



Asociación para la Rehabilitación del Infantil Excepcional

Lima, Peru



STICHTING VRIENDEN van ARIE



Newsletter March 2018

Dear Friends of ARIE

Thank you for your ongoing support of ARIE. The main feature of 2017 has without doubt been the **opening of our 6th location**, situated in the northeastern part of Lima, called San Juan de Lurigancho.

Truly state of the art, the centre combines the latest technological developments in equipment with the experience gained by ARIE in the treatment of children with a disability over the last 29 years. The architects have designed the building in close co-operation with the ARIE management, which has resulted in a spacious and light building, with ample room for the children, their parents and the ARIE staff. All consulting rooms have been laid out to ensure the best treatment possible for the children, while staff will enjoy working in this modern and fully equipped environment. It will be able to treat more than a thousand children every week.

Donations from Friends of ARIE have to a very large extent paid for this beautiful treatment centre. **THANK YOU!**



Outside the new ARIE centre!

With the realization of the San Juan de Lurigancho centre an important milestone in the development of ARIE has been reached. With these six locations, the organisation covers a very large percentage of the Lima population, while employing around 300 people to treat more than 6,000 children every week. In many respects our original objectives first formulated 30 years ago have been achieved.

What we need to do now is to make the organisation self-sustainable, that is to say financially independent from donations. Together with the management in Lima a plan has been drawn up to reach that situation within the next five years. As part of the plan it has been recognized that in order to maintain a manageable organisation, no more new locations will be opened. Focus will now more than ever be on continuous quality improvement in everything ARIE does.



State of the art treatment rooms



Jubilation amongst staff and donors at the opening of the new centre

Meanwhile during last year, the existing five locations went on treating children with a disability. This was made possible by many people, but in particular by the fantastic commitment of staff, such as **Edith Mejía and Katty Amaro**.

Edith has been with ARIE for 20 years and is a specialist in Physiotherapy at the La Molina Centre. Her work consists in teaching normal movements in children who suffer from a neurological condition. The objective is for the children to achieve an adequate level of motor development to provide them with maximum independence and enable them to function at home, at school and in the community at large.



Edith with one of 'her' children

When the children first come to ARIE their condition prevents them from walking, running and playing like other children. Together with the parents a plan of action will be developed, as the active participation of the parents is critical to success. In that sense Edith is as much a coach for the parents as a therapist for the children. One of her dreams is to develop a programme for home physiotherapy to treat adolescents for whom coming to ARIE is a major obstacle in view of their disability. But so far her greatest satisfaction has been in the progress made by 'her' children.

Katty is the co-ordinator for Occupational Therapy at the Central Lima Centre. Her main focus is the functional development of the child, in such areas as taking care of oneself, to adapt to life at school, the interaction with the surroundings and in general to be able to do what can be expected according to age. She has been with ARIE for 8 years and finds her main satisfaction in working together with the parents to improve the quality of life for the children and make them less dependent on others. She likes the structured work-environment of ARIE and the opportunities she gets for training. This enables her greatly to achieve what she sets out to do, for the organisation and also for her own professional development. It is important and stimulating for her to discuss the progress of the children in a multidisciplinary team, to ensure that the total programme for the child is well-balanced.



*ARIE founder, Lucia, with some volunteers;
an indispensable part of the team*

Two children who are being treated by ARIE are **Valeria Rojas and Mateo Quiroz**. **Valeria** is seven years of age. She suffers from Down Syndrome and has been coming to ARIE for six years. The father left her mother before she was born, but luckily she and her mother have been lovely welcomed and supported by family relations. She has four sessions every week in speech, occupational, learning and behavioural therapy. As the mother can only do casual work, the costs are mainly borne by ARIE's

programme for extreme poverty. In general **Valeria** is a happy child, alert, sociable and co-operative in spite of her condition. To a large extent this is being achieved through the active involvement of the mother at every stage of the programme especially designed for her daughter.



Mateo in therapy

Mateo is five years of age and is retarded in both his mental and physical development. He lives with his parents and has two healthy younger brothers. He has a total of nine sessions every week, in psychology, speech, occupational and learning therapy. The parents are able to pay nearly half of the costs, the remainder is covered by the 'Buscando un Amigo' programme. As the boy also suffers from a heart condition which limits his physical activity, the initial prognosis was not optimistic. Nevertheless, through the wonderful support and dedication of his parents, **Mateo** is benefitting greatly from the treatment he is receiving at ARIE. Although his verbal expression is still limited he is a nearly independent child who is able to involve himself in most activities associated with his age and, as what is called an 'inclusive child', attends school.

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