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The Costs of Caregivers for Children with Disabilities that Participate in Centre-Based and Home-Based Community-Based Rehabilitation (CBR) Programmes in the East Coast of Malaysia

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Abstract

Rehabilitation for disabled children requires long-term programmes which are expensive to the family. This study aimed to estimate the cost incurred by caregivers' children with disabilities from Pahang, Terengganu and Kelantan participating in Community-Based Rehabilitation (CBR) (CentreBased and Home-Based) and cost of seeking alternative rehabilitation. Cost analysis using the Activity-Based Costing (ABC) method was used to estimate twelve-months' expenditure in 2014 institutional year on 297 caregivers of children with disability, aged 0 to 18 years who attended CBR. Data were collected using a self-administered costing questionnaire and presented in median (IQR). Results showed that the median direct and indirect costs, excluding medications and alternative care were nearly four times as high in Home-Based compared to Centre-Based (RM2, 376 (11,228) vs. RM608 (739) ($p < 0.001$). Both groups of caregivers spent a significant amount of resources on alternative rehabilitation. The high costs incurred for alternative rehabilitation is a major economic burden to the family.

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