

**Humanitarian project «AquaDREAM: hydrokinesotherapy for children with infantial cerebral palsy»  
(State educational establishment «Borisov district center for correctional and developmental training and rehabilitation»)**

<b>Initiative name</b>	"AquaDREAM: hydrokinesotherapy for children with cerebral palsy"
<b>Main thematic area</b>	Development of partnership and joint activities of special education institutions, non-profit organizations, local government (self-government) and local communities, as well as state and commercial organizations, individual entrepreneurs aimed at supporting disabled children and improving the quality of life of children with cerebral palsy
<b>Full name of the applicant organization</b>	State educational establishment «Borisov district center for correctional and developmental training and rehabilitation»
<b>Territory of the initiative</b>	Borisov district
<b>Total budget of the initiative, USD</b>	<b>20000,0</b>
<b>Requested amount, US dollars</b>	<b>18500,0</b>
<b>Duration of the initiative</b>	14 months

**1. INFORMATION ABOUT THE APPLICANT ORGANIZATION AND PARTNERS**

<b>1.1 Full name of the applicant organization</b>	State educational establishment «Borisov district center for correctional and developmental training and rehabilitation»
<b>1.2 Legal address</b>	Revolution Avenue, 58 "A", 222520, Borisov, Minsk region, Republic of Belarus
<b>1.3 Mailing address</b>	Normandia-Neman street, 196, 222514, Borisov, Minsk region, Republic of Belarus
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<b>1.5 E-mail address</b>	<a href="mailto:ckroir@rooborisov.by">ckroir@rooborisov.by</a>
<b>1.6 Head of the organization</b>	Mordovich Lyudmila Gennadievna
<b>1.7 Contact person for the implementation of the initiative</b>	Mordovich Lyudmila Gennadievna, +37529 278 55 58

**2. DESCRIPTION OF THE INITIATIVE**

**2.1 Justification of the relevance of the initiative**

Hydrokinesotherapy is one of the best forms of therapeutic and rehabilitation classes for a child with cerebral palsy to improve physical functioning. Immersion in the pool water provides a reduction in the load on the musculoskeletal system, hydrostatic pressure and additional vertical stability, which makes therapy more comfortable and effective and during swimming almost all muscle groups work which is quite difficult to achieve during regular physical therapy classes. Water helps to reduce stress and nervous tension, relax muscles and reduce pain syndromes.

Hydrokinesotherapy has not only a therapeutic effect (decrease in muscle tone, increase in motor function, increase in walking efficiency, functional abilities), but also has a pronounced psychosocial effect (improving the quality of life and the level of socialization).

A swimming pool operates on the basis of the Borisov District Center for Correctional and Developmental Training and Rehabilitation, but its reconstruction is required for high-quality hydro-rehabilitation

### **3.2 Purpose and objectives of the initiative**

Goal: Improving the quality of life of children with cerebral palsy through the use of hydrokinesotherapy.

Parents:

To create conditions for the introduction of innovative technologies of hydrokinesotherapy in the comprehensive rehabilitation of children with cerebral palsy through the strengthening of the material and technical base (reconstruction of the pool).

To develop a programme for the development of motor and sensory spheres in children with cerebral palsy through hydrokinesotherapy.

To promote socialization and improve social adaptation of children with cerebral palsy

### **3.3 Territory of the initiative**

Borisov district

### **3.4 Target groups**

Children with cerebral palsy from 3 to 18 years old in the number of 40 people.

Institution of special education.

State structures

### **3.5 Innovativeness of activities and (or) approaches proposed in the framework of the initiative**

Combining the competencies of non-profit organizations, local government bodies and special education institutions will contribute to improving the quality of life of children with disabilities, socialization and improvement of social adaptation of children with cerebral palsy. The built-up clear algorithm of interaction within the framework of the initiative will provide an opportunity for the comprehensive rehabilitation of children with cerebral palsy through the introduction of innovative technologies of hydrokinesotherapy.

In order to achieve a common goal – improving the quality of life with cerebral palsy – public associations, state institutions and local authorities have become partners and joined forces.

The activities of the initiative will facilitate the establishment of contacts in improving the quality of life of children with cerebral palsy and closer cooperation among interested organizations.

A set of measures to improve the quality of life of children with cerebral palsy will give a tangible positive result that can be broadcast to other regions of the country

### **3.6 Project activities**

Stage 1 – preparatory (4 months):

- reconstruction of the pool;

- purchase of special equipment: a lift, a Gross simulator, a gymnastic wall;

- purchase of swimming equipment (boards, inflatable circles, balls, armbands, noodles, water dumbbells);

Stage 2 – the main one: conducting classes in hydrokinesotherapy for children with cerebral palsy using acquired special equipment (9 months).

Stage 3 – final: summing up the results of the project implementation, evaluation of its effectiveness (1 month)

**3.7 Tapes of cash expenditures** (attachment)

**3.8 The main results (changes) to be achieved after the implementation of the initiative; social effect from the implementation of the initiative**

Improving the quality of life of children with cerebral palsy.

Successful socialization of children with cerebral palsy.

Increasing the level of comprehensive rehabilitation of children with cerebral palsy

**3.9 Sustainability of results**

The developed system of interaction between state structures and public organizations will effectively continue work on the comprehensive rehabilitation of children with cerebral palsy through the use of innovative technologies of hydrokinesotherapy after the implementation of the initiative «AquaDREAM: hydrokinesotherapy for children with cerebral palsy».

The reconstructed swimming pool, purchased equipment (lift, Gross simulator, gymnastic wall) and swimming equipment (boards, inflatable circles, balls, armbands, noodles, water dumbbells) will be used by the state educational institution "Borisovsky District Center for Correctional and Developmental Training and Rehabilitation" for conducting hydrokinesotherapy classes with children with cerebral palsy for free