

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- October 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: 15 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.

Nitin Kumar – Sarthak Early Intervention Ghaziabad Center

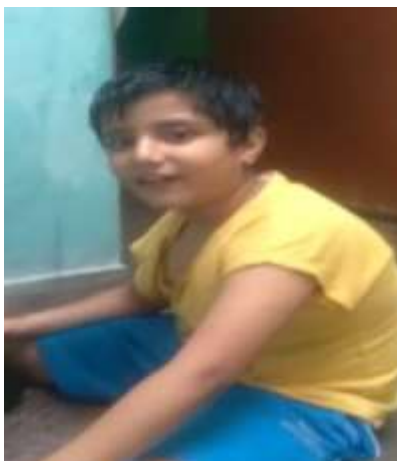


Nitin is 11-year-old child diagnosed as Down syndrome. He was born with full term normal vaginal delivery and normal birth weight. He had immediate birth cry. He has a history of slow growth and had poor motor functions.

Doctor suggested his parents to take therapies so it will help the child in their normal development. At the beginning, his family didn't know how to take care of their child, how they will teach child to live with their disability. His family was very tensed and depressed. They visited Sarthak Early Intervention Centre once registration was done. He was taken for occupational therapy, speech therapy, and special education sessions. Parental counselling was done and suggest used for therapy sessions.

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. When he came to sarthak his mother revealed that he has a problem in balancing, does not speak, poor hand function, academic skills also poor, does not sit at one place to do activity, poor attention. After joining sarthak his balance improved, hand functions improved, grasp improved, start to follow command, sitting tolerance improved and attention improved. Due to COVID-19 impact online sessions are being conducted and regular follow-ups are done to train his mother for exercise. His family is very happy to see such improvement and achievement and is thankful to sarthak.

Rudra – Sarthak Early Intervention Ghaziabad Center



Rudra Sharma is 8-year-old boy child diagnosed with mental retardation with ADHD. He belongs to middle class family. His birth history reveals that he was born with full term caesarean delivery with low birth weight and history of delayed birth cry. He had history of delayed developmental milestone.

Doctor suggested his parents to take therapies so it will help the child in their normal development. At starting his family don't know how to take care of the child, how they will teach child to live with their disability. His family was extremely disappointed.

His family came to know about sarthak from secondary source of mobilisation. They visited Sarthak Early Intervention Centre once registration was done. He was taken for occupational therapy, speech therapy, and special education sessions. Parental counselling was done and suggest used for therapy sessions. 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.

When he brought to sarthak his mother said that he does not sit at one place for some time, does not follow command, is hyperactive in behaviour, has poor understanding, and poor in academics, does not remember things, and does not give eye contact, poor attention span.

After joining sarthak his sitting span is improving, start to give attention to the given activity, start to follow command, also improving in academics, speech is improving.

Vasu Pal – Sarthak Early Intervention Delhi Center



Vasu pal is 2.10-year-old child who experienced a developmental delay. The child lives in middle class family with his parents. He was 2.8-year-old when got enrolled in sarthak early intervention centre with chief complaints of child does not stand and walk independently, does not speak, poor hand function.

After therapist observation and assessment his presenting complaint are, he does not stand and walk independently, poor hand function, core muscle weakness, increased muscle tone, difficulty in speech, poor sitting dynamic balance.

His birth history reveals that he was born with Pre-term C-section delivery with low birth weight. He had delayed birth cry. He had slow growth, had poor motor functions. Doctor suggested his parents to take therapies so it will help the child in her normal development. At starting his family don'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 suggest used for therapy sessions to overcome his problems as early as possible and to achieve their milestones. After continue therapy he is improving day by day. As his mother told that his hand function is improving, start to hold the small objects in hand, muscle tightness is reducing and muscle strength is also improving.

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. The family is glad to note the improvements and grateful to Sarthak. We wish very speedy recovery & development of every child.

Tanisha – Sarthak Early Intervention Delhi Center



Tanisha is 8.4-year-old girl diagnosed as Down syndrome. She lives in middle class family with their parent. She was 8.2 year when got enrolled in sarthak early intervention centre with chief complaint of, she has poor understanding and poor in academics. After therapist observation and assessment, her presenting complaints are she has poor hand function, poor gross motor skills, does not speak clearly, poor in academics, and poor understanding.

Her birth history reveals that she was born with full term normal vaginal delivery with normal birth weight. She had delayed birth cry of 2 minutes. She had slow growth, had poor motor functions. Doctor suggested her parents to take therapies so it will help the child in her normal development. At starting her family don't know how to take care for her child, how they will teach child to live with their disability. Her family was very tensed and depressed.

She got enrolled in Sarthak Early Intervention Centre once registration was done. She was taken for occupational therapy, speech therapy and special education. Parental counselling was done and suggest used for therapy sessions to overcome his problems as early as possible and to achieve their milestones.

After continue therapy she is improving day by day. As her mother told that her hand function is improving, start to hold the small objects in hand, start to follow instructions, do ball catch and throw, ball kicking, also improving in academics.

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 her mother for exercise. Her family very happy to see such improvement and achievement and give thanks to sarthak. Her mother is overwhelmed by the child progress and shared experience that it is wonderful to associate with sarthak the constant team guidance and support help parents overcome child related challenges and make them understand child condition.

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

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

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:

011- 42004238

ceo@sarthakindia.org

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