



Newsletter
January – March 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](#) and [Facebook page](#) to find out more. Feel free to get in touch with us at info@ypkbali.org if you have any further questions or comments.

The YPK Bali Team

Developing life skills for children with disabilities

Life skills development is an important part of our programs, and activities like shopping and cooking are increasingly becoming part of our regular activities at our Rehabilitation Centre in Denpasar. This has had great outcomes, particularly for our young clients, who have often had little exposure to the skills they need to live more independent lives and play a role in their families and communities.

Three YPK Bali students, Dewa, Rai and Reta, have made great progress in this area and now visit a local shop, purchase food and even cook for the other students. They are learning about money, planning, problem solving, communicating in the community and are building their confidence in the process.

Contributing to community health

In mid-March we joined with the local community health centre (the Puskesmas) and the John Fawcett Foundation, to provide free health check-ups and assistance for a local community in East Denpasar.



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](#).



YPK Bali physiotherapists helped to assess patients and provided free therapy and advice, and also referred some people to our Denpasar centre for ongoing support.

Events like these are great to be a part of. They help us build connections with government agencies and other foundations and they bring practical support to people who really need it.

Pak Agus's story

Accidents are sadly a common cause of disability in Bali. One of our clients, Pak Agustinus, has been attending our Rehabilitation Centre in Denpasar after suffering an accident several years ago. He was unable to walk after his accident but he responded well to rehabilitation and he has continued to be active in his community and run his own small business as a peanut seller.

YPK Bali wanted to assist him further. In February we donated two mobility aids (a set of crutches and a wheelchair) that will mean it is much easier for him to get around his home, business and community. With this assistance he can continue to improve his independence and take care of his family.

Locating vulnerable people with disabilities

In Bali, having a disability significantly increases your chances of being poor, unhealthy and socially isolated. We have been collaborating with the local Public Health Centre (Puskesmas) to locate significantly disadvantaged people with disabilities in around Denpasar. We have performed home visits and assessments along with nurses from the Puskesmas and found many very vulnerable people with disabilities who are often elderly, unwell and very poor. We are now looking at ways to better support these people.

Staff profile: Gani - Physiotherapist

Gani Tri Nugroho has worked as a physiotherapist in the Mobile Therapy Program at YPK Bali since April 2011. He provides physiotherapy to people with disabilities in villages outside Denpasar, often those who have problems with muscle paralysis after strokes and children with cerebral palsy and developmental delay.

Gani says “I love working at YPK Bali because I can learn about new areas like occupational therapy and education for kids with disabilities. I also like that YPK feels like a family, with the staff, clients and clients’ families.”

One of Gani’s best experiences has been working with a patient from Taman village in the south of Bali. When Gain first saw the client he could not walk and did not have sensation in his legs. After eight sessions over two months, and a lot of hard work, the client was beginning to walk again. Gani is happy and proud he can help people with disabilities in this way.

Sukareni’s story

Sukareni joined YPK Bali’s Education and Rehabilitation programs 4 months ago. When she begun at the centre she was already 10 years old but because of her disability and her family’s economic situation she had never been to school or received any form of education.

Since coming to the centre she has learnt the alphabet as well as simple numeracy and is now beginning to learn to read and write. Being surrounded by a group of peers and teachers has also meant her social skills are improving and she is growing in confidence.

YPK Bali student finalist in national competition

YPK Bali’s Education Program for children with disabilities seeks to support the talents and interests of all our students. In doing this we encouraged one of our students, Ayu, to enter a national government letter writing competition.

She was selected as one of six finalists and flown to Jakarta, accompanied by Yuni, YPK Bali’s Program Coordinator. In Jakarta she completed the final stages of the competition and placed third overall out of the more than 800 entries to the competition.

We are immensely proud of Ayu and happy to support her efforts. It was a great experience for her and another example of the abilities and achievements of children with disabilities.





Helping to bring rehabilitation to East Bali

Since January we have been working with another Bali foundation, the East Bali Poverty Project, to bring rehabilitation to people with disabilities to villages in East Bali. YPK Bali's physiotherapists have been training volunteers from the East Bali Poverty Project so they can provide therapy in remote villages in East Bali. The volunteers have already completed two months of training and will begin another soon. Staff from YPK Bali have also visited villages in the area to mentor the volunteers and help them assess clients.

East Bali is one of Bali's poorest regions, where life can be extremely challenging for people with disabilities. This is a great community-focused partnership and a step toward providing better support for people with disabilities in remote areas.

Dudek's story

The Mobile Therapy team visits villages in rural areas of Bali on a daily basis to bring rehabilitation to areas that often have no services for people with disabilities. The Mobile Therapy team have recently been visiting the village of Abiansemal, and have gotten to know Dudek – one of the children who attends the program.

Despite the challenges Dudek faces he has responded well to the therapy and support provided by the Mobile Therapy team. When he began rehabilitation he was unable to stand and extremely shy but with time and patience he has learned to stand and is slowly becoming more confident and outgoing.



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