

Programme providing rehabilitative services to children with intellectual disabilities

Samerth Talim Kendra - Day care center

Activity report from July 2022 – December 2022 and

Proposal for January 2023 – December 2023

Submitted to Asha for Education

A. **Background:** This document is presented in two sections. Report for the activities undertaken in the last two quarters of the year 2022 and proposal for supporting the centre for the year 2023. The day care centre now reaches out to 105 children with intellectual and multiple disabilities by providing need based rehabilitative services like physio therapy, sensory therapy, speech therapy, animal assisted therapy, special education and vocational training.

Sr. No.	Disability	Girls	Boys	Total
1.	Intellectual Disability	15	42	57
2.	CP / MR	3	3	6
3.	Cerebral Palsy	6	14	20
4.	Visually Impaired (Low vision)	-	1	1
5.	Autism	1	-	1
6.	Hearing Impairment	2	2	4
7.	Down Syndrome	3	-	3
8.	Delay Development	3	3	6
9.	Deaf	1	-	1
10.	Microcephaly	2	3	5
11.	Physically Handicap	1	-	1
	Total	37	68	105

The base programme – all the therapies and special education activities for all 105 children is supported by Asha for Education. The unwavering support has helped us develop our center from a small space within the community providing therapy services once a week to a full-fledged centre with special teachers & therapists working with children daily and a vocational centre training children in 30 families.

Centre Pictures from Early 2015 -2017



Centre today - 2022



Pictures in the first row are from 2015 to 2017, in the second row are current pictures. The pictures showcase the sunlit rooms, comfortable seating spaces, learning material, therapy equipment, expansion of therapies (animal assisted therapy, art therapy) as well as reach – we now reach 3 times the number of children then. But one of the biggest impacts is having a strong base program – that gives us confidence to hire spaces and invite professionals on board with longer commitments and goals. This has also helped us attract support from other donors such as the Gujarat Corporate Social Responsibility Authority (An autonomous body within the government machinery headed by an IAS, where corporates can park their funds as a part of their social responsibility). The Authority selects organisations based on their own merit criteria and supports them in their focus areas. We also have other donors such as Baal Dan, individual donors, IDRF (Indian Development Relief Fund) etc.

B. Activities in 2022

B.1 Special Education: All 104 children undergo special education – there is a fixed time table for each class – divided on basis of abilities and age. The focus of special education is for children to become self-reliant and integrate in the society. 4 special educators and staff of 4 special teachers work in 4 classes from 11 am to 5pm, Monday to Friday at the centre.

B.2 Physio therapy





Girls	Boys	Total
18	39	57

Total 57 children received physio therapy at least twice a week the entire year. A quarterly goal is made for every child – along with their caregivers, educators and therapists – which is then evaluated. There are two physiotherapists at the centre currently, both give a daily report of each child and plan for the week. Children are divided amongst the two, so minute changes can be captured. The changes observed in children were:

1. Loosening of tightness in their joints such as hands, feet, neck etc. Regular exercise with expert has helped children have better neck rotation, start walking with support and for a few to use their own hands for daily chores such as eating and bathing themselves. This has helped them become independent to an extent.
2. All parents are taught basic exercises for the children/adults with disabilities need to do at home incase of a missed session. This has helped in continuity of the exercises and reduction in stiffness of joints after vacations.

B.3 Speech/Sensory Therapy



Girls	Boys	Total
12	21	33
04	06	10
16	27	43

43 children received at least twice a week therapy this year. As discussed in the last report, an individual donor has supported for renovating one of our classrooms into sensory room. We now have a dedicated space this has led to a surge of improvement in our children's sensory needs. We have now been able to have focused goals and work with toddlers and infants – brought to the centre by their mothers to arrest any sensory/speech delays.

B.4 Animal Assisted & other outdoor Therapies





40 children in two batches of 20 each are supported by Qi to Happiness ([Qi To Happiness Foundation | Home](http://QiToHappinessFoundation.org)) in various outdoor therapies that focus on Impulse Control, Individual Behavioral Issues, Attention deficit and encouraging communication with external world. These therapies are undertaken once a week at the Qi to Happiness premises which is about 17 kms from the centre. A vehicle is arranged for pickup and drop of these children. Activities such as

- **ABT (Art Based Therapy)**

- ☐ Hello Ball Game
- ☐ Bubble Game
- ☐ Trust Walk
- ☐ Trust Game
- ☐ Greeting cards

- **AAT (Animal Assisted Therapy)**

- ☐ Grooming
- ☐ Walking
- ☐ Race With Therapy Dog

- **Music**

- ☐ Belly & chest out while breathing
- ☐ Dancing with song beats
- ☐ Vocal Exercise

- **Sports**

- ☐ Warm – up – Running
- ☐ Walking With speed
- ☐ Throw the ball
- ☐ Catch the ball

- ☐ Team Playing
- ☐ Relaxation activity
 - **Extra Session**
- ☐ Hand Print Coloring

Children enjoy their time at the Qi to Happiness centre. It gives them an opportunity to enter a new world, an outdoor space with the unconditional love of animals. The animals are well trained, are accompanied by their trainers at all times as well as a special educator and psychologist. Quarterly goals are developed for each child and diligently followed through.

B.5 Community Based Rehabilitation



14 children and adults with severe disability, those who cannot visit the centre are provided home based services by Special Educator – trained in physio and speech interventions. She visits the home of these children twice

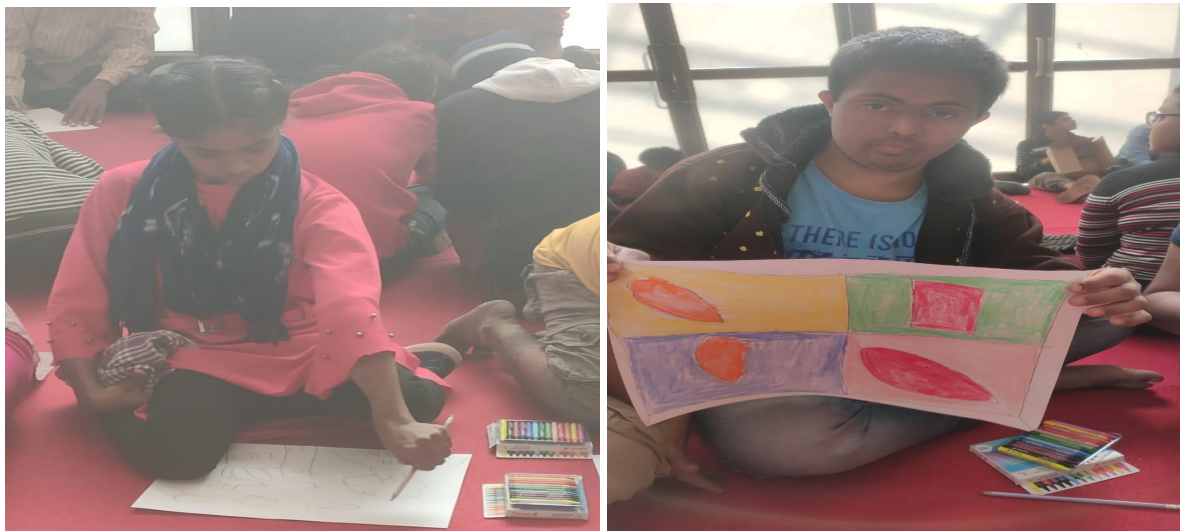
a week. Quarterly goals of these children are developed based on their needs which are then assessed.

B.5 Vocational Centre and other activities



The three vocations based on the skills of our children – paper plate making, beadwork and photocopy has provided support to 28 families. Through the year we have been able to raise 2, 78,000/- through the sale of our products in exhibitions (beadwork), wholesale shops (paper plates) and retail (photocopy machine). This has helped families prioritise their health and food better and infused confidence amongst our children of creating something that is valued in the society.

B.6 Participation in activities



Through the year, our children participated in various sports, arts as well as performing arts events. These events give them an opportunity to perform and show case their abilities as well as find their own extended community. Focus on Capacity building of teachers

B.7 Capacity Building of team



This year the focus has been on on capacity building of our team, of providing career growth opportunities as well as emotional resilience. The team participated in trainings organised by 1. Motivation India 2. Sense India 3. Blind Peoples organisation for professional upgradation and emotional wellbeing and team building by 1. Your HR buddy and 2. Ashoi Consultancy.

C. Proposal for 2023

As we march into 2023, our focus is to intensively reach out 110 children with mental and intellectual disabilities by providing need based rehabilitative services. We would also like to expand our interventions from being centre based to reaching out to a larger community through camps and community engagement events. The overall goal is to spread awareness on prevention and hence on various probable causes of disabilities as well as care – to provide a glossary of resources – government and non-government to parents and care takers so that early identification and support can be provided to such children.

C.1 Objectives of the proposal

1. Provide need based intensive rehabilitative services including special education and therapies to 110 children at the center and community-based rehabilitation.
2. Organize 4 camps through the year in remote localities reaching out to more than 50,000 families to spread awareness and provide support to individuals and families suffering from disabilities
3. Provide 30 families of children with disabilities with vocational training, start up support as well as placement in industries /corporates of the area

4. Facilitate integration with government Programmes and services provided by other not for organizations to create better access to entitlement, schemes and benefits available to people with disabilities in Samerth's intervention areas

C.2 Activities and Outcomes

	Objectives of the project	Activities	Outcomes at the end of 2023
1	Provide need based intensive rehabilitative services including special education and therapies to 110 children at the center and community-based rehabilitation.	<ul style="list-style-type: none"> • Clinical & functional assessment & therapies to be provided to children coming to the centre as per the timetable/ schedule developed • Development of an 'individual education plan' (IEP) for each individual, based on which therapies are designed and implemented – speech /physio /sensory/animal assisted therapy and psychotherapy. • Training in daily-living skills, social and functional skills. • Regular nutrition to be provided to all children coming to the Kendra • Health checkups to be conducted regularly 	<ul style="list-style-type: none"> • A total of 110 children and young adults shall receive goal-based therapies which will be monitored and have measurable impact. • Regular clinical assessments shall be undertaken for all children at the center by neuro pediatrician, Neuro ENT specialists etc • Weekly meetings and home visits with parents /care takers on issues such as nutrition, training on sexual & hygiene issues, and therapies to be undertaken at home. • Impact based Individual plan targeting the children to become independent to the extent possible.
2	Organize 4 camps through the year in remote localities reaching out to more than 50,000 families to spread awareness and provide support to individuals and families suffering from disabilities	<ul style="list-style-type: none"> • Creating awareness on disability with & facts, health risks and preventive measures & later support for mothers • 1 day Camp with experts such as doctors, therapists, community leaders in 4 areas • Emphasis on ensuring that the children 	<ul style="list-style-type: none"> • Awareness is built on prevention and support required for children/adults with disabilities as well as their caregivers/parents in 4 communities reaching total 50 families

		continue to receive services & therapies	
3 .	Provide 30 families with children with disabilities with vocational training, start up support as well as placement in industries /corporates of the area	<ul style="list-style-type: none"> • Vocational centre to support families of children with disabilities and adults with disabilities by training them in livelihood options • A placement brochure to be developed of adults with disabilities and circulated amongst corporates and well wishers to find placement for our adults who have been with us and capacitated to work under controlled conditions 	<ul style="list-style-type: none"> • At least 5 families are able to initiate / promote their enterprise and earn better livelihood • At least 25 families/adults with disabilities are able to earn a livelihood from the vocational centre / or are gainfully employed
4 .	Facilitate integration with government programmes and services provided by other organizations to create better access to entitlement, schemes and other benefits available to people with disabilities sin the area	<ul style="list-style-type: none"> • Leveraging government & non schemes for Provision of aids and appliances • Participating in networks and groups of organizations working in the field of disability to 	<ul style="list-style-type: none"> • Samerth and therefore Samerth's community is known in the field of disability in and around Ahmedabad and at least 500 families have received their entitlements through leveraging schemes & support from Government and Non-government organizations

Supported by: Asha for Education					
Project Name: SAMERTH TALIM KENDRA, Ahmedabad					
Project Implemented by: Samerth Charitable Trust					
Project period 01/01/2023 to 31/12/2023					
Sr. No	Details	Unit cost	Unit	Months	Total for 12 months (year 1)
	Activity				
1	Travel of 78 children to and fro from their homes to the centre	1,000	24	12	288,000
2	Speech therapist cost -2 to cater to individual children at their homes (660 per speech therapist per day) (660*2)	1,320	24	12	380,160
3	Physiotherapist cost -2 to cater to individual children at their homes (660 per day per physiotherapist) (660*2)	1,320	24	12	380,160
4	Awareness camps in 4 remote areas of Ahmedabad - in and around the Talim kendra. This includes setting up of tent like structure with participation from atleast 3 medical professionals (pediatrician, gynecologist & neurologist) and 3 therapists (Physio , speech and sensory therapist)	25,000	4	1	100,000
5	Disability specialist working with children on AAC (Augmentative Alternative Communication)	25,000	1	12	300,000
6	Special educators working directly with 20 children each (divided in groups based on their capabilities)	18,000	4	12	864,000
7	Travel cost for 40 children to avail animal assisted therapy at Qi to Happiness premises. The therapy is free for the children - Samerth has to bear the travel cost to their centre which is specially developed for therapy. The total travel cost for one batch of children to go to their centre is 4000/- (hire cost for mini bus for 15 kids). For 2 batches the cost is 8000 every week. Thus the cost 32,000 per month. This has been subsidised	2,000	8	11	176,000

	for Samerth by Qi to Happiness and hence we have to pay 2000/- per batch.				
	Admin cost				
8	Part Rent and Electricity per month & internet connection	30,000	1	12	360,000
Sub Total					2,848,320
	Opening balance on 1st February 2023				325,553
	Total Budget Approved				2,522,765