Activities for Rehabilitation and Development of Disabled Person

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Abstract

The director of the Sirarom Disabled Person Service Center in Rayong Province set the project as "Four Activities for Therapy, Rehabilitation, and Development of Disabled Persons," following the Empowerment of Persons with Disabilities Act, B.E. 2560–2564. These objectives of the project were: 1) to rehabilitate the disabled person both physically and mentally by using 4 forms of alternative therapy activities; 2) to develop the potential of social skills and interpersonal interactions for people with disabilities; 3) to provide the knowledge for caregivers to apply systematically and appropriately in helping people with disabilities; and 4) to enable people with disabilities and their caregivers to know about how to solve problems and live happily together. There were four activities for therapy: 1) hippotherapy; 2) hydrotherapy or aqua therapy; 3) music therapy; and 4) art therapy. The targets of the project were disabled people (46 people) and caregivers (46 people), for a total of 92 people. The past operations had been in accordance with all four objectives. Working with disabled people and their families was highly sensitive. All activities must be organized by the specialists who have the knowledge to create positive interactions, provide close convenience, give the right advice, and follow up on the self–development of the disabled person. There was a movement of the body in response to the music. The emotional relaxation that affects the development of the body. A disabled person must understand the relationship between the movement and the music to develop both physically and mentally.

Keywords: Disabled Person; Caregiver; Therapy; Activities Rehabilitation

Introduction

His Majesty King Bhumibol Adulyadej is graciously pleased to proclaim that: whereas it is appropriate to revise the law on rehabilitation of Persons with Disabilities; be it, therefore, enacted by the King, by and with the advice and consent of the National Legislative Assembly, as follows:

Empowerment Of Persons with Disabilities Act, B.E. 2550, Section 4, in this Act:

"Person with Disabilities" means person who has a limitation to perform their daily activities or to fully participate in society due to visual, hearing, mobility, communication, mental, emotional, behavioral, intellectual, learning or other impairments, in combination with obstacles in various ways, and has special needs to obtain any particular aid in order to perform their daily activities or participate in society like normal persons according to the types and criteria of disabilities prescribed by the Minister of Social Development and Human Security.

"Rehabilitation" means to build or improve the capacity of a Person with Disabilities, or maintain his or her existing ability and capacity through the medical, religious, educational, social, vocational or any other processes so that Persons with Disabilities have the opportunity to work or live his or her lives in the society to the fullest capacity.

Section 20. A Person with Disabilities has the right to access and utilize public facilities including welfare services and other supports from the State as follows:

(1) rehabilitation services using medical procedure and expenses for medical treatments, equipment cost, assistive devices and media materials to facilitate development for adjustment in physique, mentality, emotion, social, behavior, intellect and learning, or to enhance their capacity, as prescribed by the Minister of Public Health;

(2) education in accordance with the law on national education or national plan on education, as the case may require, in special educational institutes or general educational institutes or alternative education or non–formal education. as provided by agencies in relation to the facilities, media, services and any other educational assistance for Persons with Disabilities, as appropriate;

(3) vocational Rehabilitation including up to standard services, labor protection, measures for employment opportunity, promotion of independence occupation, media services, technology facilities and any other assistance to support work and occupation of Persons with Disabilities according to the rules, procedures and conditions prescribed by the Minister of Labor;

(4) acceptance and participation in social, economic and political activities in a full and efficient manner on an equal basis with general persons as well as the receiving various facilities and services according to the needs of Persons with Disabilities;

(5) assistance for the access of policies, plans, projects, activities, development and public services, necessity products necessary for livelihood, legal assistance and provision of lawyers to represent in legal cases, which shall be in accordance with the Rules prescribed by the Committee;

(6) information, communication, telecommunication services, information and communication technology and communication access technology for all types of Persons with Disabilities as well as public media of the State Agency or related private sector that receive financial budget support from the State according the rules, procedures and conditions prescribed by the Minister of Information and Communication Technology in the Ministerial Regulations;

(7) access to a sign language interpreter in accordance with the Rules prescribed by the Committee;

(8) right to bring any guiding animal, guiding tools or equipment or assistive devices with him or her on any vehicles or in public places, and right to access public facilities, with the exemption from additional payment for service charges, fees and rent for such guiding animals, tools, equipment or assistive devices;

(9) welfare allowances for Persons with Disabilities according to the criteria and procedures prescribed in the Rules of the Committee;

(10) modification of housing environment, provision of Assistants or any other welfare service according to the criteria and procedures prescribed in the Rules of the Committee.

Assistants are entitled to the deduction or exemption on service charges and fees according to the Rules prescribed by the Committee.

A Person with Disabilities who does not have a Caregiver is entitled to welfare provision on housing and care provided by State Agencies. In case a Person with Disabilities receives provision on housing and welfare from private organization, the State shall subsidize such private organization, according to the criteria and procedures prescribed by the Committee in the Rules.

Caregivers are entitled to counseling, advisory, trainings on care giving skills, provision of education, career development and employment opportunity, and any other assistance for self–reliance, according to the criteria and procedures prescribed by the Committee in the Rules.

Vision of Empowerment of Persons with Disabilities Act, B.E. 2560–2564 (2017–2021) was "Make the Right Real for Persons with Disabilities towards Independent Living in Sustainable Inclusive Society". Strategy 1: empowering people with disabled person and organizations to have their potential and strength according to the 4th approach; develop potential and strengthen groups of parents, curators, families and networks to promote and develop the quality of life of the disabled. (Empowerment of Persons with Disabilities Act, B.E. 2560–2564).

Director of Sirarom Disabled Person Service Center at Rayong Province set the project was "Four Activities for Therapy Rehabilitation and Development of Disabled Person" follow Empowerment of Persons with Disabilities Act, B.E. 2560–2564.

These objectives of project were: 1) to rehabilitate the disabled person both physically and mentally by using 4 forms of alternative therapy activities, 2) to develop the potential of social skills and interpersonal interactions for people with disabled person, 3) to provide the knowledge for caregivers to apply systematically and appropriately in helping people with disabilities, and 4) to enable people with disabilities and their caregivers to know about how to solve problems and live happily together.

There were four activities for therapy: 1) Hippotherapy, 2) Hydrotherapy or Aqua Therapy, 3) Music Therapy, and 4) Art Therapy.

Hippotherapy: The therapy activity by horseback riding which was the part of alternative medicine science. Horses exert patterns of movement and rhythm as they trot, which forces the rider's torso and hips to mimic this movement in order to stay mounted on the horse. In turn, this allows the joints, muscles and bones to become properly aligned. There is a bond that often develops between a rider and a horse. This can provide an important source of motivation, confidence and encouragement for an individual. The development of physical was balance and strong. The development of mentality was stimulated thinking system, happy with animal and natural, reduce aggression and believe in themselves. (Cerebral palsy Guide, 2022)

Hydrotherapy or Aqua Therapy: Touching between water and body lead to stimulate intelligence and muscle. When immersed in water, they will be able to perform free movement. This is due to the way that water reduces pressure on muscles, bones and joints. The properties of water can basic development meditate and water resistance will increase their physical abilities accordingly. (Cleveland Clinic, 2022)

Music Therapy: Music therapy was use of sound and rhythm to establish a therapeutic relationship between an individual and their therapist by interactive fun activities. This often encompasses singing, playing instruments, dancing to the beat, composing songs and listening for certain sounds or words. Music therapy can be used to enhance these areas and allow for improved functioning overall. The stimulation of music impact to mind that cause release of endorphins from the brain to change good emotion. Music can be created imagination, fun and relaxation. (Vera, 2022)

Art Therapy: It was the alternative science which help to balance their mind. It was important appliance to strengthen social skills, help to understand own thoughts and understand the feelings of others. (Priory, 2022)

The above–mentioned activities, it will be another way to better promote and rehabilitate both the body and the mind for the disabled person. This project was established under the promotion and development of the quality of life of people with disabilities which led benefits to family and society, enabling people with disabilities to live in society happily create warmth in the family, and reducing the social burden and helping to build human resources back to the occupation again.

Development Process for Disabled Person

Disabled Person means person who has a limitation to perform their daily activities or to fully participate in society due to visual, hearing, mobility, communication, mental, emotional, behavioral, intellectual, learning or other impairments, in combination with obstacles in various ways, and has special needs to obtain any particular aid in order to perform their daily activities or participate in society like normal persons according to the types and criteria of disabilities prescribed by the Minister of Social Development and Human Security. (Empowerment of Persons with Disabilities Act, B.E. 2550 (2007))

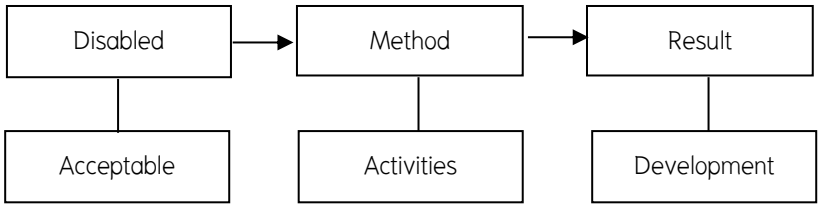


Figure 1: Learning Model (Yaemsuksawat & Wiyaboon, 2021)

The process of developing the potential for disabled people were as follows:

1. Disability acceptance stage: understanding and accepting the condition of a disability.

2. Creating hope stage: finding the purpose of life and creating aspirations to have better living conditions.

3. New self–development stage: self–worth and having confidence in lifestyle was consistent with the situation.

4. Creating self–responsibility stage: defining responsibility by themselves for lifestyle without burdening others.

5. Struggling with problems and obstacles stage: overcoming the problems arising from the impact of mental illness.

6. Interacting with the people stage: meeting or doing activities happily with people.

Behavior modification for development the disabled person began with a process of advice, guidance and follow–up. The details of the operation were as follows: (Awad & Voruganti, 2008)

1. Development according to age: caregivers must understand the development of disabled people. Not expecting too much from disabled people, should be flexible and choose appropriate behavior modification methods for they can develop further completely.

2. Understanding the emotion fundamentals of different individual disabled person. The caregiver needed to understand and adjust the attitude accordingly.

3. Stimulation through the environment: the caregivers needed to view the environment that have the stimulation or somethings led to affect the behavior of disabled people such as overcrowding of places, inadequate facilities as well as provocations that cause people with disabilities to engage in aggressive behavior.

4. The ability to learn: disabled person had potential of learning. Although, the beginning may not understand or not be able to follow immediately but if teaching regularly and not too rushed. They will learn and practice finally.

5. Managing emotional and mental: it is necessary to solve the problem suitably. Beginning to solve the cause of problem by giving love, adjust the care method and teaching methods to achieve proper learning. Sometimes, a doctor or specialist may be required to provide advice or treatment for reduce negative behaviors that may affect their emotion and mind.

The targets of project were disabled person 46 people and caregivers 46 people total 92 people. Duration of project was 5 months. The methods were as follows:

1) Meeting and planning.

2) Action the details of action plan.

3) Prepared the area, content and resource for activities.

4) Coordinated staff with first aid tools.

5) Checked all process before 1 day.

6) Lectured by specialists for caregivers.

7) Evaluated the development of people with disabilities before entering the project for prepared their body and familiarize with the steps before the actual treatment.

8) Implement activities as follows:

- Hippotherapy 4 times/month
- Hydrotherapy 1 time/month
- Music Therapy 1 time/month
- Art Therapy 1 time/month

9) Evaluated the development of people with disabilities after entering the project.

From four activities, the expected results were as follows:

1) Disabled person had to balance strengthen their bodies and proper development of movement.

2) Disabled person had to develop the potential of social skill, perception skill, communication skill, ability to do daily activities by themselves and live in society.

3) Disabled person had to develop the emotion and encourage to confidence for proper maturity.

4) Caregivers had applied systematic knowledge from activities to take care the disabled person correctly.

5) Caregivers and disabled person were encouraged to learn how to live happily and problem solving together.

In addition to developing of learning for working potential and live in society as normal people. Cultivating of ethical was also important. Disabled person must learn rules, culture, environment in society to be able to adjust properly.

The Results of Activities

From continuous initiatives to work for disability person and caregiver, Sirarom Disabled Person Service Center at Rayong Province designed of management guidelines clearly under four activities; hippotherapy, hydrotherapy, music therapy and art therapy. The evaluation divided into two groups were physical evaluation and psychological evaluation.



Figure 2: Hippotherapy & Hydrotherapy (Sirarom Disabled Person Service Center)

Physical evaluation was hippotherapy and hydrotherapy activities. In the beginning, physical therapists help stabilize. Some groups have improved their movements slightly. From the assessment of the physical therapist, they tend to develop better physically if having participated in activities continuously for at least 2 years. But the problem of this process was expensive. Some treatment sessions may be delayed for a long time. The results of therapy may be incorrected. Caregiver will be solving that problem by similar stabilization therapy in replacement intervals for the body was always in balance.



Figure 3: Music Therapy & Art Therapy (Sirarom Disabled Person Service Center)

Psychological evaluation was music therapy and art therapy. Disabled person had practiced designing skills, distinguishing colors and listening to different sounds which reflecting the development of creativity and imagination effect to better emotional development. The advantages of this method were organized within the specified time depending on the suitable activity designing.

Working with disabled person and their families was highly sensitive. All activities must organize the specialist who had knowledge and create positive interactions, close convenience, gave advice the right way and follow up to the self–development of disabled person. There is a movement of the body in response to the music. The emotional relaxation that affects the development of the body. Disabled person must understand the relationship between the movement and the music for develop both physically and mentally.

Rehabilitation Planning

Community Based Rehabilitation (CBR) is a community development strategy that aims at enhancing the lives of persons with disabilities (PWDs) within their community. Community–based rehabilitation (CBR) was initiated by WHO following the Declaration of Alma–Ata in 1978 in an effort to enhance the quality of life for people with disabilities and their families; meet their basic needs; and ensure their inclusion and participation. While initially a strategy to increase access to rehabilitation services in resource–constrained settings, CBR is now a multi–sectoral approach working to improve the equalization of opportunities and social inclusion of people with disabilities while combating the perpetual cycle of poverty and disability. CBR is implemented through the combined efforts of people with disabilities, their families and communities, and relevant government and non–government health, education, vocational, social and other services (WHO). (CBR Africa Network, 2020)

It emphasizes utilization of locally available resources including beneficiaries, the families of PWDs and the community. According to the UN Convention on the Rights of Persons with Disabilities, comprehensive rehabilitation services focusing on health, employment, education and social services are needed to enable PWDs/CWDs attain and maintain maximum independence, full physical, mental, social and vocational ability, and full inclusion and participation in all aspects of life. Disabled person had limitations in their life due to physical disabilities. But they were a part of human resource that can help develop society. International Day of Persons with Disability was an important day that to show potential. Although, their body was not ready but their potential was as full as a normal

person. The differences of physical not effect to capable if they being given the opportunity to express themselves. Therefore, recognizing equality was essential and necessary for everyone in society. (Asher et al., 2018)

The planning of development for disabled person had process to develop and adjust behavior that focus on both the physical and mental. In addition, there was an ethical under the rules of society for developed perfect potential as the normal people as possible and live happily with others. (Corrigan & Mueser, 2008)

The authors had proposed guidelines for improving the quality of life for the disabled person as follows:

1. Physical and mental: the disabled person must be referred for physical therapy continuously and monthly physical checking for good physical and mental by got the supporting from government.

2. Career and income: the disabled person must be employed or have a career in their own capacity and the government may help support the fund for occupation.

3. Education, the disabled person must be got the scholarships and arrange teachers to teach or give advice suitably.

4. Housing and environment: the disabled person must be appropriate residence and improve the environment to facilitate as well as having appropriate equipment for individual.

5. Participation in social activities: the disabled person must get the opportunities to participate in social activities for exchanging opinions with each other.

Saowanee's Rehabilitate Model

From the continuous initiative to work for the disability person and their families, the director of Sirarom Disabled Person Service Center at Rayong Province had been design the management approach under method was called Saowanee's Rehabilitate Model.

Saowanee's Rehabilitate Model was a holistic approach to develop disability person in Rayong and expanding networks to other areas, resulting of the right learning method and clear learning development indicators that effect to the better quality of life with the disability person respectively.

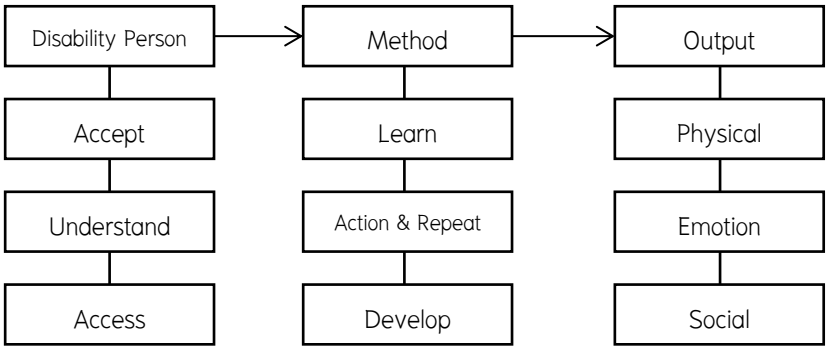


Figure 4: Saowanee's Rehabilitate Model: (Yaemsuksawat & Wiyaboon, 2021)

The body of knowledge of Saowanee's Rehabilitate Model was described the learning and development method for disability person by accept, understand and access. Then, the important method was learned, action and repeat until developed. The keys indicator for three outputs were follow as

1. Physical: it assesses the quality of life in basic necessities such as food, medicine, housing and clothing.

2. Emotion: it assesses the habits and self–control based on the behaviors expressed.

3. Social: it assesses the adaptation to coexistence, discipline and culture.

Continuity in the rehabilitation of disabled person is very important. Caregivers must have the correct knowledge and recognize the importance of activities. If the disabled person can do all 4 activities continuously will help to improve accordingly both physically, emotionally and socially which accordance with all four objectives: 1) to rehabilitate the disabled person both physically and mentally by using 4 forms of alternative therapy activities, 2) to develop the potential of social skills and interpersonal interactions for people with disabled person, 3) to provide the knowledge for caregivers to apply systematically and appropriately in helping people with disabilities and 4) to enable people with disabilities and their caregivers to know about how to solve problems and live happily together.

In conclusion, the body of knowledge was "Saowanee's Rehabilitate Model" arises from actual practice which was caused by accepting to learn new techniques and methods in the present and then adjust suitably with the individual disability person, taking the actual environment as a priority to create development and drive human capital for disability person to live in society likes

the normal people both in action, speech and thoughts that were ready to show their potential in work fully.

Conclusions

Director of Sirarom Disabled Person Service Center at Rayong Province set the project was "Four Activities for Therapy Rehabilitation and Development of Disabled Person" follow Empowerment of Persons with Disabilities Act, B.E. 2560–2564. It will be another way to better promote and rehabilitate both the body and the mind for the disabled person. All activities must organize the specialist who had knowledge and create positive interactions, close convenience, gave advice the right way and follow up to the self–development of disabled person. Saowanee's Rehabilitate Model was a holistic approach to develop disability person in Rayong and expanding networks to other areas, resulting of the right learning method and clear learning development indicators that effect to the better quality of life with the disability person respectively. The past operations had been in accordance with all four objectives: 1) to rehabilitate the disabled person both physically and mentally by using 4 forms of alternative therapy activities, 2) to develop the potential of social skills and interpersonal interactions for people with disabled person, 3) to provide the knowledge for caregivers to apply systematically and appropriately in helping people with disabilities and 4) to enable people with disabilities and their caregivers to know about how to solve problems and live happily together. The benefits for apply of these activities developed the disabled person both body and mind. The caregivers had a solid background in what to do to make their loved ones more rehabilitate as well as giving them the confidence many lack when they begin caring for disabled person.

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