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Vocational Rehabilitation Journey Towards Self Accomplishments: A Case Report

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Abstract

What is vocational Rehabilitation: Vocational rehabilitation of the handicapped person is a process which enables him to secure suitable employment which he could retain and advance a permanent base with an ultimate aim of integrating or re-integrating him in the society ¹.

Why Vocational Rehabilitation: The patients, who are disabled or recently met an injury, need to be independent &

it is very important to return to work for them. Work is considered a significant means for people to meet their basic needs. In addition, it is extremely relevant to their financial, psychological and emotional well-being, besides being crucial for the development of self-esteem, social status, and feeling of personal accomplishment, independence, freedom and security.

Keywords: Vocational Rehabilitation (VR), Person with Disability (PWD)

Introduction

Vocational rehabilitation means that part of the continuous and co-ordinated process of rehabilitation which involves the provision of those vocational services, e.g., vocational guidance, vocational training and selective placement, designed to enable a disabled person to secure and retain suitable employment.

Main Objectives of Vocational Rehabilitation (VR):

- Vocational evaluation and adjustment of the physically disabled persons.
- Assessment of the medical, psychological, rehabilitation needs.
- Assist in developing rehabilitation plans depending upon the specific needs.
- Sponsor person with physical disabilities registrants against notified/identified vacancies.
- Act as distribution center for various schemes like Scholarship/aids and appliances.
- Make referrals to financial institution for funding self-employment ventures.

Scope of Vocational Rehabilitation:

Vocational rehabilitation services should be made available to all disabled persons, whatever the origin and nature of their disability and whatever their age, provided they can be prepared for, and have reasonable prospects of securing and retaining, suitable employment.

Methods and Principles of Vocational Rehabilitation

The process of vocational guidance includes:

1. Interview with a vocational guidance officer.



2. Examination of record of work experience.



3. Examination of scholastic or other records relating to education or training received.



4. Encouraging students for further education.



5. Encouraging patients for skill-based training.



6. Encouraging for registration of applicants for employment.



7. Recording their occupational qualifications, experience and desires.



8. Evaluating, if necessary, their physical and vocational capacity.



9. Encouraging employers to notify job vacancies to the competent authority, Provision of information concerning employment and training opportunities relating to the qualifications, physical capacities, aptitudes, preferences and experience of the person concerned and to the needs of the employment market.



10. Contacting employers, when necessary, to demonstrate the employment capacities of disabled persons, and to secure employment for them.



11. Assisting them to obtain such vocational guidance apart from government, private or Charitable centers play important role in vocational training, medical and social services & holistic rehabilitation.

Case Scenario: The case of Sarita # (Helping Sarita a not to deter the athlete's spirit)

Talking about this case we met her in 2018 when she got admitted in Safdarjung hospital's physical medicine and rehabilitation ward broken, scare and shattered. Once a medal winning athlete, she was now confined to bed. She is 20 years old hailed from Uttarakhand was ready to participate in a marathon when she met with an accident riding on a two-wheeler; she was hit by a speeding car. She sustained severe injuries to both her legs and back bone leaving her confined to bed. She was being advised not to participate in any running event for next five years. Her treatment took years. During this period, she lost her mother to cancer and father lost his job. This totally shattered her and she lost all her hopes.

Achievement:

She was struggling hard to accept her current situation and was trying to find the motivation she needs to achieve the goals. She thought she was wasting too much time and energy on other parts of the process. However, with the counseling sessions of vocational guidance section of PMR Department. She gradually started believing in herself when she got her treatment in physical medicine and rehabilitation department of Safdarjung hospital, and with the help of Vocational Guidance Section counseling and guidance she slowly found a way to give wings to her dreams. We helped her to get out of depression and made her realize that she still can achieve whatever she wants to. Motivation is a powerful, yet tricky beast. Sometimes it is really easy to get

motivated, and you find yourself wrapped up in a whirlwind of excitement & other times, it is nearly impossible and same was going on her mind however with the countless sessions of counseling and exploring the best way for her to achieve her dreams we helped her to get a way for her aspirations. It finally worked the setbacks notwithstanding the never-say-die spirit of this brave girl made her continue with her passion-athletics and basketball.

"If I'm able to perform all my daily chores it is thanks to doctors and vocational guidance section and other teams she said "one day. She shifted to Bengaluru and participating in various.

Paralympics sports, she is back to normal now feels more secure, safe and she is back to sports as well. Overcoming the barriers, she is emotionally and financially stable too. She posted distinct performances in Himalayan Rani. Super Sikh run and Airtel Half Marathon, winning the last two. She made her mark on the national wheelchair basketball circuit winning accolades.

Conclusion

Vocational rehabilitation is an utmost arm of holistic rehabilitation which creates magic sometimes & ice breaker to achieve someone life goals in multifaceted domains.

References

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