Bali, and Indonesia as a whole, provides very little, if any, support for people living with disabilities. Many are house bound and often hidden from the outside world, not through a lack of caring and love from family, but through a feeling of isolation and lack of knowledge about what, if anything can be done to assist them. Not only is this a concern but any assistance that may be available through mainstream sources can be quite expensive and way outside the financial ability of the families, in the majority of cases. It is primarily through the work of NGO’s and other caring people that support is offered and often it takes quite a lot to explain to the parents and convince them that any assistance is of immense benefit to their loved one.

It is even more difficult when it comes to sport as for most Indonesians sport is seen as purely recreational past time or a luxury for those that are supported by others. Sport, in many circumstances is also seen as a way of the family making money to supplement the family income. When there is a child or adult living with a disability sport is the last thing they would consider as being something their loved one can, or should,

participate in.

Yayasan Damai Olahraga Bali supports disabled people in their desire to have some form of independence and to live a life that is both productive and enjoyable. Sport, in many instances, can provide a disabled person not only with a recreational outlet, but many health benefits, both physical and mental. Once a person becomes involved in a sport their whole persona changes, they smile more, they are more confident, they talk more, they laugh more and, most importantly they feel much better about themselves.

Until recently Indonesia provided only minimal sports for people with disabilities – primarily Power Lifting, Chess, Athletics and to some degree Table Tennis. Swimming for children with hearing difficulties is also available, all of which are primarily individual sports. Unfortunately few, if any, team sports are available. Yayasan damai Olahraga Bali has introduced Wheelchair Basketball and more recently Wheelchair Rugby as team sports. This is the first time either sport has been introduced into Indonesia. Team sports provided the added benefit of increased socialisation skills, teamwork, leadership and consideration for others.

The purchase of new wheelchairs specific for basketball will enable YDOB to expand the program further into the community. Currently the program is primarily based around the southern part of the island of Bali, however, YDOB wishes to cover all regencies in the island and eventually introduce the game of wheelchair basketball to other parts of East Indonesia.

Yayasan damai Olahraga Bali was founded in 2009 and aimed at providing sporting opportunities to disadvantaged children throughout Bali and East Indonesia. YDOB believes that “sport changes lives” – which has become the foundations motto. By 2011 BSF was finding many other NGO’s, who provide support for people with disabilities, were approaching them asking if there were any programs they could provide for their clients. This lead YDOB to consider disabled sports as a way of helping the most vulnerable in our community. The more programs BSF started, the more people they could help. In 2013, YDOB, with the assistance of the National Paralympic Committee and sponsors held the first ever ParaGames at the Bali International School in mid-July. This saw over 300 athletes from all over Bali come to compete in various sports over 3 days. Nothing of this kind had ever been held anywhere in Indonesia and it made Yayasan damai Olahraga Bali more determined to provide as many opportunities for those living with disabilities as is humanly possible.

In recent years YDOB has, through it’s programs, provided opportunities for disabled athletes to compete overseas, many of whom had never been out of Bali, let alone in another country. Competitions overseas have included Deaf/Mute Stickfighters competing in the World Championships in the Philippines, Wheelchair Rugby team (first ever for Indonesia) competing at the Asian Paragames in South Korea and Wheelchair Basketball athletes going to Singapore and Thailand for training camps. All overseas trips have been funded entirely by YDOB through sponsorships, fundraising and/or donations.

YDOB is governed by a board of trustees, and any funds needed are raised through sponsorships, donations and the running of Major Events, such as the Bali Ocean Swim which provides funds for swimming programs for the disabled.(see below for 2014/15 budget) Currently YDOB has five (5) full time Indonesian staff – three (3) of which are disabled, plus two (2) part-time Indonesian staff who provide coaching and other support, as well as one (1) AVI Volunteer. YDOB also has a number of other coaches provided expertise in various sports.

However, the cost of introducing team sports, such as wheelchair basketball and wheelchair rugby is much higher due to the specialised chairs and equipment required. The sheer nature of the sports, can create wear and tear on the chairs and they have a limited lifespan. Currently the wheelchair basketball program includes a competition which runs every second Wednesday evening at the Bali International School but YDOB aims to expand the program, and run other competitions in other regencies, which will require the purchase of additional chairs.

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1. Project Objective(s)

To Expand the Wheelchair Basketball program to include all of Bali, thereby providing sporting opportunities to more people living with disabilities.

1. Beneficiaries

People living with disabilities in Eastern, Northern and Western areas of Bali will benefit most. It is difficult to estimate numbers as many people living with disabilities are not registered with any organisation and are often confined to their home. Not only will the individual benefit but also the families of the individual as they see their loved one moving beyond the confines of their disability it will some of the worry and concern of the families. In YDOB wheelchair basketball competition we integrate able-bodied and disabled athletes so whole communities can benefit from the program. Able-bodied people learn what it is like to be confined to a wheelchair and thereby often gain a better appreciation for those that do, whereas disabled people learn that they can participate and integrate with able-bodied people thereby improving their self-worth and confidence.

1. Proposed Activities and Timeline

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Project Activities**  **(What are you going to do?)** | **Indicators**  **(What would success for this activity look like to you?)** | **Responsible (who)** | **Start Date** | **Completion date** |
| Objective 1 |  |  |  |  |
| Activity 1 | Purchase of wheelchairs | CEO | 15/07/2015 | 15/08/2015 |
| Activity 2 | Expansion of wheelchair basketball program into other regencies.  Province wide wheelchair basketball competition with teams from all nine regencies competing regularly culminating in a Province championship at the Annual Bali Paragames. | CEO, community liaison officer and wheelchair basketball coach | 30/08/2015 | ongoing |

1. Sustainability of Outcome

Wheelchair Basketball, as with any sport for those living with disabilities, provides many benefits to individuals and communities. Individuals can participate, learn new skills, develop lasting relationships, integrate with able-bodied athletes, develop team leading skills and further develop their own self-worth and confidence. The added benefits are to their overall health and well-being, often once a disabled person commences in any sport their health improves, they become less prone to illnesses, their muscles improve as well as their stamina, strength and lung capacity. More importantly is the improvement to their mental health.

Balinese are renowned for their sense of family and community but when that community includes a person or people with disabilities often the community is at a loss as to how to help. Once that person participates in a sport, thereby improving their own self-confidence, the community too rises again to support and encourage that individual. YDOB is determined to continue to expand programs throughout Bali and eventually into other parts of East Indonesia believing that the opportunities that sport provides for those living with a disability far outweighs any obstacles that may arise.

YDOB is currently setting up a workshop to maintain and repair all wheelchairs. Staff have spent time overseas in Thailand learning how to ensure the wheelchairs are maintained as well as possible so they are equipped to maintain and repair equipment at YDOB. YDOB continues to seek sponsors and donations and will continue to run fundraising and major events in order to raise funds to continue to run and expand programs.

1. Demonstrated Staff Expertise (maximum 1 page)

|  |  |  |  |
| --- | --- | --- | --- |
| **Project Staff**  **(Position)** | **Current or Contracted?** | **Project responsibilities** | **Demonstrated Expertise** |
| Rodney Holt  CEO | Current | Oversees Implementation of Wheelchair Basketball Program  Coach | Indonesian National Coach Wheelchair Rugby- 2014 Asian ParaGames |
| Made Suwidiarta | Current | Assistant Coach |  |
| Wayan Damai | Current | Assistant Coach  Player | Representative Wheelchair Basketball player |
|  |  |  |  |

1. Monitoring and Evaluation

Expanding sports programs within YDOB involves maintaining records of all participants in programs. Records are kept of all participants: name, sex, age, village, regency, disability, sports and contact details. Maintaining these records is crucial in the expansion of the programs as well as ensuring any person interested in participating is not overlooked at any point.

Increasing the number of teams in the Wheelchair Basketball competition is secondary to this. Once individuals learn the skills and gain confidence in their ability, having them join a team and participate in friendly competitions is the next step. Increasing the number of participants in any sport is always good for the sport as those individuals then encourage others to participate.

As this is seen as an ongoing project there is no limit to where this can lead. After Bali YDOB aims to expand the project into other parts of East Indonesia thereby improving the lives of others living with disabilities.

1. Project Budget

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Proposed Budget** | | | | | | | | |
|  |  |  |  |  |  |  |  |  |
| **Project Name:** | **Purchase of Wheelchair Basketball chairs** | | | | | | | |
| **Host Organisation:** | **Yayasan Damai Olahraga Bali** | | | | | | | |
| ***Everything in italics is only an example.*** | | | | | | | | |
|  |  |  |  |  |  |  |  |  |
| **Item** | **Unit** | **No. of units** | **Cost per unit** | **Total cost** |  |  |  | **Comments** |
| ***Purchase of Wheelchairs for wheelchair basketball*** | *Chairs* | *10* | *600* | ***$6,000*** | *-* | *-* | *$6,000* |  |
| ***Purchase of Spares*** | *wheels* | *5* | *40* | ***$200*** |  |  | *$200* |  |
| ***Purchase of Uniform*** | *set* | *10* | *15* | ***$150*** |  |  | *$150* |  |
| ***Purchase of Balls*** | *ball* | *5* | *20* | ***$100*** |  |  | *$100* |  |
| ***Purchase of Toolbox*** | *box* | *1* | *50* | ***$50*** |  |  | *$50* |  |
| **Total in local currency (USD)** |  |  |  | **6,500.00** | **-** | **-** | **6,500.00** |  |