

The Quality of Life of Trainees with Physical Disabilities at Vocational Rehabilitation Institutions: A Study of Ithuseng Vocational Rehabilitation Centre

Maneo A. Rakotsoane* and Pius T. Tanga**

**Baylor College of Medicine, Children's Foundation, Lesotho, PMB A191 Maseru, Lesotho*

E-mail: mrakotsoane@yahoo.co.uk

***Department of Social Anthropology/Sociology/Social Work, National University of Lesotho,*

P. O. Roma 180, Lesotho

E-mail: tanga8_2000@yahoo.co.uk

KEYWORDS Material. Social. Physical. Wellbeing. Psychological. Infrastructural. Choice

ABSTRACT This paper is based on the findings of a study that focuses on material, social, psychological and physical wellbeing of trainees with physical disabilities at Ithuseng Vocational Rehabilitation Centre (IVRC) in Maseru, their access to infrastructure and other services around the centre, and choice within the centre. The effects of institutionalization on their quality of life were also explored. The study sample consisted of ten (10) trainees with physical disabilities. Data was collected through qualitative interviews with the respondents, and analyzed qualitatively. The findings of the study reveal that trainees at IVRC are provided with basic needs that include shelter, food and clothing. Furthermore, their psychosocial and physical wellbeing have improved since they enrolled at IVRC. However, the study also reveals some dissatisfaction about the way the trainees are treated by some members of IVRC staff, highlighting lack of privacy, being controlled, and not having choice and a say on the things that concern them as the main causes of dissatisfaction. The findings also reveal that being in a vocational rehabilitation institution has both positive and negative impacts on the quality of life of those being institutionalized.