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Restoring Mobility & Hope to Paraplegics

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Thanks to the generous support of so many people, over the past several months IMHO has been able to offer life-altering support for 18 paraplegics and their families in Vanni, Northern Sri Lanka and has raised the necessary funds to help another 12 paraplegics. These efforts have benefited spinally-injured paraplegics who have been rehabilitated through the hard work and dedication of local partners, physicians, and rehabilitation experts. They have been trained, empowered, and given the necessary resources to drive specially equipped three-wheelers with hand control modifications. All of the beneficiaries were in a desperate socio-economic status at the outset, being excluded from holding a job and participating in many daily activities on account of their lack of mobility, poor infrastructure, stigma, and more.

Since undertaking this initiative, many more paraplegics have emerged as the success of this project has become more well-known. The list of persons in need has grown to more than 100 names. While it may not be possible to reach them all, IMHO has so far impacted the lives of 30 such paraplegics. And with your help, we hope to do more...

This ongoing project is being implemented with the help of local partners and will benefit future recipients as well, all of whom are quadriplegics, through a monthly return of funds by the beneficiaries. All of the beneficiaries to-date have written letters of gratitude and testimonials as to how this intervention has forever changed their lives. As one beneficiary noted, "I feel like I got more than just my legs back...I got my life back." We felt it was important to share one such letter with you. The following letter was written by one of the 18 original beneficiaries and was translated into English from Tamil:

"Dear Sir/ Madam,

I, Mr. Yoganathan, would like to let you know that I am a paraplegic injured in the Vanni area. I have gone through numerous hardships and have been unable to travel anywhere. It has been impossible for me to even go to the Community Center or to the hospital. After receiving a three-wheeler from IMHO, we feel like we have regained function of both our legs. This three-wheeler is an absolute need for our livelihoods. Aside from this, it has helped us to meet the needs of our children going to school, helped us to earn a living, and encouraged us to be a part of the community. We consider the IMHO and all the project donors as our family, and we thank them

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wholeheartedly for this assistance. Our humble request is that you will also consider helping the other paraplegics still in need of a three-wheeler.

*Thank you,
Mr. Yoganathan, August 12, 2013"*

On behalf of our entire team, we would like to thank everyone who made this project possible and appeal to you for your ongoing support! If you would like to sponsor a three-wheeler, please contact your respective IMHO Board Member or State Coordinator today.

Striving towards Self-Sufficiency for Ozanam Centre for Special Needs Youth

The loss of property and livelihoods remains a major obstacle in restoring a sense of normalcy and self-sufficiency in communities across Northern and Eastern Sri Lanka. By investing in income-generating activities, we can begin to overcome those challenges. Earlier this year IMHO gave support to establish a farm for raising pigs and chickens and a rice grinding machine to the Ozanam Centre for those that need Special Care in Batticaloa to assist with income generation for the facility. The returns from those investments have already started making a difference. The Ozanam Centre looks after the special needs of 30 children, 10 adult girls, and 12 daycare students with special needs, such as autism, Downs Syndrome, physical disabilities, and learning disabilities. With the help of IMHO, the center's operations are gradually moving towards a point of being self-sustaining.



Appeal for Your Support: Please Help Us to Establish a Center for Neuro-Developmental Disorders in Sri Lanka!

In accordance with the global tendency, the incidence, prevalence and awareness of neuro-developmental disorders are on the rise in Sri Lanka. During the past decade, health practitioners have been confronted with more and more such cases and have been familiarized with these disorders. Interestingly, the educational sector too has recognized these conditions and has been trying to address them. For example, in schools teachers are expected to detect and report various conditions related to learning difficulties with special emphasis on Autism and related spectrum disorders. Unfortunately, services related to neuro-developmental disorders are at the bare minimum in Sri Lanka. There are only a few child psychiatrists available in Sri Lanka, and their services are mainly available in Colombo, Kandy, and Galle. Similarly, there are only a few clinical psychologists available in Sri Lanka and even fewer who are interested in Autism and other neuro-developmental disorders. There are

only a few schools and a couple of NGOs and institutions that provide services to these children. But these services are not at all sufficient to meet the demand. There remains a long way to go in developing these services to cater to the needs for all of Sri Lanka.

Locally, in Jaffna, there is not a single child psychiatrist and/or a clinical psychologist. The one and only adult psychiatrist tries to help these children with a 'clinical' assessment and some general advice, guidance, and referral. In the educational system, the special education unit tries to identify these children and provides non-goal directed special education services in selected schools. In this reality, the majority of the children with learning difficulties are being neglected from the mainstream and are deprived of having specialized services. Their parents continue to suffer, living in a reality where they themselves struggle with their child's condition and have no access to any specialized assessment, advice, support, or educational services to themselves and/or their loved ones. There are no self-help groups or support groups for these parents.

It is in this background that IMHO is planning to develop a Center for Neuro-Developmental Disorders in Jaffna with the partnership of the Department of Health, University of Jaffna, Department of Education, and NGOs. We look forward to sharing more information about this project and our plans in future e-newsletters. **At this time, please help us to make this center a reality by making a contribution today! [CLICK HERE TO BE A PART OF THE CHANGE!](#)**

Jaffna Jaipur Centre for Disability Rehabilitation: Empowering Amputees in Sri Lanka

Over the years IMHO has lent its support to a number of projects to serve the needs of war amputees and the physically disabled throughout Northern Sri Lanka. Efforts have included support for corrective surgeries to be done on amputated limbs, the fitting of artificial limbs, pre- and post-op physiotherapy, counseling & psychosocial services, provision of wheelchairs & other orthotic/mobility devices, livelihoods support, and more. With an estimated 20,000+ amputees and disabled persons in the Northeast of Sri Lanka, the needs are massive. Many continue to suffer from physical and mental trauma, lack of occupation, discomfort, and lack of mobility, all of which must be addressed urgently. IMHO has taken strides to provide services and support in all of these areas and is expanding our partnership with the Jaffna Jaipur Centre for Disability Rehabilitation (JJCDR) in particular as we move forward.

On October 30th, JJCDR officially unveiled 2 new books, [Stump Care for Below-Knee Amputees](#) and [Stump Care for Above-Knee Amputees](#), at a function at their office in Jaffna, Sri Lanka. The Chief Guest of the event was Dr. K. Umapathy, Consultant Orthopaedic Surgeon at the Teaching Hospital Jaffna. The printing of these books was sponsored by IMHO.



Building the Capacity of Mental Health Services in Batticaloa

IMHO remains at the forefront of promoting mental health care throughout Sri Lanka and inspiring change amongst community partners and service providers. In August, IMHO sponsored a staff capacity-building training program in Batticaloa, Eastern Sri Lanka in which 13 psychiatric social workers and 5 therapists attached to the Kalmunai Base Hospital Rehabilitation Unit, 2 staff attached to the Palamunai Rehabilitation Unit,

and 1 staff attached to the St. Benedict Brothers of Charity Rehabilitation Center gained important training and skills development. Later, 14 motorbikes were handed over to regional health officials to support psychiatric social workers and staff with improved transportation for the benefit of mental health patients there. With a handful of ambitious and deeply committed local partners, all of these interventions are going a long way in promoting improved mental health care and development of mental health care delivery systems throughout Sri Lanka.



**Be the
Difference.
Save a Life
with just
\$1/day!
[DONATE
TODAY!](#)**

During this crucial time in Sri Lanka and around the world, as we face monumental challenges in providing better access to quality medical and health care for those most at-risk populations, we need YOUR HELP now more than ever. With **just \$1/day** (or \$30/month) you can help save and improve lives in Sri Lanka and elsewhere. Please consider making a donation to IMHO today. You can **donate online via PayPal as a one-time or recurring donation** (the amount & frequency of which are up to you).

You can also **donate via mail** by sending a check made out to "IMHO" to the following address:

**IMHO Treasurer
955 Proprietors Road, Suite B
Worthington, Ohio 43085
U.S.A.**

All donations are tax-deductible (tax ID code #59-3779465)

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