Tajikistan has not yet signed the UN Convention on the Rights of Persons with Disabilities (UNCRPD). However, in January 2017, it launched the National Program on Rehabilitation of Persons with Disabilities (NPRPD) at a round-table organized by the Ministry of Health and Social Protection of the Population (MOHSPP) and World Health Organization (WHO). The country is undergoing a financial crisis, which may disrupt its efforts to implement the program and to provide services through the State Enterprise Prosthetic-Orthopedic Plants (SEOP).

The MOHSPP provides free physical rehabilitation services, mainly at the SEOP in Dushanbe. The SEOP’s branch in Khujand was reopened in November 2016 and inaugurated in January 2017.

The ICRC supported the SEOP from 1998 to 2008; after that, MoveAbility assistance to physical rehabilitation services started with, initially, short-term missions and ad hoc donations of supplies. After a four-year period (2013-2017) of full-time presence of MoveAbility prosthetists-orthotists and later physiotherapist professionals, the project is now coordinated by a Tajik project manager, supported by the MoveAbility regional manager based in Viet Nam.

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**KEY FACTS & FIGURES - 2018**

<table>
<thead>
<tr>
<th>POPULATION</th>
<th>8,921,000(^1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PERSONS WITH DISABILITIES</td>
<td>N/A</td>
</tr>
<tr>
<td>CAUSE OF DISABILITIES (MOBILITY, SELF-CARE, VISION)</td>
<td>Stroke; cerebral palsy; infectious diseases (polio, leprosy); drug and alcohol use</td>
</tr>
<tr>
<td>UN CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES (UNCRPD)</td>
<td>2018</td>
</tr>
<tr>
<td>HUMAN DEVELOPMENT INDEX (HDI)</td>
<td>127/188</td>
</tr>
</tbody>
</table>

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**MOVEABILITY’S PARTNERS IN TAJKISTAN***

- Ministry of Health and Social Protection of the Population (MOHSPP)
- IMKONIYAT, Dushanbe
- State Enterprise Orthopedic Plants (SEOP), Dushanbe
- State Enterprise Orthopedic Plants (SEOP), Khujand
- Red Crescent Society of Tajikistan

\(^1\) Source: World Bank data

*Presented in alphabetical order
THE MARKS OF WAR

“I no longer feel excluded because of my disability,” proudly said Sadafmo Rahmatova, a 41-year old woman with disability whom we met at the State Enterprise of Orthopedic Plant Dushanbe (SEOP), which is the main rehabilitation center in the country.

Sadafmo was born in Dashtijum, a remote mountainous village located in the southern part of Tajikistan. In 1995, when she turned 18, her parents decided to marry her to a villager.

Everything was well prepared and Sadafmo was getting ready to meet her future husband at his place. Sadafmo could only remember a terrible noise in her ears after a severe mine blast... then she lost consciousness. When she regained her senses, she realized that she had lost her right leg and her body was full of debris.

The same year, Sadafmo was fitted with a prosthesis in Azerbaijan. When she came back to Tajikistan, she finally celebrated her marriage. She lived for two years with her husband and their son, until her mother-in-law kicked her and her son out, saying that her disability was a burden on the family.

A fighter against all odds

Keeping her hopes up, she successfully completed a sewing and embroidering course at a boarding school for persons with disabilities and she graduated as an electric sewing-machine operator.

In 2007, she participated at an international conference on demining which took place in Columbia. She raised the issue of anti-personnel mines in Tajikistan and called for an immediate demining campaign.

Conference attendees were touched by Sadafmo’s testimony and some of them even bought embroideries from her which she had made in Tajikistan. She returned home motivated to share her story, but also confident about the future.

Breaking the vicious circle of discrimination

After her accident, Sadafmo felt ashamed and alone with her disability. The burden of stigma was so heavy for her that she no longer had the courage to talk to people. She gradually locked herself into a vicious circle of loneliness and did not feel able to get out.

The help and support she received at the SEOP Rehabilitation Centre helped her get up, believe in herself and even find a profession and a new meaning to her life. Today she dedicates her life to her son’s education, to her work, but also to the promotion of the rights of persons with disabilities.

OUR APPROACH IN TAJIKISTAN

STRENGTHENING REHABILITATION SERVICES

MoveAbility will focus on supporting the development of the pool of physical rehabilitation professionals in Tajikistan, mainly by providing opportunities for training and hands-on experience. Alongside these efforts, we will also work closely with the National Union of Persons with Disabilities of Tajikistan and other such organizations. We will back their activities, including by advocating for the development of a referral mechanism and the increased involvement of these organizations in efforts to improve physical rehabilitation policies and service provision.

WORKING WITH THE AUTHORITIES TO IMPROVE NATIONAL CAPACITIES

We will collaborate closely with the authorities on bolstering national services, particularly by enhancing coordination within the country and region, and officially recognizing the profession of prosthetist/orthotist. We will also support their efforts to innovate and improve their service provision, for example by implementing the use of telemedicine. This initiative – the use of a video conferencing system to allow experienced professionals, including from abroad, to be involved in the consultation, follow up and check out of a patient – aims to ensure persons being treated at SEOP satellite offices receive the same good-quality treatment as in Dushanbe.
MAIN ACHIEVEMENTS

NATIONAL PLAN
After its review by several government ministries, we received the final version of the cooperation agreement for 2018-2019. The signature of this agreement between the government and MoveAbility is an important step for our recognition in Tajikistan.

EDUCATION AND TRAINING
The SEOP’s general director, the lead specialist of the Social Protection Department of the MOHSSP, attended an international scientific conference on assistive technologies organized by WHO with our support; on this same visit, he was able to explore opportunities for training programs that later translated into the implementation for SEOP’s technicians and physiotherapists.

QUALITY OF SERVICES
We equipped a new orthopedic shoes workshop at the SEOP in Dushanbe. We also donated machines to support the work of two Tajik shoe technologists, employed at this workshop.

ACCESS TO SERVICES
The newly-completed renovation of the SEOP branch in Kulob, under the supervision of an engineer employed by MoveAbility, will increase the range of services available at the facility and help patients avoid the need to travel to the capital to obtain assistive devices.

MANAGEMENT CAPACITIES
A quality-control assessment of prosthetic and orthotic services by a MoveAbility expert was carried out at SEOP branches in Dushanbe and Khujand.

BENEFICIARY STATISTICS 2016–2018

PEOPLE WHO RECEIVED SERVICES FROM OUR PARTNERS

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crutches</td>
<td>3,304</td>
<td>3,284</td>
<td>3,979</td>
</tr>
<tr>
<td>Orthoses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostheses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crutches</td>
<td>344</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orthoses</td>
<td>968</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostheses</td>
<td>272</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BREAKDOWN OF PEOPLE WHO RECEIVED SERVICES

<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>29%</td>
<td>14%</td>
<td>34%</td>
</tr>
<tr>
<td>2017</td>
<td>30%</td>
<td>14%</td>
<td>33%</td>
</tr>
<tr>
<td>2018</td>
<td>31%</td>
<td>14%</td>
<td>31%</td>
</tr>
</tbody>
</table>

ASSISTIVE DEVICES PROVIDED BY OUR PARTNERS

<table>
<thead>
<tr>
<th>Year</th>
<th>Prostheses</th>
<th>Orthoses</th>
<th>Crutches</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>272</td>
<td>968</td>
<td>344</td>
</tr>
<tr>
<td>2017</td>
<td>348</td>
<td>842</td>
<td>116</td>
</tr>
<tr>
<td>2018</td>
<td>322</td>
<td>506</td>
<td>115</td>
</tr>
</tbody>
</table>

*0 - 15 years old

1 Services include: prosthetics and orthotics, physiotherapy, other rehabilitation services and consultations.
2 As reported in October 2018, extrapolated to year end.
OBJECTIVES AND EXPECTED IMPACT FOR 2019-2021

By the end of the reporting period covered by this document, in 2021, we aim to have contributed to the following objectives:

**NATIONAL PLAN**
- A national platform for rehabilitation, comprising representatives from different stakeholders, is established; an entity within the relevant ministry acts as a point person for the sector at national level
- The authorities, in dialogue with other concerned parties and with support from MoveAbility, take steps to establish a national salary scale which includes professionals in the physical rehabilitation sector, and to gather, publish and analyze data on the sector

**EDUCATION AND TRAINING**
- Professionals working in the rehabilitation sector – prosthetists, orthotists, and physiotherapists – bolster their skills with MoveAbility’s support

**QUALITY OF SERVICES**
- MoveAbility’s partners in Tajikistan, particularly the State Enterprise Orthopedic Plants (SEOP), are able to regularly assess the quality of their services
- Physical rehabilitation services, particularly those provided through SEOP, are coordinated by the Ministry of Health and Social Protection of the Population (MOHSPP) and monitored with the support from service user representative and enhanced through the application of new initiatives (e.g. telemedicine)

**ACCESS TO SERVICES**
- The SEOP procures all raw materials it needs in the provision of physical rehabilitation services, with MoveAbility’s support
- Organizations working in the physical rehabilitation sector in Tajikistan, such as the Red Crescent Society of Tajikistan, take steps to improve access to services and raise awareness of the issues facing persons with physical disabilities
- Persons with physical disabilities participate in sport events held by disabled people organizations aimed at fostering inclusion through sports

**MANAGEMENT CAPACITIES**
- The MOHSPP is able to routinely monitor its activities, using the Essential Management Service Assessment tool (EMSAT)
- Staff from MoveAbility-supported centers improve their management capacities, and their ability to measure their performance, by applying training on the appropriate tools (e.g. EMP, EMSAT)

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1 The budget is indicative and is subject to income received.