



Asociación para la Rehabilitación del Infantil Excepcional

Lima, Peru



STICHTING VRIENDEN van ARIE



Newsletter February 2016

Dear Friends of ARIE,

Thank you for your support during the past year. We are happy to report that ARIE continues with its mission to provide diagnostics and treatment to children with a disability in the Greater Lima Area. The need for these kinds of treatments is clearly demonstrated by the ever increasing number of children coming to ARIE. At any one time during the past year 4,000 children were actively being treated by the institution clocking up a total of 357,000 sessions (7,140/week). Your donations help to make this possible, but let's not forget the more than 200 doctors, therapists, administrators and support staff. Their personal dedication to the well-being of the children make the difference and explain more than anything else the success of ARIE. They work with patience and perseverance to help the children, at the same time putting considerable time and effort to improve their own

professionalism. During the year a number of high level courses were organized by ARIE, attended by our own professionals and fee-paying professionals from other institutions. The courses covered many areas but focused on neurobiological, psycho-motoric and psychological disorders and were much appreciated by the participants.



Physical Therapy

Also during 2015 ARIE received valuable assistance from Dr. Ina van Berckelaer with the diagnostics and treatment of the

behavioural aspect of different developmental disorders, in particular autism and communication disorders. A lot of professionals have been trained in autism. The autism projects in La Molina and Villa El Salvador are very successful. The programme has been broadened for adolescents with autism; ARIE has started a social skill training for adolescents with autism in ILA. Besides the increasing referrals for the autism programmes, ARIE is also confronted with a growing number of children with ADHD (Attention Deficit Hyperactivity Disorders). This has led to a special ADHD programme, which started in La Molina in November 2015. In this programme children with ADHD, parents and teachers are involved. As autism and ADHD is increasingly recognised as a serious obstacle in the development of those affected, ARIE is very glad and grateful to Dr. van Berckelaer to be able to offer this.

On the administrative side impressive progress was made in the conversion to the system of Electronic Clinical History for all children, which was made possible by the completion of an intra-net between the different ARIE locations.

Last but not least it should be mentioned that thanks to incredible generosity the necessary funding for ARIE's 6th location, which will be constructed in the San Juan de Lurigancho district of Lima, has been made available. Construction is to start within the next couple of months, with completion

and start-up of operation scheduled for early 2017.



Physical Therapy

To illustrate the work of ARIE read about **Gabriel Córdova who is 6 years of age and suffers from cerebral palsy**. He receives regular treatment thanks to the support of ARIE's fund for those in extreme poverty. He lives with his mother and stepfather, and his maternal grandparents. Gabriel used to be treated at another institution, but as the parents did not see much progress, they decided to come with him to ARIE. Gabriel had an obvious delay in psychomotor development, poor eye contact, no communicative intent and emitted unintelligible noises.

It was decided to treat Gabriel with physical-, hydro- and speech-therapy. After two years of therapeutic treatment the child is showing favourable evolution. Happily for the parents the level of

communication has greatly improved, while after having achieved his first steps, the next big goal is to walk alone. While Gabriel can be oddly serious he lights up with a happy smile to his parents and caregivers . Although he still has significant difficulties in motor coordination, he has shown a slow but positive trend.

The aim is now for Gabriel to improve his balance and posture in sitting and standing position. He is now able to make small steps and even avoiding small obstacles in doing so. Hydrotherapy is important in regulating his muscle tone and lets him get better and more relaxed at work on the mat. Through Speech Therapy his ability to communicate has improved markedly and he can now express his basic needs to his immediate family. His dedicated parents are looking forward to more improvement.



Music Therapy Group



Music Therapy

A number of on-going donations, in particular from The Netherlands, has made it possible for ARIE to offer Music Therapy as part of the regular programme. Music Therapy is the use of music as a therapeutic tool which in a complementary way helps to improve or maintain the physical, psychological, intellectual or social functioning of people with health or educational problems. It is a systematic intervention process which through musical experience fosters a positive change in the patient.

Carmen Rosa Caipo is in charge of Music Therapy at ARIE, where this therapy is used for children with communication and behavioural disorders, including sensory, emotional and social problems. There are individual and group sessions with music and singing, while various instruments are used such as piano, tambourine, harp and the flute.

Victor Alvan (12 years; diagnosis: autism)

Victor is an only child who lives with his mother and her family, as the father abandoned them when Victor was diagnosed with autism at the age of three. Victor would not turn when called by name, he had difficulty interacting with people, he would not tolerate that his hair was cut and was hyper-sensitive. He now attends a regular school and has demonstrated skills in Maths and Music. He has been coming to ARIE for behavioural-, music and sensor integration therapy.

When Victor first started with Music Therapy he was observed as a distracted child, hyper-active, isolated, he would scream when hearing loud noises and cover his ears, he showed little facial expression and was very anxious. After several months of work the following achievements were realised: there is a willingness to develop musical activities, singing has improved his coordination and vocalization. He has

developed skills in playing the piano and other musical instruments.



Victor receiving individual Music Therapy

He now adequately reacts to normal variations in sounds around him and his hyperactivity has reduced. It has increased his capacity of attention, concentration and memory. Social participation skills have improved, he waits for his turn, shares objects, undertakes joint activities, interacts better with his peers expressing his ideas and intentions. Music Therapy has generally improved his conduct and behaviour.

Founder

Carola Beelaerts van Blokland

Committee

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

www.vrienden-van-arie.nl

info@vrienden-van-arie.nl

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

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