# Kafika House

## WHAT WE DO & HOW YOU CAN HELP

KAFIKA HOUSE
Transforming childhood

# OVERVIEW

**We believe that no child should live with a treatable disability**. Many children in Tanzania are born with surgically treatable disabilities but never receive care due to financial, geographical, and systemic barriers. Kafika House has transformed the lives of over 10,000 children by facilitating surgical treatments and providing pre- and post-operative residential rehabilitative programs. **Our work spans the entire healing journey**, treating conditions including cleft lip and palate, clubfoot, skeletal fluorosis, burn scar contractures, and osteomyelitis.

# OUR PROGRAMS

**Outreach:** We focus on spreading clear, accurate and positive information about disabilities to raise awareness on treatments available and challenge stigma.

**Pre-Operative Care:** To prepare children for surgery we create customized feeding programs to address nutritional deficiencies, maximize social interaction, provide easy access to doctors, and help parents navigate a complicated health care system.

**Surgical Care:** We outsource surgeries to carefully selected partner hospitals. We cover surgical costs and act as case managers, medical guardians and patient advocates, ensuring that each child receives the best possible care.

**Rehabilitation:** We operate centrally located residential rehabilitation facilities where children recover in a safe and nurturing environment. Our program includes physiotherapy and occupational therapy, nursing care, nutritional support, therapeutic activities, personal care and clothing.

# OUTREACH

**THE NEED:** Over 13% of the Tanzanian population has a disability that affects their daily lives. Due to cultural misconceptions and social stigma, many children with disabilities in Tanzania remain at home and face significant challenges in accessing healthcare, education, and work opportunities. A lack of awareness on the availability of surgical interventions for disabilities means that many children with treatable conditions suffer needlessly.

**OUR PROGRAM:** We partner with the local government, schools, health clinics, safari companies and fellow NGOs to connect with people all over the country to educate communities on the treatments available and the many ways we can help children with disabilities claim the healthy, happy futures they deserve. Last year, our Outreach team reached over 30,000 individuals, screened over 1,100 children who presented with health needs, and identified over 380 children with treatable disabilities who received care at Kafika House.

While children receive care at Kafika House, our Outreach Program continues its work through our Mama's Education Initiative, where we address the stigma and isolation that mothers often face. We empower and encourage Mothers to be confident advocates for children with disabilities in their communities. We also provide Mothers with access to entrepreneurship training to support their financial independence.

**$30**
facilitates a health screening for a child in need

**$1,500**
allows us to reach more children by funding one outreach trip

**$1,700**
funds the Mamas Education Initiative for one month

**$5,900**
creates annual collateral that challenges stigma and increases care for children with disabilities

# PRE-OPERATIVE CARE

**THE NEED:** Many of the patients who receive care at Kafika House come from contexts of scarcity, with 74% of children in Tanzania living in multi-dimensional poverty. They often arrive at Kafika House not ready for surgery, facing nutritional deficiencies and other underlying health conditions that require immediate care.

**OUR PROGRAM:** When a child is admitted at Kafika House, our first step is a complete health assessment. In doing so, we look at the whole child, not just the disability, to identify any underlying health conditions or nutritional deficiencies to increase surgical success. If necessary, they are placed on our Therapeutic Feeding Initiative, which is customized to each child's nutritional needs. Our nurses monitor progress weekly, adjusting their diet of fortified foods to get them to a state of health that not only makes surgery possible, but optimizes recovery.

**$20**
purchases two feeding bottles

**$32**
gives one child t-shirts, sweaters, and trousers to make their stay at Kafika House more comfortable

**$800**
supplies Kafika House with one month of milk formula

**$25**
provides pre-operative nutritional support to a child at Kafika House

# SURGICAL CARE

**THE NEED:** In Tanzania, families often travel for days to reach the nearest hospital, only to find there are not enough surgeons or providers to meet the needs of their child. While the Tanzanian health system advances their scope of medical and surgical interventions, shortages of human resources in health remain high, around 50% of the actual need. There are approximately 400 specialist surgeons in Tanzania, a country of over 60 million people. For those that can access care, the costs are often prohibitively expensive.

**OUR PROGRAM:** Kafika House works to bridge these healthcare gaps by connecting patients with providers and by covering surgical costs for families in need. We outsource surgeries to carefully selected partner hospitals. We act as case managers, medical guardians and patient advocates, ensuring that each child receives the best possible care. When children need to stay overnight in hospital or if their parent(s) cannot be away from home for the duration of their child's treatment, one of our House Mothers stays with them to ensure continuity of care.

**$10**
transports a child to and from our partner hospitals

**$500**
covers the costs of one child's surgery

**$3,000**
ensures every child has a caregiver during their hospital stay through the support of a House Mother

**$5**
feeds a child during their time in hospital

# REHABILITATION

**THE NEED:** About 70% of the mainland population of Tanzania is still rural, making access to sustained rehabilitative programs nearly impossible. Even for families living in urban environments, only 35% of people with disabilities are reported to have accessed rehabilitation services. Without access to rehabilitative care and occupational therapies, patients face risks such as wound infection and are often unable to regain mobility, leaving life-changing surgeries ineffective.

**OUR PROGRAM:** Recognizing that surgery alone is not enough, we operate centrally located residential rehabilitation facilities to provide critical post-operative care to maximize surgical success. **With facilities in Arusha and Karatu, Kafika House has capacity for 150 patients at a time, treating approximately 1,000 children per year.**

After surgery, children return to a Kafika House where they stay for an average of three months to recover in a safe nurturing environment. During this time, they receive comprehensive care designed to support every step of their recovery. Our program includes:

- Physiotherapy and Occupational Therapy: Our skilled therapists help children regain mobility, strengthen muscles, and adapt to the full use of their bodies after surgery.
- Nursing Care: Nurses are on hand to provide medical attention, administer medications, and monitor health.
- Nutritional Care: Children receive plentiful nourishing meals designed to aid recovery and support healthy growth.
- Clothing and Personal Care: Every child is given clothing and personal care items to ensure they feel comfortable and cared for during their stay.

**$40**
purchases one walking frame to help a child get back on their feet

**$350**
feeds all children and caretakers at Kafika House for one day

**$700**
covers the full rehabilitation journey for one child at Kafika House

**$4,500**
fills Kafika House with the bandages, dressings and wound care needed for an entire year

# THE ROAD AHEAD

Our greatest venture is still to come. We have purchased land in Likamba, Arusha to build a flagship facility dedicated to supporting, treating and healing children with disabilities. Our plan includes constructing and operating the following facilities:

## Surgical Center

A surgical center dedicated specifically to children with disabilities will allow us to provide high-quality care to more children. This will be the first pediatric surgical center in Tanzania.

## Rehabilitation Center

To treat more patients, we will open a 200 bed residential rehabilitation center providing pre- and post-surgical care.

## Resource Center

To transform disability care, our training center will provide capacity strengthening to pediatric surgical and rehabilitation professionals and university graduates.

## Outpatient Clinic & Support Services

We will also have a pharmacy, x-ray, CT, laboratory, and therapy clinic to provide holistic care on-site.

**The development of our Likamba facility will allow us to triple the number of children we treat each year and will transform disability care across Tanzania.** For more information on how you can make our vision a reality, please contact: ali@friendsofkafikahouse.org

# GET INVOLVED

## INVEST

**Please click here to donate from the USA** or by check to Friends of Kafika House mailed to 550A Presidio Blvd, San Francisco, CA 94129. All donations are 100% tax-deductible.

We also accept donations by stock, money order, and wire transfer. We accept appreciated Securities—Stocks, Bonds and Mutual Funds through the Depository Trust Company (DTC) as well as direct domestic and international wire transfers. To make a stock donation or to transfer funds, please contact ali@friendsofkafikahouse.org for more information.

**Please click here for options to donate from Australia, New Zealand, the EU, the UK and Tanzania**

## ENGAGE

**Host an Event:** Help us spread the word about the important work being at Kafika House. Engage your friends and family by hosting a dinner party, small gathering or event in conjunction with the Kafika House team. Please contact ali@friendsofkafikahouse.org for more information.

**Advocate:** By galvanizing your family and friends through fundraising, you can change lives. Through marathons, birthday celebrations, bake sales, and school fundraisers, you can help transform the future we all share. Please contact ali@friendsofkafikahouse.org for more information.

**Visit:** Planning a trip to Tanzania? Please contact X to learn more about how you can see the work being done at Kafika House.