



ASSOCIATION FOR THE WELFARE OF THE MENTALLY DISABLED

ANNUAL REPORT FOR THE PERIOD FROM APRIL 2014-MARCH 2015

INTRODUCTION:

AWMD has successfully made significant achievements in its accomplishments of the planned programs and activities.

ACCOMPLISHMENTS OF 2014-2015

- **50- Children were provided with Early Intervention training both direct and home based.**
- **05- Children were provided with supportive education for children attending Government schools needing special education.**
- **20 mothers + teenagers provided Pre Vocational and Vocational training**
- **50- Mothers were provided with in-service practical training in behavioral modification, self care skills training and physio therapy and speech therapy through daily activity based program.**
- **10- Adults are provided Occupational therapy at our sheltered work program.**
- **20- Adults who are in an integrated employment, follow up maintained through counseling and meetings.**
- **100- Children \parents identified through door to door survey and support provided through referrals and awareness program.**
- **5-community awareness program conducted**

EARLY INTERVENTION PROGRAM

This program has directly supported 50 children and some children through home based programs and activities.

Key issues:

AWMD works mostly with marginalized Families from the slums and our beneficiaries are from the economically back ward families.

The major issue of parents is lack of understanding of the child's disability, lack of skills and time to follow-up any activities for their child due to financial difficulties and having to take care of other children, house hold work and also to earn their daily income through beedi or agarbathi making. Often the mother has to do everything at home and care of children and she attends to a child with mental disabilities 24\7with no rest or supports or help within the family she lives with her own frustration, depression and the impact is she suffers with poor health condition and a continuous grief. Secondly families cannot afford the cost for daily therapy \counseling, often they are unable to follow up, this leads to multiple and associated problem on the child's condition.

PROGRAM FOCUS:

The program focus is to support and empower the mothers to have a better understanding, acceptance, and emotional supports through counseling , awareness and orientation programs and in-service practical training, and provide mothers with new skills to train the child at home so that child's associated problems may be reduced.





Musamil: 16 yrs old male: Key issue: parents lack of consistent follow up – regard to his behavior, severe hyper active, obsessive behavior problem, screaming, not obeying, adamant very poor attention span and self abusive & sexuality problems.

Impact:

After our Intervention and training Major Changes are noticed in the parents changed attitude and understanding and follow up. Improved behavior regard to sexuality and speech improved and clear and focused in a given activity, and has improved in his communication skills, obeys and follows instructions.

Farhan 14 yrs male:

Key issue; single parent, mother is very poor and no proper income, she has two boys both are with mental disability and she has no proper income she lives at her brother's house and she is unable to cope with his behavior and demands difficult family financial conditions.

This boy had a severe behavior problems and not interested \not focused \ hyper active often running away on the streets, abused by people.

After our intervention: mother feels very happy and supported by the group, He has improved in his behavior \obeys instruction \focused in his activity \self care skills and pre vocational activity \doing weaving \simple covers\interested in gardening.

Rehan: 16yrs male

Key issue: he is on medication for epilepsy, he his shy, with low confidence, keeps his head down while speaking, very depressed, and not interested in anything, family members were over protecting him and never use to take him out with a fear of him getting fits, (Mis- conception) so he was kept inside home most of the time, poor self care skills.

Impact: After our Intervention and counseling training now he is interested in attending the program, he has made a significant improvements in self care skills, his epilepsy is controlled with medication and family counseling and follow-up, he is doing all the activities and his interaction with other members is improved.

He is gaining confidence and now he is happy and can look up and speak face to face. He joins in all the cultural activities and likes to dance.

With Consistent and continuous family counseling, the parents have made some changes and improvement in their attitudes, and are able to follow up with the goals at home.



SUPPORTIVE EDUCATION



SUPPORTIVE EDUCATIONAL PROGRAM:

We have supported 5 children through supportive educational program to children studying in integrated school needing special education.

GOAL: To provide special educational supports to children attending Government and private schools.

Key issue: Most of the teachers have no training in working with special children as a result many of these children are neglected and isolated from the main stream.

Impact:

Our Intervention and support has helped the children in receiving Individualized Program Children feel happy and learn and make a significant improvement in Their Academic skills also supported emotionally to express themselves and better able to cope with the challenges.

PRE VOCATIONAL AND VOCATIONAL TRAINING& SHELTERED WORK PROGRAM

The Major focus during this year was to provide pre vocational and vocational training in simple steps to mothers and siblings so that they can continue to work with their children as a home based or group activity and at the same time The Vocational skills give an income generating activity for the mothers\siblings to earn some money.



The following training was provided to:

- 4-Mothers were provided with training in tailoring
- 4- Mothers\siblings were provided training in pre voc activities – paper bags
- 2- mothers\siblings were provided training in candle making\
- 6- Mothers \Siblings were provided training in re cycled bins and jute mats

OCCUPATIONAL THERAPY:

- 10 –adults are with emotional and psychological problems receive daily Occupational therapy program.
- **IMPACT:** This routine and structured activity gives them happiness of working together and is helping with their stability and improvement of their illness.

PRODUCTS HAND MADE AT AWMD-SHELTERED WORKSHOP

SWP- has manufactured eco friendly products like recycled news paper bags, paper bins, jute mats and candles. Cloth products like Mobile pouches, baby dress, Aprons and ladies purses.

SWP- has maintained its quality and provides training and Markets the products through various Hotels, shops and through public exhibitions this helps us generates money to balance its cost with no profit or loss basis.



Mobile pouches



Recycled waste paper Bins

INTEGRATED EMPLOYMENT

The follow & counseling sessions maintained with adults working in an integrated work situation and follow up with their special needs.

PARENTS IN SERVICE TRAINING

A total of 50 parents are provided with counseling, orientation and daily in-service training in two batches morning and afternoon along with their children.

A core of 3-parents has undergone basic training and orientation in Assessment\Goal setting and lesson plan writing for the children with special needs.

- They have been appointed as fellows with a daily incentive and are assisting the staff in the daily activities and programs.
- They also support and train new parents in the daily activities.
- Core parents plan and organize all special events like sports \community awareness programs and special cultural programs.

POSITIVE IMPACT OF INSERVICE TRAINING – ON CARERS

- Have learnt teaching skills in simple steps – self care activities, and learnt importance of teaching milestone development skills Motor developments and various exercise eye hand coordination – importance of daily therapeutic value of our activities and programs.
- Better awareness, understanding of mental disability and its causes\prevention and special needs of the children \training
- Better understanding of AWMD- programs and activities and about mental health and why the importance of training their children in social behavior skills.
- Importance of follow up of medication for children with epilepsy
- Empowerment of parents- self awareness\ understanding their own emotional and personal needs and dealing with their difficult situation.
- Better Understanding child protection from possible sexual abuse within family and community.

PARENTS AWARENESS \ ORIENTATION AND COUNSELING



(Dr Maria Ramiro & Umaed Joseph- Physio Therapist from Spain)

- Regular Educational awareness – programs conducted through talks and video presentation and group discussion, of what is mental disability, causes, prevention and rehabilitation.
- Regular carers individual and family counseling is provided to the parents and family members, this impacted significantly in dealing with their grief, mis conceptions and family issues, mothers show remarkable changes in their mental health and reduction with their frequent illness.

PARENTS & \STAFF ORIENTATION AND TRAINING IN PHYSIO THERAPY

As a follow up Orientation and training in physiotherapy, practical training program was conducted by Dr Maria Ramiro & Umaed Joseph- Physio Therapist from Spain, on CP children for parents and staff. This program is conducted since the last 3 years consistently.

IMPACT: Parents \Staff have benefited greatly with new practical skills in working with CP Children.

CHILD PROTECTION AND SEXUAL ABUSE

- 2- Day orientation and training was provided for parents, siblings and family members regard to child protection and about protection of male \female children from sexual abuse. This program was jointly conducted by Ms. Olive Traver (Psychologist from Ireland) and Manohar (Counselor \Director AWMD) the same program is also conducted in our outreach projects in North Karnataka since 3 years consistently.
- Also an orientation for mother in process of growing up of a girl child and about Puberty was conducted as an awareness program.
- The Impact: The parents were deeply sensitized about the dangers of children being abused within their families and how to protect them from any danger and also from sexual abuse.

ASSESSMENT & GOAL SETTING: Core team of staff was provided with basic training for Assessment\Goal sets and Lesson Planning.

TASK ANALYSIS: The process of task analysis was taught to teach their child in simple steps.

Impact: Major changes in their understanding \ awareness and motivation improved to focus on the development activities of their child.

CHALLENGES FACED BY CARERS:

Frequent health problems of children and family members, and financial difficulties, often parents suffer from lack of supports, break from the care of their children, and family pressures and this sometimes be a demotivating factor and leading depression among mothers.

STORY OF YESHA:

Young women came to us with her 2 year old and the baby was very ill and in a desperate condition, her husband has left her, she is staying temporarily in her brothers house, she has to leave her brothers home soon as her brother may not be able to support her as he has his own family to take care.

she has no income, and her 2 yr old baby is suffering from severe brain damage and The baby was getting daily around 30-40 times seizures, she has no money to go to the doctor and to give medication for the baby, looking at desperate condition of this women and the seriousness of the babies condition, we arranged with a Neurologist and raised some money locally towards the medication cost .

She met the Neurologist, with the treatment and medication and our close monitoring and support of the babies seizure and helped her to maintain a daily record of the frequency of seizures, within 2 months, the baby's seizures stopped and baby is showing improvements.

Yesha is very happy and with our counseling, now she is hopeful and she would like to re- build her life again Yesha has completed her basic training in tailoring, We referred her to a person who gives cloths for stitching as a home based activity, so she went for training at his place for 2 weeks.

We had approached Jain association with a proposal to support her with a sewing machine so that she can start her own IGP – (income generating activity); the Organization donated a new sewing machine for her to start her home based tailoring work.

AWMD is also offered job on a piece work basis so that she can earn some money for her work. She is highly motivated to stand on her own feet and work and take care of her baby

IMPACT: Yesha is deeply happy that the baby's seizures stopped and is improving; with our support and training she wants to focus on his developmental activity, also has gained confidence to live again and want to lead an independent life.

OUTREACH SUPPORT & REFERRAL SERVICES AT MYSORE:

- AWMD provides continual referral services to parents seeking support and free counseling provided.
- Extension program model of our program is working in a slum area, follow up and training and technical supports maintained.

OUTREACH SUPPORT RURAL NGOS: RAICHUR & KOPPAL DISTRICTS

- Manohar, continuous to extend resource supports to 2 Rural NGOS working in drought prone areas of North Karnataka districts.
- One is to their Disability program covering more than 5000 population and through concept development and training orientation and counseling to the Carers of all disability.
- Second is a rural development project, where there is a huge staffing where our input is in terms of Staff counseling, Induction and Appraisals.

COMMUNITY AWARENESS: PUBLIC EXHIBITIONS



AWMD-PARTICIPATED IN THE WORLD DISABLED DAY

- AWMD Participated along with various Organizations in Cultural and sports program organized by the District Welfare department as World Disabled day celebration and 13 children participated cultural program and won 9 prizes & 25 children participated in sports and won 9 prizes.

AWMD-PARTICIPATED IN INFOS COMPANY EXHIBITION

- **AWMD- Participated in an public 2days exhibition along with other NGOS working with children with disabilities at INFOS company & 1 day at Excel Public school**

AWMD-PARTICIPATED 5 DAYS IN “MY BUILD “PUBLIC EXHIBITION

- **AWMD- participated in 6-days “MY BUILD” exhibition, Organized by the Builders Association of Karnataka- Mysore people have visited the stall**

AWMD-PARTICIPATED IN MYSORE ROTARY SPORTS

- **AWMD-participated in sports along with various organizations from Mysore District organized by the rotary club of Mysore – 25 children participated and won 15 prizes.**

AWMD-PARTICIPATED IN PUBLIC CULTURAL PROGRAM ORGANIZED BY ROTARY CLUB -MYSORE

- **AWMD- participated in 1-day Cultural Program along with various Organizations from Mysore District organized by the Rotary Club of Mysore –THARE ZAMEEN PAR -35 children participated and won 26 prizes.**

CONCLUSION: AWMD is committed to motivate Parents of children with mental disabilities and will provide guidance, counseling and training and giving them the skills to train their child at home, the main Goal is to improve the quality of life of these special children.

AWMD will continue to collaborate and net work and utilize all the available resources both Government and other Organization and agencies that are commitment for the welfare of people with mental disabilities.

**FOR AWMD
M.R.MANOHAR
DIRECTOR \EX OFFICIO SECRETARY**

