

## Physical Disability and Burden to the Family: Early Rehabilitation is an Urgent Solution

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Bangladesh is a large and dense populated country situated in South East Asia. About 160 million people live in Bangladesh where majority reside in rural area. According to department of social service near about 2% of total population are disabled in Bangladesh. Among all the disabled people's physically disabled persons are more than other disabled persons which is near about 20% of all the disabled persons. Disability means deviation from normal functional ability or activity which may lead to handicap or socially disadvantage. Disability may occur from various impairment like physical, visual and hearing impairment. According to disability welfare and protection act, 2013 of Bangladesh, disability refers any type of permanent or long term physical, mental, intellectual as well as neuro-developmental impairment cause by any reason which may affect individual social and environmental life. There are various types of disability in Bangladesh some disabilities are visible and some are invisible. According to disability welfare and protection act, 2013, there are total twelve types of disability which are Autism Spectrum Disorder, Physical Disability, Mental Illness leading to disability, Visual Disability, Speech Disability, Intellectual Disability, Hearing Disability, Deaf-Blindness, Cerebral Palsy, Down Syndrome, Multiple Disability and Others. Among all the disabilities, physical disability is more common and visible to all. Physical disability may occur from various physical impairment by which individual normal activity may permanently or temporarily hamper or disturb. Major reason for all of the above physical disabilities which are by birth, heredity, premature delivery, from accident, from illness and mal treatment. Anyone might fall in physical disabilities at any time as they suffer from chronic illness like stroke, cancer. Road traffic accident also occur frequent physical disability like amputation. From birth many children might come with physical disability on earth like hydrocephalous, club foot, polydactaly, Erb's palsy, Klumpkes palsy etc. From premature delivery children also may be physically disabled. Heredity is also sometime responsible for physical disability like muscular dystrophy, hemophilia etc. Physical disability also causes from maltreatment and mal nutrition. Sirajganj district is the disaster prone area which is situated at the bank of the greatest Jamuna River in Bangladesh. Sirajganj is also the entry door of north-west Bengal this is why many vehicles are regularly passing to north-west Bengal through Sirajganj district. Road traffic accident is common incident for Sirajganj district which is the major cause of physical disability in Sirajganj district. As a disaster prone area many disasters like flood, cyclone and others frequently occur in Sirajganj district which is also responsible for causing physical disability. Near about 35000 people are suffering from various disabilities in Sirajganj district. Among all the disabilities approximately 20% PWD's are suffering from physical disability. Physical disability is such disability which can prevent as well as minimize the level by proper intervention of preventive and rehabilitative measures. We can prevent road traffic accident by special action which is more responsible for occurring physical disability. Other factors like birth factor, genetic factor, maltreatment, illness etc., can reduce or completely prevent by particular preventive measures. As a large populated country most of the districts of Bangladesh have similar scenario about physical disability. Poverty and illiteracy is the common problem for Bangladesh which is more responsible for increasing level of physical disability. Poor and illiterate people do not seek treatment for their physical problem. However, they try to use it in another way like begging or try to get another financial help from government or NGO. It is recommended that early rehabilitation is crucially needed to minimize physical disability and return the affected people to near normal life but it is regretting no Government post for physiotherapists in our country. Physiotherapists, occupational therapists, speech and language therapists, artificial limb maker are the prime rehabilitative resources. For the betterment of entire population and minimize family burden Bangladesh College of Physio-

therapy and Hospital, Government post in every medical college hospital if possible every district hospital and division wise rehabilitation hospital is a demand of time now. Policy maker as well as concern authority can think about this burning issue and take steps to reduce distress of disable people and make them economically active. World Health Organization can play vital role. Bangladesh Physiotherapy Association is trying to raise voice about disability issue.

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