



# YPK BALI

Rehabilitation for Physically Disabled

Newsletter  
May – June 2012

Dear friends,

The last few months have been exciting at YPK Bali. We have been improving our programs, collaborating with new partners and working hard in all our services to support people with disabilities in Bali.

Thank you for taking the time to learn more about our programs. Read on and visit our [website](http://www.ypkbali.org) and [Facebook page](#) to find out more. Feel free to get in touch with us at [info@ypkbali.org](mailto:info@ypkbali.org) if you have any further questions or comments.

The YPK Bali Team

## 11<sup>th</sup> Anniversary of YPK Bali

It's almost 11 years since YPK began helping people with physical disabilities in Bali and we celebrated it by holding an Open House. This celebration was attended by government bureaus, private sector, social workers, others foundations, donors, patients and their families. In addition, Mr. Artha (a YPK stroke patient) also introduced a new community group for stroke survivors in Bali – the Bali Stroke Community. The group will be good for sharing information and experiences to aid recovery after stroke.

At the event YPK also spread information about our programs, tightened relationships with the sector, and introduced the new Annika Linden Centre, ALC, where YPK will move at the end of this year. YPK hopes to be able to continue to help people with physical disability in the following years with better services and bigger impact.

## Medical Check-up Support

YPK has a commitment to provide the best services for people with disabilities, especially those who come from poor backgrounds. Since April, YPK Bali has helped three children, Wayan Widiani (15), Komang Juniasih (10), and Komang Sudarsana (5), who are siblings from Denpasar, to have



## How you can help

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

Wishlist 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 people with disabilities. For those overseas we welcome financial donations for particular items on the wishlist.

You can look at the wishlist now on our [website](#).



neurology medical checkup and some health examinations such as an ENMG test, EEG test and CT scan. We would like to thank to Pancaran Kasih Bunda Group for their support to those children.

YPK Bali also took one of children, Kadek Santi Paramitha (10 years), to Sanglah Hospital to receive the Mantoux test. Fortunately, the result of the test is negative for TB and she only has a respiratory infection. We hope she gets well soon and her family can provide the health care that she needs in the future.

## Services for the North Denpasar Community

YPK was invited by Bantas Village in North Denpasar to celebrate the first anniversary of the foundation of their group for elderly people by providing physiotherapy services. YPK helped them by giving simple exercises that they could do at home so their conditions would not deteriorate. Hopefully through activities like this, YPK can not only provide some immediate assistance and intervention to prevent people's disabilities worsening, but also increase community awareness about our services.

## Workshop for Patients and Families

YPK is always determined to help each patient and their family totally, including understanding their health psychology, exploring the potential of the child, and spreading information about good positioning for children with a physical disability. To do this, YPK held some workshops that were led by Deborah Tience (psychologist), Dominic Brian (a boy who successfully became a world memory champion), Mr. Gidion Hindarto (teacher, consultant and Brian's father) and Ms. Frenny Damian – an occupational therapist at YPK.

YPK hopes that through activities like this, patients and their families have better understanding that psychology also influences the progress of the patient and that having a disabled family member influences the whole family. Our children and their families are also better informed and realize that collaboration between parents and YPK will bring a better and bigger impact.

## Learning while Playing with Green School

YPK's children have had good opportunity to spend one day for the past four months learning and playing with students from the Green School. They did a variety of fun things including shopping at the warung, playing games, gardening, sharing stories and experiences, and playing music. Many benefits are gained through this program such as learning interaction and communication, improving their confidence, and they also help and respect each other.

## Outdoor Activities for Better Outcomes

We believe that interacting with community and nature is good for our patients. In May, the YPK community went to Taman Safari and Marine Park in Gianyar for an outing. Patients, family members, volunteers, and staff participated in this event. They enjoyed animal shows, a variety of fish and a journey to the wild to see animals in their natural habitat.

The children also got to experience other outdoor activities: dancing (led by YPK's teachers) and swimming lessons through collaboration with Bali Sports Foundation (BSF). The children were very excited by it, even those who use wheelchair. Dancing was beneficial to improve their concentration (by remembering the movement instead of playing with other friends or paying attention to other things), to increase their confidence, and to train their coordination and body awareness. And swimming is good to improve body coordination, to increase muscle strength and muscle relaxation.

And for the adult patients, YPK is now holding exercises for stroke patients on the beach every Tuesday and Saturday starting at 5 p.m. to 7 p.m. The idea came from Bali Stroke Community and YPK supports it by providing extra staff time. It is really good outdoor activity in a good place because the sand is heavier and more challenging for patients to walk in.

## Continued Donation and Support

Thanks to a generous support from I'm an Angel to support one of our children, Komang Sukreni, through funding for 2 years. The education program also received a donation of bean bags, again, from Anna Pichler (Austria). They will be used to help the children who have limited torso and limb control to learn to sit in an appropriate position and will also be used for games that increase sensitivity.

## Volunteer News

Clare Chandler (Community Awareness Officer) who volunteered at YPK through the Australian Youth Ambassadors (AYAD) did not believe that it's already been a year working together with YPK Bali. Unfortunately she needed to return to Melbourne, Australia in June. We are grateful for all her support and effort for YPK, especially for improving our promotional material.

We welcome a new AYAD volunteer, Leila, who will join YPK in September and will work as a Curriculum development officer and teacher for special needs for a year.





## Staff profile: I Putu Yudhiantara-Driver

Putu has worked as a driver at YPK Bali since 2006. He provides pick-up services to people with disabilities who cannot reach our center.

Putu says “providing pick-up for YPK’s patients for 6 years makes me proud because I not only drove them to the destination but also I also help them and manage the situation if there is a problem.”

Putu enjoys working at YPK due to its unique services and the close-knit family atmosphere.

## Jelita’s story

Standing up and sitting may be common thing for many people. But not for Jelita (11), who has a condition called genu valgum (knock knees). This abnormality in her legs means she is not able to raise her body to stand or sit when she wants to. Because of this she was very dependent on others. But after YPK’s staff trained her in techniques for sitting and standing up, and she has been encouraged to practice, she is able to stand and sit up without assistance from others. This small achievement has vastly improved her independence and it means she is less reliant on her family and teachers

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