Information materials, relevant to developing services for Afghans with disabilities, exist in at least four languages - Dari, Pashto, Urdu and English. There is no one place where all these materials are collected and available. This draft bibliography records what was found (or reported) in June 1992 in Peshawar, so that future enquirers may not start from zero. A spot survey among people working in the Afghan disability field in May 1992 indicated that much of the existing material is unfamiliar to people working in the field in Peshawar. Studies from the health, communication and child development fields are even less known, though some are pertinent to the design of disability services. The present draft bibliography is not exhaustive. It provides a base to build on, so that planning and service delivery may be founded on more information, and more relevant information. The annotations are the author's alone, and do not commit any organisation.

Urdu materials are included because a) if a document is available in English and in Urdu, some Afghans prefer the Urdu to read rather than the English; b) if it comes to translating material from English to Dari or Pashto, it may help if an Urdu translation can be consulted; c) as long as Pakistanis are involved in training and skills development for Afghanistan, they may prefer to work from Urdu into Pashto and Dari, rather than from English or from zero.

In many cases where a document is available in more than one language, some adaptation has taken place as well as translation, so that the new document is described e.g. as a 'version' in Pashto, Dari etc. The transliterations given here, of Pashto and Dari to English, are unsystematic. Apologies are offered to those with greater linguistic sensitivities.

Indexing of material in this list is by author's name, where available, and by English-language title where author's name is not available.

[DAPO], [HERC], [RBTU] [ARIC] or [MHC] after each citation indicates that a copy of the document is held at the following locations:

DAPO: Disabled Afghans Project Office/UNDP, Gul Haji Plaza, 4th Floor, Jamrud Road, Peshawar, tel. 45321 (-6)
HERC: Health Education Resource Centre/IRC, 84-E Rehman Baba Rd, Abdara Rd University Town Peshawar, tel.44122.
RBTU: Radda Barnen Training Unit, 3 Canal Lane, Canal Rd, University Town, Peshawar, tel. 43905.
ARIC: ACBAR Resource & Information Centre, 2 Rehman Baba Rd, U.P.O.1084, University Town Peshawar, tel. 40389.
MHC : Mental Health Centre, Mission Compound, Dabgari, Peshawar, tel.211289.

NB Some documents may be held at all five locations, but this is not necessarily indicated here. All 5-figure phone numbers are liable to change.

M. Miles
4 Princethorpe Rd
Birmingham B29 5PX, UK
A) DISABILITY-RELEVANT SERVICE / SKILLS MATERIALS


Produced for IRC’s Kodakistan ("place of children" = kindergarten) early education and learning through play program. Toys from simple and primary materials, with illustrations. (See note under LEMON, C.)


BRITISH BROADCASTING COMPANY (1989 onwards) Weekly PUSHTO broadcasts on health topics including Coping with disability. Some audiocassettes available from IRC/HERC.

(PUSHTO) Child Care Course (Da Mashoom de Paliney Course) (1989) (PUSHTO version with illustrations; English version, text only), Peshawar: GTZ Pak-German Bas-Ed. 260 pp. [HERC, ARIC]

DARI & URDU versions also available.

Early childhood development material is relevant for families with children having developmental delay/disabilities.


For families where a child is developmentally delayed (from whatever sort of impairment) a detailed chart of normal child skill development is necessary for setting appropriate goals and monitoring progress.

(DARI) Children's Games for Pre-School, (Bozinha barai atfal kodakistan) (1989) Compiled by Mother & Child Centre ECETF students. Peshawar: IRC Mother & Child Centre. 12 sets (c.60 pp.) [ARIC]

These and other similar IRC booklets are relevant for work with families with children who are developmentally delayed, from whatever type of impairment. See note under LEMON, C.

Disability-related materials. Page: 2

When looking for a suitable short book to translate into Urdu on hearing impairment and special education, this seemed the best available (also chosen independently by a specialist working in Sri Lanka and seeking suitable material). Balanced approach between various schools of thought on education for deaf children.


Older children/peers giving health education to younger/other children, checking them for hearing and visual impairment and developmental delay, and introducing games and toys that include children with disabilities.


In a booklet on six common diseases, pp.1-4 concerns polio. This reappears as pp.6-9 in (PUSHTO) The Immunisation Programme of NWFP Health Department (q.v.)

PUSHTO version is available from SCF-UK, with much additional illustrative material, in photocopied pamphlet format. [RBTU, DAPO]

Detailed training course material developed and tested over several years with community workers in refugee villages.


Classic manual, based on experience in Germany, Pakistan, India, Ethiopia.


Disability-related materials. Page: 3

PUSHTO, DARI: See Training Package..... (below)

The 4th edition introduces useful modifications to the WHO CBR scheme, but unfortunately it is not widely known. Many people are still working with the rather doctrinaire 3rd edition (1983). There is useful material among the 4th edition’s Training Packages, but often it is concealed amidst the repetition of primary health care slogans of the early 1980s.


A very practical manual, well illustrated, produced originally in Indonesia and suitable for other Islamic countries.


Concerning children’s play, with details of games. This, together with other IRC booklets on play and early childhood education, is also in progress towards a Pushto version. Later, these booklets may be more formally published.


Plan and description of a children’s developmental play centre, with rationale and designs. (See note under LEMON, C.)

Disability-related materials. Page: 4

Incorporated later into the revised version of MILES, C. Special Education for Mentally Handicapped Children.

DARI: some parts transl. at RBTU, e.g. Chapter 1, What is Mental Handicap.
PUSHTO: some parts transl. at RBTU e.g. Chapter 2, Causes of Mental Handicap.

Practical manual based on a decade’s experience of teaching children and training teachers in Pakistan, with activities, examples and illustrations suitable to the Asian Islamic context.

PUSHTO audio cassettes of broadcasts are at MHC. Some of this material also appears in the PUSHTO Disability and Community Based Rehabilitation Curriculum from SCF-UK, see listing). [DAPO, HERC]

Broadcast to Afghanistan in 1984 as part of a Health series. No evaluative feedback. BBC Persian and Pushto service have subsequently broadcast a lengthier series on disability (See ‘British Broadcasting Company...’).


(PUSHTO) Prevention of Disabilities (Da mayoubiatoono mokhneway) Peshawar: RBTU. 10pp. (Handwritten, unpublished) [RBTU]

(DARI) Pressure Sores (Zakhmhai Bester) (No date given, probably 1991). Transl. by Dr Zarghoona Ubaidi. Kabul: ILO. 20pp. [DAPO, ARIC, RBTU]

RADDRA BARNEN TRAINING UNIT (1991/2): apart from items already listed here, RBTU has some 100+ pages of further handwritten material on disability in DARI and PUSHTO, which have been produced or translated during training and orientation courses for social animators and community volunteers. These materials are at present being collated and organised. Photocopies may be available for use by other organisations.

Disability-related materials. Page: 5

Written on the basis of several years' experience of training physiotherapy assistants and counselling families with physically disabled children in Peshawar. Uses illustrations from Huckstep's Poliomyelitis and Werner's Disabled Village Children, with some local modifications.


Practical guide to integrate blind children in ordinary schools, based on experiences in many countries.

SATARZAI, ABDUL SHAKOOR (1991) (DARI) Rehabilitation of Disabled Persons Using Local Resources. (Bas tawanye maloolin wa mayoubin wa manabey mahali). Kabul: ILO. 18pp. [DAPO, ARIC, RBTU]


Designs for baby/infant danglers, rattlers, patterns, stimulators. Useful for early stimulation where there is developmental delay. (See note under LEMON, C.)


Efforts to formulate and codify the sign language used among deaf people in Kabul, with a basis in American Sign Language.

PUSHTO version (Da Vrazani Jound Lapara Sada Comakoona). Peshawar: SCF-UK. 75pp. [DAPO, ARIC]

How to make aids for sitting, walking and physiotherapy using simple carpentry tools. Not entirely clear who would actually make and use these gadgets, involving activities and postures unfamiliar in Afghanistan. Might stimulate some people to design their own culturally relevant aids.


(PUSHTO) The Immunisation Programme of NWFP Health Department (Da Maafiat Stano Programme Da Soba Sarhad Roghteya Idara (1988) Peshawar: HERC & Deputy Project Director Health-EPI. 29pp [DAPO, HERC]

See (PUSHTO) Child's Leg is Paralysed: Folio.


Some other Training Packages have been translated at RBTU.

(PUSHTO) Training Packages for a Family Member of: 1/2. Child/person who has difficulty seeing; 3. Child who has difficulty with hearing and/or speech; 4. Person who has difficulty moving; 5. Person who has fits; 6. Guide for School Teacher; 7. Play activities to help a child develop; (18 packages altogether have been translated, by Mr Asad, for RBTU. Handwritten.)

UBAIDI, ZARGHOONA (1991) (DARI) Problems of Disability (Problem hai malocliat). (Based on part of WERNER, D. Disabled Village Children, q.v.) Kabul: ILO. (37pp.) [DAPO, RBTU, ARIC]


URDU (12 booklets) Islamabad: Directorate General of Special Education. [HERC, RBTU]

DARI extracts transl. by M. Hashim Ataiee, How Can We Help Disabled Children (Chigoonah metawan atfal-e-natawan ra kumak kard (1989). Peshawar: Sandy Call Afghanistan Appeal. 174pp. [DAPO, HERC, RBTU] Some other parts have also been translated into DARI at RBTU.
PUSHTO: some parts have been translated at RBTU, e.g chapter 46, Playgrounds for All Children.

Werner's original is a gold-mine of information, based on village experiences. Further efforts should be made to translate parts of this book and to adapt the illustrations - which have not come out well in the existing Urdu and Dari versions.

Disability-related materials. Page: 7
DISABILITY MATERIAL REPORTED BUT NOT YET AVAILABLE IN PESHAWAR:

Some videos of training seminars concerning home-based work with mentally handicapped children are reported by ILO Kabul. Some further parts of the WHO manual have been translated by ICRC/Afghan Red Crescent, presumably into DARI and concerning physical disabilities. Other DARI booklets have been published by a Disability Resource Centre at Kabul, and some documentary films exist on disability awareness.

It is thought likely that the Physiotherapy Training Course run by the International Assistance Mission (IAM), Kabul, has generated some printed or photocopied material in local languages. The IAM Blind School will also have some brailled materials and possibly some public education/awareness material on visual impairment.

A substantial manual (? in DARI) is reportedly under preparation by Handicap International, Quetta, on physical disability and prosthetics/orthotics.

Some useful disability-related materials in Persian will undoubtedly be available in Iran, e.g. through rehabilitation service centres and colleges for training teachers (special education departments)
B) DISABILITY-RELEVANT INFORMATION / AWARENESS STUDIES


Salutary evidence was found of misinterpretation of drawings by FHWs, and the need to field test material for use by non-literate people.

Directory of Rehabilitation Services to Disabled Afghans in Pakistan. (1991) Peshawar: UNOCA and ACBAR Task Force. 27pp. [DAPO, ARIC]

Revised version produced in January 1991, following data update in late 1990. Circulated to listed organisations and through ACBAR.

Glossary of Terms Relating to Disability in English, Dari and Pushtu (March 1990 revision). Peshawar: ACBAR Task Force on Assistance to Disabled Afghans. 6pp. [DAPO, ARIC]

Lists 58 common English disability terms with Dari and Pushto equivalents in both Roman and Persian script.


Short, practical guidelines based on worldwide experience. Photographs are mostly Western but recommendations are worth serious consideration at all socio-economic levels. Includes guidelines for communications by organisations of disabled people.


Reports a startling range of surgery undertaken with rudimentary levels of knowledge - a situation typical across the rehabilitation field, though the case of surgery more dramatically claims attention. James and Winter waste no time agitating for the barefoot surgeons to be stopped; but recommend measures to give them better information.

Disability-related materials. Page: 9

Emphasizes the lack of Information Management and the lack of coordination in training and health skills development. Information problems of the general health field are likely to be experienced by the disability field in coming years.


Detailed and useful study of male views, positive and negative, about video and TV materials. Includes discussion of communication styles. Relevant baseline for any future use of visual media in Afghan disability field.


After 7/8 years of staff training with 'cultural adaptations' of Western methods, the author began to realise the deeper conceptual differences in the meaning of e.g. 'learning', 'child'. Salutary lessons for trainers of staff for Afghan children with special needs and family counsellors.


Survey of 286 urban and rural Pakistani respondents in North West Frontier. Suggests 10 steps of incremental attitude change towards disability, and discusses public awareness media campaigns. Should be largely relevant to Afghan situation, with a decade's time lag.


Experience of disability information development in Pakistan in the early 1980s at a stage similar to that now being entered in Afghanistan.


Suggests common stages of attitude development in five groups: disabled people, rehabilitation professionals, mass media workers, Government officials, general public.

Disability-related materials. Page: 10

MILES, M. (1990) A resource centre developing information based rehabilitation. In M. THORBURN & K. MARFO (ed.s) *Practical Approaches to Childhood Disability in Developing Countries: Insights from Experience and Research*, pp.261-276. St John's, Canada: Project SEREDEC, Memorial University of Newfoundland. [DAPO]

Development of a small local service centre into a national information resource centre, with lessons learnt on the way.


Small, low-cost, participatory studies on various aspects of disability provided an appropriate context for discussing issues and spreading information to Government and NGO health/education/disability professionals.


Useful discussion and guidelines, contrasting positive and negative messages about people with mental handicap.


Discussion and recommendations are highly relevant to the disability field now, though several years may pass before this is recognised.


Detailed, illustrated, practical guidelines based on a decade's experience accumulated in 40 countries.
C) BACKGROUND DATA / HEALTH / MEDICAL ANTHROPOLOGY / POLICY PAPERS


Useful section on Helping Disabled People pp.279-288. Urdu and Dari versions in progress. Includes activities recommended for FHWs to do, and hints for trainers of FHWs to teach them these activities. Bibliography is recommended in the Foreword for its cultural/anthropological material, but unfortunately is missing from the publication.


Details (pp.33-49, 68-74) the extremely weak health, education, training and communications infrastructure in Wardak Province at January 1991


Describes briefly the work of social animators for self-help, mobilised by one of the DAP collaborating partners, Radda Barnen.

Child Care in Islam (1985). Cairo: Al Azhar University, supported by UNICEF. 101pp. [HERC, RBTU, ARIC]

By a working group from Al-Azhar. Sections more relevant to childhood disability are pp.5-18 on child care and pp.47-55 on child rearing.


Broad program guidelines drawn up in May 1989 by representatives of the major UN bodies having an interest in disability, focusing primarily on the situation of Afghans living in Pakistan.


Disability-related materials. Page: 12

Reviews psychological problems among Afghan refugee children.


Reviews several years' psychiatric work among Afghan refugees.


Briefly describes the beginnings of a scheme for home-based training of people with mental disabilities in Kabul.


Discusses among other things the common media of communication, and survey data on their use. "Currently radio is the most underused aid to development in Afghanistan" (p.44).


Data on 3,500 Afghan disabled clients (89% male) of the Employment Support Services, from Sept.91 to Jan.92, in various areas (Kabul 80%, Parwan 10%).


DUPREE, N. (1988) Afghan refugee women in Pakistan, the psychocultural dimension. WUFA, 3 (1) 34-45. [ARIC]


Useful cross-cultural insights on interactions between Afghan women and children, and on innovations and the views of rural women.

Disability-related materials. Page: 13
Field Survey of Health Needs, Practices and Resources in Rural Afghanistan. Conclusions and Recommendations (1975) Kabul: Ministry of Health. Cambridge, Mass.: Management Sciences for Health. 5pp. (The first 100pp are not available, but only the conclusions are given). [HERC]

Conclusions of Survey in five areas of Parwan-Kapisa Province. Widespread use of both modern services and traditional e.g. mullahs, shrines, bone-setters, hakims, dais, barbers, dokhans.


Scholarly description of medical facilities and conditions up to 1968. Section on Poliomyelitis, p.121, said to be "imported in the 1950s and has spread fast since then". Also p.91 on the 'Mother and Child' organisation.


Analysis of several years' data accumulated at the SGAA Clinic in Peshawar.


Tabulation of health facilities and health manpower, by locations etc.


Draws on Hunte's PhD on Afghan perinatal care. Prevention of some cerebral palsy, and early diagnosis of many impairments, rests with the dai.


Useful insights into a very personal field of female knowledge. Underlines the depth and complexity of traditional knowledge and customs. Some indications of how knowledge is communicated.

Disability-related materials. Page: 14

Discusses traditional health system, customs and beliefs in some detail and suggests the importance of the dai in communicating with the less educated female population. Relevant to cross-border Baluchistan.


Includes discussion of Afghan views on disease and death, also the author's perspectives on how development work may be viewed from the receiving end.


Discusses some war trauma, both physical and psychological, and the varieties of reconstructive surgery performed by Dr Iqbal.


Total of 15,533 people were seen, among whom were 763 with war-related injuries/disabilities and 1791 with non-war related injuries/disabilities. Categories are tabulated.


Study among Afghans now living in USA. Topic relevant to 'disability' in that it causes uneasiness and avoidance, and involves beliefs and attitudes about unwanted events and their possible causes and prevention. Relevant to future studies of disability knowledge, attitudes and practice.


This statistical survey unfortunately has only a single table on disablement, in which it appears that 15 people are disabled, out of a total survey population of c.8,854.

Disability-related materials. Page: 15
Proposing a minimum necessary program based on the points upon which all
divis does. Propose to the point of what might be the eventual political
outcome. Assistance to Disabled Afghans (pp.63-69) appears as the first
of the "Priority Health Care Programmes", with major emphasis on physical
disabilities.

Frontières and Sante Sud. 64pp. [ARIC]

Survey of 262 households, in 20 villages, to determine the effectiveness
of EPI program. Unable to evaluate the efficacy of polio immunisation.
Report most useful in indicating the difficulties for EPI and surveillance.
Brief comments on media for health education (pp.60/61).


Two recommendations remain relevant, after 3 years: (a) a workshop for
Africans in education, on possibilities for educational provision for
children with disabilities; (b) Efforts to reach general planners with
disability awareness, so that reconstruction plans include access and
participation by people with disabilities.

Mental Health Centre. 81pp. [ARIC, MHC, DAPO, RBTU, HERC]

Study of 104 Pakistani schools in North West Frontier Province showed that
nearly 2% of pupils had a disability (noticed by their teacher, with no
prior training in disability awareness). This level of 'casual integration'
is likely to be present in schools in Afghanistan, and would repay study.

issues, Disability, Handicap & Society 5 (3) 257-267. [DAPO, ARIC]

Emphasizes information factors, networks and needs.

Related to Childhood Diarrhoea among Afghan Refugees and the Local Practitioners
that they Consult. Peshawar: MSF-Holland, UNHCR & UNICEF. 82pp. [HERC, ARIC]

Includes data on the sources of information/advice reported by mothers
(p.11-12), and some possible changes in the traditional advice-giving roles
of older females. Also discusses targets for information/training, and
preferred media (pp.13,23).

Disability-related materials. Page: 16
p.2: "[Disabled] men also ask the teacher to have patience with them, because before they were looking after goats and sheep and so [to] sew with machines is completely new to them."


Report on the Apprenticeship Scheme for Young Afghan Refugees. Out of 621 placed apprentices, 178 were disabled. For some of these "a new trade of Memorising the Holy Quran has been introduced..."


Detailed evaluation of the VHW program developed in the 1970s. Many apparent similarities with the problems and opportunities facing potential 'Community Rehabilitation Workers' in the 1990s.


Discusses the realities and problems of home life for more than 1,000 Afghans and Pakistanis with spinal cord injury, after discharge from the ICRC/PRC Paraplegic Centre.


Includes a small amount of data and discussion on disability (p.3, 27-28), mostly physical disability. Notes (p.12) the particular difficulty of determining individuals' age. (This has some relevance to the perception of mental retardation).


Sections on Health Services/KAP (p.40-47) and on Education are informative, e.g. comments on access by Afghan women to new ideas (p.52-4), Curriculum Disability-related materials. Page: 17
and pedagogy (p.59-62). Short section on disability (p.47-50) lacks data and is less informative.


Disability services and prospects under the UN umbrella at October 1990 are reviewed on pp.81-2, and also under Health (pp.69-80), Vocational Rehabilitation (pp.88-9) and Disadvantaged Groups (pp.90-1).

WINGO, G. (1990) Changes in Female Attitudes and Social Well-being; Preparing for Repatriation; a pilot study in two Afghan refugee villages in Balochistan, Quetta: UNHCR/Radda Barnen. 42pp. [DAPO]

Some indications (pp.10-13) that experiences in Pakistan have raised expectations for women's social life and children's education, so that changes may come when people resettle in Afghanistan.