Khushboo Welfare Society
COVID-19 Response

Asha-Austin Chapter
About Khushboo

- Khushboo was established on 13 November 1995 as a non-profit organization under the Societies Act, 1860 to provide holistic day care to people with mental and multiple disabilities.

- **Vision:** To have society where the physically and mentally challenged lead a life of care, dignity and respect.

- **Mission:** Help the physically and mentally challenged to become self-reliant, realise their full potential and enhance their capabilities to the maximum possible.

Khushboo Premises  

Dance Performance  

Medical checkup
Holistic Education for Special Needs

- Currently serves 115+ children at their main Khushboo premises

Life Skills Development
- Activities of Daily Living
- Goal of building self-reliance and navigate with daily activities independently
- Play and outdoor time
- Working on behavioral and psychological aspects of the child
- Social aspects and interaction with peers and adults (teachers and therapists)

Therapeutic Services
- Occupational therapy, Speech therapy, Physiotherapy
- Vocational training and computer education
- Arts and music therapy, yoga and pottery, being integrated into daily school curriculum
- Counseling and psychological services for parents
- Health checkups in collaboration with medical teams from hospitals in the region
Covid Response

- Safety and health of children and staff as priority

- Phase 1 - Followed all recommended protocols
  - Social distancing
  - Closed operations for the school from March 23 with nationwide lockdown, children at their homes, staff working from home
  - Necessary and preventive measures in the early days - availability of sanitizers, discontinuity of biometrics, extra attention to cleanliness

- Phase 2 - Khushboo’s initiatives during this pandemic
  - Home-based innovative and integrative schedule tailored to each child as per his/her needs
  - Children have been engaged in purposeful and creative activities recommended by the teachers and therapists
  - Focus on evolving issues of parents with children of mental and multiple disabilities
  - Maintain performance/activity level of the children
  - Empowered and enabled parents to handle behavioral issues of the child

Khushboo’s COVID response
Challenges during COVID Pandemic

- Challenge of addressing daily needs of special needs children in a remote manner
  - Low socioeconomic status (25% of parents do not have access to good internet connection/ smartphones)
  - Siblings at home and attending online sessions from 9am to 2pm, parents are busy and not able to attend to special needs children in some cases
  - Around 60% of children are severely disabled and cannot attend online sessions. However, with parents help, Khushboo continues to interact with the children unmindful of their severity.

- Behavioral and psychological aspects
  - Our maximum numbers of children have challenging behavior. So parents are not able to make them sit in front of the screen
  - Training and counselling to mothers are given to tackle behavioral issues of the children

- Regular therapy
  - Khushboo is guiding the parents on phone and taking online sessions on Zoom to make parents understand the therapy techniques
  - Also working with non-equipment based techniques
Challenges during COVID Pandemic

- **Social time**
  - All children need outings and center-based services, their social life is very limited with family members only
  - During online sessions, focus on social is given with emphasis on small groups

- **Outdoor time**
  - Physical conditions are deteriorating because of restrictions in outings
  - Khushboo is providing different stretching exercises, walking on straight line, etc.

- **Parents involvement for remote learning**
  - Fathers have no time to work with children
  - Most mothers are involved with the children
Therapeutic Services Now

- Children under KWS care have serious medical afflictions
- Therapeutic services play a pivotal role for such children
- Small group/individual sessions for physiotherapy conducted online
- In some cases, parents are taught exercises which helps to improve balance, develop muscle strength and body awareness, increase attention span, etc.
- Under occupational therapy the children along with their parents learn hand manipulation, muscles stretching, body positioning activities, sensory integration techniques, etc.
- The sessions are either individual or in a very small group of 2-3 children
- Khushboo is working on new non-equipment methods to mimic as close as possible to equipment based therapies to avoid any deterioration in the child with remote therapy

Activities of Special Children (Video)
Occupational Therapy Now

Remote therapy sessions

A glimpse of individual Occupational Therapy Session (Video)
Arts and Music Therapy Now

A glimpse of StoryTelling Class (Video)
Khushboo is attempting to continue Life Skill sessions in small groups as per age via zoom calls.

This has helped parents to a large extent to take care of their children under the guidance of the experts.

Each activity performed helps the child to develop motor skills, hand eye coordination, etc.

Khushboo is working on improving its new online sessions real-time depending on what works well and what does not.

There are different activities organized for different age groups under Life Skills.

- For small children, the sessions include identification of fruits, fingerprinting, poem, motor activities, color matching, art and craft, etc.
- For children of age group 10+, trainable activities include academics, social skill, art and craft, etc.
- For children in the age group 14 to 18 years, they are taught time and money concepts through different activities, vocational activity with paper bag making, etc.
Arts and Crafts Now

A glimpse of Art and Craft Session (Video)
Money Concept and Calendar

A glimpse of money concept and calendar session (Video)
Children engaged in meaningful activities at home

Video

Video
Feedback of Parents

Video

Video

Video
Khushboo is working on setting up of a new residential facility towards assisted and independent living for specially abled persons.