



# THE WESTERN CAPE CEREBRAL PALSY ASSOCIATION ANNUAL REPORT 2019/20

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# Chairpersons Report

The success of any non-profit organisation is imbedded in the commitment of its employees and service users to achieve set goals. The Western Cape Cerebral Palsy Association, through its exemplary care, education, employment, occupational and rehabilitative services continues to provide hope for people with cerebral palsy and other associated disabilities. The success of the various WCCPA operations is a source of pleasure to staff and beneficiaries alike.

During the year under review the staff at the various programmes continued their dedication to service users. The De Heide Special Care Centre provided vital services to children with severe to profound intellectual and physical disabilities. A team approach, with the child at the centre of support and services, has created a happy and conducive environment in which the children have learnt and developed. The Cerebral Palsy Clinic provided specialised rehabilitative therapy to children with cerebral palsy so as to improve the lifelong development and wellbeing of each child. Families and carers of the children have also been supported by WCCPA social work services. The Our Hope Community Day Programme provided daily occupational programmes which included social interaction and handcraft activities. Such interventions make it possible for people with disabilities to move from social exclusion to integration within their communities. The Village Work Centre is a daily work and skills centre where adults with disabilities were given work opportunities which included contracts to package merchandise for local businesses, recycling projects and the manufacture of wooden items. In addition, a life skills rehabilitation programme was provided to help the beneficiaries interact better with their families and community members. Rosedon House is a residential home for adults with cerebral palsy, providing individualised care management plans, nutritional meals, occupational and rehabilitation



programmes and socialisation through social functions and activities. With each passing year, a decrease in mental and physical functioning is a reality for many of the aging residents. This has required additional assistance by way of carer support and assistive devices. The WCCPA social workers assisted individuals and their families with awareness-raising programmes to build self-reliance and resilience. Support counselling has helped to reduce the risks and problems that negatively impact on social well-being.

At the time of writing this report, the experience of Covid-19 - this worldwide pandemic of unprecedented nature - has been front of mind. Our organisation has been challenged in many stringent ways as we have experienced tough lock-down restrictions. With hope we now approach a period nearer to normalcy, during which we will continue to tackle the challenging tasks of the organisation with an even greater enthusiasm and commitment. There will be much caution in our daily operations and at all times our utmost endeavour will be to reduce risk.

**M.N. Osman, Chairperson**



## WESTERN CAPE CEREBRAL PALSY PROGRAMMES & CONTACT DETAILS

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### OUR HOPE ADULT DAY PROGRAMME

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### ROSEDON HOUSE

Manager: Mary Dooling,  
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Tel: 021 696 2042

### THE VILLAGE WORK CENTRE

Manager: Jenny Alexander,  
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## WESTERN CAPE CEREBRAL PALSY ASSOCIATION BOARD, STAFF AND CONTRACT THERAPISTS

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### SOCIAL WORKERS:

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### THE VILLAGE WORK CENTRE:

Jenny Alexander (Centre Manager), Harry Booysen, Ann Cloete,  
Adnaan Dinie, Marie Felix, Noel Mullins, Jeanette Notuku,  
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# Cerebral Palsy Clinic

The Association's clinic, which has been in existence for more than 50 years provides therapeutic services to children with cerebral palsy through a unique symbiotic relationship with Red Cross Children's Hospital.

There are simply not enough public health services available to nurture the early development of children diagnosed with, or at risk of, cerebral palsy. With the early years being so important to their development, it is critical that they have access to treatment and rehabilitation. The team at the clinic comprises physiotherapists, occupational therapists, speech therapists,

social workers and an interpreter. The clinic provides holistic, compassionate family-based services where children with Cerebral Palsy are encouraged to reach their full potential. Early therapy will also guard against the possibility of the children needing surgery later in their growing years.

The impact of having a child with cerebral palsy can be extremely negative for family members, and may even result in social exclusion. Generally, there are limited resources for any parents who have a child with a disability, and this is much more so for parents who live in poor, peri-urban areas. The therapists equip parents at

the clinic with basic handling skills, also providing them with knowledge and understanding on how best to assist their children in an effective, goal directed and creative way. These measures improve life at home, even if living circumstances are impacted by poverty.

During the year under review 521 children with cerebral palsy under the age of 18 years were provided with rehabilitative therapeutic and social work support services. The rehabilitative therapeutic services included 913 Physiotherapy sessions, 667 Occupational Therapy sessions and 554 Speech Therapy sessions. ♦





# De Heide Special Care Centre



In this financial year, De Heide Special Care Centre used its resources appropriately and met all objectives. Importantly, the centre also maintained its processes of accountability and structures thus ensuring good quality services to children and adults with severe to profound disabilities. These tasks have not been easy during current harsh socio-economic times and decreased sector support for our families and communities.

Our learning programmes have developed to incorporate and adapt the Department of Education official education outcomes. Under the leadership and guidance of our programme implementer, services have increased from care only to now incorporate education. Governance remains a high priority for DHSCC and recommendations relating to the various departmental monitoring and evaluation processes are acted upon. Policies and internal guidelines are regularly reviewed so that the centre keeps abreast with legislative requirements.

Advocacy remains high on the agenda and the rights of children and adults with disabilities are heard and realised. Significantly, DHSCC remains a place where children and families are safe and happy, where narratives are shared or solved, it is a 'home away from home'. DHSCC upholds the Code of Good Conduct where respect, integrity, accountability, honesty and humanness are the order of the day. ♦





# The Village Work Centre

The Village Work Centre (VWC) is a protective skills and work centre for adults with cerebral palsy and other disabilities. They are people who would not qualify for employment in the open labour market. The centre engages in contracts with local businesses for the packaging of merchandise and the manufacture of wooden products such as household items and assistive devices for people with physical disabilities. The work-related activities provide VWC with the opportunity to assess the workers' abilities which in turn paves the way for a skilled support team to provide psycho-social support and skills development training.

Following the assessment of their abilities, each of the 99 attendees is allocated appropriate work activities. Since psycho-social support relates to the interaction between the person and their environment, it

extends beyond the activities of the centre and includes the families of the attendees and the community resources and influences they are exposed to.

The majority of the attendees come from impoverished areas of Cape Town. The challenges they face include; food security, inaccessible suitable public transport, stigma and discrimination in the community, exploitation by drug dealers and exposure to gang violence. The psycho-social support programme at VWC includes; the provision of safe transport from the attendee's homes to the centre and back, access to food, and engagement with the family and community structures to keep them safe.

As well as providing protective work opportunities, VWC is also a safe haven offering refuge from the many challenges faced by our beneficiaries, their families and their communities. ♦





# Our Hope Adult Day Programme

After 12 years of education at schools for Learners with Special Education Needs (LSEN), life thereafter for school leavers with severe disabilities often offers nothing but isolation in their family homes. This sad reality is sometimes compounded by a parent having to leave paid employment to care for their child. In households which are often on a low income, this further financial hardship adversely affects the quality of life for the whole family.

While the special needs school provides an adapted learning environment, adapted sport and extra-curricular activities, plus opportunities to engage and build friendship bonds with peers, there

is no provision made for post-school opportunities for these deserving school leavers.

During the past decade, non-profit organisations responded to this need and the right of school leavers with severe disabilities to receive a post-school opportunity. Since these learners do not meet the admission requirements for existing Protective Workshops for people with disabilities, they require an individualised programme comprising both occupational and socialising activities.

The Our Hope occupational programme is one such facility. It provides individualised occupational activities, life-skills training, socialisation activities and a high level of care and

supervision which all contribute to the health and well-being of our beneficiaries, which in turn brings meaning and happiness to their lives.

In addition to school leavers, the Our Hope programme also caters for adults from Protective Workshops who are no longer able to perform workshop activities because the regression of their disabilities has lowered their functionality.

For the beneficiaries, attendance at Our Hope occupational programme means they continue to enjoy integrated community life, and all the benefits this can bring. For the families of these special people, the burden of care is significantly relieved. ♦





# Rosedon House

These days Rosedon House is significantly different from the group home for adults with cerebral palsy which opened its doors 30 years ago. The residents of the early 1990s were able to attend to their own personal care, they worked in a protective workshop or the open labour market, they managed their own social lives. Care staff at the time provided minimal support and supervision but the current scenario is substantially different.

While the majority of residents today are the same people who called Rosedon House 'home' back in the 1990s, the care and support they require has increased over the years to the point where more than two-thirds of them now require high-care. This situation is a result of the premature aging that adults with cerebral palsy experience and for many it started when they were just 30 years of age. Their premature aging is characterised by a decline in both

their physical and intellectual functioning. Residents who previously could walk are now in wheelchairs. Those who originally could bath, dress and feed themselves are now dependent on care-staff for their physical and personal care. Their chronic pain has increased as a result of constricted muscles which cause discomfort and restriction in movement, activities and sleep.

During the past few years, and more specifically the past year, adjustments have been made to bathrooms whereby bath hoists and grab rails have been fitted. More care-staff members have been employed, the nursing care plan has been intensified and rehabilitative therapies have escalated in accordance with the high care needs of the majority of residents. Rosedon House strives to ensure that all residents receive the care and rehabilitation they require in accordance with their rights as people with disabilities to a good quality of life. ♦





# Acknowledgments

We thank all contributors whose financial support, donations-in-kind and voluntary services during the past year enabled us to provide vital services to adults and children with cerebral palsy

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