



The YPK Bali Team

Annika Linden Centre

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Journey to Opportunities

Here my real life has begun



My name is Ni Wayan Yuliawati and I am a young Balinese women. I was born with a cerebral palsy. I live and grew up in a fishing village in Serangan Island. My father is a fisherman and my mother is a housewife. I have one brother and one sister who have always support me. Although born with limitations, I am very grateful that I am able to walk and perform daily activities independently.

For 20 years, my world was my small house. My only daily activities were washing dishes and sweeping inside the house. I did not attend school, even though my parents encouraged me to go, I was too ashamed with my limitations to go to school. I'd heard many people ridicule me because I couldn't speak and move as they could. I preferred to stay inside my house and help my parents as best as I could.

Then, in the middle of 2010, a young gentleman from Rotaract came to my house and invited me to YPK. He said that at YPK there were some people like me and that I might feel more comfortable there and that I could learn something for my future. Yes, this was my first opportunity to see "the other" world. I realised that I wasn't alone. There were other people who were just surviving, but not really living

So, in 2010, I joined the rehabilitation and education programs at YPK. I attend YPK 3 times per week and every time I'm here, I feel very happy. I mean like *super* happy!! The therapists help me to improve my balance, walking and coordination. The teachers teach me writing, reading, math, cooking and how to communicate. They also take me to places in the community and teach me about public rules and facilities.

Today, I'm proud to say that I can finally help my parents in a more significant way. After finishing my chores, I help my mother in her "warung" (small shop). I am responsible as the cashier while my mom is busy cooking "tipat cantok" and "rujak", 2 Balinese dishes that we provide. I know, that this is my beginning as an adult and engaging with working life and without the support of YPK I wouldn't have got to where I am now

Euphoria of Indonesian Independence day at YPK

August was filled with the splendor of Indonesian Independence day. Almost everywhere the day was celebrated with various competitions. YPK realised that many children with disabilities are often left out of the celebrations, so the YPK Education team created a special event so the children could celebrate Independence Day in their own way. A number of simple competitions were conducted to give the children an opportunity to show off their independence. Children competed in wheelchair races, an omelet cooking competition and a folding clothes competition. The senior students in the education program judged the contest. The children's participation during the celebration and the tailored design of the competitions brought a lot of positivity to the children's self-esteem and confidence. This activity also provided an opportunity to teach the students about their rights in the Bali community and encouraged them to be as free as possible.

“Disability from Karmaphala Point of View”

Through cooperation with the National Hindu Institute in Denpasar, YPK organized a seminar with the keynote speaker being Ida Pedanda Gede Made Gunung, the famous Hindu priest in Bali. Below are the TOP 5 Facts from the seminar.

1. Karmaphala cannot be avoided, however we can improve our reincarnation life by doing good deeds in current life with devotion, love and compassion.
2. To be born with a disability is not a man-made disease rather that it is at God's will.
3. It is the society's obligation to care and provide the same opportunities to people with disabilities.
4. Having a disability should not be an obstacle to devote oneself to God.
5. Through the support of the community, people with a disability deserve to access facilities in the temple to pray. It is emphasized through the Hindu religion that people with disability are not exempt from and not discriminated against during worship and other community activities.



A Day in Safari Park

In an effort to improve patient's health, optimise their abilities and help them to recognise their importance in society, a regular schedule of community outings has been prepared by YPK. In September, YPK took all patients, both adults and children, to the Bali Safari and Marine Park in Gianyar. It was a day full of fun and some challenges too. Everyone enjoyed seeing various kinds of beautiful animals and being a part of a tourist attraction with many other guests. This outing helped YPK clients in many ways, especially with their socialisation and interaction skills.

“This was my first time to visit Bali Safari. I've never thought that I could come here and see the animals so close. I was very happy to go with all the patients and their families and grateful for the experience. Moreover, it was a pleasure to motivate others to be confident among society even though we are considered different from them” said Suci (therapy assistant, YPK pictured below)



Made Suci (YPK t-shirt) is our new staff member in YPK rehabilitation unit. She helps as therapist assistant. Above she accompanied Pak Ngakan during the outing activity at the Bali Safari and Marine Park.

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 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)

The 2nd Bali Para Games 2014

We congratulate one of YPK students, Komang Sukreni, who gained 2nd place in the 2nd Bali Para Games 2014. The paragames were hosted by Bali Sport Foundation, based in Denpasar. As her first competition, Komang competed in the 25 metres free style swimming race. We praised Komang for her courage and determination, both qualities that make her a true hero



Supporting West Bali

In collaboration with medical faculty students from Udayana University and a team of doctors from the Catholic Medical Support Team, YPK Bali successfully expanded its general health services to the Tista Village in the West Bali Area. The village officers were very excited about this visit as their village is far away from qualified medical services. Health services were delivered to 213 people during the visit.



Parent Support Group – How to support communication and safe swallowing



For the September meeting, the YPK parent support group received training and discussion about communication and swallowing. This training was delivered by Alexandra (Alex) Kay who is volunteering at YPK Bali as a Speech Pathology Advisor through the Australian Volunteers for International Development Program (AVID).

Alex provided information about communication development and general strategies that parents can use at home to help their children communicate, using the system that works best for them. For every interaction there are some simple strategies that you can use to help people that have difficulties with communication. These strategies are used by therapists all over the world and research has shown that they are extremely successful.

- a. **Say less:** always use short sentences. Only give one instruction at one time.
- b. **Stress:** Stress (emphasise) the most important words
- c. **Slow:** Always speak slowly
- d. **Show:** Always show (by pointing, pictures) to help understanding.

Often, therapists, teachers and parents speak for children or people who have difficulties with communication and give too much information. We don't give them an opportunity to attempt communication. Using these strategies can help to create opportunities for communication to occur.

Pak Geoff – Sport Lessons for Children with physical disability



Regular physiotherapy exercises can be a boring routine for children with physical disability. It is important that children are interested in and engage with exercises that they do. Fortunately, YPK now receives support from Pak Geoff who will deliver sport lessons once a week at the Annika Linden Centre backyard. Pak Geoff is a qualified primary school teacher, majoring in physical education. Below are some sport ideas that you might interest to try at home.

1. Throwing and catching balls of different sizes
2. Pushing and pulling items around the home
3. Practicing kicking using the feet, either while sitting or if able, while standing



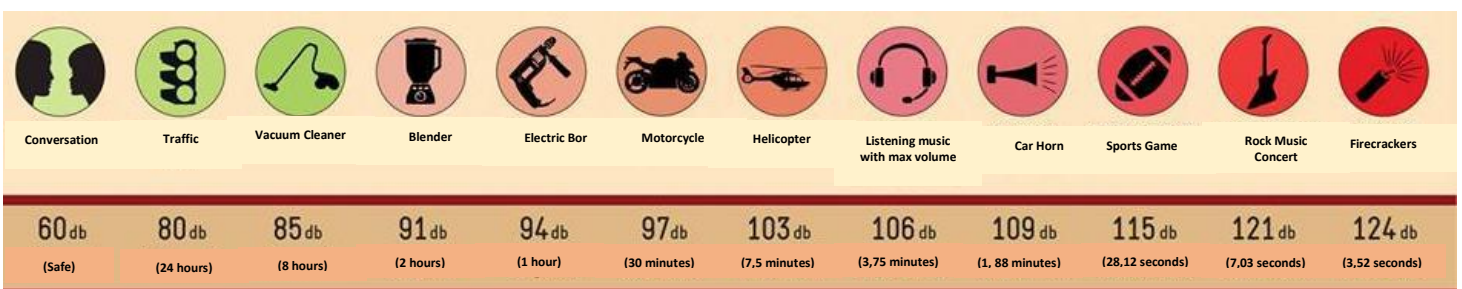
The Hearing Campaign

It is a known fact that not many people are aware of the dangers associated with using cotton buds to clean ears and listening to loud music with a headset. Through BaliRungu's hearing campaign, we want to increase the awareness of the general public about common habits that should be avoided. So far, we have visited ten schools around Denpasar, Gianyar and Karangasem regency and will continue visiting other schools to run the hearing campaign.

Christy (Balirungu's audiologist) demonstrates how cotton swaps can cause hearing loss or damage the ear canal. When used incorrectly, cotton swaps can potentially puncture the eardrums which damages its function to transmit sound from the outside to the ossicles inside the middle ear.

According to data from the PGPKT (Indonesian Committee of Deaf Intervention), we are only allowed to use a headset for 4 minutes and 15 seconds at the highest volume. Time longer than this can cause damage to the ears. Most people find this information surprising and admit to using their headsets in the danger zone.

Now you are aware of this information, PLEASE spread the word to your friends and family to help create a safe hearing environment. Please consider to spread the words to others and safe sounds for the future.



Field Survey



To ensure hearing aids are distributed fairly, BaliRungu conducts field visits and elicits surveys to the potential candidate's house. The field survey aims to collect data about the surrounding environment in order to maximise the impact of hearing aids.

Safe Sounds



During July to September 2014, BaliRungu visited nine schools and provided ear, nose and throat (ENT) medical checkups for 779 students. BaliRungu combined this activity with community awareness and provided medicine to those that required.

Support us

Below is YPKs wishlist for 2014. The purpose of this wish list is to give you some guidance about what the "real" needs of YPK Bali and our clients are. You are welcome to make a financial donation and request that it be used to purchase a particular wishlist item. Alternatively, you can make an 'in house' donation of the item itself - especially if you live in Bali or will be visiting. Please get in touch with us at info@ypkbali.org for more information.

Camera (new or used, but in good quality)



We would like to capture all of our activities both at the centre and in our mobile outreach service. Additional cameras will enable every moment to be captured, which can help us with sharing YPK stories and promoting YPK Bali to the public. Additional cameras will also enable children in the education program to learn through visual mediums.

Wheelchair



Many of YPK's current wheelchairs are old and broken are not safe for our clients to use. New wheelchairs would be welcomed by our patients and their families and will enable many children and adults to be able to mobilise and transfer safely.

Laptop (new or used, but in good quality)



As one of our new programs, BaliRungu needs assistance in the form of a laptop. A laptop will ensure administration tasks can occur and also help with the development of educational materials that will be used to raise community awareness of hearing loss.

Alternating Pressure Mattress



Due to limited mobility some YPK Bali clients develop severe pressure sores that are difficult to treat due to lack of resources. The donation of mattresses (that can help to relieve pressure) will go a long way to improving the health of the YPK clients that are vulnerable to pressure sores.

Contact us:

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Opening hours

Monday-Friday 8am-3.30pm
Saturday 8am-1pm

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 or visit our website at www.ypkbali.org

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