

## Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- November 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 Oct- ’21;

**West Delhi Center: 10   Ghaziabad Center: 16**



- 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, behavior, occupational, psychologist and special educator. We have 2 early intervention center in Ghaziabad and West Delhi and rehabilitated 1500 + children.

### Aaryan Chauhan – Sarthak Early Intervention Delhi Center



Aaryan Chauhan is an 8+ year old boy diagnosed with Cerebral palsy. He is a full-term baby, with normal Delivery, his birth cry was delayed, the child had a history of neonatal jaundice and neonatal seizure due to which the child was kept on ventilator for 11 days. His developmental milestones were delayed thus doctor advised for therapies to help the child and stimulate development.

His mother was worried and stressed when the first time she got to know about the problem. She didn't know how could she manage this. She was told about the sarthak through calling, His mother gave detailed case history to therapist. Specialists advised her to take multiple therapies to overcome the challenges.

Weekly follow-ups were done with his 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. And at present child's pencil holding is improved and also start doing scribbling on prompt. Child's command following skill is also improved. Looking at child, the mother is happy and delighted that therapies are helping child develop and gain maximum independence.

### Anant – Sarthak Early Intervention West Delhi Center



Anant Uniyal, 3 years old boy diagnosed with Autism, his birth history reveals he was a full-term baby with normal delivery with normal birth weight and immediate birth cry. His global developmental milestones were age appropriate.

At the age of two and half years he was diagnosed with autism and his parents were much worried about his condition how to manage him. His parents came to know about the Sarthak through Hospital. Before association with Sarthak, he had poor eye contact, hyperactive nature, did not speak on demand, sensory issue, made unnecessarily sounds, poor sitting span.

Due to COVID 19 he got associated with Sarthak with Occupational and Speech therapy. Gradually with telephonic and online session, speech therapist started working on vocabulary building, maintaining eye contact, speaking on demand and following command and occupational therapist also worked to reduce hyperactivity, improve attention span and improve sitting span and improve sensory

issues. At present, child initiates in therapy and enjoy with toys and his sitting span is increased child is able to understand and follow command, make eye contact. Looking at his sudden developments, his parents have regained the faith that therapies are utmost important aspect of child's routine.

### **Shivansh – Sarthak Early Intervention Ghaziabad Center**



Shivansh is a 18-month-old child who is affected by Global Developmental Delay. Child lives in middle class family with his parents in Nepal. His family came to know about Sarthak from KBC. His father enrolled shivansh in sarthak early intervention Centre with chief complaints of child not sitting independently, did not speak, and could not hold his neck properly.

After therapist observation and assessment, he does not sit independently, has poor hand function, core muscle weakness, low muscle tone, difficulty in speech, poor sitting dynamic balance.

His birth history reveals that he was born with full term vaginal delivery with normal birth weight. He had immediate birth cry. He had slow growth, had poor motor functions. He had history of neonatal seizures; he was kept in NICU for 10 days. Shivansh was born with a twin. Doctor suggested his parents to take therapies so it will help the child in his normal development. Initially, his family didn't know how to take care for their child, how they will teach 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 and speech therapy. Parental counselling was done and suggested used 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. As his mother told that his hand function is improving, starts to hold the small objects in hand and muscle strength is also improving, also improving his sitting balance.

Early intervention program services help young children with special need to learn motor skills and other important skills of daily life. Research shows that early intervention services can greatly improve a child's development.

Due to COVID-19 impact online sessions are being conducted and regular follow-ups are done to train his mother for exercise. His family very happy to see such improvement and achievement and give thanks to sarthak.



### Kevin – Sarthak Early Intervention Ghaziabad Center



Kevin is 3-year-old child diagnosed with Down syndrome. Kevin started growing with Love and care in his family as he is only son of his parents. His birth reveals that he was born with full term normal vaginal delivery and had immediate birth cry. He had history of low birth reported that is 1.4 kg for that he was kept in NICU after birth.

His family came to know about Sarthak from secondary source of mobilization. When he was taken to Sarthak centre his father addresses that he has difficulty in standing and walking, poor muscle strength in his body, poor understanding, and sit in bow legs position, poor attention span, and poor problem-solving skills, throw objects in the room.

After taking continuous therapy his standing span is improved, start to sit in cross leg position, muscle strength is improving, now he is able to do, squatting, quadruped, kneeling, half kneeling, forward bending, sit to stand, and standing without support for 2-3 minutes. hand function is improving, identifies and speak fruits name (apple, mango) and vegetables potato onion, tomato) animals' dog, cat, elephant) and identifies colors (Red, yellow).

His parents are very happy to see such improvement. They see lot of changes in him during this period. The activities told by therapist are easy and simple and actually make child learn in playful Manner.

### 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 – Gross motor, balance & Co-ordination**

[https://www.youtube.com/watch?v=U6iSdLXnD\\_8](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 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.

### **Know Our Early Intervention Team –**

- **Psychologist** - To counsel, conduct comprehensive assessment & Recommend therapies
- **Occupational Therapist** - To improve fine & gross motor skills.
- **Speech Therapist** - To improve speech & language skills
- **Special Educator** - Concept building using Teaching Learning Materials (TLM).

To know more about Early intervention Email on [pm.eighaziabad@sarthakindia.org](mailto:pm.eighaziabad@sarthakindia.org)

## 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.

**For more details contact:**

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