

**Friends of the Disabled Association
“FDA”**



I'dad Center

**Project Proposal for Sponsorship of
Building a Hydrotherapy Establishment**

May 2019

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Introduction: The Importance of Hydrotherapy

Hydrotherapy is a part of medicine, in particular of occupational and physical therapy, which involves the use of water for pain relief and treatment. The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases.

Hydrotherapy is one of the oldest health treatments. It involves the use of water for soothing pains and treating diseases. It has been used for centuries all over the world. Like all true remedies, hydrotherapy requires skill, effort and patience.

Hydrotherapy requires the knowledge of a medical specialist and special equipment such as swimming pool, saunas, steam baths, foot baths, whirlpools and the application of cold and hot water compresses.

There is a physical basis to hydrotherapy, and one of the most important activities that can everyone exercises, especially as the basis for physical rehabilitation and for people with intellectual disability in addition to encourage the persons to support their development in an integrated manner.

Hydrotherapy is contributing very effectively to the development of many areas of cognition in physical and intellectual disability persons, since they develop key motor skills, which contributes to develop self-confidence especially when excels in some species, these persons, in addition to sports regulate the spatial alder and increase motor coordination during the growth process in humans with disabilities, impacting positively on the mental skills.

The recuperative and healing properties of hydrotherapy are based on its mechanical and/or thermal effects. It exploits the body's reaction to hot and cold stimuli, to the protracted application of heat, to pressure exerted by the water and to the sensation it gives. The nerves carry impulses felt at the skin deeper into the body, where they are instrumental in stimulating the immune system, influencing the production of stress hormones, invigorating the circulation and digestion, encouraging blood flow, and lessening pain sensitivity.

Hydrotherapy and hydrothermal therapy are chiefly used to tone up the body, to stimulate digestion, the circulation, and the immune system, and to bring relief from pain. It affects the skin and muscles, it calms the lungs, heart, stomach, and endocrine system by stimulating nerve reflexes on the spinal cord.

Currently, hydrotherapy is applied in many rehabilitative programs. Examples of its use include improving muscular and cardiopulmonary endurance in the elderly, pulmonary rehabilitation in patients with severe asthma, ventilated patients with Guillain-Barre Syndrome, sports injuries, osteoarthritis and rheumatoid arthritis, various dermatological conditions, intellectual disability, autism, Down Syndrome, chronic heart failure, reducing spasticity in severe traumatic brain injury patients, burns and wound healing, ankylosing spondylitis, fibromyalgia, low back pain, rehabilitation ligament surgery, children with complex regional pain syndrome, rehabilitation of patients with supraspinatus muscle tears and spinal muscular atrophy, improving functional mobility in patients with incomplete movement.

The use of Hydrotherapy emphasizes the children's active participation in goal-oriented activities. Hydrotherapy frame of reference is critical to treat deficits in the nervous and muscular system before other issues can be addressed.

By looking thoroughly at the studies of this therapy, we notice that the issue of hydrotherapy has been exposed in several articles and there is many remarkable research and **evidence** realize that hydrotherapy is effective for the treatment of autism and intellectual disabilities.

In light of all articles recommendations the **Friends of the Disabled Association**, in full commitment to its essential mission, seeks to introduce this therapy which seeks to serve our children through the provision of rigorous and high-quality expertise from our dedicated staff.

Part one: Friends of the Disabled Association “FDA”

History:

FDA is a lay-community, non-profit and independent association.

FDA was conceived in 1978 in Lebanon by a group of concerned parents whose children have different disabilities, together with prominent society members.

FDA is supported by the Ministry of Social Affairs, the Ministry of Health and the Ministry of Labor through the National Employment Institute.

FDA offers advocacy and rehabilitation services to children with intellectual disabilities, in its I'dad Center, through various programs, involving educational and vocational training, therapeutic treatments and leisure, sports and artistic activities, aiming at fostering their autonomy towards full social integration.

Throughout the years, **FDA** succeeded to rise despite the many difficulties, especially during the hard days of the civil war.

Major developments, though gradual, took place during **FDA's** life.

Prior to year 2000, **FDA** was providing programs and services from different modest locations.

The move of its operations to the newly-established I'dad Center in Mechref enabled it to develop its specialized programs and provide quality services and programs to a greater number of beneficiaries.

The development that we are witnessing now is due to the recently established administrative organizational structure, reinforcing its team of special educators and therapists by recruiting new experienced staff members, and adopting a structural relations organizational chart, allowing for clear responsibilities, improving communications and synergy between the different sections, and the provision of close support from community professionals.

Many sections of the I'dad Center buildings and grounds are complete, while finishing operations of other sections are ongoing.

With satisfaction and pride we publish this information on our web site www.friendsfordisabled.org, which we hope will give a clear picture of the multi-faceted contributions of **FDA**, but mainly to display the feelings of love and acceptance, along with the high degree of professionalism, that have been invested in the creation of I'dad Center and its services to this date.

Without the generous contributions of many friends and organizations, in Lebanon and abroad, this success story wouldn't have been realized.

We appeal to every contributor to our success to continue to offer his help and support as the needs are still great and many.

Mission:

FDA sets, as priority, to carry out all what may bring the persons with special needs to public participation, inclusion and equality, in line with the Convention on the Rights of Persons with Disabilities (CRPD).

FDA visions and recalls "The principles proclaimed in the Charter of the United Nations which recognize the inherent dignity and worth and the equal and inalienable rights of all members of the human family as the foundation of freedom, justice and peace in the world".

FDA recognizes that disability is an evolving concept and that disability results from the interaction between persons with impairments and attitudinal and environmental barriers that hinder their full and effective participation in society on equal basis with others. In this, **FDA** insists on the importance of public awareness and the promotion of a positive perception towards people with intellectual disability.

FDA considers people with intellectual disability as an expression of diversity.

FDA insists on the importance of individual autonomy and accessibility to the social, economic and cultural environment, to health and education and to information and communication.

FDA believes in the importance of training of professionals and staff working with people with intellectual disability to provide better assistance to them.

FDA recognizes the skills, merits and abilities of persons with intellectual disability and their contribution to the workplace and labor market. In this, **FDA** recognizes the importance of inclusion in education and labor market.

FDA stresses the importance of media support and opinion-leader's alliances. **FDA** demands the full participation of parents of people with intellectual disability in the rehabilitation.

Services:

FDA offers the following services using a multi-disciplinary approach:

- Special education: functional academics, activities of daily living/self-help skills, psychomotor training and socio-adaptive skill training.
- Therapy services: physiotherapy, occupational therapy, speech-therapy, psychotherapy (psychodynamic and behavior modification), equithérapie and art therapy.
- Vocational Training for students ages 15 and above, including: carpentry, pastry-production, mosaics, pottery, basket-production, "jewelry" (faux-bijoux)...
- Sports Training
- Recreational activities (indoors and outdoors)
- Family guidance and counseling
- Out-Patient consultation service
- Catering service (for small receptions)
- In-field Training opportunities for University students
- Staff Training Program (open for all)
- Residential and Respite care

Facilities:

- 10,000 sq. meters land
- 7,430 sq. meters, 4 floors building
- 20 classrooms
- Physical therapy hall
- Occupational therapy rooms
- Speech therapy rooms
- Sensory motor stimulation
- 3D Room
- Interactive Room
- 140 seats assembly hall & convention center
- Kitchens and large dining hall
- 24 bedrooms
- Early Intervention nursery
- Computer club
- Library
- Administration offices
- Carpentry, bamboo, mosaic and clay workshops
- Large gymnasium (basketball, volley ball, hand ball, tennis yard...)
- Playgrounds
- Horseback riding field
- Car park
- Bakery
- Meeting room
- Storage rooms

Applicant details:

Name of organization: Friends of the Disabled Association (FDA)

License Number: 60-1978, Beirut

Address:

Mount Lebanon Governorate, Casa Chouf, Mechref City, 6th Street, l'dad Building,
P.O. Box: 14/6688

General Contact:

Phone number: 00 961 5 601 663

Fax Number: 00 961 5 602 443

E-mail: info@friendsfordisabled.org

Responsible Individual: (including authorized individual to sign official document in organization):

Name: Dr. Moussa CHARAFEDDINE

Title: President

Phone: 00 961 3 612 582

E-mail: president@friendsfordisabled.org

Contact Person:

Name: Dr. Roland LAHOUD, DPT

Title: Head of Therapy & Educational Department

Phone: 00 961 3 998 022

E-mail: rolandlahoud@hotmail.com

Part Two: The project: Proposal of Building a Hydrotherapy Establishment

Justification:

FDA cannot think of realizing a therapeutic training program on therapy services without, in a parallel way, considering the hydrotherapy approach as an important therapy.

That is why the Project we are proposing consist a major components and one of best **sustainable development** for a greatest approach in therapy during individual and group sessions.

Short and Long-term Objectives:

Hydrotherapy can help our children and adolescent with intellectual and physical disabilities and these benefits can be summarized as follows:

- New sensations and specific interest for a sensory information
- Empathic presence of care giver and appropriate relationship containment
- Calming and stimulation area
- Affective and emotional remobilization
- Motivating experience
- Tension anxiety and mental relaxation
- Hydrotherapy creates an atmosphere of security and gentle stimulations
- Development of major movements and muscular development
- Increase spasticity and tense muscles and anxiety
- Development of motor coordination of the body
- Correct the balance and method of walking and walking body position
- Increase self-confidence
- Stimulates touch receptors on the skin
- Improve overall performance
- Adjust the behaviour of the uncontrolled passion
- Moderate aggressive tendencies, convert physical energy, into constructive sports channels
- Leisure and relaxing sports education to give happiness and pleasure to our children.

Target Groups:

FDA provides its services to target groups as identified below:

- Intended beneficiaries: Infants, children, adolescents and adults with intellectual disabilities, physical disabilities, cerebral-palsy, autism, brain damage and multiple handicaps, as well as their family members, in addition to out-patient cases...
- Direct Recipients: Individuals working with the above-mentioned groups, as well as students working towards their degree in Special Education, Clinical Psychology, Speech-Therapy, Physiotherapy, and Occupational Therapy...

Part Three: Project Cost

A Hydro-Therapy unit is usually composed of:

- A whirlpool of a size like 12 meters by 6 meters, with side water jets
- Stairs down to the pool
- Crane for carrying children on wheel chairs
- Shower rooms
- Changing rooms with closets
- Toilets
- Water circulation system
- Water Heating system

The whole Hydro Therapy unit would be constructed indoors, and the appointment to complete the project is **1 year**.

Description	Qty	Price
PF.I 251 pump 25 m3 Filter DesJoyaux Encastré	1	13500
Civil Works	1	15000
Copping Stone + Labor per LM Linear Meter	36	3160
Halogen Spot Light 12v 300 W	4	2400
Tiles + Isolation + Labor per m2	130	13050
SPA for 6 persons	1	9000
Handle Stainless Steel per Linear Meter	30	4300
Electric Control Panel	1	400
Maintenance Kit	1	990
Heat Pump	1	11500
JD Regul Sel + PH for automatic water treatment	1	6500
Dressing Room + Shower + Toilet	2	9200
Total		89.000 USD

Gross Total	89.000 USD
VAT 11%	11.000 USD
Total project cost	100.000 USD

