This practical handbook deals with the psychological consequences of disability as well as the social milieu in which the disabled person has to function.

Rehabilitation is a process that centrally involves the disabled person in making plans and setting goals that are important and relevant to their own circumstances. It is a process that is done by the disabled person with the guidance, support and help of a wide range of professionals as well as family and friends.

This practical handbook goes beyond the narrow confines of physical disease and also deals with the psychological consequences of disability as well as the social milieu in which the disabled person has to function.