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SUSTAINABILITY OF PEOPLE LIVING WITH DISABILITIES EMPOWERMENT PROJECTS IN NAIROBI CITY COUNTY, KENYA

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Abstract: Globally more than one billion people experience disability, the majority of whom live in low and middle-income countries. It is encouraging that persons with disabilities” or “disability” are specifically mentioned in the 2030 agenda for sustainable development. The main objective of this study was to examine determinants of Sustainability of People Living with Disabilities Empowerment Projects. The study utilised interviews and discussion methods, using interview guides to collect data from respondents. Both open ended and closed questions were set guided by research questions. Yamane’s formula was used for determining sample size of the youth beneficiaries ($n=166$ beneficiaries). Quantitative data was analyzed using descriptive and inferential statistics with the aid of the statistical package for social science (SPSS) which helped to analyze quantitative data in form of frequency distribution tables, graphs, ratios and percentages for clear presentation of the data, based on the relevant of research questions. The study targeted 166 respondents, 160 of the respondents filled and returned the questionnaire, forming a response rate of 96.4%. Findings showed that economic determinants & Political alignments was statistically significant to sustainability of PLWD empowerment projects ($\beta = 0.532$, $P = 0.006$). The study also revealed that Organizational or external funding was statistically significant to sustainability of PLWD empowerment projects as shown by ($\beta = 0.689$, $P = 0.001$). The study revealed that holding economic determinants & Political alignments, organizational or external funding, contribution of members and organizational structure constant would significantly influence sustainability of PLWD empowerment projects as shown by constant = 1.024. It was concluded that organisational and external funding affected sustainability of projects aimed at empowering people with disability. There should be enough organizational or external funding before the commencement of the projects. This will help in setting a budget for the all project to ensure that it is completed. Also in appraisal for projects, participation of people living with disability should be ensured.

Key Words: Disability, People living with disability, sustainable development

1.2 Background to the study

Globally more than one billion people experience disability, the majority of whom live in low and middle-income countries (Shahrestani, 2017). People with functional impairments are often disabled not so much because of their impairment, but because of being denied access to education, labour markets and public services. This exclusion leads to poverty and in a vicious circle, poverty can lead to more disability by making people more vulnerable to malnutrition, disease and unsafe living and working conditions (Elwan, 1999; Yeo & Moore, 2003). The situation of disabled people living in poverty can be understood as a double exclusion as they are hindered in social and political participation and the opportunity to develop abilities because of poverty, which is a situation that is worsened due to the impairment. In the year 2000, it was estimated that there were 234 million moderately or severely disabled people living in developing countries and this number is projected to grow to 525 million in 20135 (World Confederation for Physical Therapy, 2003).

The Brunt land Commission memorably defined sustainability from a development perspective in its 1987 report (*Our Common Future*) as „development that meets the needs of the present generation without compromising the ability of future generations to meet their own needs“ (World Bank, 2005). Projects are deemed to be sustainable if they can be able to effectively meet set needs by benefiting population without placing any threats on the ability of future generations to meet their needs from the same projects. Roy (2003) viewed development as for the people and by the people. His argument was that, the essence of sustainable development is determined by the people, which can be attributed to change of peoples' attitudes, leading to a change in their habits. Project sustainability is a key predicament since most organizational projects stall after a short duration of time. Most implemented organizational projects require huge amounts of money in order to ensure the attainment of project goals however, when external funding ceases leads to sustainability challenges.

Project sustainability is the ability of adopted projects to maintain their intended operations, services and benefits during the anticipated project life cycle (Langran, 2002). Therefore, project sustainability focuses towards the creation projects that are capable of continuously generating benefits even after external donor inputs have been withheld (United Nations, 2002). Efforts to ensure that projects are sustainable ought to be integrated right from the onset at project design (Sneddon, 2000). Project sustainability can be divided into various dimensions for instance institutional stability, the continued inflows of benefits, equitable sharing of benefits, active community input, continued maintenance and evaluation of the project structure. According to Panda (2007), once donor funding including support structures are withdrawn from community projects, these projects are observed to stall due to the lack of adequate funds, absence of communal support and lack of technical know-how needed to run the engaged projects.

The adopted financing process that entails raising and maintaining sufficient funds needed to steer the project has a critical importance on project sustainability. Insufficient financing problems lead to high risks of project failure thus affecting their potential to continue for the foreseeable future (Auya & Oino, 2013). The sustainability of projects is crucial since it determines the ability of projects to continue providing various benefits to identified target groups. Projects are started by organizations to provide immense benefits to the community but sustainability becomes a key hindrance to full objectives realization due to various underlying factors. Careful project design and implementation is imperative to determine the ability of projects to remain for the foreseeable future (Auya & Oino, 2013).

Onah, Gabriel, & Matthias (2013) on their research on sustainability of local empowerment and

environmental management project in Enugu State defined sustainability as the ability of a project to maintain its operations, services and benefits during its projected life time. In the context of People living with disabilities (PLWD), it is a state where by projects are able to effectively and efficiently meet set needs of same population and benefiting it without placing any threats on the ability of similar future generations to meet their needs from the same projects. Therefore, project sustainability focuses towards the creation projects that are capable of continuously generating benefits even after external donor inputs have been withheld (United Nations, 2002). Efforts to ensure that projects are sustainable ought to be integrated right from the onset at project design (Sneddon, 2000). This concept is similar to what the United Nations adopted on September 25th 2015, as goals to end poverty, protect the planet, and ensure prosperity for all as part of a new sustainable development agenda. Each goal has specific targets to be achieved fifteen years from then (FAO, 2015).

Non-Governmental Organizations (NGOs) are groups of firms for instance private voluntary organizations and not for profit organizations that are primarily set for the achievement of humanitarian objectives that are in the public interest agenda (Werker & Ahmed, 2008). These organizations play key role in the societies with which they operate (Nikkhah & Redzuan, 2010). In the developing countries, these not for profit organizations undertake community development that are oriented towards the promotion of the interests of the poor people, pursue activities meant to relieve suffering, ensure the provision of easy access to social services and lastly advocate for the protection of mother nature. They therefore play a key role towards ensuring social and sustainable community development (Young & Dhanda, 2012).

The issue of sustainability should be seen within time and changing social, economic and political contexts. A project that is seen as worth sustaining today may not be so in future. In case of Sri Lanka paddy production which formed the mainstay of the agricultural economy only a few years ago, does not appear to be all that profitable nor is it sustainable, under the current market economic conditions (Khan, 2000). A sustainability index of WASH activities done on 2013 by Adank and Kumasi ascertain that, Community led total sanitation had an accelerating sanitation impact and therefore ownership and sustainability.

Lack of community participation in projects during their implementation, poor leadership and governance influence the degree of sustainability of such projects (Mulwa, 2013). Inadequacy in budgeting techniques further worsens projects continuity expectations since unexpected cash shortages in the immediate short term derail further project developments. For projects to be sustainable, bottom-up planning that ensures adequate determination of priorities ought to be used in project design and implementation. The engagement of plans that would utilize both external and internal sources of funding promotes projects survival since the organization can be able to continue even after external funding ceases.

For long time, development assistance has had lasting history of implementation of project which fails shortly after the agency has withdrawn her funds. Most of these interventions implemented are not effective in achieving set goal and objectives (NPA, 2000). Stakeholder participation in project has been long recognized and promoted worldwide by governments,

NGO's, UN and World bank, this has also been outlined in UN declaration for Human Rights of 1948 by emphasizing on the participation of people in all segment during decision making as a right. Stakeholder participation has been the term of any development initiative for over 50, though this term and efforts are being in plague by Criticism, there has been an assentation that , policy are formulated and will be practical only if there are locally accepted hence sustainability will be achieved .

In most case the community and stakeholders are only viewed as beneficiary and hurdle in implementing the project (Peter et al., 2015). According to Green hall and Revere (1999) most of implementing partner find difficulties where the involvement of communities and other stakeholders are present as they have little competence and capacities as well as illiterate in running the project, while Karl (2000) is of the opinion that local people participation in development intervention will achieve their objective if the targeted group or affected population will be included in the social change process.

In spite of the fact that, some studies such as done by Hodgkin et al., (1994) and Tiffow (2013) have argued that projects sustainability multi dimension factors should be taken into account among them being the social cultural, economic and conducive environment as well as the involvement of stakeholders play a major role in ensuring the sustainability of the program as all factors cannot be isolated from communities or the actors who had major influence on them (anecdotal reference).

Other causes of poor sustainability of projects in regard to empowerment of people living with disabilities, is the adequate access to needed resources. Disability has gained recognition as a development issue at International level (Voluntary Service Overseas, 2006). In spite of the emphasis on the right-based approach to disability, about 82% of disabled people worldwide live below the poverty line (Cramm & Finkenflugel, 2008). For example, an estimated 65-80% of 60 million disabled people in rural areas of India do not have access to basic minimum facilities (Ghai, 2001). 'Disability' still remains overwhelmingly marginalized at mainstream developmental research, institutional, policy and programme levels (Grech, 2009).

Social and economic discrimination, architectural, transportation, institutional and policy barriers continue to prevent disabled people from accessing any opportunities (Rust & Metts, 2007). In the contemporary world economic factors determine a person's quality of life, dignity and value. The World Health Organisation (WHO, 2010b) suggests that secured access to livelihoods can reduce poverty among disabled people. 'Livelihoods' not only refers to the ability to earn but also the opportunity to develop one's full potential with control over factors that shapes his/her life and contribute to society's development (Coleridge & Venkatesh, 2010). Sustainable rural livelihoods approach emphasizes access to resources; market and economic services; removal of barrier to participation; reform in basic services and improvement in rural infrastructure to improve the livelihoods of all, including disabled people (Akroyd & Duncan, 1998).

However, the situation regarding employment and livelihoods for disabled people depicts a poor picture. The statistics suggest that unemployment for working age disabled people in developing and industrialised countries is between 80-90% and 50-70% respectively (Naami et al., 2012). Furthermore, unemployment among disabled women is almost 100% in developing countries.

1.2 Critical review of relevant Theories

This study was guided by the capability approach theory by Sen (1979,1999) and Nussbaum (2003). This is a theoretical framework that entails two core normative claims: first, the claim that the freedom to achieve well-being is of primary moral importance, and second, that freedom to achieve well-being is to be understood in terms of people's capabilities, that is, their real opportunities to do and be what they have reason to value. Another important theory that will guide this study is the structuration theory was introduced by Anthony Giddens (1984) which emerged as a complement or alternative to structuralism approaches, and was considered a less deterministic approach to the conception of structure and agency (Chouinard, 1996).

Capability Theory. It is necessary to examine incapacity which can benefit us. Capability Theory was developed by Amartya Sen (1979). This hypothesis contends for libertarian access to capacities for all. Instructive and strategy level intercessions can change the development of abilities in people with incapacities. Connected fields like that of handicap don't have their own hypotheses and will rely on speculations from behavioral and sociologies. Hypothesis additionally helps perceiving quantifiable program results, distinguishing timings for the intercessions adequacy, viability and enhancing program replication.

The principal build in Sen's Capability Theory is the development of abilities and in this case the disabled. These privileges are affected by qualification relations and are a piece of privilege mapping that incorporates methods for getting wage and administrations other than creation and deal. In incapacity and restoration examination disability can be redressed by distinguishing people who help people with inability with practical autonomy and by recognizing what merchandise and enterprises are valuable for PWD that can be gotten without creation and trying to cultivate access to these products and ventures for people with handicap at an organizational level. Another most imperative aspect of Sen's Capability is abilities which alludes to things a man can accomplish or could have accomplished in life. These depend on an arrangement of genuine open doors and not envisioned ones. People with disabilities are frequently undesirable in their abilities. A portion of the capacities that might be applicable for centering in handicap and recovery research would be physical wellbeing, psychological wellness, being a piece of society, having companions, opportunity to seek after instruction, flexibility to seek after profession, flexibility to have employments of one's getting a kick out of the chance to wed, capacity to raise a family and capacity to seek after otherworldly objectives. The last build is called working. Working allude to a blend of "doing and creatures" or the different choices or activities we perform in regular daily existence to accomplish things in life. Sen in his hypothesis advances a fairness of abilities and not really, a uniformity of working that makes it intriguing and not the same as numerous different speculations.

Structuration Theory. During the past decades, there has been an ongoing debate on the agency-structure dualism. The Marxist perspective present individuals as passive recipients of the structures in society, while the Humanist perspective see individuals as knowledgeable agents producing social life through voluntary action (Hardcastle, 2005). The structuration theory was introduced by Anthony Giddens (1984) and emerged as a complement or alternative to structuralism approaches, and was considered a less deterministic approach to the conception of structure and agency (Chouinard, 1996).

Giddens sees society as neither existing freely of human action nor being a result of it. This duality of social structures, the mutual dependency between structures and agents, is key in understanding this theory (Dyck and Kearns, 2006). This notion of duality of structure and agency challenge the linear, temporal account of social phenomena by insisting that spatiality, or the way in which agency and structure combine in particular spaces, is central to the course of social change (Chouinard, 1996).

The research questions of this thesis focus on the barriers and opportunities that exist in the mainstream society in order to gain access to participation as well as how these barriers are negotiated and overcome. By seeing how specialists deliver and replicate structures, then there is a potential for transforming them (Hardcastle, 2005). The structuration theory thus provides a

useful ontological framework for this research. The relationship between agents and structures can be identified based on three theoretical levels upon which the society is built; micro, meso and macro Schiefloe (2004). The micro level consists of individuals, and groups of individuals, the meso level consists of community and organizations, while the macro level consists of the society in general, including national institutions. The usage of scale and division of society into three theoretical levels is a social construction (Moore, 2008). Hence, it is important to acknowledge that their separation is not as clear-cut in reality. Nonetheless, such a division is useful as a category of analysis because it provides a means to identify agents at various layers in the society, and a means to identify the linkages between them (Schiefloe ,2004; Moore, 2008).

1.3 Materials and Methods

This study examined different kinds of projects dealing with people living with disabilities in Nairobi City County, Kenya. The researcher adopted a concurrent mixed methods approach to this study where both qualitative and quantitative approaches were used. Both approaches were given equal weight by collecting quantitative data and qualitative data and analyzing them at the same time. The study employed a descriptive survey design which enabled the researcher to collect quantitative and qualitative data (Creswell, 2014). Use of mixed method was appropriate because, it provided answers with a broader and more complete range of research questions since it would not confine the researcher to use a single approach. The researcher also aimed at ensuring complementarity and triangulation to strengthen the outcome of the study. The study was carried out in Nairobi specifically portraying the case of APDK. This study utilised interviews and discussion methods, using interview guides to collect data from respondents. Both open ended and closed questions were set guided by research questions. Yamane's formula was used for determining sample size of the youth beneficiaries (n=166 beneficiaries). Quantitative data was analyzed using descriptive and inferential statistics with the aid of the statistical package for social science (SPSS) which helped to analyze quantitative data in form of frequency distribution tables, graphs, ratios and percentages for clear presentation of the data, based on the relevant of research questions.

1.4 Results and Discussion

The study targeted 166 respondents in which case 160 of the respondents filled and returned the questionnaire, forming a response rate of 96.4% which was sufficient for analysis.

Regression Analysis

Model Summary

Regression Analysis Model

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.826 ^a	0.682	0.653	0.0308

Model summary is used to analyze the variation of the dependent variable due to the changes of independent variables. The study analyzed the variations of sustainability of PLWD empowerment projects due to the changes of economic determinants & Political alignments, organizational or external funding, contribution of members and organizational structure. Adjusted R squared was 0.653, this implies that there was 65.3% variation of sustainability of PLWD empowerment projects, due to the changes of economic determinants & Political alignments, organizational or external funding, contribution of members, organizational

structure. The remaining 34.7% imply that there are other factors that lead to sustainability of PLWD empowerment projects which were not discussed in the study. R is the correlation coefficient which shows the relationship between the study variables. From the findings, the study found that there was a strong positive relationship between the study variables as shown by 0.826.

Analysis of Variance

Analysis of Variance

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	16.686	4	4.172	68.580	.006 ^b
	Residual	9.124	155	0.061		
	Total	25.81	159			

The analysis of variance ANOVA is used to determine whether the data used in the study is significant. From the ANOVA statistics, the processed data, which is the population parameters, had a significance level of 0.001 which shows that the data is ideal for making a conclusions on the population's parameter as the value of significance (p-value) is less than 5%. The F calculated was greater than F critical ($68.580 > 2.430$), this shows that economic determinants & Political alignments, organizational or external funding, contribution of members and organizational structure significantly influence sustainability of PLWD empowerment projects.

Coefficients

Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.024	0.218		4.697	0.009
	Economic determinants & Political alignments	0.532	0.084	0.176	6.333	0.006
	Organizational or external funding	0.689	0.092	0.263	7.489	0.001
	Contribution of members	0.479	0.062	0.181	7.726	0.002
	Organizational structure	0.765	0.112	0.204	6.830	0.003

The regression equation was

$$Y = 1.024 + 0.532 X_1 + 0.689 X_2 + 0.479 X_3 + 0.765 X_4$$

The equation above reveals that holding economic determinants & Political alignments, organizational or external funding, contribution of members and organizational structure constant they variables will significantly influence sustainability of PLWD empowerment projects as shown by constant = 1.024. According to the results in Table 4.12;

Economic Determinants and Political Alignments on Sustainability of PLWD Empowerment Projects

Economic determinants & Political alignments is statistically significant to sustainability of PLWD empowerment projects as shown by ($\beta = 0.532$, $P = 0.006$). This shows that economic determinants & Political alignments had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in economic determinants &

Political alignments will result to increase in sustainability of PLWD empowerment projects. This is in line with a study in Indonesia Determinants of sustainability in solid waste management–The Gianyar Waste Recovery Project in Indonesia (Zurbrügg, Gfrerer, Ashadi, Brenner & Küper, 2012).

Organizational or External Funding and Sustainability of PLWD Empowerment Projects

Organizational or external funding is statistically significant to sustainability of PLWD empowerment projects as shown by ($\beta = 0.689$, $P = 0.001$). This indicates that organizational or external funding had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in organizational or external funding will result to increase in sustainability of PLWD empowerment projects.

Contribution of members and sustainability of PLWD empowerment projects

Contribution of members is statistically significant to sustainability of PLWD empowerment projects as shown by ($\beta = 0.479$, $P = 0.002$). This shows that contribution of members had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in contribution of members will result to increase in sustainability of PLWD empowerment projects.

Organizational Structure and Sustainability of PLWD Empowerment Projects

Organizational structure is statistically significant to sustainability of PLWD empowerment projects as shown by ($\beta = 0.765$, $P = 0.003$). This shows that organizational structure had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in organizational structure will result to increase in sustainability of PLWD empowerment projects.

1.5 Conclusions

The study revealed that economic determinants & Political alignments is statistically significant to sustainability of PLWD empowerment projects. This shows that economic determinants & Political alignments had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in economic determinants & Political alignments will result to increase in sustainability of PLWD empowerment projects. The study concluded that economic determinants & Political alignments are positively related sustainability of PLWD empowerment projects.

The study found that organizational or external funding is statistically significant to sustainability of PLWD empowerment projects. This shows that organizational or external funding had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in organizational or external funding will result to increase in sustainability of PLWD empowerment projects. The study concludes that organizational or external funding is positively related sustainability of PLWD empowerment projects.

The study revealed that contribution of members is statistically significant to sustainability of PLWD empowerment projects. This shows that contribution of members had significant positive relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in contribution of members will result to increase in sustainability of PLWD empowerment projects. The study concludes that contribution of members is positively related sustainability of PLWD empowerment projects.

The study established that organizational Structure is statistically significant to sustainability of PLWD empowerment projects. This shows that organizational Structure had significant positive

relationship with sustainability of PLWD empowerment projects. This implies that a unit increase in organizational Structure will result to increase in sustainability of PLWD empowerment projects. The study concludes that organizational Structure is positively related sustainability of PLWD empowerment projects.

1.6 Recommendations

The stakeholders in PLWD empowerment projects should understand the economic determinants and political alignments and also critically analyse them. This will help them to come up with strategies to mitigate any negative effects which may hinder the development of PLWD empowerment projects. Hence leading to sustainability of PLWD empowerment projects.

There should be enough organizational or external funding before the commencement of the projects. This will help in setting a budget for the all project to ensure that it is completed. This will also ensure that the project is constructed effectively and efficiently. Ensuring sustainability of PLWD empowerment projects.

All members should participate in the empowerment projects. Member's participation deals with broad issues of social development and the creation of opportunities. The members can contribute by participating in the empowerment project and collaboration. This will empower people and communities through acquiring skills, knowledge and experience leading to self-reliance and self-management. Ensuring sustainability of PLWD empowerment projects.

The organization should develop a realistic organization structure which can easily be implemented in the organization. The leaders can be developed at every level of the organization to provide lasting positive change. This will ensure that work is done effectively in the organization ensuring sustainability of PLWD empowerment projects.

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