

## Title: The Power of Aftercare and Empowerment for Individuals with Psychosocial Disabilities: A Rights-Based and Person-Centred Approach

### Introduction:

Psychosocial disabilities encompass a wide range of conditions that affect an individual's mental health and social well-being. These disabilities can be exacerbated by societal attitudes, stigma, and the lack of appropriate support systems. In order to address these challenges effectively, it is crucial to provide aftercare and empowerment services that are rights-based, person-centred, and recovery-oriented. By shifting the focus away from the community that contributed to the problem, we can foster an environment that promotes healing, inclusion, and self-determination for individuals with psychosocial disabilities.

### Rights-Based Approach:

A rights-based approach recognizes that every individual, regardless of their disability, is entitled to the same basic human rights. This approach emphasizes the importance of respecting and promoting the rights of people with psychosocial disabilities, including their right to live with dignity, access healthcare, education, employment, and participate in decision-making processes that affect their lives. Aftercare and empowerment programs must be designed with a strong foundation in human rights, ensuring that individuals with psychosocial disabilities are treated as equal citizens with inherent worth and value.

### Person-Centred Care:

Person-centred care places the individual at the centre of their own treatment and support process. It acknowledges that each person's experience with psychosocial disabilities is unique and requires personalized approaches. By actively involving individuals in their own care, decisions can be made collaboratively, taking into account their preferences, strengths, and goals. Person-centred care also recognizes the importance of holistic well-being, addressing not only the symptoms of the disability but also the social, emotional, and environmental factors that contribute to an individual's overall health.

### Recovery-Oriented Approach:

A recovery-oriented approach shifts the focus from managing symptoms to supporting individuals in their journey towards personal growth, self-empowerment, and a meaningful life. It emphasizes hope, resilience, and the belief that recovery is possible for everyone. Aftercare and empowerment programs should provide the necessary tools, resources, and support networks to help individuals with psychosocial disabilities regain control over their lives. This may include access to counselling, peer support, vocational training, and opportunities for community engagement, allowing individuals to rebuild their social connections and reintegrate into society.

### Moving Away from Contributing Communities:

One crucial aspect of aftercare and empowerment is creating an environment that is separate from the communities that may have contributed to the challenges faced by individuals with psychosocial disabilities. This separation helps in breaking the cycle of stigma, discrimination, and social exclusion. By offering support away from the community, individuals can find solace, safety, and understanding among peers and professionals who are trained to provide appropriate care and support. This also allows for a fresh start, free from the constraints of preconceived notions and biases.

## Conclusion:

Providing aftercare and empowerment services that are rights-based, person-centred, and recovery-oriented is essential for individuals with psychosocial disabilities to reclaim their lives and thrive in society. By recognizing their rights, involving them in decision-making, fostering hope and resilience, and creating safe spaces away from the communities that contributed to their challenges, we can promote healing, inclusion, and self-determination. It is our collective responsibility to ensure that individuals with psychosocial disabilities are given the support they need to lead fulfilling lives and contribute meaningfully to their communities.