

Word from the president

December is a month full of celebrations and gatherings. Here in Kazakhstan we are preparing ourselves for New Year celebrations. Work is finishing, and as we as KEA look back on the past 12 months we are thrilled to see the many (new) connections we were able to make and it is exciting to see how Occupational Therapy is becoming much more known.

Partnerships are crucial to our work here, and in this newsletter you can read about a local rehabilitation centre that is introducing OT into the services they offer to children with CP. Also, an interesting thought on developing fine motor skills for children – especially in a time where tablets and smartphones are so common for children to use.

Enjoy reading our latest news!

On behalf of KEA,
Gerdine Lok - Interim-President

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Fine Motor skills

Linda Beadle - Occupational Therapist in Almaty

Fine motor skills are essential for younger children as they progress in their schooling and as they are expected to write for longer and more quickly. Even with computers and tablets being more prolific in elementary schools, there is still a need for good penmanship and writing legibility.

There are many activities that we use in our motor skills enrichment classes with Kindergarten and Grade 1 students to strengthen their small hand muscles and to encourage the dissociation of the first three fingers (we call them the three friends!) for an effective pencil grip.

Cutting is a prerequisite to writing and we use graded cutting activities to develop this skill.

Spinning tops, tweezers, chopsticks and spray bottles are all activities that the children enjoy and that improve their hand function while they are having fun!



Partnership: Kasietty Zhol (www.kzhol.kz)

Kzhol is a public fund whose purpose is to help children from low-income families and those in orphanages. The main activity of this foundation is organizing good quality rehabilitation for children with neuro-orthopedic diseases in Kazakhstan. In 2014 a Rehabilitation Centre in Astana was opened, followed by a centre for early intervention and a second Rehabilitation Centre in Shymkent last September. The plans and dreams are to open a centre in each region of the country!



During the past few years Kzhol has been investing in their staff by offering on-going education. Trainings have been given especially in the area of Occupational- and Physio Therapy. At the moment one of our KEA members is actively involved in training therapists in the new centre in Shymkent. We are excited to see these places making a difference in treating children with CP - switching from a Soviet style treatment of mainly massage and passive exercises to a more modern and evidence based approach. We are looking forward to working together in the New Year ahead of us!



KEA wishes you all a wonderful 2018 and we are looking forward to partnering with you this coming New Year!



Edited by Gerdine Lok

This newsletter will be distributed every three months. Do you have any questions or recommendations? Or do you want to unsubscribe from the newsletter? Please contact info@ergotherapy.kz