

RAM SOUTH AFRICA TRIP REPORT

My South Africa Trip

Dear Supporters,

Thank you for supporting my trip to South Africa to attend the WFOT Congress in South Africa. It is the first time I participated in an international conference and first time I have travelled outside of India. It gave me a wonderful experience for both career and personal development.

New Ideas acquired in the conference:

- * Improved knowledge about importance of client centered rehabilitation and effectiveness in the field of disability rehabilitation, role of family members in intervention.
- * Identification of mental health issues and role of OT for addressing the issues
- * Different types splints used for hand rehabilitation and adaptations in improving the hand function, technology based hand function interventions.
- * Different type of OT practices around the world and role of OT practice in rural areas
- * Ongoing researches in OT field
- * Special OT related software for management of the neurological conditions
- * Effectiveness of Inter professional team work in neurological and orthopedic conditions.
- * OT strategies for addressing depression in persons with physical disability
- * Role of OT in pain management
- * Management of everyday technology assessment (META)
- * OT eye software
- * Use of assistive technology in dementia patient
- * An intelligent activity based client centered training system
- * International Classification of Functioning Model
- * Study of mobile phone supported family centered ADL intervention
- * Role of OT in tele rehab after stroke
- * Post rehab job status of persons with SCI in Bangladesh.
- * Scope of OT and challenges in all over world

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Personal development:

- Increased self-confidence
- Improved presentation and communication skills (first time presenting in an international conference.)
- Opportunity to learn about different cultures in south Africa
- Exposure to meet various OT professional from all over world.
- Exposure to different accents of English language.
- Exposure to interact variety of people to share and gain the knowledge
- Had my first time amazing experience on trekking, staying in a cold place and doing a safari.

Implications in ASSA

I now better understand the scope of occupational therapists which will help me in the future when I work closely with OT clinical placement students and volunteers. This will help when I assign clients to them, recommend interventions and provide feedback to students.

It was a great opportunity for me to meet a range of university field work coordinators to build up a network for ASSA clinical placement.

The knowledge I gained will be transferred to Indian OTs and PTs at ASSA for more effective rehabilitation for our clients. A lot of new ideas have been generated by my attendance at the conference which I hope to implement at ASSA.

Through my presentation about our Mobile based Early Intervention Therapy and WEIGHT guidelines, ASSA's work reached many people from different countries and there is a possibility of students and volunteers visiting ASSA for their clinical placements in future . Our project and services were well received by therapists from many countries and ASSA's projects including the clinical placement program and the village based early intervention program were seen as a model for other NGOs and organizations to emulate.

Some of the students and volunteers expressed their wish to visit ASSA for volunteer service and I am following up with the people who are interested.

You can see my itinerary and some photos below.

Thank you again for your support. It was a once in a lifetime experience.

Regards,
Ram

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| Date | Activities |
|----------------------|--|
| May - 20 | Departure from India |
| May - 21 | Arrived at cape town |
| May - 22 to May - 25 | Attended WFOT conference at cape town international convention center, South Africa. |
| May - 26 | Visited Robben island , flew to Durban and overnight stay at Durban |
| May - 27 | Travelled to Drakensberg by car |
| May - 28 | Stayed in Drakensberg |
| May - 29 | Departure from Drakensberg to St. Lucia and Visited St. Lucia lake in the evening |
| May - 30 | Safari |
| May - 31 | Safari |
| June - 01 | Horseback riding and left to cape town |
| June - 02 | Returned to India |

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