

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- September 2021)

While “**Early**” refers to the nascent and most critical period of a child’s growth (0- 3yrs), “**Intervention**” means giving impetus to a child to experience, explore and interact with its atmosphere. Early Intervention (EI) services are **special services** for infants and toddlers with developmental disabilities or at risk of developmental disabilities.

With Sarthak’s proper Early Intervention tools the total center wise enrollments for Sept ’21;

West Delhi Center: 10 Ghaziabad Center: 8



Simar– Sarthak Early Intervention Ghaziabad Center



Simar is 9+ year old diagnosed with Cerebral palsy. She is a full-term baby delivered normally with appropriate birth weight, neonatal jaundice, hypoglycaemia. As a result, she was admitted in nursery for 10 days and her developmental milestones were delayed. Her growth was very slow and doctor said that her activity level is sluggish and lethargic thus doctor advised for therapies to help the child and stimulate development.

Her mother was very tensed and stressed when the first time she got to know about this issue. She got very emotional saying why it happened to them was worried about what lies ahead in future. We advised multiple therapies to overcome child's motor issues and

educating the mother with range of exercises to carry out at home; so initially child had difficulty in maintaining balance and coordination, poor muscle strength, difficulty in sitting or standing, poor hand function, and the child did not speak.

She came to know about Sarthak through our mobilization team, she came to Sarthak for sessions, Due to COVID-19 impact, online sessions are being conducted and regular follow-ups are done to train her mother. As a result, now child's muscle strength has improved, she can maintain balance and coordination, hold the rings in hand and stack. Looking at her child, mother is happy and delighted that therapies are helping the child to develop and gain maximum independence.

Farid – Sarthak Early Intervention Ghaziabad Center



Farid is 12-year-old boy with hemiplegic CP. He is a full-term baby, Delivery was done at home, his birth cry was delayed and respiratory distress syndrome, neonatal jaundice was diagnosed, eventually, his activity level was dull. His developmental milestones were delayed. Thus, doctor advised for therapies to help child and stimulate development.

His parents were very tensed and stressed when the first time they came to know about the challenge with the child, they were grief stricken and concerned about his future. Sarthak's Early Intervention team of professionals advised them for Occupational Therapy program and special education to overcome child muscle stiffness and increase muscle strength and advised parents with range of exercises to carry out at home; so initially child could not sit independently, could not walk without support, was

unable to climb stairs and his pencil gripping was poor.

His father discovered about Sarthak's Early intervention program through calling, Telephonically Therapist took detailed case history and suggested multiple intervention sessions, weekly follow-ups were done with his father ensuring constant involvement with child. Due to COVID-19 impact online sessions are being conducted. At present, child is able to sit independently and walk some steps at home and climb stairs with support. He initiates in all activities and participates well, Now child is able to hold pencil and do scribbling, colouring and write alphabets and numbers. Looking at his improvement, father is happy and delighted that therapies are helping child develop and gain maximum independence.



Gourav– Sarthak Early Intervention Delhi Center

Gourav is a 9 years old with Learning Disability (Poor scholastic performance), his birth history reveals he was born full term, immediate birth cry and normal delivery. His developmental milestones were age appropriate.

His parents were much worried about child having difficulty in academics, poor understanding, poor writing skill. They consulted with sarthak and suggest for special education.

He got associated with Sarthak, enrolled for special education after taking detailed case history, and noted chief complaint according to his parents. Special educator start work, improves in academics, improve understanding and improve writing skills. Gradually with telephonic and online session child has started improving understanding, improved in academic, child is able to follow commands and writing skill also improved. Looking at his sudden changes, his parents have regained the faith that therapy almost important aspect of child routine.

Ratanjot– Sarthak Early Intervention Delhi Center



Ratan jot singh 13+ years old child diagnosed with down syndrome, her birth h/o reveals that She was a pre-term born baby through Normal delivery, birth cry was delayed and low birth weight was another issue along with had respiratory distressed syndrome. Child was kept on ventilator for 1 day. Her developmental milestones were delayed.

Her parents were very tensed and stressed when they first came to know about the problem. they didn't know how to manage this problem. Parents

got to know about Sarthak through calling, our therapist took a detailed case history on call. Both parents unfolded their story told that they had turned totally helpless as their child had lots of issues and they didn't how to tackle them. Child was not able to speak properly, used

to forget thing easily, was not able to walk properly, child experienced academic issues too. It's difficult to manage her.

After full fledged discussion, She was taken for therapy sessions like Occupational therapy, Special education and speech therapy to overcome the challenges, weekly follow-ups were done with her mother and constant involvement with child. Due to COVID-19 impact online sessions are being conducted and regular follow-ups are done to train mother regarding activities, According to her parents, occupational started working to improve muscle strength. To improve weight bearing, To improve hand function, To improve balance and coordination relevant treatment was undertaken. Speech therapist started working on To improve attention skills, To improve vocabulary, To work on Articulation and special educator start working on to improve attention skill, identification of fruits, time concept, learn and write colours (red, yellow), 3 lines of myself.

Gradually with telephonic and online sessions. Child has started improving and currently child Muscle strength slightly increased. Attention span significantly improved. Child is able to write father name but still need prompt for some time. Looking at the child, mother is happy and delighted that therapies are helping child develop and gain maximum independence.

Successful Live session on Early Intervention by Ms. Pooja Thapiyal



Early Intervention at Sarothak

During the first three formative years of an individual's life most of the cognitive, communicative, social and emotional developments take place. Thus, in the case of any developmental delays, this period is the best for introducing interventions so that the child can be facilitated and supported to achieve normal growth. Sarothak aims to approach the families with disability history and aims to eliminate or minimize is in the first place.

Home Based Activities for Parents of Children with Special Needs

To Improve motor skills of the child – Gross motor, balance & Co-ordination

https://www.youtube.com/watch?v=U6iSdLXnD_8

To Improve the sensory development – Gym Ball Pressure

<https://www.youtube.com/watch?v=nzt2i4KBrPc>

To improve speech or communication skills – Sound Introduction & Vocalization

<https://www.youtube.com/watch?v=0lu9cUNHZsg>

Early Intervention Strategies

Appropriate intervention strategies in India are a big challenge for people with disability, which is why Sarothak is aimed towards carrying an equal stature for persons with disability by providing them a platform from the initial years, wherein they have equal access to opportunities and resources. It also gives support through different allied activities namely guest lectures, alumni meet, exposure Visits and parent interaction sessions that aims at a holistic development of the child. Here is a glimpse of the early intervention activities at Sarothak.



CALL FOR ACTION

Sarothak is running this program to prevent, identify and then eliminate the disabilities that are the biggest barrier to inclusion. Let's work towards ensuring that all the children enter school, equipped with the skills they need, to succeed. Let's work towards empowering persons with disability.

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