trained therapist (factoring in posture, function, cognition, skin integrity and much more!), and a follow-up assessment once the chair has been made and issued.

How Can I Help?



One custom wheelchair costs approximately \$250 (USD). This includes the materials, transport, and therapist support and assessment.



Donate to our Wheelchair Project



Take action, and donate to our wheelchair project!

You don't have to donate the cost of a whole wheelchair, any donation towards the cost of a wheelchair will be appreciated.

You can donate via **Global Giving using the link below:**



<http://goto.gg/58891>

Donate to our Skill Share Project

Our skill share project aims to support clinical skills training for therapists currently working with our partners. Local therapists have identified that they have limited access to further post-qualification clinical skills training in order to continue to improve their clinical practice and provide the best care for their service users.

Our skill share project provides an opportunity for further skills training, working collaboratively with international volunteers.

Our Partners

Lyndhurst Road

The Australian Volunteer Programme

Songambele Initiative Organization

Gsmarthub

Tusonge CDO

Dira Smart Consulting

Ndoto Compass

Anderson Memorial Rehabilitation and Care Organization

Comprehensive Community Based Rehabilitation Tanzania (CCBRT)

A Special Mention

We are proud to carry on the legacy of giving held by our dear friend and supporter, Theo Franklino. Theo lived a life of kindness and generosity. He had a deep love for Tanzania and forged friendships wherever he went. He left us in August 2020. To honour Theo, his family made the incredible decision to direct friends and family to supporting MOTO as Theo always did.

Please let us know if you are donating in Theo's memory, so we can share with Theo's friends and family.

You can learn more about how we use our funds in our annual reports, accessible via our [website](#).

