



### The YPK Bali Team

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# Family comes first

## Parents Meeting

All parents were invited to attend the biannual meeting which is run by the education program. This time, we aimed to make the meeting more relaxed and fun for the parents. We did this by creating an environment that brought everyone together: teachers, therapists and parents.

After presenting YPK's vision and mission, information about the education and rehabilitation program was provided. This information included explaining how and why specific goals and activities are selected for the children, depending on their condition. Parents were then given the opportunity to share their hopes and aims for their children.

The parent meeting creates a mutual environment for sharing and discussing issues and goals. This encourages parents to become more actively involved within YPK programs and to support their children as best as possible. After the discussion, it was decided that YPK would start a 'parent group', where parents can openly share the challenges that they face and how they overcome them at home and in the community.

From this group we are hopeful that YPK's monitoring and evaluating system can be done more effectively and efficiently, by actively engaging the parents in the decision making and reviewing of programs. This will create a more 'family based' rehabilitation program, which is likely to lead to more functional gains with the children.

## Celebrating 13 Years of Togetherness in Services



Since being established in 2001, YPK has fostered the belief that a family-friendly atmosphere leads to better potential for people with a physical disability that are disadvantaged in their society. This year, we celebrated 13 years of togetherness amongst patients, staff, volunteers, supporters and friends of YPK. We know that without them, we could never achieve what we have achieved today and we would not be where we are today at the Annika Linden Centre. Along with our organisation's growth, we are committed to strengthening the atmosphere which enhances our quality services as well as our professionalism as a non-for profit organisation.



To find out more ways how you can help improve your community please contact us at [info@ypkbali.org](mailto:info@ypkbali.org) or visit our website at [www.ypkbali.org](http://www.ypkbali.org)



## Exploring Nature

**YPK Education program is committed to delivering a meaningful learning experience for all children with a physical disability.** Thus we regularly organise outings for the children, to enhance and broaden their learning. Recently, the students visited Turtle Island on Serangan Island and Sekar Bumi Farm in Payangan.

On both these outings, the students learnt about nature and how they can help to preserve it. Students also applied their life skills (that are taught in the classroom) by conducting interviews with the centre guides, following the rules in the public area and interacting with other visitors.

Even though the children faced lots of challenging tracks while exploring these places, the outings enabled them to experience for the first time touching and smelling plants like durian and mangosteen and seeing turtles which are one of Indonesians' endangered animals.

## Support Programs to Help the Rural Community

One of YPK's support programs is to help communities to improve their level of health through primary health care advocacy. Recently, YPK visited Tangkub Village in East Bali where 180 local people were seen by the YPK team. They received a physical checkup, ENT and Eye checkup as well as medicine to support their treatment and manage their illnesses. Medical representatives from Sanglah Hospital supported YPK to provide advice to people to help them overcome their basic health issues. Volunteers also helped to educate the local people on how to correctly use medicines. Within this program, YPK are helping people to become more aware of preventative health measures that can significantly reduce the implications of illness and disability.



## Upper and Lower Limb Classes

**"Nothing fancy and no sophisticated tools are required"**



The stroke patients are often unaware of activities that they can do at home using local resources, to help their rehabilitation. Initiated by Australian Volunteers in 2010, Sharon and Elizabeth, YPK delivers upper and lower limb exercise classes to stroke patients.

These classes provide opportunities to

teach patients and their families how they can use everyday items such as clothespins, marbles, newspaper and glasses to improve their hand strength, mobility and function.

Increasing patients' strength and balance is taught by introducing exercises that do not require fancy or sophisticated tools. We teach the patients exercises that can be easily achieved at home, for example, chair based activities. We provide the patient with the inner rubber of a tire that can be used as a "theraband" to practice multiple strengthening based activities. The upper lower limb classes encourages the stroke patients and their families to work together and gain independence.

## Reta Goes On Air

Commencing in February 2014, Reta went on air as a radio announcer in RPKD 92.6FM. Supported by Ms. Adel, Reta delivers the latest news about traffic conditions around Denpasar every Friday afternoon from 1.00 to 2.00 pm. This is a great opportunity for Reta to develop her skills in communication and reading as well as increase her confidence.



RPKD stands for Radio Publik Kota Denpasar. This radio was established and maintained by the municipality of Denpasar. As a form of concern to person with disabilities, the government provides the opportunity for children with special needs to be able to practice and become a radio announcer, once they pass through the selection stage.

**YPK Bali has a volunteer opportunity that will enable you to be a part of our programs that support the rural community.**

To find out more about this volunteer program please contact us at [info@ypkbali.org](mailto:info@ypkbali.org)

Additionally, you can visit us at the Annika Linden Centre to see first-hand what we do, who our clients are, and how you may be able to assist them.

Our opening hour 8.00 am-3.30 pm (Monday-Friday) & 8.00 am-1.00 pm (Saturday)

### Direct Aid Program by Australian Consulate General, Bali



Numerous new therapeutic and educational activities have been carried out through the utilisation of additional support equipment such as a standing frame, staircase corner, shoulder wheel, foot massages, tilting table, microwave, guillotine and hand film-sealer.

This equipment was received by YPK through the Direct Aid Program (DAP) offered by the Australian Consulate General, Bali. This equipment enables YPK to improve the existing quality of rehabilitation therapy by providing a wider ranges of functional tasks, including improved learning activities, both at the centre and in the mobile clinic.

### International Philanthropic Society of Stockholm (IPS)

#### New Interactive Learning Tools



Recommended by the Indonesian Embassy, Mrs. Sastrawan, wife of H.E. Dewa Made J. Sastrawan, the International Philanthropic Society of Stockholm (IPS) has supported YPK Project by hosting an Indonesian Cultural Evening. This evening was also supported by the Indonesian Embassy and Volvo Showroom Kungsträdgården Stockholm.

The event successfully raised funds of 28,000 Swedish kronor or IDR 50 million, which was received by YPK in January. These funds have been used to purchase educational resources such as a projector, laptop, dvd player and room partitions that support the provision of the education program.

### Continued Support from International School GMIS Bali, JSR Perth, Green School, Sunrise School Bali

YPK Bali and some International Schools based in Bali and aboard have built up good relationships in the last few years. We have worked together as part of the education program with a focus on developing the social skills of our students. Students from Gandhi Memorial International School and the Green School have visited YPK to learn and share activities. John Septimus Roe (JSR) Community School (from Perth, Australia) and Sunrise School Bali have also visited us at the Annika Linden Centre. We have been extremely grateful to receive generous donations from all of these schools. This support enables us to broaden our service to help more people in Bali and provides an avenue to increasing the awareness and knowledge of local people with a disability that are living and participating in the YPK programs and the community.



### Improving Skills, Building Connections

Karen Kaplan is an American expert in special needs education and speech therapy. This summer is her 4<sup>th</sup> visit to Bali and she continues to support the YPK education program through her expertise. Case observation, discussion and hands-on activities were conducted with teachers and therapists. She also gave some teaching strategies ideas that can be implemented by the teachers and ideas for how therapists can engage children in therapy sessions. Furthermore, in collaboration with YPK, Karen also led the 2<sup>nd</sup> Special Needs Gathering at the Annika Linden Centre on June, 26. This gathering allowed directors, teachers and volunteers from various non-profit organisations and schools in Bali to share and support each other. This was a great opportunity for YPK to gain knowledge in order to increase our services and enhance our programs as well as build networking among the foundations that exist in Bali and in the wider Indonesian network.



### A New "Take 5!" Instrument



The 'Take 5!' Instrument is a new hand function assessment tool that was developed by two Occupational Therapy Students from Holland, Mariken and Marlies. They came to YPK through a partnership program between YPK Bali, Internship Bali and HAN University (in the Netherlands). Over a period of three months, Mariken and Marlies conducted research in the YPK education program to assess the need for a hand function assessment tool. As a result of this research they produced a tool that can be used by the teachers to evaluate the children's hand function level, and to help them move onto the next stage. This project not only benefited Mariken's and Marlie's learning, but also greatly benefited the YPK team as they are now able to confidently use the tool with all the children that access the education program.

## YPK in Number

3,226 therapy session delivered through the rehabilitation program during Jan-Jun 2014	17 staff deliver services from Monday to Saturday
43 students came regularly to the education program in June 2014	40** Volunteers have supported YPK in various activities during Jan-Jun 2014
97 new clients in villages joined in with the mobile clinic program during Jan-Jun 2014	131 stroke survivor have returned to work
1,485 people received ENT checkup by the BaliRungu team during Jan-Jun 2014	74 children with physical disability have received education
3 students are joining the International Award for Young People (IAYP) Indonesia program	500 people did not lose their hearing as a result of ear cleaning and education

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## Iga's Story



Iga, aged 24, only recently heard her name for the first time. This is because she was born with a profound hearing impairment that meant she was unable to hear or communicate. Her impairments made schooling extremely difficult and following an earthquake in Jogjakarata (where she was attending school) in year six, Iga did not return to school again. Instead she focused on her passion, Batik painting, which helped her family to earn money.



Iga recently received hearing aids from the BaliRungu program and was overwhelmed to hear for the very first time. She is now working with the Audiologist from BaliRungu to support her transition to using hearing aids and to develop her communication skills. This will enable Iga to further develop her talent and skills as a Batik painter and enable her to participate in community and family activities.

## Volunteer's Story

Alexandra(Alex) Kay is volunteering at YPK Bali as a Speech Pathology Advisor through the Australian Volunteers for International Development (AVID) Alex works closely with all the therapists and teachers to increase their knowledge and skills with working with patients (young and old) that have communication and / or swallowing difficulties.

### What is a Speech Pathologist?

A Speech Pathologist is someone who works with children and adults who have difficulty with communication, and/or swallowing. We help people to find the best ways to communicate, through speech or alternative methods. Much of our work is spent training significant others (e.g. parents and teachers) about how to best support people with communication difficulties, as that is what has the most impact. Speech Pathologists from Australia are also trained to assess and diagnose swallowing difficulties and we can provide advice for safe swallowing practices.

### What have I done at YPK to help the patients?

At YPK I have been working closely with the staff to develop their skills in working with patients that have communication difficulties. I have worked in partnership with the teachers, observing what they are already doing, and building on these skills to create a language rich and supportive environment. I have focused on the use of visual aids to help children participate in learning, to make choices and to express themselves. Additionally I have been working with the stroke patients, predominantly up skilling the rehabilitation staff in how to work with the stroke patients that have acquired communication difficulties. I am in the process of developing resources that can be provided to the stroke patients and their families.

### What are the challenges?

As Speech Pathology is still a relatively new profession in Bali, it initially was a challenge to work with the patients at YPK as I felt like everyone thought I could magically 'fix' all the patients. I wish I could do this, but unfortunately I can't! When working with people with disabilities or brain damage, therapy is about providing the patient and their caregivers with the tools they need so they can lead a functional life, which was difficult to explain at the beginning. It's a challenge to not give people false expectations but also support them to remain positive and motivated.

### What are your plans for the future?

I hope to be able to remain connected with Indonesia in some capacity. I would like to build the relationship between the Speech Pathology professional body in Indonesia and Australia as I believe both professions could learn a lot from each other. I would also like to continue supporting the YPK staff and programs, not only to strengthen their capacity, but also so I can continue to be inspired by the achievements of all the students, patients and staff.



## Contact us:

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## How you can help

Are you visiting Bali or do you live here already? Donation is an easy and effective way to support our work with people with disabilities in Bali.

We are grateful to receive financial donations as well as contributions of goods and services.

For more information about how you can support YPK please contact us at [info@ypkbali.org](mailto:info@ypkbali.org) or visit our website at [www.ypkbali.org](http://www.ypkbali.org)

## Opening hours

Monday-Friday 8am-3.30pm

Saturday 8am-1pm