

## WESTERN CAPE REHABILITATION CENTRE (WCRC)

### BASIC (3 WEEK) COURSE – THE ASSESSMENT AND TREATMENT OF ADULTS WITH NEUROLOGICAL LESIONS – THE BOBATH CONCEPT

#### DATE/S, VENUE & PARTICIPANTS:

- 31 March – 11 April 2014 and 12 -16 May 2014 (Please note: This is a 3 week course, split into 2 parts. Attendance of all three weeks is compulsory.)
- Western Cape Rehabilitation Centre, Highlands Drive, Mitchells Plain, Cape Town
- 16 participants

#### PRESENTERS:

- Elsje Scheffler / Sheena Irwin-Carruthers / Gakeemah Inglis-Jassiem

#### COST:

- **R7 000.00**
- Reprint of lost CPD certificates **R200.00**

#### BOOKINGS:

- The deposit of **R5 000.00** must accompany the application in order for you to be placed on the list of participants.
- The balance of **R2 000.00** is payable no later than **28 February 2014**. (one month prior to the course)
- If you book within one month of the course, the full amount needs to be paid immediately.
- No bookings will be done without the deposit.
- The deposit is non-refundable should you cancel within 1 month of the starting date of the course.
- Banking information:
  - Account holder:** WCRC Facility Board
  - Account number:** 406 775 3915
  - Bank:** ABSA
  - Branch:** Goodwood Mall
  - Branch code:** 512-710
  - Type account:** Cheque
  - Reference:** your name plus Bobath
- Send the completed application form with proof of payment to email [bobath@dareconsult.co.za](mailto:bobath@dareconsult.co.za) or fax 086 5112 164.
- Logis supplier number **P8806** or BAS supplier number **H0010743**
- **Bookings / payments via SKILLS DEVELOPMENT OFFICES:**

It is preferable that you pay directly for the course and then claim back from your skills development office / division. Alternatively, provide a letter (on an institutional letterhead) signed by your head of department and the Skills Development Office, confirming your name, the course you are registering for, the course dates and that the Skills Development office will pay the complete registration fee. An order number should be included in the letter if available. No bookings will be done without this letter.

#### CONFIRMATION OF BOOKING:

Once we have received proof of payment, you will receive written confirmation of your booking. If you don't hear from us, it means we have **not** received your confirmation of payment and/or booking. Please contact us immediately.

#### GENERAL ENQUIRIES:

Nelleke Bakkes or Karin van Niekerk at The Office: +27 21 882 9872

## **COURSE OVERVIEW, ASSESSMENT AND GENERAL REQUIREMENTS:**

- The 3 week course is full and intense and often homework is given for the next day. Before you arrive you may wish to revise the functional anatomy of the trunk and neck, upper limbs and lower limbs, but the manual provided will have full information.
- As this is an outcomes-based course, participants need to demonstrate that they understand and can apply the concepts taught. There will therefore be continuous evaluation taking place during the course, which will focus on your participation in class, clinical handling skills during practical and clinical sessions, as well on all homework. A final assignment will be handed out at the end of the second week.
- From day 2, we will be working with patients on a daily basis. Please ensure that you are appropriately dressed for clinical sessions. Almost every day there are practical sessions where participants will practice techniques on each other, so ensure that you are appropriately dressed for these sessions.
- Participants who require special accommodation regarding physical needs for clinical, practical or theory sessions, should contact Nelleke Bakkes on 083 290 7049 bobath@dareconsult.co.za to discuss needs and options.
- You will receive pre-reading for this course.

## **ATTENDANCE REQUIREMENTS:**

Please be advised that according to the Bobath bylaws, a participant may only miss a maximum of 4 hours of the training. Participants should therefore not schedule appointments etc. during this time which might require them to leave early/arrive late. The same applies for booking of arrival and return flights.

## **MEALS:**

Tea, coffee and snacks will be provided during the morning tea breaks. Tea and coffee will be provided at lunch time. Please bring your own lunch. Full and light meals, salads, pies, sandwiches and snacks can be purchased at our cafeteria during lunch times.

## **VENUE:**

Conference Room, Therapy 2, Western Cape Rehabilitation Centre, Mitchell's Plain

## **REGISTRATION:**

7.30am

## **CPD:**

- 30 CPD points.
- This qualification will allow you to attend the Advanced (1 week) NDT courses held every year, so it is an effective way of developing your professional skills in neurological treatment.
- Remember to bring your HPCSA card/number for CPD purposes. A register will be kept and has to be signed daily.

## **DAILY PROGRAMME**

07.30 Lectures / practical / demo

09.30 Tea\*

09.45 Patient practical

11.00 Lecture / practical / demo

12.00 Lunch

13.00 Lectures / practical / demo

14.00 Patient practical

15.00 Tea\*

15.30 Lectures / practical / demo

16.30 End

\*Tea times are used to prepare for / end clinical sessions so cannot be shortened.

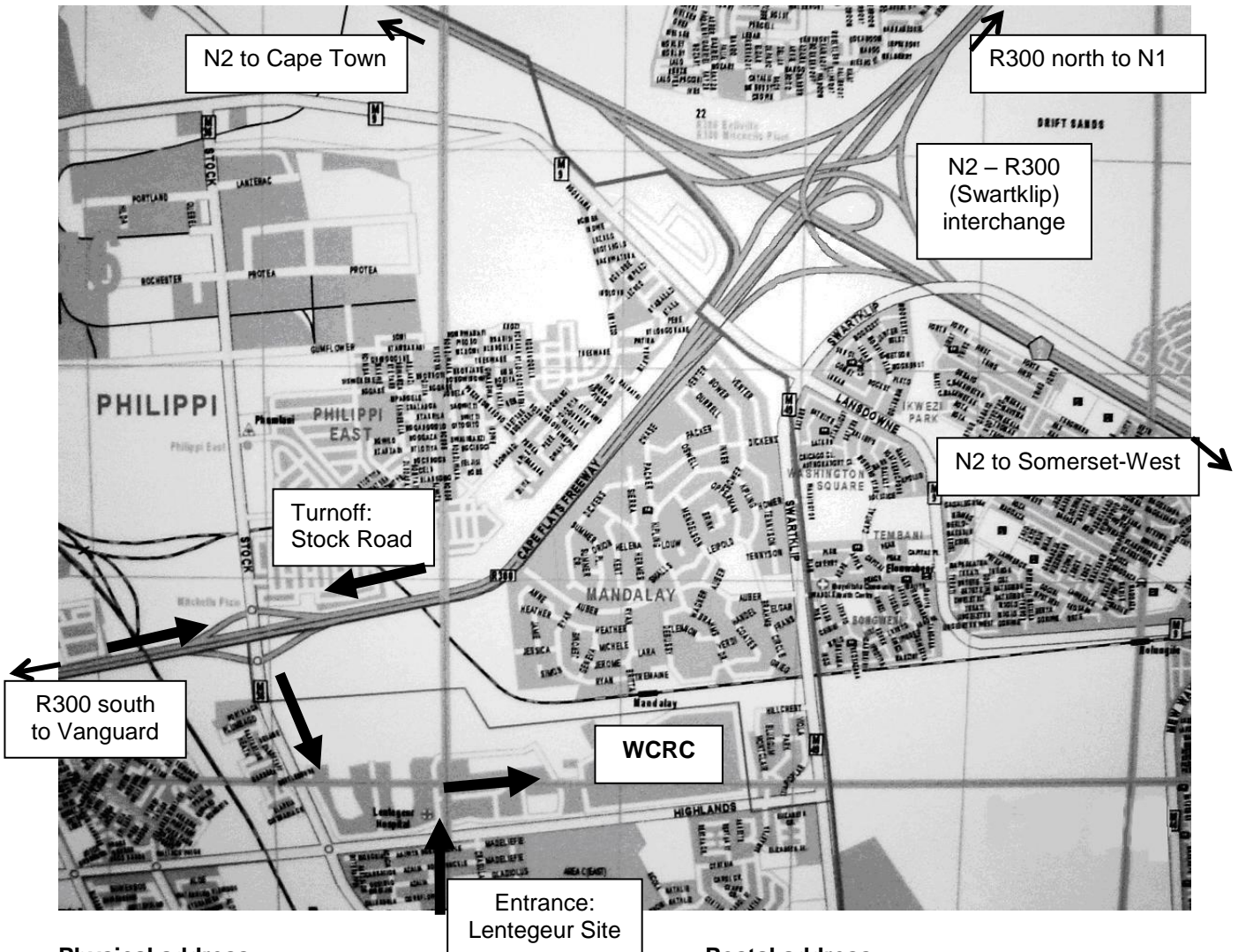
Lunch times e.g. on a Friday, can be 15 minutes shorter if negotiated by the group.



**ACCOMMODATION:**

- The venue is in Mitchell's Plain, plus minus 10 min from the airport.
- Contact the Cape Town Information Bureau for recommended accommodation in the airport area.  
Contact +27 21 487 6800
- Road Lodge Hotel situated by Cape Town International Airport, 11km from WCRC is the closest accommodation. Taxi's are available from the hotel. We recommend that you book your transport needs in advance when you make your reservations at the hotel.  
Contact + 27 21 934 7303

## DIRECTIONS TO: WESTERN CAPE REHABILITATION CENTRE



**Physical address**  
103 Highlands Road  
Mitchell's Plain

**Postal address**  
Private Bag X19  
Mitchell's Plain, 7789

### FROM THE N1:

Take R300 south  
Go past the N2  
First turn off once past the N2: Stock Road (Stock Road becomes AZ Berman)  
Left into Highlands Drive  
Approximately 400m to the entrance of the Lentegeur Hospital site.

### FROM THE N2:

Take R300 south (Mitchell's Plain turnoff)  
First turn off: Stock Road (Stock Road becomes AZ Berman)  
Left into Highlands Drive (first set of traffic lights)  
Approximately 400m to the entrance of the Lentegeur Hospital site.

**Once at entrance of Lentegeur Hospital, follow the directional boards to WCRC entrance (white boards with 4 orange balls). Security at the gate will direct you to the closest parking.**

### LOST?

Call tel. (021) 370 2300