

ACTION PLAN

1.-**Name:** Dra. Lilian Diestra Ledesma

Organization: Mental Health Unit

Country: Bolivia (La Paz city)

Title of your plan: MORE INDEPENDENCE FOR PEOPLE WITH INTELLECTUAL DISABILITIES

2.-Background (Issues to be solved, direction of national policy)

The Mental Health Unit (MHU), is located in the General Hospital of La Paz city, it is a Unit that works together with much effort trying to integrate mental health professionals such as psychiatrists, psychologists and therapy instructors, in search for a better life quality for our mental health patients and specially those with intellectual disabilities.

Our national and local Government should also take the lead in awakening the consciousness of our population in regards to the inclusion of people with a disability in each of our developing areas of our country such as the social, political, and economic. Yet the present laws do not take this on account therefore, the Unit assumes the responsibility to compensate this unfortunate luck, although this is not always enough.

In the Unit, people with intellectual disabilities need to be encouraged and empowered to work for themselves, we try to teach and work with them based on their understanding ability but in spite of having qualified professionals, we do not reach our main goals as we would like to.

In the Mental Health Unit we have three instructors and one handcrafts teacher who are responsible of:

- Cognitive rehabilitation (reading, drawing, puzzles, and others).

- Create abilities with activities developed in three different occupational workshops (hair stylists, shoe repair, tailor).

Therefore our adult patients do not only receive medical assistance but also rehabilitation in different aspects of their lives such as building capacities and developing skills. However, these activities are not sustainable or permanent because the financial resources needed to hire occupational therapists and specialized instructors to provide quality are not included in the local government's budget, thus, the already hired instructors only work for a partial time or for as long as their contract lasts which is usually a short period of time due to the low budget. Occasionally, we have some donators that provide some financial support to the instructors, also, some volunteers contribute with material resources for our workshops, yet this contribution is not enough for a regular basis activity.

Another reason why there isn't permanent vocational training is because the workshops are usually used by hospitalized patients only, once these patients are discharged they no longer participate of these activities for various reasons, one of which is due to the family's low income, this enables them to pay for a daily transportation to the MHU. Also, in Bolivia it is a tendency that families of a person with some intellectual disability usually overprotects them and not allows them to develop the necessary skills to face a normal life. Therefore, independence for them is almost an impossible goal.

4.-Related knowledge or experience acquired in Japan to achieve the objective.

In Japan, I have acquired a lot of experience on how to achieve my action plan because Japanese people work with all of their resources without waiting for national or local government budget.

In the other hand, in Japan, the national government and local authorities take necessary measures to improve and reinforce the educational content and

methods in order for people with disabilities to obtain a special education, according to their ages, abilities, and degree of disability. It is important to mention that PWID have many advantages established by their government, such as transportation services, policies related to pension, benefits, reinforced health measures and the promotion of early detection and early treatment for injuries and diseases that could cause disabilities.

Japan has been developing educational reforms and many policies for people with disabilities that include social welfare and laws in different fields.

In my country, it is necessary to improve some measures in order to get more independence and autonomy for PWID because they have equal rights on receiving a special education, quality health, security and work opportunities just like in Japan.

5.- Objectives to be targeted:

To achieve an independent life on people with intellectual disabilities

Increase the number of PWID (outpatients) who can use permanently our workshops which will allow them to access to better opportunities to improve their lifestyle.

Strengthen vocational training to generate the production and the economic resources to sustain the workshops, and also to provide PWID with an incentive as a way to keep track of their evolution.

To establish a monitoring and evaluation mechanism, that will include the active participation of the Mental Health Unit committee.

6.-Beneficiary (e.g. your organization, people with disabilities in villages, etc)

In the Mental Health Unit hospitalized patients with intellectual disabilities as well as discharged patients of the General Hospital in La Paz, are still in touch with our social workers. According to this information approximately 15 individuals with intellectual disabilities could start this pilot program. Three groups of five will be divided in each one of the workshops for a period of six months approximately, and if the outcomes are satisfactory we can think of increasing the number of participants for the workshops.

7. Implementing Agency (partners)

We do not have any kind of sponsors that could provide us with the budget and other resources, yet we hope to begin with our own, this means generating some income with the already existing products of the workshops, also, negotiating a possible donation from volunteers and the staff in the MHU throughout recreational activities such as fairs, raffles, and more.

8.-Type of budget needed (how to raise fund?)

As mentioned in point # 7, these products made by our mental health patients can be also sold within the same hospital. A negotiation would have to be made with the director of the hospital, in which the terms of purchase and sale would be beneficiary for both, the hospital and the Unit's patients. Therefore this would be a self generated budget.

List of services provided by the workshops at the lowest prizes in La Paz.

- Haircut
- Hair dues
- Manicure, pedicure
- Makeup
- Hair dye
- Shoe repair of all kinds
- Custom made suits, blankets, curtains, pillowcases, etc.

9.- Pre- conditions and possible obstacles of your action (if any).

The only great obstacle that we could come upon with would be the breakup of the team mentioned before and thus the inability to work as a Unit in benefit of the PWID. Therefore the pre-condition is that a teamwork is required to provide a better service not only to the community but also to the patients with an intellectual disability and their families as an active part of our community.

10. Changes made on your action plan

None.

11. What have you achieve in 6 months? What are the things you could not achieve and why?

I have been able to establish the main idea of this pilot project to my co-workers, at the same time the awareness of the team in the need of inclusion of PWID back into society through their participation in a program that will make them contribute to the community.

Due to the low budget yet acquired, we have not been able to establish the pilot project in its full extent.

ACTION PLAN

Title of your project: **MORE INDEPENDENCE FOR PEOPLE WITH INTELLECTUAL DISABILITIES**

Country: Bolivia

Date:
07/20/07

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Goal/vision: Improve the life quality of people with intellectual disabilities developing their skills so that they may find a stable vocational training in order to become socially and economically independent.

Objectives to be targeted:

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Critical activity needed to achieve this objective?	Who is responsible for monitoring and how?	Who are the partners?	Resources needed?	Time line
<p>Generate the budget to sustain the pilot project</p>	<p>Chief of HMU Throughout a committee that will monitor every month every activity done and all the products sold and their quality.</p> <p>Also and most important the skills that have been developing an every patient.</p>	<p>No specific sponsor.</p> <p>Some donators</p> <p>And any volunteers.</p>	<p>Human resources</p> <p>Economical resources.</p> <p>Materials for workshops.</p>	<p>Six months</p>

Inmediate Priorities-in the next 6 months

County Target area:	Mental Health Unit (15 patients with ID)	Date:	Page		
What are the priority activities that you will undertake in the next 6 months?					
Critical activity needed to achieve this objectives	Outcome(s)	Who is responsible for monitoring and how?	Who are the partners?	Resources needed?	Result of your monitorin
First month:	Set up a 5 member - MHU Committee (Psychiatrist, Psychologist, Occupational Therapist, Instructor and Social Worker).	Chief of the MHU	Workteam	None	No yet
Second month:	Select PWID who will be taken to participate into the program during 6 months permanently from Monday to Friday. PWID will be invitated to participate as soon as possible for starting the program. Considering the level of intellectual disability case by case, MHA Committee will decide which workshop is most appropriate Workshops should improve skills and abilities of the PWID.	MHU Committee Social workers	None	None	15 PWID included in workshop activities.

Third month:	Buy some materials for starting the production. Analyze quality of the production and abilities or skills obtained by PWID Use generated money for paying salaries of the instructors and buying material resources for the production. PWID will receive some incentives like financial support for transportation otherwise it could be a barrier for following up the vocational training.	MHU Committee	Donators Volunteers	Material resources. Human resources like Occupational Therapist and Instructors.	Production generated by PWID.
Fourth month:	Increase production generated by PWID for selling on lower price than the same products usually cost in the shopping centers.	MHU Committee	None	None	Products soled
Fifth month:	Negotiate with the Director of the hospital so that products made for PWID will be soled to them	Chief of the Unit	None	None	Products soled
Sixth month	Final evaluation and compare the advantage or not PWID got during the program period but also to.	MHU Committee	None	None	At least 10 of them finished successfully

					the program that means that they have got new skills and better abilities.
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