

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- Aug 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 Aug ’21;

West Delhi Center: 14 Ghaziabad Center: 4



Aditya– Sarthak Early Intervention Ghaziabad Center



Aditya is 10-year-old child with autism. He belongs to middle class family and lives in a nuclear family. His mother is a single parent and she has a private job. His birth history reveals that he was born with full term normal delivery with normal birth weight. He had immediate birth cry. He had history of delayed speech. Mother has discussed with doctor , doctor observe child issue like does not give eye contact, does not follow command, does not speak, repetitive behavior. His mother was taking private therapy before but due to covid19 she could not manage it. His mother was very worried and tensed about her child. They got to know about sarthak through calling and discussed child issue. We assessed detailed case history and found he has mild Autism. He doesn't speak on demand, does not pay eye contact, does not sit at one place, aggressive, walks on toe, and has some sensory issues. We suggest multiple interventions like speech therapy, occupational therapy and special education. Due to COVID-19 impact online sessions are being conducted

and regular follow-ups are done to trained mother for exercise and at present child has improving eye contact and attention span, able to do straight line wading, follow one step command, also improving hand function able to do sorting, matching and coloring activity. He is able to write alphabets A to Z and counting 1 to 10, count and write upto 5, identify colors, fruits and vegetables, able to speak family members name, body parts name.

His mother is very happy to see such improvement and achievement and is thankful to sarthak. His mother is overwhelmed by the child progress and shared her experience that it is wonderful to associate with sarthak team.

Nandani– Sarthak Early Intervention Ghaziabad Center



Nandani is a 6 year's old child with a slow learner. She lives in a nuclear family. No significant history found at the time of delivery, all developmental milestones were age appropriate. She has difficulty in understanding, does not remember things, and forgets easily.

Her mother works in our centre and they discussed child problems. Child studies in normal school in first standard but was not getting good marks. We did detailed screening and enrolled her in special education class. We provide online and telephonic therapy due to covid19.

After few months she is able to write alphabets A to Z, animals name, fruits name, able to write counting 1 to 100, addition sums, do what comes after and before, learn table of 2,3, write Hindi swar, able to tells colours, Vegetables, helpers, transport name.

Her mother is very happy to see this achievement in her child.

Mohd Aarish– Sarthak Early Intervention Delhi Center



Mohd. Aarish is a 13-year-old boy diagnosed with cerebral palsy. He got enrolled in Sarthak early intervention with chief complaints of, the child has difficulty in walking, poor hand function of left hand, does not speak in sentences and does not speak clearly. After therapist observation and assessment his presenting problems are, the child has difficulty in walking, balance issues, muscle tightness, weak muscle strength, and gait abnormality, poor hand function of left side, does not speak in sentences and not speak clearly.

His birth history reveals that he was born with full term normal vaginal delivery with normal birth weight. He had a history of delayed birth cries and neonatal seizures. He has slow growth and poor motor functions. Doctor suggested his parents take therapies that will help the child in his normal development. At the beginning his family didn't know how to take care of their child, how they would teach the child to live with their disability. His family was very tensed and depressed.

He got enrolled in Sarthak Early Intervention Centre once registration was done. He was taken for occupational therapy. Parental counselling was done and suggested for therapy sessions to overcome his problems as early as possible and to achieve their milestones.

After continuing therapy he is improving day by day. His muscle tightness is reducing, core muscle strength is improving and balance is improving. Early intervention program services help young children with special needs to learn motor skills and other important skills of daily life. Research shows that early intervention services can greatly improve a child's development. His family is very happy to see such improvement and achievement and thankful to sarthak.

Early Intervention at Sarthak

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. Sarthak 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 – Tearing and Pasting

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 – 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 Sarthak 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 Sarthak.



CALL FOR ACTION

Sarthak 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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