

PROJECT DOCUMENT

Project Title

Support Children with Down Syndrome in Nigeria through Inclusive Care

1. Executive Summary

Empower Future Initiative (EFI) seeks to improve the quality of life for 117 children with Down syndrome in Nigeria through access to specialized healthcare, inclusive education, and psychosocial support services. With a budget of \$20,800 USD, this project will deliver targeted interventions including therapy sessions, medical care, caregiver training, and inclusive learning support.

Children with disabilities in Nigeria face systemic barriers including limited access to early intervention, weak healthcare systems, stigma, and poverty, resulting in poor developmental outcomes and social exclusion. This project will provide integrated, child-centered services, enabling children to develop cognitive, physical, and social skills while empowering families and promoting inclusion.

The project aligns with global frameworks including the Sustainable Development Goals (SDGs 3, 4, and 10) and contributes to building a more inclusive and equitable society.

2. Background and Justification

Disability remains a significant but under-addressed issue globally and in Nigeria. According to the World Health Organization and World Bank, over 1 billion people (approximately 15% of the global population) live with some form of disability.

In Nigeria specifically:

Approximately 29 million Nigerians live with disabilities, many without access to essential services.

Studies show that nearly 12% of Nigerians experience some form of disability, with many facing severe limitations.

Persons with disabilities often lack access to healthcare, education, and economic opportunities,

largely due to weak systems and social stigma.

Children with Down syndrome are particularly vulnerable due to the need for early intervention, continuous therapy, and specialized care. Without support, they are more likely to experience:

Developmental delays

Poor educational outcomes

Social exclusion and discrimination

The United Nations emphasizes inclusion under SDG 10 (Reduced Inequalities), calling for equal rights and opportunities for persons with disabilities.

Additionally, global health frameworks, including those supported by UNAIDS, highlight the importance of inclusive health systems that reach vulnerable populations, including children with disabilities.

3. Problem Statement

Children with Down syndrome in Nigeria face critical barriers including:

Limited access to early diagnosis and therapy services.

Inadequate specialized healthcare infrastructure.

Lack of inclusive education systems.

High levels of stigma and discrimination.

Financial constraints among low-income families.

These challenges lead to lifelong developmental gaps, reduced independence, and limited opportunities, perpetuating cycles of poverty and exclusion.

4. Project Goal and Objectives

Goal.

To improve the health, development, and social inclusion of children with Down syndrome in Nigeria.

Specific Objectives

Provide comprehensive healthcare and therapy services to 117 children.

Improve access to inclusive education and developmental support.

Strengthen family capacity for caregiving and advocacy.

Promote community awareness and disability inclusion.

5. Project Activities

A. Healthcare & Therapy Services

Medical assessments and routine health check-ups.

Speech therapy, occupational therapy, and physiotherapy.

Developmental screening and early intervention

B. Inclusive Education Support

Learning materials and special education support.

Cognitive and behavioral development programs.

Digital learning and skill-building activities

C. Psychosocial Support

Counseling services for children and caregivers.

Mental health and emotional well-being programs

D. Family & Community Engagement

Caregiver training workshops.

Awareness campaigns on disability inclusion.

Advocacy for inclusive policies.

6. Expected Results and Impact

Short-Term Outcomes

117 children receive regular therapy and healthcare services.

Improved communication, motor, and cognitive skills.

Increased caregiver knowledge and engagement.

Long-Term Impact

Enhanced independence and quality of life

Increased school inclusion and participation

Reduced stigma and discrimination

Strengthened inclusive community systems

7. Implementation Plan (12 Months)

Phase Activities Timeline

Phase 1 Project setup, beneficiary identification Month 1

Phase 2 Service delivery (therapy, education, support) Months 2–11

Phase 3 Monitoring, evaluation, reporting Ongoing

Phase 4 Final evaluation and reporting Month 12

8. Budget Breakdown (\$20,800 USD)

Budget Item Amount (USD)

Therapy Services (Speech, Occupational, Physio) \$8,000

Medical Care & Assessments \$3,000

Educational Materials & Learning Support \$2,500

Staff & Facilitators \$3,500

Caregiver Training & Workshops \$1,500

Monitoring & Evaluation \$1,000

Administrative Costs \$1,300

Total \$20,800

9. Monitoring and Evaluation

The project will use:

Baseline and endline assessments

Therapy progress tracking

Attendance and participation records

Beneficiary feedback surveys

Key indicators include:

% improvement in developmental milestones

Number of therapy sessions delivered

School enrollment and participation rates

10. Sustainability Plan

Strengthening family capacity for long-term care.

Building partnerships with health institutions and NGOs.

Advocacy for policy inclusion and government support.

Leveraging digital tools for continued learning

11. Conclusion

This project will provide life-changing support to children with Down syndrome in Nigeria, addressing critical gaps in healthcare, education, and inclusion. By investing in these children today, we are building a future of equity, dignity, and opportunity for all.

References

World Health Organization (WHO) & World Bank (2011). World Report on Disability.

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