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FROM ROUTINE TO RESILIENCE: A DIGITAL APPROACH TO OCCUPATIONAL THERAPY SUPPORT

**Purnama Betty R. Sitorus
Hafni Khafiyya**

University of Indonesia



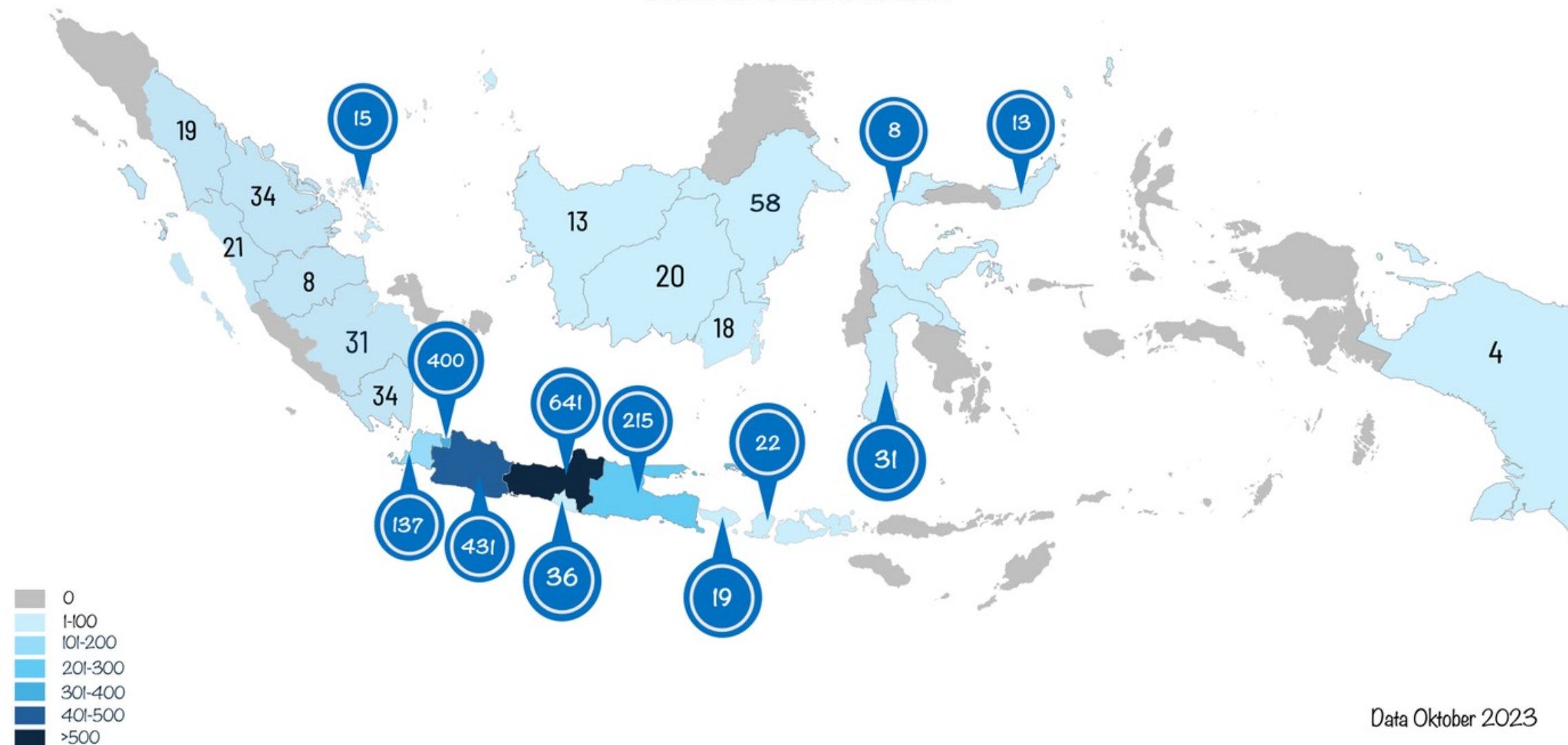
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BACKGROUND

Occupational Therapist Distribution In Indonesia



- **OT workforce gap:**
 - 2,227 OTs for ~281.2 M people
 - uneven provincial coverage (23 of 38)
- **Practical impact:**
 - limited access to holistic support
 - especially outside major centres
- **Rising need:**
 - increasing numbers of children with special needs
 - caregivers often lack structured guidance for daily activities

THE CLINICAL LOGIC

ROUTINE → **PARTICIPATION** → **RESILIENCE**

Many daily challenges are not one-time skills, but repeatable routines (morning, school prep, meals, homework, bedtime)

When routines are predictable and coached:

- caregiver confidence increases
- child participation increases
- emotional/occupational resilience strengthens over time

Emphasize: technology is a delivery channel for OT-informed structure, not a substitute for OT judgment



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THE OBJECTIVE

Goal: a mobile application that helps caregivers structure activities using the body's "natural clock" concept

Core functions:

- routine prompts and step-by-step guidance
- progress tracking
- remote therapist monitoring + feedback + adjustments





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HOW IT WORKS: PHASED APPROACH

1

Pilot website

Mobile app with:

2

- AI-powered activity recommendations
- Adjusts suggestions based on child progress
- Progress tracking
- Therapist feedback loop

USER-CENTRED DESIGN

User-centred design
partners:

- caregivers
- occupational therapists
- technology experts



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EXPECTED OUTCOMES

Increased caregiver confidence and
competence

Improved adherence to structured
routines

Better continuity of therapy
support

Increased accessibility to
OT services

1

2

3

4



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Widya, Prabhu, Satya

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WHY THIS MATTERS

1

This is a model for extending OT impact through structured caregiver guidance + therapist oversight

2

Responsible use of AI:

- personalization to adjust recommendations dynamically
- therapist remains accountable for clinical reasoning and modifications



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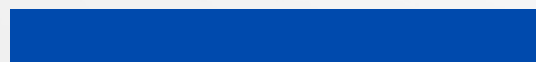
PRACTICE IMPLICATIONS

**Extends OT
reach beyond
clinic walls**

**Supports
hybrid models
of care**

**Useful in low-
resource and
rural settings**

**Model for
technology-
enabled OT
practice**





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THANK YOU