



Tremendous
Hearts

Volunteer Placements

What Will I Actually Be Doing?

Tremendous Hearts has developed a network of children's homes and agencies that care for orphans and vulnerable children in Cape Town. Each service partner's needs are unique based on the age, size and type of organization, their location and leadership, as well as the needs of the children they serve. Similarly, each Tremendous Hearts' volunteer brings with them a unique set of gifts, training, skills, and experience. We work hard to match volunteers and service partners to ensure a good fit between the organization's needs and the volunteer's skills. Accordingly, every placement is in itself unique. Below are two examples of the type of project a Tremendous Hearts volunteer might work on during their placement.

PHYSICAL THERAPIST | SIBONGILE DAY & NIGHT CARE FACILITY

Sibongile is a residential care facility located in Khayelitsha which cares for children with cerebral palsy and other severe disabilities. The children of Sibongile have been orphaned, abandoned or removed from their family's care due to abuse, neglect or crisis. Unfortunately, in South Africa, parents of disabled children do not have easy access to a full range of free public services, government support or specialized care and as the time-consuming special needs of these children cause increased social and economic burden to those already living in poverty, they are often abandoned. Cultural pressures stemming from a belief that disabilities are a curse carried out by a witch doctor also often mean disabled children are hidden away and neglected, causing their physical and emotional condition to deteriorate even more. In addition, given the high HIV prevalence in South Africa, some of the children at Sibongile are also HIV positive.

A Physical Therapist placed at such a care facility would:

- ♥ Conduct an **in-depth assessment** of each child and, in consultation with the caregivers and local children's hospital, **develop a written care plan** for each child.
- ♥ Provide **physical therapy** to children in accordance with care plan, tracking children's progress and providing periodic reports to staff.
- ♥ Develop and lead **training workshops** for caregivers with the aim of empowering them to participate in, and eventually implement, the care plan.
- ♥ Develop **culturally appropriate, functional documentation** of PT exercises to support their continued implementation by caregivers.

- ♥ **Foster relationships** with institutions and professionals within the local Khayelitsha and broader Cape Town medical communities with a focus on the free or discounted provision of additional support and adaptive devices and equipment, particularly after the volunteer's return home.
- ♥ **Ensure sustainability** of all that has been implemented following the conclusion of the volunteer placement. This may include training a successor volunteer; identifying the most receptive and/or gifted of the caregivers and developing them as the internal PT "advocate"; or making a plan for periodic check-ins by phone or email after returning home.

OCCUPATIONAL THERAPIST | HOME FROM HOME

Home From Home establishes foster homes for orphans and vulnerable children in townships and informal settlements. Each Home From Home property houses a foster parent/s supported by a part-time assistant and no more than 6 children to ensure quality of care and a family based environment. Home From Home trains and employs the foster parent/s and offers ongoing support and supervision. Most children placed with Home From Home are HIV positive and all are from poverty-stricken communities. Many are also the victims of abuse and neglect and, as a result, are developmentally delayed in some way. To manage the on-going care and development of all Home From Home children, the organization has identified the need to create a program to prepare their older children (14-15 years) to transition from a foster care environment to that of an independent adult; this will be of great importance over the next 5-6 years. Home From Home currently cares for 80 children and is continually expanding their ability to care for orphans and vulnerable children in the area.

An Occupational Therapist placed at such a care facility would:

- ♥ **Meet with the social workers** to review case histories and identify which children are most in need of OT.
- ♥ Conduct an **in-depth assessment** of the selected children and, in consultation with the foster parent/s, social workers and/or teachers, **develop a tailored OT plan** to be included in the child's comprehensive care plan including the establishment of baseline metrics for tracking individual progress.
- ♥ Develop and lead **training workshops** for foster parents with the aim of empowering them to participate in the OT care plan.
- ♥ Assist in developing the **"Transition to Adulthood" training program** that will help to prepare children for their transition to independent living.
- ♥ **Foster relationships** with institutions and members of the Cape Town medical community who are willing to provide additional health care support to children including developing resources for free or reduced cost adaptive devices and equipment.