



## PHYSIOTHERAPY PROJECT IN SRI LANKA

2013 - 2014

Already two and a half months have passed, that I am in Sri Lanka. Time flies by. Thanks to numerous donations I could start immediately. I would like to present with this report my work: As always the children were expecting me happy and I was able to continue immediately with the therapy. Almost everybody did their homework.

Of course, very quickly the voice spread around that "**Sudunona**" (white woman) is back again in **the country of the SMILE** to help the local children. Almost daily new mothers come with their children and ask to get treatment, advice and help.

**About 40 children once a week coming now to the Peraliya Health Centre for therapy.**

**The following project ideas that I have set myself, I was able to achieve so far:**



**Folgende Projektideen, die ich mir gesetzt habe konnte ich bis jetzt erreichen:**

### PHYSIOTHERAPY STUDENTS OF THE FINAL TERM OF THE UNIVERSITY "FACULTY OF MEDICINE":

To my joy, my contacts with the Director of the University of Colombo was successful. I have this year **physiotherapy students of the final term of the University "Faculty of Medicine" in Colombo** who will come to visit during my therapy. Divided into three groups they come three weeks into my "**Clinical Class**".

For me at first a lot more work, because most of them do have a lot of knowledge but unfortunately little or hardly they bring practical experience with what actually in physical therapy training is very important. Unfortunately, too often the English language knowledge gave sometimes a communication problem. Another major Handicap was the shyness of the student. So where to start?

First of all I cut out the form "Madam" from their vocabulary, the beautiful sari they wear is for sure not convenient if you work with children so it was exchanged by Sportswear and then immediately under my supervision they could start the treatment to the children.

The first week was hard at first for all but quickly the students could develop and found



themselves into practice and worked very good with the children. It was a pleasure to watch. **Every three weeks the groups changed** and the goodbye was always difficult.

I even get very warm thank you letters from them, what encouraged me to do this right work in Sri Lanka. I have always have regular contact with each group and the director of the University. From time to time I went to Colombo where I was invited to visit the Physiotherapy sector of the hospitals. The entire team of the University is very happy about our cooperation and would like to continue further expand our relation, what I can only endorse. The positive aspect of the whole thing is that at least 2 students after have successfully completed their exams August, can take over for my project and my goal of **"helping people to Self-help"** is achieved. I have a great support and thus the project grow even more. Thanks to the donations support local salaries can be paid and more children are being treated. Perfect! What I want more?! This is supposed to start in November 2014.



## DAYTRIP:

On **January 4**, I have organized A day trip with all the children and their families. With about 80 participants we went with two rented buses to the **Turtle farm in Kosgoda**, where the children were allowed to touch and look at **large and small turtles**. That was very exciting for them. After that we went back to **Hikkaduwa** where I rented a shadow beach part. **We made body and facepainting**. we drummed, danced and sung, played ball and had a lot of fun. Families could also made contact to each other exchange experiences and be relaxed and have fun. At Lunch time we offered the classic Sri Lankan buffet what consists of rice and curry.

As dessert there was ice cream, tea and cake. And at the end everybody went then to **the**



**sea** ... that was the Highlight ... until then most of the children only saw the sea from far away. But being in the ocean with the own body turned in an unforgettable experience of war. Everybody was so ecited about that day and everybody was involved and had fun. **I had a lot of helpers at the day trip and I woud liketo say to all of them THANK YOU for your help.**



### HERMAN, WENDLAND:

**Herman**, who supplies the orthopedic material works with us since last year. He has visited us even a couple of times and repaired the old and broken wheelchairs . Some children are outgrown of the chairs , so we had to organize new ones. We would like to try to obtain some wheelchair from Germany , because the quality is much better Some seats needed to be re- adjusted and the one or other deposits and footwear needed to be renewed. All this is still in working process and will be delivered at end of the month . Since we have adapted the children in wheelchair, they have improved greatly in trunk and head stability. Parents are also relieved because they can put the children in the chair and provide better . Of course we will provide orthopedic supplies also for the new children.



### MUSIC AND DANCE CLASS:

Beginning of the new year I started a **music and dance class**. We bought Drums and a Mp3 player with boxes. Some children are integrate in groups and move to local sounds and music.



## MY THERAPY ROOM:

I designed **my therapy room** in the centre a little bit more comfortable and attractive.

For this it was purchased a bamboo shelf and different boxes. Therapy material was almost all donated by colleagues and families from Germany. Additionally, I bought a couple of wooden material and therapy balls.

Before my departure I visited the families again at their home to see what is therapeutically and rehabilitative still needed. Among other things, there is a therapy bike and one or the other furniture in my plan.

## KIDS:

The **cost of traveling** to treatment center be taken care for the children. Unfortunately, in my absence, a child **Lakindu**, died of kidney failure. The mother came all the way again just to see me in person and to thank once again for all the Help they got until then. A moment, that gave me goose bumps. I was really sad also because he developed so good. It was her only child. I told her that whenever they should need me to count on my help. I hope ,that this woman may be soon mom again and hopefully this time she will have a healthy child.



**Malindu** an autistic boy has developed very well. By consulting and educating Parents, he was able to develop much better and will start school this year . I accompany him then together with the teachers and look past occasionally.



**Samin**, an aggressive boy, his single mother has not sufficient money to send him to school . Through his unpleasant aggressive behavior ,no teacher wanted him in class and she could



never leave him alone too. After my Visit to the very miserable house without furniture, just a bed, I decided to find to this boy a sponsorship and bought them furniture . But for this the mother had to promise to send the son regularly to the chosen school for him . Meanwhile Samin is much quieter , less aggressive and can concentrate reasonably well at school . He can some good reading and learning currently to read the "watch" . As an reward he will get also his own watch. His mother is so happy and grateful and it is so beautiful , to see them both laughing together.



**Samith**, a Down Syndrome child needed last year in March 2013 a complicated and life nessesary neurological surgery. The parents asked a financial help to a foundation.They supported a part of the surgery. All went well and was recovered well so far. Now he is coming regularly to me for therapy . He can already walk with some support and is very happy. Sometimes he is very lazy so under my supervision he got a strict complete exercise program which is mother is doing also daily at home. The process is positive and satisfactory.



In general I have to say that in short time most of the children developed very well continue to improve. I am very proud of them . The mothers but also some fathers take any advice with gratitude and it is a real pleasure watching at the positive conduct of Physiotherapy project and be part of it.

This all would not happen without all the lovely people who are with me and support me either financially or in any other ways.

To all those a big thank you from the bottom of my heart !!

Thank you for the big year ,for the wonderful time,  
for so much love , so much life and for what remains...



A small Word - THANK YOU! -

goes to YOU,

because all big words for everything i would like to say,  
are too small for that.

So far from Sri-Lanka and some fotos,  
greetings from my heart,

Barbara

