



ENABLE
INITIATIVE



EQUAL ACCESS PROGRAMME

ENABLE INITIATIVE NPC



CONTENTS

- 1 Enable Centre
- 2 Enable Initiative
- 3 Equal Access Programme
- 4 Media Coverage
- 5 Research
- 6 Contact Us

ENABLE CENTRE



The **Enable Centre** is our premier outpatient physical and cognitive rehabilitation facility in Cape Town. It consists of an interdisciplinary team of biokineticists, physiotherapists, occupational therapists, speech therapists as well as a neuro- and clinical psychologist. Together we provide high quality, comprehensive rehabilitation.



We use a science-driven approach with the latest technology and innovative techniques. Our therapy is client-centered and goal-orientated. The **Enable Centre** offers clients comprehensive therapy for optimal recovery.



With decades of cumulative experience, we are leaders in the outpatient rehabilitation field and have invested in the latest equipment and rehabilitation techniques.



ENABLE INITIATIVE

The **Enable Initiative** is our non-profit division that was established by our ambitious team of healthcare professionals. We share a common vision of an organisation that...



1

Bridges the divide between public and private health care in South Africa. High quality, individualised private care carries a large price tag, making it inaccessible to the majority of the population. This shouldn't be the status quo. The Enable Centre provides equal access to all who need care.

2

Tackles the most complex cases using a science driven approach. This approach combines innovation and expertise from multiple fields to promote optimal physical and cognitive recovery.

3

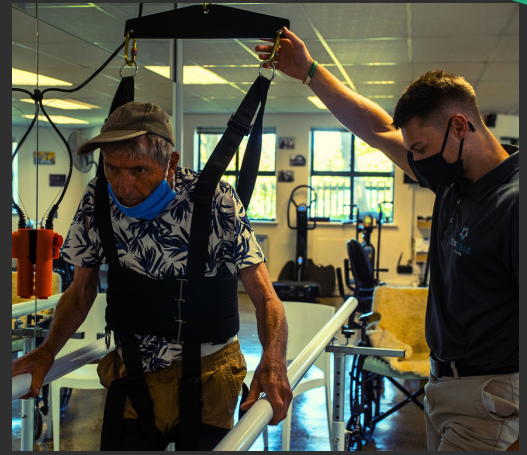
Initiates a mind-shift in how we see and treat life changing injuries. Traditionally, rehabilitation has focused on what an individual has lost. The **Enable Centre focuses on what an individual can potentially gain** - creating the positive environment needed to promote maximal recovery.

The **Enable Initiative** is the primary fundraiser for our EQUAL ACCESS PROGRAMME - which serves our first pillar of "Therapy for All"

The Enable Initiative is a registered PBO (Public Benefit Organisation), with Section 18A approval. This means that any donation to the Enable Initiative is tax deductible. For more info on tax deductions, visit...



EQUAL ACCESS PROGRAMME



The Enable Initiative offers an **EQUAL ACCESS PROGRAMME** to ensure we achieve our aim of therapy for all. This programme bridges the gap between private and public healthcare. Qualification for the programme is means tested (based on household income) and reviewed by the clinical team.

PROGRAMME STRUCTURE

Yearly Household Income Divided by Dependents	Subsidy Level	Patient Contribution per Session
< R22 090	5	R63.32
< R49 703	4	R110.81
< R77 316	3	R158.30
< R104 929	2	R205.79
< 132 545	1	R253.28

How can you help?

- Option 1: Monthly debit order
- Option 2: Once off contribution
- Option 3: Sponsor a client

Why help?

- Change someone's life
- Donations are tax deductible as we are able to offer Section 18A certificates

Bank details

Enable Initiative
FNB - Savings Account
Account number: 63013301691
Branch Code: 250655
Swift Code: FIRZAJJ

"A first of its kind in the South African private health care sector"

EQUAL ACCESS PROGRAMME

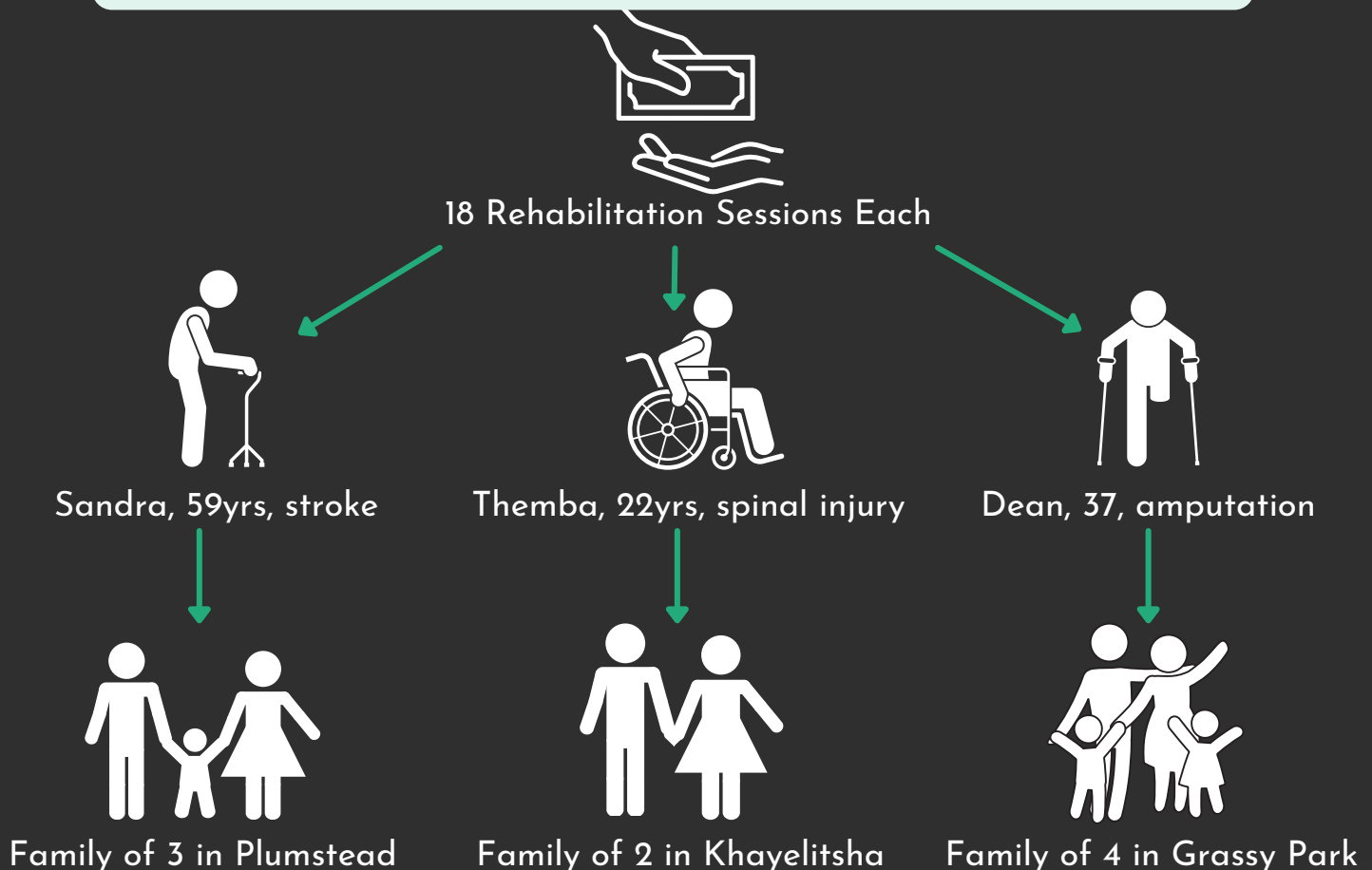


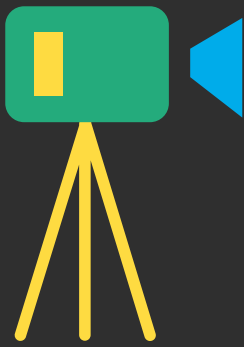
Where do donations go?

The **Enable Centre** is a private, financially stable and self-sufficient facility. This means that monies received via fundraising are not used for operational or administrative expenses. **100%** of the funds received go directly to client's treatment.

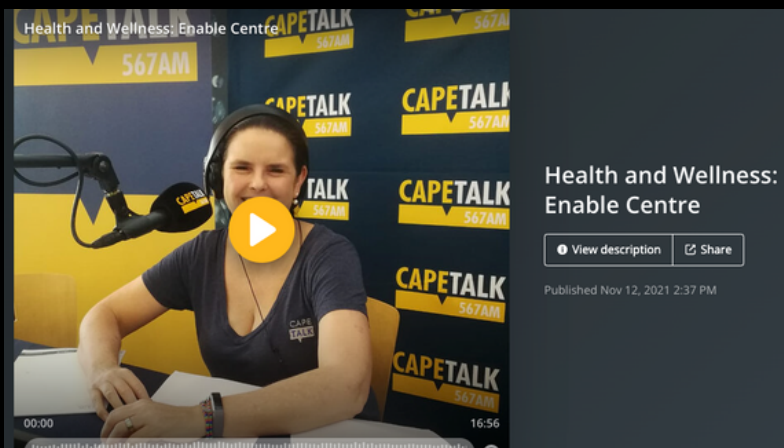
Funding Impact:

R12 000 Donation = up to 12 lives changed





MEDIA COVERAGE



*Links to additional media available on request



RESEARCH



At the **Enable Centre**, evidence-based practice is of utmost importance. We actively contribute to generating scientific knowledge and address gaps that are identified by other researchers.



ORIGINAL RESEARCH

Robotic Locomotor Training Leads to Cardiovascular Changes in Individuals With Incomplete Spinal Cord Injury Over a 24-Week Rehabilitation Period: A Randomized Controlled Pilot Study

Robert W. Evans, MPhil,^a Claire L. Shackleton, BSc,^a Sacha West, PhD,^b Wayne Derman, MD,^{c,d} HG Laurie Rauch, PhD,^a Ed Baalbergen, MD,^e Yur

COMMENTARY

The need for biokineticists in the South African public health care system

R W Evans,¹ MPhil, T Smith,¹ BA, P Kay,¹ MPhil, D McWade,¹ MPhil, N Angouras,¹ BSc (Hons), R F van Aarde,¹ MPhil, R Arkell,¹ MPhil, E V Lambert,¹ PhD, N van der Schyff,² MD

¹ Division of Exercise Science and Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, Cape Town, South Africa

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Background: Noncommunicable diseases (NCDs) are increasingly prevalent within South Africa. Physical inactivity is a significant, independent and modifiable risk factor increasing the prevalence of NCDs.

Discussion: The integration of physical activity programmes into the primary health care system through multidisciplinary platforms is thus advocated for and envisioned to be more cost-effective than current practices. However, currently within the

3. Monitor NCDs and their main risk factors, as well as the conducting of innovative research.

Physical inactivity is recognised internationally as a significant, independent and modifiable risk factor contributing to the increased prevalence of NCDs.^[1] Joubert^[1] identified that, based on the 1998 South African Demographic and Health Survey data, an alarming number of NCDs amongst South Africans were attributable to physical inactivity.^[1] Physical inactivity was



ORIGINAL ARTICLE

Health system challenges affecting rehabilitation services in South Africa

Linzette Deidre Morris^a, Karen Anne Grimmer^a, Asterie Twizeyemariya^b, Marisa Coetzee^a, Dominique Claire Leibbrandt^a and Quinette Abegail Louw^a

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ABSTRACT

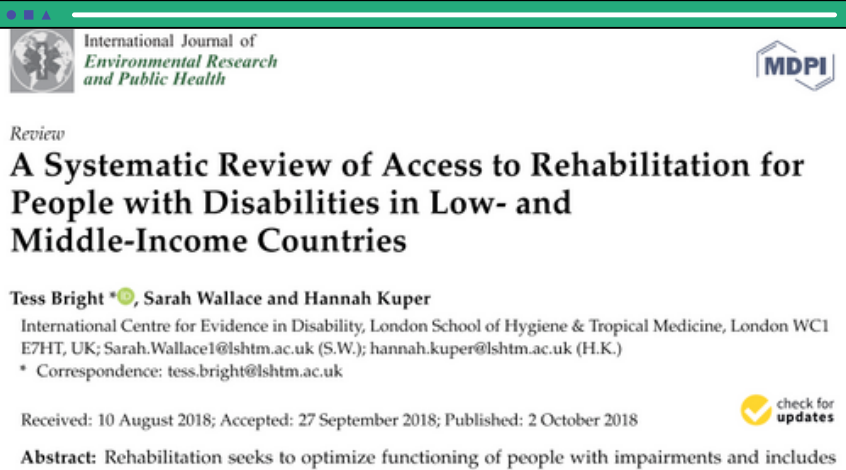
Background: The World Health Organization (WHO) recommends that access to rehabilitation is a human right. To date, however, rehabilitation in South Africa has not been a health priority. The focus has rather been on saving lives from communicable diseases such as HIV/AIDS and TB, which has been increasingly successful. Whilst more South Africans are now living with pharmacologically managed chronic, communicable diseases, they often suffer significant challenges to their physical and mental health. Moreover, there are many health conditions in South Africa that have not attracted as much attention, and which also compromise individuals' capacity to contribute effectively to their own wellbeing, that of their families and communities, and to the general economy. These include birth trauma, degenerative neurological conditions, acquired injuries such as spinal cord damage, limb amputation or head trauma, and chronic noncommunicable diseases (heart or kidney disease, stroke). In the absence of robust prevalence data it is estimated that one-in-three adults suffer from at least one chronic health challenge. For South Africa, not to invest in rehabilitation is counter-productive, as it means that a significant percentage of its

ARTICLE HISTORY

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KEYWORDS

Rehabilitation; noncommunicable diseases; South Africa; policy; economy



Review

A Systematic Review of Access to Rehabilitation for People with Disabilities in Low- and Middle-Income Countries

Tess Bright^{*}, Sarah Wallace and Hannah Kuper

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Abstract: Rehabilitation seeks to optimize functioning of people with impairments and includes

*Links to additional research articles available on request

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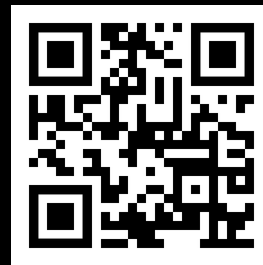
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Enable Centre



www.enablecentre.org



Thank you for taking the time to share in our passion and
make rehabilitation accessible FOR ALL.