



Rehabilitation for Physically Disabled

Yayasan Peduli Kemanusiaan Bali - Bali Humanity Care Foundation

Newsletter

October - December 2013



## Introduction

Dear friends and family of YPK,

Thank you for your ongoing interest in our work. We are continuing to work hard across all our programs to serve Balinese people with disabilities.

Below are highlights from October, November and December 2013. You can find more information about our work and how to support it on our *website* and *Facebook* page. Please email [info@ypkbali.org](mailto:info@ypkbali.org) if you would like to begin receiving news from YPK or wish to unsubscribe.

From the YPK Bali team



## More Continued Support

YPK welcomed an invitation from the Public Health Centre and Kesiman Kertalangu Village office to join in a health social service activity at Banjar Tangtu and Banjar Kesambi in East Denpasar-South Bali. Furthermore, YPK Bali also continued to conduct a similar program for Antiga Village which is still located in Karangasem Regency-East Bali.

YPK provided free general medical checkup, ENT checkup,

physical checkup and medicines to those who could not gain access to formal health due to economic problems.

More than two hundred people were reached throughout the days.

Three big health institutions such as PGPKT, PMI and TBM Udayana University were involved during the day.

We are committed to offering this service to other villages and regencies in the coming years.

“ He explained food restrictions related to three common diseases ”

## On the Spot Examination

YPK Bali was involved in a government program called UPSK along with PUSPADI Bali. This cooperation has allowed us to undertake physical checkups and assist those living with physical challenges as well as using mobility aids in daily life.

“It was a really great activity in

terms of doing physical checkup since it was held on the spot in the client’s house. Not only could I get information about their physical conditions, I also understood what kind of program they need related to their environmental conditions,” Seno (YPK physiotherapist).



## Healthy Eating during Recovery

The best nutritionist in Bali, Dr. Gde Ngurah Indraguna Pinatih, M.D, M.Sc, shared valuable information on healthy eating with the patients and staff of YPK. He explained food restrictions related to three common

diseases in the community such as diabetes, metabolic disease and hypertension. This fundamental knowledge will support the speedy recovery of patients as well as their families and YPK staff.







## Students with Partial Vision

The regular meeting held with the parents was conducted differently this time. It was combined with an integrated consultation and medical checkup. During this meeting the teachers advised that there are many obstacles when they are teaching.

Several representatives from related fields such as pediatricians (Dr. I Putu Karyana, Sp.A (K), ophthalmologists (Dr. Ariesanti T.H, Sp.M and Dr. I Wayan Eka, Sp.M), and

ENT specialists (Dr. I Ketut Suanda, Sp.THT) have helped parents to understand their child's condition.

It was very surprising to find that almost 90% of the children at YPK have vision impairment with half of those having low vision. Thus, ongoing support of optometrists is definitely needed along with determining appropriate learning activities and materials for the students.

## Expression through Painting

Korean and Indonesian children with disabilities painted hundreds of beautiful butterflies that embellished the Annika Linden Centre on Sunday, November 10. Artist Yun-Mo Ahn and BEFU, a non-profit Korean disability education, painted with the children from the YPK Education Program.

This great collaboration was a creative opportunity for each child to express their perception of the world, share their hopes and make them feel accepted in the wider community.

“ ... almost 90% of the children at YPK have vision impairment ”

## More New friends

Students from YPK Bali were very happy gaining 16 new friends from Cangu Community School (CCS) whose aim were to utilise drama as a tool for raising awareness on discrimination and equality. They are particularly interested in the rights of children with physical and mental disability.

Luckily, language was not a barrier among the students as some of the CCS students could also speak Indonesian.

YPK's students had lots of fun while developing their confidence, group work and social skills that are a part of the YPK education program.

## Gandhi Carnival

Gandhi Memorial International School (GMIS) invited the children to their annual school festival. They entertained the audience with dancing, singing and playing the djembe.

Their performances highlighted their great progress, displaying how their creativity and self-confidence is improving. We were so proud that the costumes and song arrangements were also made by these creative students.

Also, the adult students were selling their products to the GMIS community. It was an extremely great learning experience for them as they had the opportunity to practice their business skills.

On the day, GMIS donated generously to enable us to develop our program, thus help more people in Bali. We hope that this relationship will become even stronger in the future.



## YPK Bali Goes To Sweden

On November 8, 2013, the International Philanthropic Society of Stockholm (IPS) along with Volvo Stockholm and the Embassy of the Republic of Indonesia in Stockholm, Sweden, held an Indonesian Night. It was held at the Volvo showroom Kungstradgarden located in the heart of Stockholm city.

The Indonesian Night aimed to raise funds to support programs that we listed and submitted to IPS Stockholm some time ago. That was: 'Help

Children With Disabilities to Help Themselves; Through an Innovative and Integrated Education Programme.'

IPS Stockholm granted our proposal because of our measurable plans, innovative programs, and practical activities.

About 80 guests attended the fundraising event that started from 6.30 pm to 11 pm.

To read more, please find the following link [YPK Bali goes to Sweden](#) on our Facebook.



## Schmitz Stiftung visits YPK

Mr. Wolfgang Deppen from Schmitz Stiftung, a supporter since 2002, visited us on November 22-23.

Currently, we have a cooperation to support a short-term project (6 months) titled "Equipment for Mobile Physiotherapy".

This project has provided YPK with additional transportation, other office inventories like computers, printers and other mobile therapy equipment.



“ It aimed to raise funds to support programs that we listed and submitted ”

## Researching into another program

The YPK Bali team with Tara (Y HUB) visited several nurseries and orphanages in Denpasar and Singaraja to conduct a research on establishing a residential care as one of YPK's future program.

We also gained many insights related to the challenges that we may face.

These visits were extremely useful for us to further develop a strong future plan for our patients.

## Volunteer Update

YPK has welcomed two new volunteers through the Australian AVID volunteer program. Alexander Kay is a Speech Pathologist who will train YPK's therapists and teachers in speech therapy.

Joanne Morton will help YPK staff to develop their skills in writing grants. Unfortunately, we had to farewell Leila Reilly (Curriculum Development Officer) who finished her assignment after volunteering for two years with us.



## Patient Story: Abi from East Java

We have started undertaking a short-term intensive rehabilitation program for those clients who come from outside of Bali. We are very pleased for PUSPADI Bali's support by allowing our clients to stay at their boarding house while receiving therapy from us.

Abi (11) was our first client who was receiving the short-term intensive rehabilitation program for two weeks. He lives at a small village in Mojokerto, East Java. He has cerebral palsy and has not received any therapy or education due to a lack of access to services and his family's economic circumstances.

The first time he came, his father carried him and both of his hands were very stiff and positioned close to his chest.

However, according to his father, after receiving treatment for two weeks, both of Abi's hands could

be straightened and especially he could control his left fingers to open. His father is now able to bathe and dress him with greater ease.

Abi had also begun to learn to stand and set one foot in front of the other.

Unfortunately, after two weeks the family had to return to Mojokerto. Based on therapist Seno's assessment and possible resources available in Java, he trained Abi's father to do the simplest exercises, as well as suggested activities that Abi can do at home.

Correct positioning in his daily life also was the physiotherapists' focus because it will affect his muscle growth and may assist in avoiding contracture.

Our team hopes that this initial service will be the start of YPK's expansion outside of Bali.

“Abi was our first to get the new short-term rehabilitation program”

### Staff profile: Ibu Ari

Ni Wayan Ari Purwati or usually called Ibu Ari is one of our wonderful teachers in the YPK education program. She is a young woman who is passionate about teaching.

Ibu Ari also is a co-ordinator in the program and she works with all teachers to deliver the best learning experience to YPK students.

“Working as a teacher for students with special needs is not only about teaching and helping them, for me it is more about learning and understanding.

I could not push my student to learn in the way I teach. Each student has their own way of learning. I also believe that Everybody is a genius!” stated Ibu Ari.

### How You Can Help

Are you visiting Bali or do you live here already? Donating items from YPK Bali's wish list is an easy and effective way to support our work with people with disabilities in Bali.

Wish list items range from simple and cheap rehabilitation equipment

like splints and braces to more expensive and involved items. All of them enable us to provide higher quality services for the people.

To those who are overseas, we welcome financial donations for particular items on the wishlist. You can take a look on *our website*.

