



YPK Newsletter Vol. I January – March 2016

The YPK Bali Team

2016 Target

As outlined in our Five Year Strategic Plan 2016 – 2020, this year we have started to execute our plans that will make progress and improve our current programs.

In the Rehabilitation Unit, our target is to reach 93 new clients, and continued supporting 71 previous clients. Supported by three physiotherapists and three assistant therapists, we aim to provide individualised rehabilitation programs for people with disabilities to effectively increase their movement, function, and strength. The aim is to optimise their ability to undertake daily activities independently.

While in the Education Unit, the teachers are ready to teach after finishing all the students' Individual Educational Plans (IEP). This tool helps the teachers to develop the most appropriate learning activities and materials according to each students' needs. There are 16 new students that we would like to support this year.

We are very enthusiastic to expand our Outreach Program to more villages around Bali. This year, our Mobile Unit Team are ready to deliver services to five new villages in five regencies across Bali. Our target is to support 175 people with disabilities. These targets are combined with improvements of the way we deliver our service, i.e. more comprehensive initial assessment, maximising local resources to support therapy activities, and giving psychological support to clients and families.

BaliRungu – the hearing program also reaches more areas this year. In the first quarter of 2016, BaliRungu conducted hearing test and hearing aid distribution for 1,308 clients. In 2016, we aim to reach 6,000 people by locating 60 different schools and villages in Bali. As an accessible program, BaliRungu also welcomes hearing checkups at the YPK Rehabilitation Centre (based at the Annika Linden Centre). We are committed to assist and empower the community in tackling the issues related to hearing impairment.

Purnawan Budisetia – Founder and Director

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THIS MONTH ISSUE

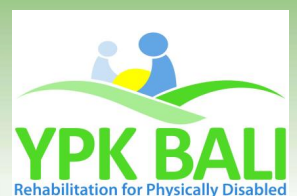
>> *Our Health Improvement Program* P. 2

>> *Garden Therapy* P.3

>> *Client's Story* P.4

>> *Check out our beautiful gallery.* P.5

*Cover photo by: Kadek Wahyuni
Photo one of our students in
Education Program*



Health Improvement Program

According to the data from our rehabilitation unit, there are 56 clients who have difficulties opening their mouths, chewing and swallowing their food due to their disability. This means that many clients experience oral health problems. Moreover, the parents or families can often not afford to bring them to see the dentist. We have also found that some of our younger clients have serious skin conditions due to living in an unhygienic environment.

As part of our commitment to improving the quality of life of our clients, we have taken a different approach to our monthly meetings. This month, not only did YPK staff meet with the client and their families, but a dentist and a dermatologist also assessed each client.

We are most fortunate to have support from the Indera Hospital, a public hospital, and the ARC Dental Clinic for this health improvement program. Assistance



with medications was also provided through a partnership with Lily Medika Apotek (pharmacy).

The dermatologist assessed 30 YPK clients, 21 of whom had infections caused by bacteria and fungi. The dentists assessed and treated 48 clients. In addition to providing a direct service, the dentists also delivered an education session for all clients and their parents. The session aimed to increase awareness and knowledge about maintaining oral health. Health programs such as these improve the wellness of our clients which, in turn, supports their ability to participate in therapy programs and activities of daily living.

New Beneficiaries of Mobile Clinic Service

Continuing the 2015 expansion of the service area covered by the Mobile Clinic Unit, this year 148 new clients started physiotherapy and educational sessions with our team. As listed below, we now deliver services to five new villages, which are located in five regencies across Bali.

Regency	Village	New Clients
Karangasem	Duda Timur	61
Buleleng	Bulian	35
Bangli	Pengotan	10
Gianyar	Manukaya	28
Tabanan	Meliling	14

We have 129 new adult clients and 19 new children. Most of the adults are recovering from stroke, and most of our children have cerebral palsy.

Sadly, the initial assessment revealed that many of the Mobile Clinic's clients have severe impairment. It is quite a challenge for our team to provide the necessary therapy sessions. There are limited resources, both in terms of providers and facilities, to service approximately 20-25 clients during a single 3-4 hour visit.



To maximise the outcomes for each visit, it is important that we manage our time very effectively. In addition to seeing some clients individually, others participate in group therapy. We also continue to promote and support family involvement to maximise therapy outcomes.

Garden Therapy

After all children in Education Program finished the harvesting activities last year, this month we have commenced our garden therapy activity for the year. The clients from the Rehabilitation Program have joined the nursery activity.



Sifting soil provides the opportunity for stroke survivors to practice their hand strength and balance. It is also an enjoyable activity, because the clients can interact with each other while doing something new and fun. Some of clients' children also joined garden therapy as part of their fine motor and sensory integration activity. This activity also promotes communication and processing information.



New Partnership



In 2016, BaliRungu aims to service 6,000 people across Bali. This number has increased by 62 percent from last year's goal. In order to achieve this, YPK Bali has extended its partnership with the Tabanan Hospital. The Memorandum of Understanding among the parties was signed on 19 January 2016.

Through this partnership, BaliRungu will receive the support of an ENT specialist doctor in every activity conducted in Tabanan Regency. This support is vital in the delivery of services to prevent hearing loss in Bali

The Story of Re-gaining Independence



Mr. Aloysius was an energetic man who lives in Sumba Island, Nusa Tenggara Timur (NTT). But his spirit disappeared after suffering a stroke nine months ago. During that time, he only received very basic medical treatment and some medicines. There are very limited rehabilitation facilities that are only available in Flores Island, NTT to support his recovery.

In fact, he needed a six hours one way trip to only get infrared treatment at the hospital. This long journey often made him exhausted and affected his blood pressure. Eventually, the family gave up, and Mr. Aloysius also felt the same. He imagined the rest of his life he would have to completely rely on his family.

Dempta, one of Mr. Aloysius daughter, was determined not to give up. Through the help of Dempta's friends, she started connecting with YPK and planning for her father's rehabilitation plan. And finally, Mr Aloysius and his family landed in Bali and were very excited to see their new hopes.

On his first visit to YPK, he was in a wheelchair, and there was not a smile on his face. To move his body or to move to another place, he needed around three or four people to help. He was totally dependent for all personal care.



By assessing this situation, the YPK rehabilitation team developed a strong and meaningful therapy plan to support his physical and emotional recovery. At the YPK Bali Rehabilitation Centre, our physiotherapist trained Mr. Aloysius intensively. Our rehabilitation team also trained Aloysius's family member about home exercise that could be done safely at home. The involvement of this family member definitely supported the recovery process.

After three months doing and learning about his therapy plan, Mr. Aloysius has transformed into a stronger stroke survivor. Slowly, he is regaining his independency, and he is walking with a cane. He can go to the toilet independently, and his communication has also improved. At the end of March 2016, Mr. Aloysius flew back to Flores and is continuing his exercises there. It is really great to see he has his smile, and that he has his spirit back.

Gallery



Health Primary Care

There were 254 individuals that have visited our Health Primary Care activity. It aims to provide early detection towards disability and support disadvantaged communities to access medical service.



Field Survey

To ensure our services are delivered fairly and meet the criteria, our team conduct a field survey to potential clients. The field survey also aims to collect data about the surrounding environment in order to maximise the impact of the therapy program.



An Inspiring Visit

YPK Bali was very pleasant to be visited by the Inspirasia Foundation team. This daylong visit was full of a joy and inspiring activities. The Inspirasia Foundation team experienced the challenges that are faced by our young students in the Education Program. They were also observed our services for people with physical disabilities in our Rehabilitation Program.



Museum Kain

Twelve students of the YPK Education Program had an amazing experience visiting Museum Kain, a traditional Indonesian fabric museum. The students experienced batik painting and tried to wear Batik in many unique styles. This visit gave students the enjoyment of having new experience, and also provided them with an equal opportunity to explore, discover and engage in Indonesia heritage.



Special Yoga Class

Twelve of our students has so much fun doing special yoga classes with Yoshi and friends from Colorado USA.



New Staff Member

YPK Bali welcomed two new physiotherapists, Pradnya Dyasmita, S.Ft and Ni Made Lidia Swandari, S.Ft. Both of them have the experiences and required skills to deliver social services for people with physical disabilities in Bali. We welcome them with much enthusiasm.

Recognition Corner

YPK Bali would like to recognize our following outstanding partners for the first quarter in 2016, and offer our gratitude for their generosity and commitment.

Inspirasia Foundation
Santo Leo Foundation
I'm an Angel
Bulgari Resort Bali
SMF THT - RS Sanglah
RS. Indera
RSUD Tabanan
RSUD Karangasem
ARC Dental Clinic
BaliBello
Green School
East Bali Poverty Project
Jero Mastrining
Myarti Erika
Miki Aryani
Cherrel Picton
Parmini
Yan Bastian
Anita Puspita Sari
Lisa Ismiandewi
Yoshi and Friends
Oka Darantika
Museum Kain
Lili Medika Apotek
Made Dwi Harmana
Putu Gizha Satrya Gautama.M.
Kadek Januarsa Adi Sudharma
Pinky Pardian Cossy
Teguh Surya Pratama
Gede Nanda Kusumalita



Photo supplied courtesy of Marc Casolani

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Opening hours

Monday – Friday 8.00 am – 3.30 pm | Saturday 8.00 am – 1.00 pm



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