



**Asociación para la Rehabilitación del Infantil Excepcional**

**Lima, Peru**



## **STICHTING VRIENDEN van ARIE**



**Newsletter January 2015**

Dear Friends of ARIE,

Like every year all activities of ARIE revolve around the personal care and attention to the special needs of each child with a disability. That is not easy when 6,300 sessions are conducted every week with a total of more than 3,000 children. But an extensive medical diagnosis is done for every child, based on a strict protocol, followed by an individually structured programme. Progress of the child is monitored by qualified medical doctors and where necessary the programme of treatment will be adjusted. Apart from more than one hundred therapists, there are now fourteen medical doctors connected with ARIE. Leadership is in the hands of two of them on a full-time basis, the other twelve work part-time in the different branch clinics. The experience and expertise built up over the past twenty six years has given us the confidence to give



*Communication Therapy*

the green light for a sixth branch clinic. This branch clinic will be set up in the San Juan de Lurigancho district. This is also in Lima, so we remain true to our core values of a small organisation, with a clear focus and the minimum of overhead costs. During the year the land was acquired, drawings have been made and we hope to conclude the

necessary fund-raising both in Peru and abroad to start construction before the end of 2015.



*Being carried home by Daddy*

It is very encouraging to note that the development of children with a disability receives more attention in Peru than in the past. All teachers at primary school are now required to acquire special skills to recognize disability in children. ARIE has identified this requirement as a training opportunity and has developed special courses for teachers on this subject, which are proving to be a great success. But also in other areas ARIE's commitment to training both our staff and outside professionals continues with a significant investment in time, money and effort by all concerned.

Dr Ina van Berckelaer was instrumental in starting the treatment of autistic children at the Villa el Salvador branch clinic, on the same basis as is done at the ARIE Main Centre in La Molina. One of the rooms was specially refitted and equipped for this

purpose and an extensive training and coaching programme was conducted for the therapists.

The programme, funded by a Dutch foundation, to train teachers and therapists from other regions of Peru was further extended. The programme includes training on location, at the ARIE Main Centre in Lima and by remote video link. It is a cost-effective way of divulging the expertise and experience of ARIE to reach many more children throughout the country and the reported results are very encouraging indeed.



*Hydrotherapy*

As mentioned, ARIE treats more than 3,000 children every week. Every child is special, every diagnosis is different, every domestic situation has its own characteristics. In spite of some pain and tears, most children respond enthusiastically to their treatment, not in the least because so many of them are supported by dedicated parents who on top of their daily activities, give special care to their children, do the exercises at home and take the children once or more a week

to ARIE. It is this interaction between parent and child, supplemented by the ARIE treatment, which makes real progress possible. Here are a few examples:



*Marco*

Although **Marco** is eight years and seven months, he has only been coming to ARIE for the past two years. The boy suffers from a severe condition of cerebral palsy. The father left the family when Marco was two years of age. Marco lives with his mother and a sister in the house of his maternal grandparents. The mother is a fruit-seller with irregular earnings. Thanks to the advice and good services of a neighbour Marco is now under treatment at ARIE where he receives physiotherapy and hydrotherapy. In view of the severity of his case the first priority is to stabilize his condition. Like most children he loves the hydrotherapy and the music group therapy which have a positive influence on the elasticity of his muscular system and reduce the spasms.

**Estrellita** is three years and seven months. As a baby she was diagnosed with cerebral palsy and has been coming to ARIE for the past three years. She has one sister of nine years of age, who is doing very well at school. Another sister died in a traffic accident. The father is a construction labourer without a fixed income. The mother is housewife, looks after the children and in particular after Estrellita. The little girl was very ill with pneumonia early last year, but through an enormous will-to-live and supported by her family she pulled through. She comes to ARIE twice a week for physiotherapy and sensual perceptual therapy and is making satisfactory progress. Her posture and facial control have improved significantly during the past year. Her sense of vision has also improved, which makes it possible for her to concentrate better and conduct simple activities. The parents and the ARIE social support fund pay for the treatment of Estrellita.



*Estrellita*

**Camilia** is three years and five months. She suffers from microcephaly and is retarded in her development. She lives with her parents in the house of her maternal grandparents. The household includes two uncles in their twenties who are mentally retarded. The father is the main breadwinner for the extended family working whenever and wherever he can in construction. Camilia comes to ARIE twice a week where she follows an intensive programme consisting of communication-, motor-, sensual perception- and occupational therapies. When she first arrived at ARIE she was clearly retarded in all motoric functions. Thanks to the commitment of her family, she has reacted positively to the therapies and is making encouraging progress.



*Camilia*

Although a firm diagnosis still has to be established she has become more sociable, while her cognitive abilities and her motoric functions have improved considerably.

**Founder**

Carola Beelaerts van Blokland

**Committee**

Alexander Beelaerts van Blokland  
Boudewijn Bolle  
Margot Kraijenhoff  
Melanie Ruys  
Ton Spoor

[www.vrienden-van-arie.nl](http://www.vrienden-van-arie.nl)

[info@vrienden-van-arie.nl](mailto:info@vrienden-van-arie.nl)

Delistraat 37, 2585 VX Den Haag. Tel: 070 322 5226 Fax: 070 322 6710

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