Limitations in Functioning due to Health and the Need for Rehabilitation

World Health Organization
REGIONAL OFFICE FOR Europe

FUNCTIONAL LIMITATIONS IN DAILY LIFE:

4-20 MORE Per 100 Women

Report **limitations** in **daily life** due to **poor health** in the **lowest income** quintile compared to the **highest income** quintile

4-22 MORE Per 100 Men

Report **limitations** in **daily life** due to **poor health** in the **lowest income** quintile compared to the **highest income** quintile

Wealth status and the **number** of **people** reporting **limitation** in **daily activities** due to **poor health** are **strongly associated**

Limiting illness is defined as **restrictions** individuals experience in **everyday activities** for a period of at least **6 months**, due to a **health condition**

75% of the **total number** of **years lived with disability** are **associated** with **health conditions** where **rehabilitation** is **beneficial**

15% of all **years lived with disability** include **severe levels** of **disability** due to a **health condition** for which **rehabilitation** is a **fundamental** intervention

10 per 1 MILLION

There are **less** than **10** skilled **practitioners** who provide **rehabilitation** services per **1 million** population in many **low** and **middle income countries**

Limitations in **functioning** create **difficulties** in:

- Thinking
- Moving
- Seeing & Hearing
- Having Relationships
- Communicating
- Remaining Employed

Investment in **rehabilitation benefits** both the **individual** and **society**

Rehabilitation not only **enables** individuals to participate in **education** and **employment** but also to **remain independent** and **reduce** the need for **financial** and **caregiver** support

Further, **rehabilitation** can help **avoid hospitalization** and **prevent re-admission** as well as **reduce** the **length** of hospital **stays**

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10 REDUCED INEQUALITIES

SUSTAINABLE DEVELOPMENT GOALS

3 GOOD HEALTH AND WELL-BEING

Rehabilitation is **not** a **luxury**, **optional** service, or a **fallback strategy** if preventative or curative interventions fail but rather is a **central pillar** of **effective health care**

Everyone should have **access** to **timely** and **affordable rehabilitation** interventions. This entails **starting rehabilitation** on **diagnosis** of a health condition and **continuing rehabilitation** alongside other interventions

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TAKE ACTION:

1. **Integrate rehabilitation** services into **health systems** and between **primary**, **secondary** and **tertiary levels**
2. Create a **multi-disciplinary rehabilitation workforce**
3. Have **community** and **hospital rehabilitation services** available
4. Form **specialized rehabilitation units** for **individuals** with **complex needs**
5. Allocate **specific budgets** and ensure **health insurance covers** rehabilitation service
6. **Increase access** and **affordability** of **assistive products** and **train individuals** in the use of these products

Sources:
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