

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- February 2022)

Early intervention caters to age group of **0-12 years** of child. **0-3 years** are the formative years of an individual life so if any intervention required, we can give as early as possible.



It has three stages **Early Prevention** wherein we aware through anganwadi workers to the pregnant women and their families of the vaccine like rubella vaccination and polio drops and the nutrition intake to have to control disability to newborn.

Second stage is **Early diagnosis** wherein we diagnosis or identify any symptoms which may lead to disability assessing the developmental delay and growth.

Third stage is **Early intervention** wherein we intervene through various therapy like speech, behaviour, occupational, psychologist and special educator. We have 2 early intervention centres in Ghaziabad and West Delhi and rehabilitated 2670 + children.

With Sarthak's Early Intervention tools the total enrollments for February-
West Delhi - 370 and West Delhi – 18 new registrations.

Success stories at Early intervention Centers

Jamuna– Sarthak Early Intervention Center



Jamuna Kumari is a 6+ years old girl diagnosed with Hemiplegic Cerebral Palsy, born in Delhi. Her birth history reveals she was born in preterm (31 weeks), immediate birth cry, low birth weight (700gm) with normal delivery. Child had h/o Neonatal jaundice and was admitted to a NICU for 37 days. Mother got twins delivered. Her global developmental milestones were delayed. Her father is doing a private job and mother is a housewife. She lives in a nuclear family.

Her parents were very worried about the child and how to manage her when they knew about the child's condition. Her parents consulted with the doctor and the doctor counselled the parents and suggested therapies. Parents know about the Sarthak through Mobilization. Before association with Sarthak, the child had difficulty in holding things, poor muscle strength, falls during walking and does not speak properly.

Jamuna Kumari got associated with Sarthak Early intervention during covid -19 pandemic, through telephone, detailed case history was taken. After assessment she enrolled for Speech Therapy, Occupational Therapy and Special Education. Occupational Therapists start goals on the work to improve muscle strength, improve weight bearing, improve hand function and improve balance and coordination. Speech therapists work on to improve oro facial muscle strength, improve vocalization, improve chewing and improve vocabulary. Special Educators work to improve attention, improve writing skills, to work on sorting skills, to work on fruit identification. Gradually with telephonic and online sessions the child has started improving and currently she is able to identify and speak fruits, vegetables and animals name, muscle strength slightly improved, holding in hands slightly improved.



Saraswati– Sarthak Early Intervention Center

Manya is 12-year-old girl with hearing impaired. She was a full-term baby, with normal Delivery, birth cry was delayed and she had low birth weight. She also suffered from respiratory distress syndrome and meconium aspiration syndrome, neonatal seizure present at birth time. She was kept under observation in nursery for 15 days. Her developmental milestones were also delayed

Her parents complained that the child does not speak clearly and faces difficulty in academics. They consulted Sarthak EI team, speech therapy and special education were suggested. She

depends on visual cues and take help of others. She uses hearing aids in both ears After continuous online sessions both telephonic as well as online, her responses started improving. Currently she is able to give attention during in activity now improved vocalization. She can follow commands in simple sentences from behind. She can speak in 3–4-word simple sentences too. She can recite poems and short story in phrases and simple sentences. child is able to identify body parts and understand concept of colors. She started replying for question asked appropriately. Her speech clarity is also improved.

Parents are happy to see her change. Now she asks for her needs. They are thankful to Sarthak for their constant support and guidance.

Niti – Sarthak Early Intervention Center



Niti Kumari is a 9+ year old girl with bilateral hearing loss, born in Delhi, is the second child of her parents. Her father is a Businessman and mother is a homemaker. She lives in a nuclear family along with parents.

Her birth history reveals she was born full term (39 weeks), immediate birth cry, normal birth weight with normal delivery. Her motor milestones were age appropriate but delayed speech. At the age of 2 years, her parents suspected the child did not hear sounds and did not respond. They consulted with a doctor after a hearing test. She was diagnosed with

Bilateral profound hearing loss and started using hearing aid at the age of 3 years and got admission in mainstream and also started taking speech therapy sessions in government hospitals.

Niti kumari got associated with Sarthak Early intervention during covid -19 pandemic, through telephone, detailed case history was taken and according to the parents, improved auditory skills, vocalization and improved vocabulary. After evaluation she enrolled for speech therapy and Speech therapists set goals to improve auditory skills, improve command following and improve vocabulary. Gradually with telephonic and online sessions the child has started improving and currently she is able to understand 1 step command, give responses on sounds and increase vocabulary.

Rishab – Sarthak Early Intervention Center



Rishab is 8 years old with downs syndrome; his birth h/o reveals he was born preterm baby, immediate birth cry with normal delivery. His developmental milestones were delayed.

His parents were very worried about the child. He does not sit in one place, does not speak in sentences, poor balance & coordination, is not able to communicate to others, and does not follow commands, poor understanding, and poor academics. They consulted with sarthak and suggested multiple therapy.

Due to COVID 19 impact, he got associated with Sarthak, enrolled for multiple therapies after taking detailed case history, and noted chief complaints according to his parents. Occupational therapists start with goals to improve sitting and attention span and improve balance & coordination, Speech Therapists start work on improving attention span, improve communication skill , improve vocabulary building and sentence formation and lastly special educators start work to improve concept understanding and improve writing skills. Gradually with telephonic and online session child has started improving and currently he is able to give attention during in activity, improved sitting and improved vocabulary and starts speak in simple sentences , child is able to communicate to others ,improved balance & coordination , improved concept understanding but sometimes child is confused , improved writing skill and also able to follow commands. Looking at his sudden changes, his parents have regained the faith that therapy is an important aspect of child routine.

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 it in the first place.

Home Based Activities for Parents of Children with Special Needs

To improve speech or communication skills – Sound Introduction & Vocalization

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

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>

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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