



Therapy Abroad Interprofessional Service Program-Belize

Program Type	International Interprofessional Service Program
Destination	Belize C.A. -San Ignacio, Belmopan, Hopkins
Program Audience	Speech-Language Pathologists; Occupational, Physical, Neurological, Art, and Music Therapists
International Partners	Help Age International, Hazel Hutchinson ADC, Octavia Waight Centre, National Resource Center for Inclusive Education (NaRCIE)
Facilitators	Candace Beitman, EdD, OTR / Wendy Campbell, DPT
Duration	10-days
Dates	July 21 –July 31, 2019

Overview (Mission): This program engages both international and local professionals in a robust exchange, outreach, and training program in the Central American country of Belize. Participants combine professional growth, shared knowledge, clinical skills, cultural sensitivity, core competencies, and life experiences to empower individuals and families and enhance quality of life. As an interprofessional team, we will learn and share collaboratively with others from a variety of practice disciplines who are eager to learn and better serve in their areas of expertise, such as teaching, nursing, rehabilitation, therapeutic arts, care of the elderly, special education, early intervention, being a first responder, or being a parent or adult care provider. Clinically, we will be serving a variety of individuals from birth through near death.

Value Proposition (Why): In addition to this cross-cultural collaboration, participants help meet a need for direct and indirect services by serving children and adults with a variety of medical, developmental, psychological/psychosocial, and learning diagnoses. We offer input to families and caregivers to assist with the care and development of their children and care receivers, help obtain beneficial adaptive devices, and provide instruction to educators and agency coordinators to better serve Belizean children and adults with special needs. We serve individuals and their caregivers in residential, outpatient, adult day center, and home health settings. There is an extensive focus on neurological assessments and rehabilitation in the older adult population, primarily for those who have experienced a CVA and those with Dementia. On a previous trip, the team provided education regarding stroke awareness and prevention, cognitive screens, dysphagia management, proper lifting and transfer techniques, therapeutic arts, maintenance of mobility and purposeful occupational participation for those noting decline with aging, and optimal positioning for all, including those nearing the end of life. We also repaired and adjusted wheelchairs and walkers for residents, and constructed splints and adaptive equipment to increase participation. Participants on this trip will help to continue to lay the groundwork for future development of programs and allied health services in local schools, adult residential and day care facilities, and communities in Belize.

Why Belize: Belize is also the only Central American country with English as its official language, which makes it the perfect place to take off into an overseas service program. Belize offers one a slower pace of life, the tranquility of a warmer climate, and breathtaking landscapes found in the tropics. Whether a one-time adventure or a lifetime commitment, service provision via this program or others will provide one with a life changing and awakening experience linking time, place, and people, thus enriching both our personal and professional lives in immeasurable ways.

International Partners (Resources): Help Age International, Belize Ministry of Education, National Resource Center for Inclusive Education, Hazel Hutchinson Center ADC, Octavia Waight Centre, Therapy Abroad, and BlueDot Partnerships.

Program Activities (What): Each day will be balanced with professional exchange opportunities, screenings, assessments, therapeutic interventions, cultural awareness activities, excursions, group reflections, and teambuilding. Screenings, assessments, and therapy will lay the foundation for future interventions, as well as provide direct observable “take homes” for caregivers, educators and local professionals and practitioners. Through all aspects of our service-provision, we tailor our input to aspects that are culturally relevant, feasible,

and realistic for the people we are serving in their current places and life situations, and offer input that is user friendly in Belize. Group reflections, cultural excursions, and recreational opportunities will tie the whole experience together and ensure that the collective strength of the travel group is maximized.

Social Impact Model (How): The program methodology prioritizes best practices in international interprofessional collaboration such as listening first, leading with empathy, respecting cultural idiosyncrasies, defining mutual benefits and establishing appropriate and measurable goals to achieve realistic satisfactory outcomes. Program leaders Dr. Beitman (Candy), who has led interprofessional service-learning and service-provision programs in Belize since 2010, will be with the group throughout the program, providing resources and guidance along the way.

Competencies (Outputs): In addition to providing a direct service to several individuals, groups, communities and facilities, participants will gain valuable cross-cultural competencies and improved communication and analytical skills, as well as training strategies in resource dependent communities. Additionally, participants will gain practical knowledge, problem-solving, and creative practice skills, and learn how to convert their experience into applicable action that improves the practice of public health across the globe.

Impact (Results): Provision of direct services as well as education and training to partnering agencies and facilities listed above. This experience will set the groundwork for individuals and groups of therapists and other professionals who will be working long term to build capacity in the areas of speech-language pathology, occupational, physical, neurological, art, music therapy, and community safety and prosperity enhancement. Take-aways include valuable strategies, insights, and models that participants can apply to their own professional setting upon their return to home. Additional outcomes include opportunities to build lasting relationships with people across cultures and within one’s multidisciplinary travel group, and the ability to pioneer a form of interprofessional program development and delivery that is people-centered, goal oriented, locally designed, and globally minded.

Daily Itinerary July 21 –July 31, 2019

Day	Activity	Notes
Sun, July-21		
12PM	Approximate Arrival Times Belize	Please try to arrive to BZE between 11 AM & 1 PM.
Lunch		
5:00 PM	Guest House Check-In	Travel by private transport to San Ignacio (Approx. 3 hrs.)
Notes:	Accommodation : Martha’s Guest House Evening Orientation:	Martha’s Guest House Brief orientation to Therapy Abroad, our program/vision and Belize; health and safety.
Mon, 22-July		
6:00-9:00 AM	Breakfast	
9:00 AM	Orientation to Belize	Health, Safety, History, Culture

10:30 AM	Introduction to Health Care in Belize	Local health professional
noon	Lunch	
1:30 PM 3:00 PM	Visit to San Ignacio Hospital Visit to Xunantunich Mayan Archeological Site; riverside shops	Guided tour; meet local health providers <u>Xunantunich Mayan Archeological Site</u>
6:00 PM	Group Dinner	
Notes:	Evening Discussion	Discussion about working in a different culture, specific issues in Belize when working in health care
Tues, 23-July		
6:00-8:00 AM	Breakfast	
8:00 AM	*Introduction to the Community Health Workers program	
10:30 AM	Team 1: Orientation to OWC Team 2: Orientation to NaRCIE Team 3: Village Health Care	
noon	Lunch	
1:30 PM	OWC, NaRCIE & Village Health Care Cont...	Visit to village for tour, meeting local health providers
Notes:	*More information about Community health Workers Program in Belize *More information about Octavia Waight Centre *More information about NaRCIE	Community Health Workers Belize http://www.octaviawaightcentre.org/ NaRCIE Cayo Belize
Wed, 24-July		
6:00 – 8:00 AM	Breakfast	
8:30 AM	Team 1: OWC resident and OP rehab Team 2: NaRCIE Team 3: Village Health Care	
noon	Lunch	
1:30 – 4:00 PM	OWC, NaRCIE & Village Health Care Cont...	
Notes:	Dinner on own Evening debrief/team meetings	
Thurs, 25-July		
6:00 – 8:00 AM	Breakfast	

8:30 AM	Team 1: OWC resident and OP rehab Team 2: NaRCIE Team 3: Village Health Care	
noon	Lunch	
1:30 - 4 PM	OWC, NaRCIE & Village Health Care Cont...	
Fri, 26-July		
6:00 – 8:00 AM	Breakfast	
8:30 AM	Team 1: OWC resident and OP rehab Team 2: NaRCIE	*Debriefing sessions with caregivers
1:00 PM	Lunch	
2:00 PM	Medicinal Garden and local healer	Talk by local healer, guided tour of gardens
Sat, 27-July		
6:00 – 9:00 AM	Breakfast	*Opportunity to visit San Ignacio Saturday market
10:00 AM	Departure to Hopkins	Approx. Drive Time 2.5 Hours
noon	Lunch	
3PM	Approx. Check In Time	*Visit to Garifuna Cultural Museum
Notes:	Accommodation Coconut Row	Coconut Row Beach Hotel
Sun, July-28		
	Free Day	*Opportunity to attend church on the beach
Tues, July-29		
	Free Day	Hopkins has numerous activities including snorkeling, cultural excursions, jungle outings, touring the village via golf cart, and relaxing on the beach.
Wed, July-30		
	Free Day	*Optional Snorkeling Excursion
Wed, July-31		
7 AM	Departure for Belize City (BZE) Airport	Approx Travel Time 3 Hrs. Please book departing flights after 12 PM