



Asociación para la Rehabilitación del Infantil Excepcional

Lima, Peru



STICHTING VRIENDEN van ARIE



Newsletter December 2019

Dear Friends of ARIE,

Thank you for your on-going support of the work of ARIE. As you of course know, ARIE treats children with a disability from all socio – economic classes in Lima and coaches parents to cope with their situation. Most of the running costs are paid for by the parents, who are means-tested and pay for the treatment of their children according to ability. Donations from within Peru and from abroad cover any shortfall in the running costs and pay for the necessary investments. No financial support is received from the Government. This system has gradually developed over thirty years and has made it possible to treat more than 35,000 children.

With six locations ARIE offers a good coverage to the population of Lima. The focus is on continued improvement of the treatment and

to make sure that children from the poorest families are reached.

ARIE currently employs 320 people. Therapists in different disciplines, make up the largest group. Doctors, specialized in (child) neurology diagnose the condition of the children, prescribe treatment and monitor progress on a regular basis. An organisation this size requires administrative support, which is done as efficiently as possible. And last but not least ARIE has the benefit of an enthusiastic group of volunteers, who perform many tasks, especially with the parents. Currently, more than 6.000 children come to ARIE requiring around 8.500 treatments per week.

Like any organisation employing many young professionals, staff retention is a major issue. In view of the excellent training and development offered by ARIE, our therapists and other

professionals are much in demand. A comprehensive staff survey was conducted two years ago, resulting in a number of recommendations. An action plan was drawn up and this has resulted in much improved staff retention. At the same time a number of people who had previously left the organisation, have re-joined ARIE.

With continued focus on the children who merit high quality, personal treatment ARIE fulfils its mission to help children with a disability from a disadvantaged background.

Thank you for helping to make this possible!

Many children treated by ARIE suffer from Down Syndrome, Cerebral Palsy, Genetic Syndromes or have issues with their mental development. Typically ARIE will treat various forms of Attention Deficiency, Hyperactivity, Alterations in Language and Communication, Delayed Development, Autism and Behavioural problems. In addition to Paediatric Neurologists, ARIE can now also count on the services of a Psychiatrist specialized in children with complex behavioural issues. All six locations have their own team, consisting of medical and rehabilitation staff, which regularly reviews the progress made by the child and after discussion with the parents, will make necessary changes to the treatment. All data and the clinical history of the patients have now been transferred to an electronic system, making it much easier to follow the child's progress during its rehabilitation process with ARIE.

To ensure that the ARIE staff remains up-to-date with new developments in their professional field, staff regularly follow training courses organized by ARIE, while the actual work is monitored by an ISO 9001 system of Quality Control.



Occupational therapy



Physical therapy



Children helping each other

Here are the stories of three of the six thousand children ARIE treats every week:

After a complicated pregnancy a caesarean was performed at 8 months and **Lican** was born in September 2014. As already indicated by a scan, the baby was diagnosed with microcephaly, severely impacting the neuro-motoric development. At 17 months he was operated on his foot and at two years of age he suffered a complex pneumonia infection, which caused him to be in Intensive Care for one month receiving mechanical ventilation. After he left Intensive Care the parents started to bring him to ARIE. Lican is an only child, who lives with his parents in rented accommodation. The father is a taxi driver taking home around Soles 1.800 (€ 475) per month.



Lican receives Speech -, Physio - and Occupational Therapy. As a result he is much more alert and connects better with his parents and the therapist. He responds and initiates games with his mother and in general explores the environment with his hands. The parents pay Soles 555 per month for his treatment, while Soles 117 is contributed by the Buscando un Amigo Programme.

Lican's parents now feel much better about him, because after having passed very difficult times since he was born, they can now communicate with him through gestures, moving of hands and just through eye contact.



Trayci is ten years old. She was born prematurely on the way to hospital at only five months of pregnancy due to an infection of the mother. She remained in hospital for three months. A proper postnatal control only took place after it became clear that she had problems with seeing, communicating and walking. At three years of age she was operated on to improve the movement of her legs. She was first taken to ARIE one year later, where the paediatric neurologist diagnosed her with Cerebral Palsy.

Trayci is an only child and lives with her parents in rented accommodation. Her father is a public transport driver with an income of about Soles 1.500 (€ 400) per month.

Trayci has five sessions every week in Physio -, Occupational -, Speech – and Hydro Therapy. The parents pay Soles 356 per month for her treatment, while Soles 204 is contributed by the Buscando un Amigo Programme.

Trayci's parents were very young and their lack of experience and knowledge at first prevented an adequate rehabilitation programme to be followed. ARIE not only treats the child but also coaches the parents and a technical scholarship has been made available to the father to improve his career prospects. The parents are now fully committed to the rehabilitation of their daughter and they are grateful and happy with the progress being made. Trayci is able to attend and much enjoys her time at an inclusive educational institution.



Milagros is an adolescent of fifteen years of age, who was diagnosed with Cerebral Palsy. She has three sessions a week at ARIE in Physio- and Speech Therapy. She lives with her parents and older brother in accommodation made available by an uncle. The family income is irregular as the father works as an independent painter, the mother helps cleaning, while the son tries to provide for his own living expenses. Her treatment at ARIE costs Soles 396 per month, out of which the parents only pay Soles 48. The rest is contributed by ARIE's fund to assist the very poor. Milagros has made very good progress in the past years. Her cognitive abilities are adequate which allows her to attend secondary schooling. She has good contact with her peers, advances in her education and expects this year to move up to third grade. Her attitude is good, she can express her emotions, feelings and ideas. She puts all her effort into following the instructions during the therapies. Her motor abilities and power of communication have improved, which enables her to participate in the community. In doing so she is greatly supported by her family and especially by her mother, who is a very devout person.

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Ingeschreven onder nummer 17124108 KvK Haaglanden. IBAN: NL78 ABNA 0470 1296 38

