

Capacity building of families having persons with disabilities (Special focus on COVID-19)

SERIES 1 TO 8

Department of Social Work

**NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MULTIPLE
DISABILITIES (DIVYANGJAN)**

ACCREDITED BY NAAC ISO 9001:2015



DEPARTMENT OF EMPOWERMENT OF PERSONS WITH DISABILITIES (DIVYANGJAN)

MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA

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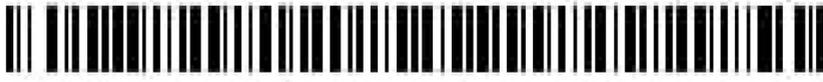
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Series 8: Crucial issues in caregiving and how to overcome it





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Foreword

Capacity building of families having persons with disabilities (Special focus on COVID-19) series 1 to 8 is a part of the contribution by the Department of Social Work in empowering the family members having individual with disabilities.

Each of the series written by the professionals of the department along with a contribution by Dr. Rama Cousik from Purdue University, U S A has infographics for simple understanding of the readers.

I definitely hope that family members will understand their individual role towards person with disabilities during lockdown, some of the suggestions provided here will improve the parenting skills, self esteem and confidence.

A few of the series is also converted into webinars and video and the it will help the professionals in making the families gain empathy and empower in improving the decision making skill.

Further i would like to appreciate the efforts of Mr. Rajesh Ramachandran who is a Rehabilitation Officer in the department for coming up with such an idea and putting it altogether as a series.

I am sure this is just a first step in creating awareness by the department and many such series will be coming in the future on various issues for empowering families having person with disabilities in overcoming any sort of crisis situation.

I wish all the best for future endeavours.

Dr. A. Amarnath
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Introduction

As the COVID 19 pandemic spread across the globe, lockdown was one of the key strategies in “flattening the curve” of infection rates. Lock down on one hand helped in reducing the spread of the COVID-19, but on the other hand had an adverse effect on family members in particular of children with disabilities.

As a result of the lockdown, the family members having individuals with disabilities experience emotional strain, including worry, guilt, anxiety and anger., and also faces difficulty in making decisions.

Capacity building training programme focuses on to help family members of children with disabilities to overcome the adverse effects created due to the crisis situation and also improves the coping strategies, empathy, decision making skill and the level of confidence.

The series is divided into 8 contents, each of it individually proposing suggestions. The information presented here is more in the form of infographics for simple understanding of the readers.

We welcome any suggestion in improving the series.



**CAPACITY BUILDING OF
FAMILIES HAVING
PERSONS WITH DISABILITIES**

**SERIES 1
HEALTH AND HYGIENE FOR
PWD & THEIR FAMILY
DURING LOCKDOWN**

Department of Social Work



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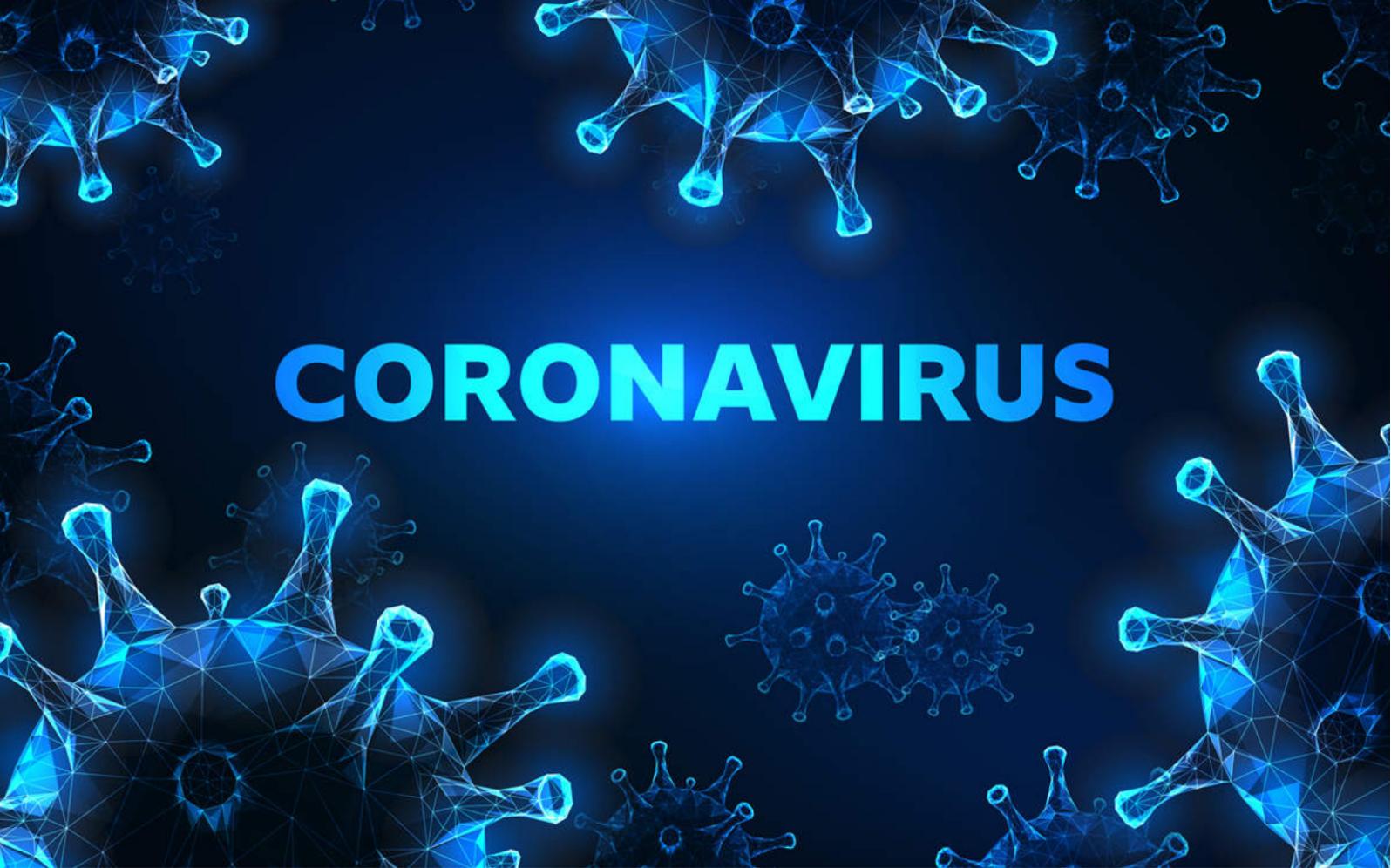
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CORONAVIRUS

COURSE ON

CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

- 1.As the COVID 19 pandemic spreads, lockdown is one of the key strategies in “flattening the curve” of infection rates.**
- 2.The lockdown has had an adverse effect on family members of children with disabilities.**
- 3.Because of the lockdown, they may have emotional strain, including worry, guilt, anxiety and anger., and also finds difficulty to made decisions, decreased level of confidence, etc., that affects their daily routine.**
- 4.Capacity building training programme focuses on to help family members of children with disabilities to overcome those adverse effects and improves their coping strategies, empathy, decision making skill and also improves their level of confidence.**



PERSONAL HYGIENE

The most effective ways we have to protect ourselves and others from COVID 19 is good personal hygiene. Personal level hygiene includes cleanliness, physical exercise, proper rest, and sleep.

The following personal hygiene tips can help you to prevent yourself and your loved ones from Corona virus infection.

COVID-19

1. HAND HYGIENE

Hand washing is one of the best ways to protect yourself and your family from getting sick. Proper hand washing not only reduces the spread of Coronavirus (COVID-19), it can prevent the spread of other viral illnesses such as cold and flu. Help your child to wash his/her hands often.

- **Wet:** Put both hands under clean, running water.
- **Lather:** Apply a generous amount of soap to the inside and back of your hands as well as your fingertips. Wash your hands for at least 20 seconds (sing any songs) and don't forget to wash under jewellery and fingernails. Your fingertips are especially important as people often put their fingers on their face, nose, and eyes. This is how the virus spreads.
- **Scrub:** Rub both hands together and move your fingertips around both hands. You don't need a scrub brush. You don't need to make harsh, scrubbing movements.
- **Rinse:** Return both hands to the running water and gently washes away the soap.
- **Dry:** Completely dry the water from your hands.



2.SHOWER HYGIENE

Shower daily with an anti-bacterial soap helps get rid away of the dust and grime, along with any excess sweat accumulated on the skin due to humidity.



3.TOILET HYGIENE

Teach your child to wash hands after visiting the toilet, preferably with an anti-bacterial soap



4. NAIL HYGIENE



Nails are a particularly friendly place for germs and bacteria, making uncut nails risky, especially when eating.

FOOD HYGIENE

Food hygiene is the conditions and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Lack of adequate food hygiene can lead to corona infection.



NUTRITION ADVICE BY WHO DURING THE COVID-19 OUTBREAK

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. It is advised to follow the following ways:

Rinse fruit and vegetables with water to remove dirt, debris and pesticides, and reduce levels of germs.

EAT FRESH AND UNPROCESSED FOODS EVERY DAY

- Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).
- For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.

EAT MODERATE AMOUNTS OF FAT & OIL

- ☐ Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese, ghee and lard).
- ☐ Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.
- ☐ Avoid processed meats because they are high in fat and salt.
- ☐ Avoid industrially produced trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.

EAT LESS SALT AND SUGAR

- When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce).
- Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.
- Avoid foods (e.g. snacks) that are high in salt and sugar.
- Limit your intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).



○ AVOID EATING OUTSIDE FOODS

Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19.

DRINK ENOUGH WATER EVERY DAY

□ Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

□ Drink 8–10 cups of water every day.

□ Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.





6. KEEP SURFACES CLEAN

Among the things we don't know about COVID-19 is how long the virus can survive outside of a human host. But we do know that the virus is susceptible to disinfectants. Here are some cleaning tips:

- Use the right product. According to the Centre for Disease Control (CDC), diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective against the COVID-19 virus.

- Use the product right. First, clean dirt off of the surface. Then wipe the surface with disinfectant. Leave the surface wet with disinfectant for as many minutes as the product instructions require. This is a vital step that people often miss. It's not enough to just wipe the surface and go.

CLEAN THE RIGHT SURFACES

- o High-touch areas such as door handles, phones, remote controls, light switches, and bathroom fixtures.
- o Horizontal surfaces such as counter tops, kitchen tables, desktops and other places where respiratory droplets could land.

7. SLEEP

Sleep is a critical biological process, and the truth is that it's always important. When confronting the COVID-19 pandemic, though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

Sleep empowers an effective immune system:

Solid nightly rest strengthens our body's defences, and studies have even found that lack of sleep can make some vaccines less effective.

Sleep heightens brain function:

Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making. For adults and children adapting to work and school at home, good sleep can help them stay sharp.

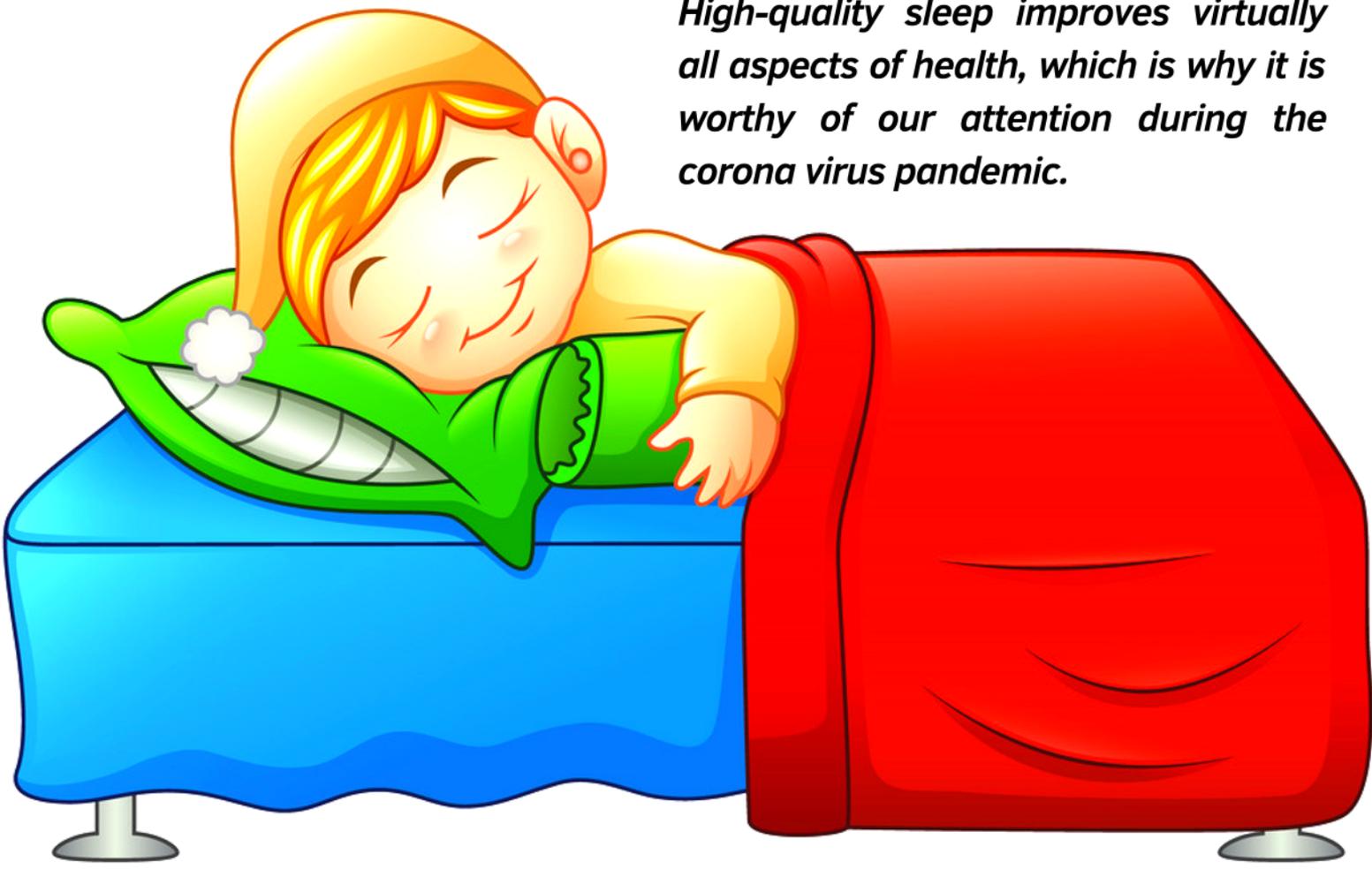
Sleep enhances mood:

Lack of sleep can make a person irritable, drag down their energy level, and cause or worsen feeling of depression.

Sleep improves mental health:

Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).

High-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the corona virus pandemic.



SOCIAL HYGIENE

Society includes the surrounding we live and other public places. A good environment has a great impact on the physical and mental condition of an individual.

1. Social distancing:

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

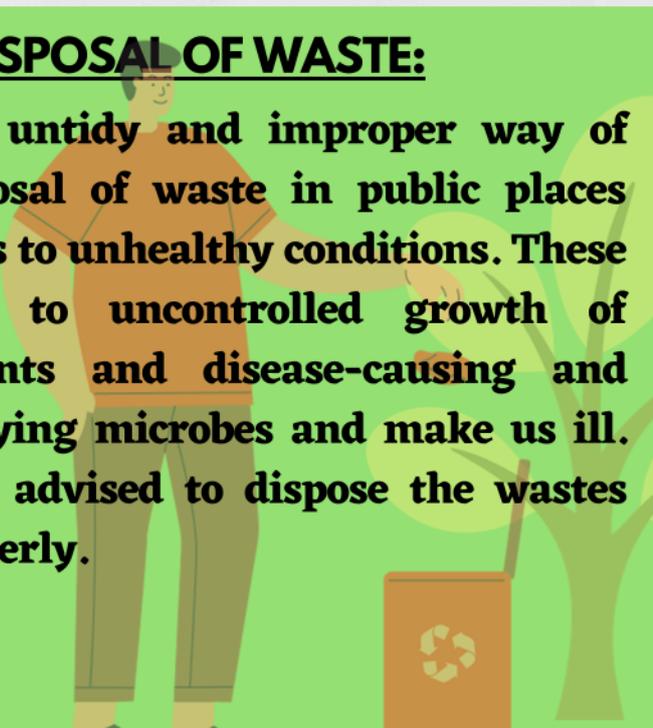


2. PRACTICE RESPIRATORY HYGIENE

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

3. DISPOSAL OF WASTE:

The untidy and improper way of disposal of waste in public places leads to unhealthy conditions. These lead to uncontrolled growth of rodents and disease-causing and carrying microbes and make us ill. It is advised to dispose the wastes properly.



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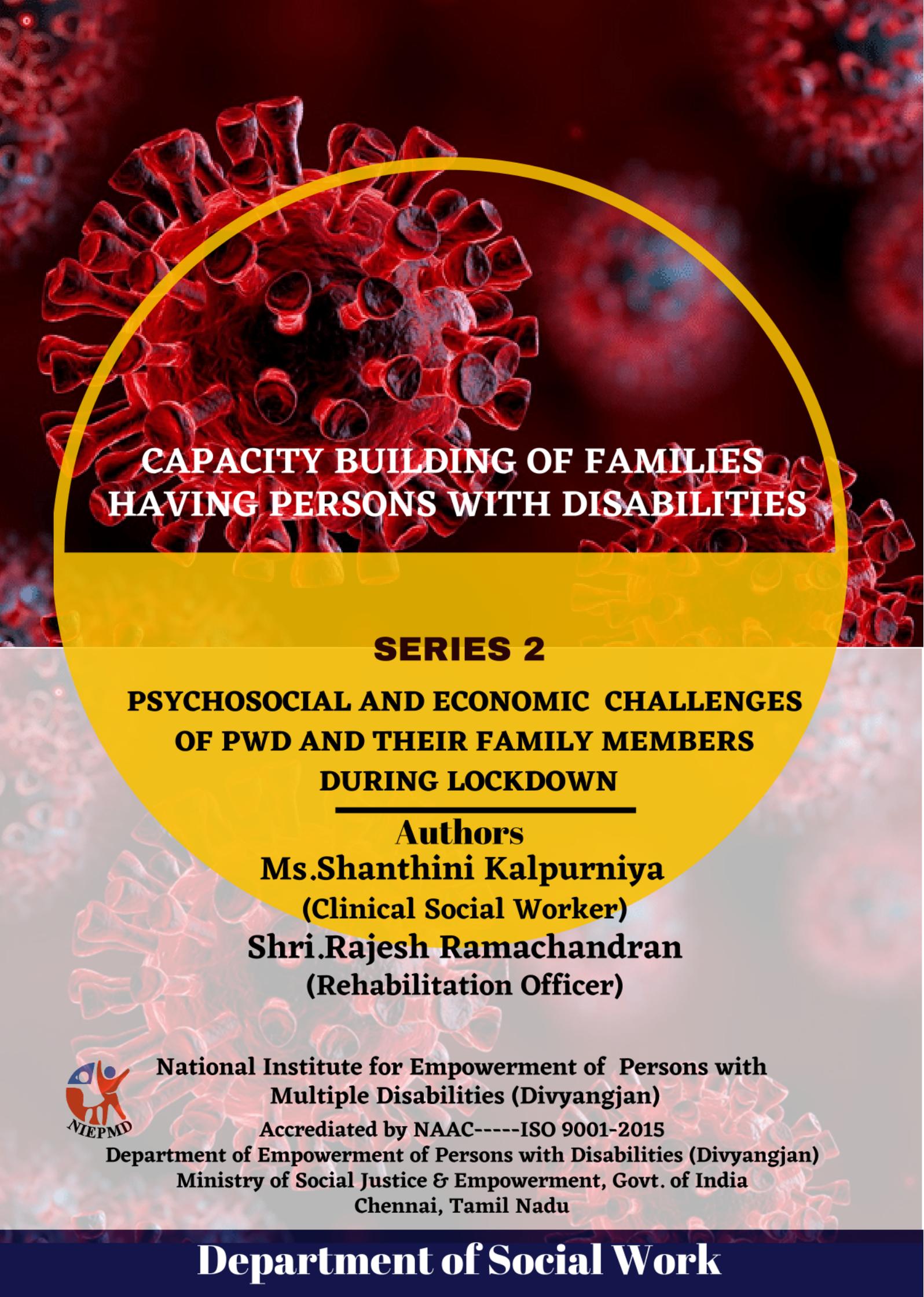
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***STAY HOME
STAY SAFE :-)***



**CAPACITY BUILDING OF FAMILIES
HAVING PERSONS WITH DISABILITIES**

SERIES 2

**PSYCHOSOCIAL AND ECONOMIC CHALLENGES
OF PWD AND THEIR FAMILY MEMBERS
DURING LOCKDOWN**

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Department of Social Work

PSYCHOSOCIAL AND ECONOMIC CHALLENGES OF PWD AND THEIR FAMILY MEMBERS DURING LOCKDOWN



Outbreak of novel corona virus disease was declared by World Health Organization in March 2020. From then, WHO and other public health sectors are working around the world to contain the COVID 19. WHO says that certain populations, such as those with disability and their family members, may be impacted more significantly by COVID-19. Corona virus not only affects the health, but also creates greater psycho-social and economic challenges on person with disability and families of children with disabilities such as financial stress, poor social interaction, disruption of family routine, mental health problems like anxiety, depression, etc., when compared to other families.

Psycho-social challenges are relates to one's psychological development in, and interaction with, a social environment. During lockdown, both COVID outbreak and the internalizing and externalizing problem of the disabled child imposes social and emotional burden for their families.

MENTAL HEALTH CHALLENGES

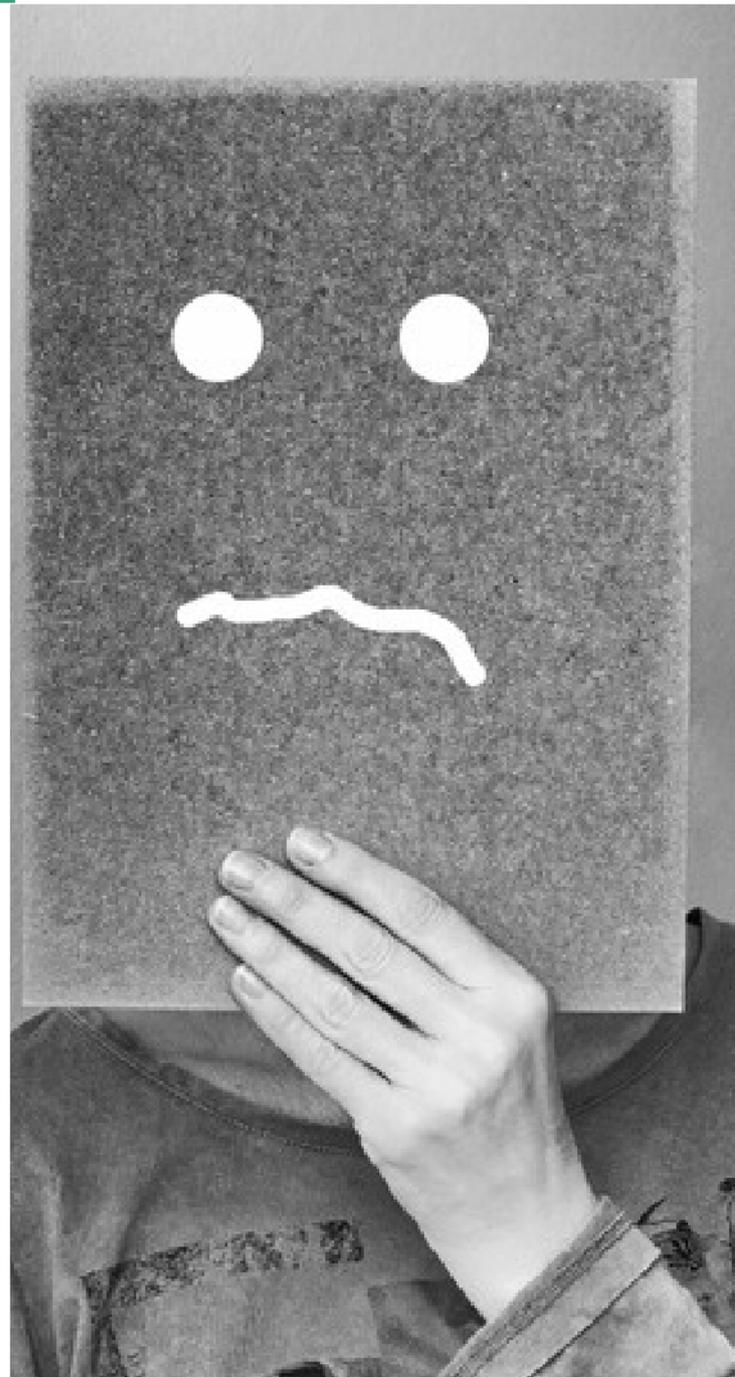
STRESS

Due to the responsibilities & burden of coping with a disable child they experience a lot of stress. Stress during COVID 19 outbreak include

- Fear and worry about own health and the health of your loved ones
- Changes in sleep pattern
- Difficulty in initiation of sleeping
- Lack of concentrating
- Increased use of alcohol, tobacco or other drugs.

DEPRESSION

At times, these mental health challenges caused during the pandemic may leads to depression. Depressed mood, loss of interest and enjoyment, and increased fatigability, low self-worth or guilt feelings of hopelessness, changes in appetite and sleep, suicidal ideation or suicide attempt, are the most typical symptoms of depression and if these symptom present over a period of time (Minimum 2 weeks for whole episode) then the individual may find difficult in continuing ordinary works and social activities. He/she should seek the help of the professionals



ANXIETY

Anxiety is characterised by the feelings of worried thoughts, tension, behavioural and physical changes. During pandemics it is quite common especially in vulnerable groups.

BEHAVIOR

- Trouble in relaxing
- Disturbed sleep
- Crying frequently
- Excessive worries about family and future
- Loneliness
- Blaming other people for everything
- Difficulty to communicate
- Having difficulty giving or accepting help
- Lack of acceptance

BODY

- Stomach-aches or diarrhoea
- Having headaches and other pains
- Loss of appetite or eating too much
- Excessive sweating
- Tremors

EMOTIONS

- Anxious or fearful
- Feeling guilty
- Feeling angry
- Not caring about anything
- Feeling overwhelmed by sadness

THINKING

- Having trouble remembering things
- Confusion
- Lack of concentration
- Difficulty in making decisions

UNCERTAINTY OR FRUSTRATION

Frustration about how long we need to remain in lockdown and uncertainty about the future.

Boredom and frustration because of not able to work or engage in regular day-to-day activities.

THOUGHTS OF BEING WORTHLESS

Feelings of worthlessness like I couldn't to fulfil the needs of family during lockdown.

DISAPPOINTMENT

Parents hold high hopes when the child is born and when disability diagnosed but they may feels disappointed that they couldn't continue the regular therapies and lockdown may leads relapse.

SOCIAL CHALLENGES

CHALLENGES IN SECURING THINGS

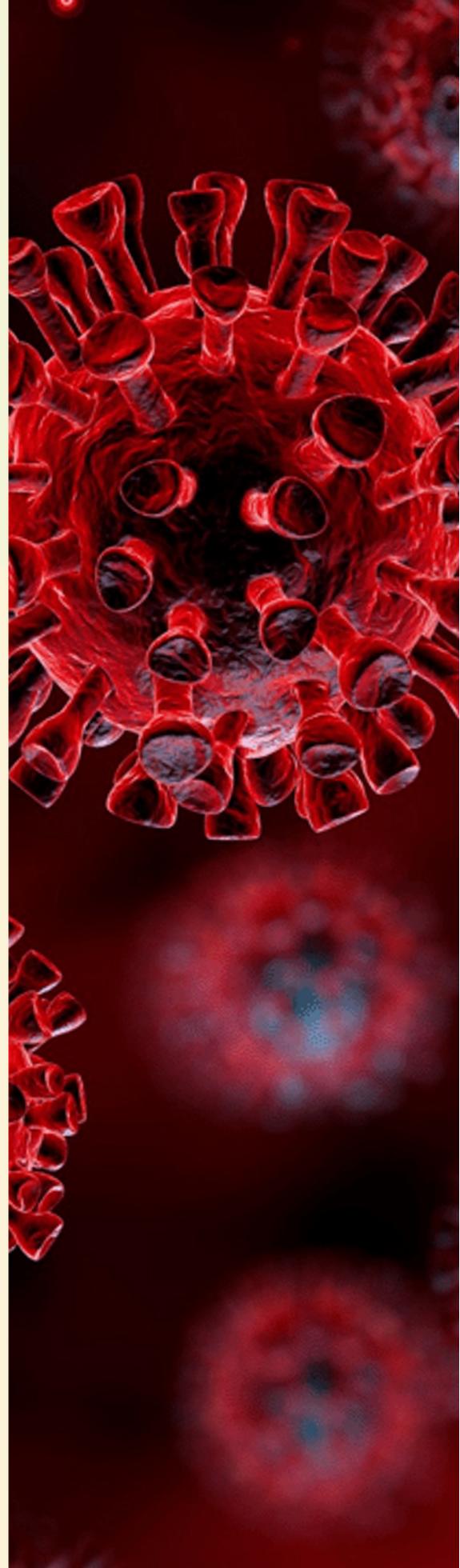
Challenges in accessing essential supplies and basic requirements like water, food and personal care things.

CHALLENGES IN ACCESSING BENEFITS

Challenges in accessing welfare benefits and emergency support both financial and non-financial.

SOCIAL ISOLATION

They become socially isolated because of the child's disability, poverty and existing stigma.



ECONOMIC CHALLENGES

COVID-19 not only affects health but also causes the socio-economic especially for the most vulnerable. Families of disabled may find financial crisis for to fulfil their daily expenses and also worries about financial security.

Because of economic crisis they may have worries about the followings

- **Basic needs**
- **Care giving expenses of disabled child**
- **Education expenses**
- **Professional help for therapies**
- **Medical needs**
- **Expenses of other family members.**

WORRIES ABOUT FINANCIAL SECURITY

Economic crisis may also leads to job insecurity and creates stress and worries about financial security.



COPING STRATEGIES

UNDERSTAND THE RISK

Consider the real risk of harm to self and loved ones. Media and social medias may increase worries, anxiety and frustration. Stay up to date on but try to limit the media exposure. Remembers, especially children are affected by what they see and hear in television.

BE YOUR OWN ADVOCATE

- 1.Important needs should be speak out and should ensure whether the basic needs are met during the lockdown. Ensure your safety, security, and comfortability.
- 2.Local, state, and national health of-ficials are working to arrange for groceries and toiletries to be delivered to your home as needed. Try to contact them instead of coming out of home.
- 3.Inform healthcare providers or health authorities if you are in need of medications along with Dr's prescription and ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities are creating awareness and providing information about COVID-19. Don't hesitate or afraid to ask questions. Clear communication with a health care provider may help reduce distress associated with lockdown. Ask any of your family member or friend to obtain in-formation if you are unable to secure information on your own.

KNOW WHEN TO SEEK HELP

During lockdown, you may experience serious distress even if you are at little or no risk of getting sick. If you or anyone has the signs of stress, anxiety or depression (given above) for several days or weeks, get help by the professionals by contacting the local health care providers or the toll free number given by the government.

COPING STRATEGIES

USE PRACTICAL WAYS TO RELAX

Relax yourself by doing things that work for you:

Take deep breaths, Stretch, Meditate or Engage in pleasurable hobbies.

Talk about your feelings to loved ones and friends.



PSYCHOLOGICAL FIRST AID

Psychological first aid provides first line emotion and practical support to people experiencing acute distress due to the COVID 19 outbreak.



PSYCHOLOGICAL INTERVENTIONS

Psychological intervention like Cognitive behaviour therapy, problem solving intervention, etc., can be provided to the people who are all having prolonged distress by the specialist or the trained volunteers. During this pandemic both government and some private organizations provides psychosocial interventions over phone.



LINKS AND REFERRAL MECHANISMS

Links and referral mechanisms is established to provide emergency relief services such as providing food, water, medications.



STAY HOME

STAY SAFE

STAY HEALTHY

STAY CONNECTED



FOR CHILDREN WITH SPECIAL NEEDS

Children with special need continuous use of a breathing machine or are confined to a wheelchair or bed, may have stronger reactions to actual disaster or threatened. Than the children without special needs, they may have more intense distress, worry or anger because they have less control over day-to-day well-being than other people. The same is applicable for children with other physical, emotional, or intellectual limitations. These children special needs need extra words of reassurance, more explanations about the pandemic and more comfort and positive physical contact such as hugs from loved ones.



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CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

Role of an individual family member in dealing with stress during lockdown/quarantine

SERIES - 3

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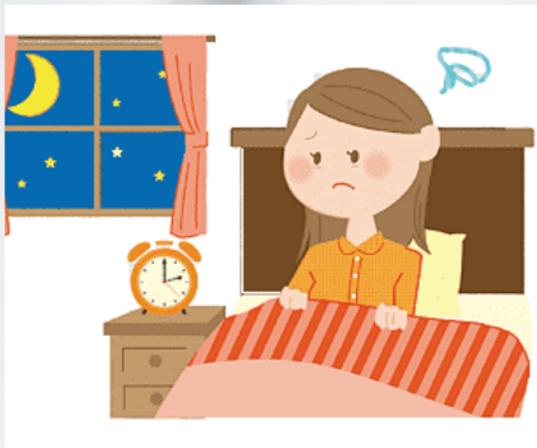
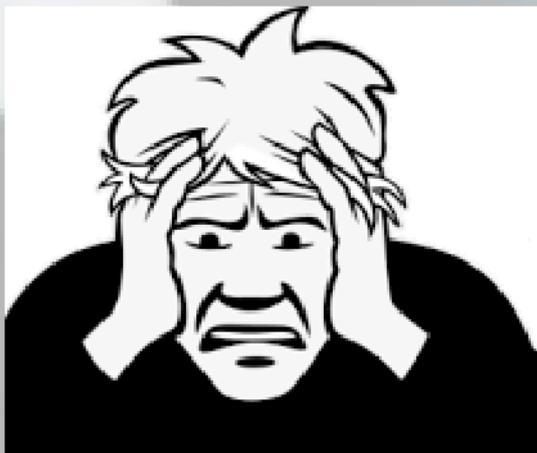
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Department of Social Work

Role of an individual family member in dealing with stress during lockdown/quarantine



COVID-19 pandemic spread, put us into the situation of self-isolation or quarantine. This can be a difficult time for all of us especially when we hear news about the disease across the globe. Almost every individual would undergo fear, anxiety, and stress. Widespread of the infection is associated with psychological distress. In this present scenario, all we need is adequate knowledge and pro-activeness to safeguard ourselves and our beloved family in a healthy manner.

Importance of Quarantine

Quarantine helps us to be safe and prevent this disease “not only us but the family and others”. Sheltering in place during community lockdown may protect you and your kids from the risk of infection.



Dealing with self-isolation

Staying home would be nice for sometime but when days pass we start to feel bored and stressed which leads to many emotions including anger, annoyance, disappointment, and frustration.



Here are some tips to handle self-isolation.

- Prepare a schedule for daily routine and stick with the schedule.
- Spend time with children and play with them
- Keep the house clean and neat.
- Reduce watching the news(unnecessary news) rely on the authentic source.
- Be supportive of your family members' help/share their work.
- Spend an hour on your fitness like yoga, meditation and exercise at your home with available resources.
- Spend quality time with your family

A Daily Schedule to Keep You Learning!

9:00	Rise & Shine	Get to bed! Get up! Make your bed. Get ready for the day. By your morning routine, it is possible to have fun from your day!
9:30	Morning Creativity	Do something creative! Write a story. Draw a picture. Make a craft. Create a game.
10:00	Academic Time	Complete reading assignment. Write a letter. Watch a video. Listen to a podcast. Do a project.
11:00	Get Active!	After school activities. Watch a video. Listen to a podcast. Do a project.
12:00	Lunch Time	Get lunch and have a little bit of down time!
1:00	Academic Time	Complete math assignment. Write a letter. Watch a video. Listen to a podcast. Do a project.
2:00	Me Time	After school activities. Watch a video. Listen to a podcast. Do a project.
2:30	Tech Time	After school activities. Watch a video. Listen to a podcast. Do a project.



Challenges which lead to stress during the lockdown The most common things are an imbalance between the demands of family and the ability to deal with those demands.

Balancing work and house chores.



Financial crisis



Health concerns



Quality of relationship.



Unwanted demands:- smoke, alcohol, and drugs.



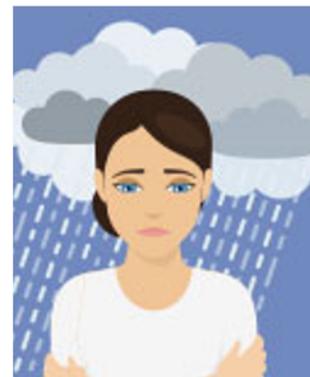
Child care: children with special needs.



It is important to remember that what stresses one family may not be a stressor for another one. Some families manage well and positive and some may find it difficult. Recognizing the family with less coping can be supported by educating them to focus on the available resources and building capacity to deal with it is the most important.

Coping mechanism for individuals within the family

In short, families under lockdown are very likely to develop a wide range of psychological stress and disorder, including mood swings; insomnia, stress, anxiety, and irritability are a likely experience at this scenario.



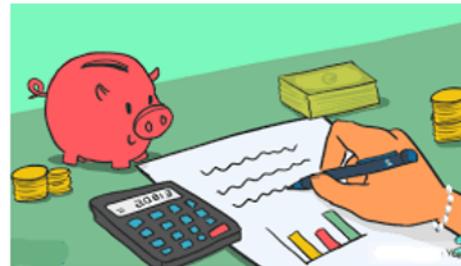
It is quite normal and managing your mental health and psycho-social well-being is more important as managing physical health.

Parents

Parents who deal with stress in unhealthy ways result in passing those behaviours on their children. Parents who cope with their stress in healthy ways can promote better adjustment and happiness among their families.



Financial crisis leads to stress on parents especially managing a family is a difficult task at this time. Parents can prioritize their necessities/ wants and reducing the desire will help to cope up with their stress.



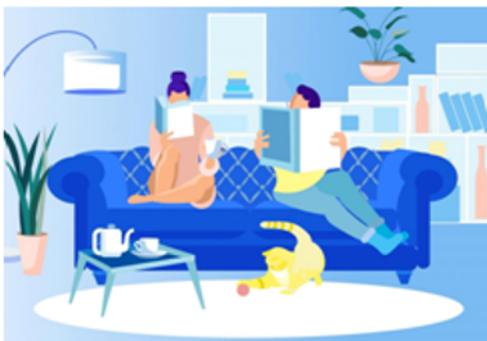
Talking about the current situation to the child is most important. Having a regular conversation can help a family work together to better adjustment. Creating a healthy environment- cleaning and keeping the home environment protective, neat, and safe, this helps to reduce the fear or anxiety about the infectious disease.

Avoiding substance like cigar, alcohol, drugs which helps you to rejuvenate your immune system and leads to the happy and quality life.(if you find difficult consult professionals to manage your cravings)



Healthy routine:

changing lifestyle would be the difficult one but life has given a golden opportunity to make a healthy routine in life, like eating healthy homemade food, spending time with family and understanding family members, playing with them, watching movies with family at home and a lot more. Changing takes time but focusing on those things helps to reduce stress and strengthen the family relationship.



CHILD CARE

Children may express their stress in different ways like anger, aggressive, stubborn, agitated, fearful, and anxious. The entire child in the universe needs two things one is attention and another one is affection. Parents should respond to their children according to their necessity.



Here a few point to overcome the stress



- Respond to the child in a positive and supportive way.
- Provide a safe secure environment.
- Listen to them and respond accordingly.
- Pay attention and spend time with the child.
- Keep schedule for the routine.
- Educate them to be healthy and maintain hygiene.
- Make a schedule for exercise and yoga.
- Use encouragement and reward in every activity and teach them the right and wrong.
- Make them laugh which helps in strengthening relationship.



TIPS:

MANY INDOOR GAME/ACTIVITIES ARE AVAILABLE IN YOU TUBE FOR CHILDREN SUCH AS PUZZLES,HIDE AND SEEK, STRAW GEMS GAME, GROSS MOTOR AND FINE MOTOR ACTIVITIES.

We know how difficult it is to manage the children especially children with special needs. if you face any difficulty seek support from the organization and professionals

Senior Citizen

Stress is part of life at any age. Senior citizen still feels stressful situation as they age such as experience mood swings, memory problem, lack of concentration, health complications, change in sleeping pattern, headache, fear, and anxiety. Comparatively, senior citizen faces an increased risk at this point of time.

The proper way of coping stress is much more essential at this current situation.

- Taking proper medication/insulin as per the advice of doctors,
- Build their emotional support by accompanying and with positive words.
- Eating healthy food and sleeping on time to be practiced
- Spend time with family.
- Relaxation and exercise are useful to reduce stress.
- Encouraging hobbies like listening to songs, spiritual talks, reading, etc.
- Provide a peaceful environment.
- Conversing with relatives by using technology (Phone and Video call etc)
- Regular monitor helps to reduce their stress.



While these efforts are useful and a lot more to be addressed. Senior citizens are more like a child, attention, love, and care to be given at the right time.

Conclusion:

The World Health Organization (WHO) has also highlighted the importance of encouraging mental and psychological well-being during the COVID-19 outbreak, stressing “this is not going to be a sprint, but a marathon”.

Change as to be from an individual, then to the family then comes society. Each and every one are important; taking care of self will help to promote positivity to others. As a human, we cannot change the thing which we cannot but we can accept and move further can build the confidence and courage to lead a healthy and happy life.

If still the situation is worsening in your family consider seeking help from a health care professional or trained professional to help you develop strategies to manage stress effectively.

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CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

SERIES-4

EMPATHY DEVELOPMENT



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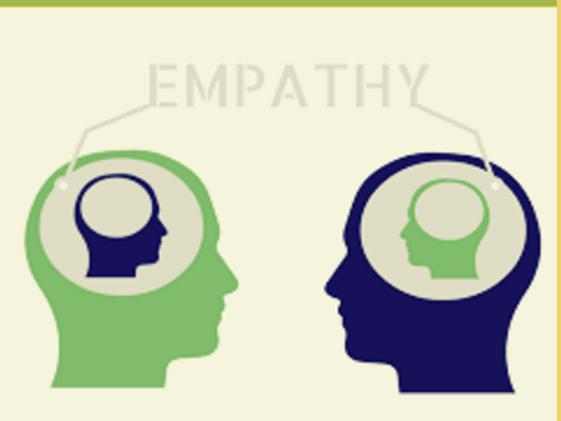
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EMPATHY DEVELOPMENT OF FAMILIES HAVING PWDS

COVID-19 pandemic is making us to aware of the fact that “We are all one”, in spite of the richness in diversity across gender, race, religion, region, ethnicity and socio-economic status. COVID-19 lockdown leads to sweeping changes and disruptions in every aspect of the daily life of everyone especially PWDs and their families. These changes may make them feel overwhelmed by our own anxiety. So, it is important to practice empathy not only for the welfare of PwDs but for their family members as well.

What empathy is?

Empathy is the ability to understand others state of mind or in others words; it is the capacity to recognize the emotion or feelings from their point of view. It is often characterized as “the ability to put oneself into another’s shoes”.



Psychologists Daniel Goleman and Paul Ekman categorized empathy into three categories:

- 1. Cognitive empathy:** It is the ability to understand the thoughts and feelings of others. It helps us to communicate better and relay information in a way that best reaches the other person.
- 2. Emotional empathy:** It is the ability to share the feelings of another person and helps us to build emotional connections with others.
- 3. Compassionate empathy:** helps us to take action to help others. It goes beyond simply understanding others and sharing their feelings.

Empathy vs. Sympathy

Empathy and sympathy is still confusing for many people. Empathy helps us to understand how it would feel to walk a mile in someone else's shoes. Sympathy is simply a feeling of pity or compassion when someone else suffers. Sympathy is good, but empathy is more all-encompassing. Without empathy, it would be extremely difficult to maintain a healthy relationship with others.



WAYS TO BUILD EMPATHY

There are plenty of ways that we can do to cultivate our own empathy skills. It is an emotional skill that can be learned. Listening to others, engaging in acts of service, observing the actions of others, and imagining yourself in another person's situation are all some of the strategies that can help us to build empathy. Some of them are given below:

1. STAY CONNECTED

During this pandemic time, people around the world are practising social distancing, self-isolation, and quarantine, it may lead to loneliness. etc., caring others are one of the best ways to fight feelings of isolation or loneliness. While keeping your physical distance from others to prevent the spread of the virus, it doesn't mean you need to be emotionally distant. Show concern and stay connected to your loved ones.

Benefits of practising empathy during pandemic

1. Empathizing others helps us to feel less lonely and more connected.
2. It increases the tendency to help others when they are needed.
3. It boosts social connectedness
4. Empathizing others improves the ability to regulate emotions during times of stress.
5. Empathy helps u to manage the anxiety better.

2. BE AWARE

Be aware of how the pandemic has affected your life and think about how others will answer for the same depending on their situation and circumstances. Many people have no choice but to continue working from home, many people lost their jobs and are out of work. Many people are worried about how they are going to pay for basic necessities.

Empathy is a critical part of compassion and, more importantly, action. Think about others and look for the possible ways that you can help.

HELP OTHERS

Helping others will provide a sense of control and empowerment. The present situation of the world is unpredictable and chaotic, finding tangible ways to do well and make things better for someone else is the source of comfort.

- If you are financially wealthy and can stay home safely, then look for ways that how you can support others who are struggling.
- Try to help your neighbours who may not be able to leave home to get the things that they need.
- Donate non-perishable goods to food pantries.

BE CONSIDERATE

At times we may criticize others quickly without making the effort to understand their situations. It is easy to lob criticism at others in the time of crisis, particularly those who don't take the situation seriously. Remember that everyone copes differently.

Sometimes we cannot control others behave, but we can control our own actions by considering their situation.

BE KIND

Managing kids is a struggle for the parents/family of disabilities and working parents while they are at some other work. They may become angry, anxious and may lose kindness. It's ok if your kids are watching a little too much TV or you couldn't keep up on your usual routines. Be kind to yourself and others to cope up with stress or anxiety. Practice self-compassion.

Helping the child with special needs to develop empathy

Expectation of every parent is to see their children grow up to be as happy, successful, and productive as possible. But even more important to most of the parent is to see their kids including those with special needs is to develop empathy for others. Empathy is what helps children understand and recognizes the feelings of other people.

COURAGE

Children who possess empathy also find more courage. They are able to do things like stand up for children who are being picked on.

HAPPINESS

Empathetic people are able to form a stronger interpersonal relationship.

PROBLEM-SOLVING

Empathy improves better problem-solving skill and allows better cognitive collaboration in order to help others.

CREATIVITY

Fascinating studies have identified empathy as an essential part of creativity.

INSTILLING EMPATHY

Empathy is so important, how can we instil empathy in our children? Whether your child has special needs or is more typically developing. Here are a few simple ideas to encourage empathy.

1. Talk about feelings

Encourage your child to step back from he/she is feeling to consider how the other person feels when conflicts arise between friends or family members. Help your child to understand the “golden rule” of treating others in the way he/she wants to be treated.

2. Read together:

Reading stories together promotes the feelings of empathy towards characters in the book. Through books, kids essentially learn to see the world with empathy.

3. Make face-time a priority:

Components of emotional literacy, like empathy, can be developed and enhanced in part by the interpretation of facial expressions, tone of voice, and other things that can only get through real, human interaction.

As a parent, you can help your child to develop a healthy ability to empathize with others. Even children with special needs can learn and empathize others to some extent. Empathy helps to strengthen relationships, enhance learning, and improve their overall quality of life.

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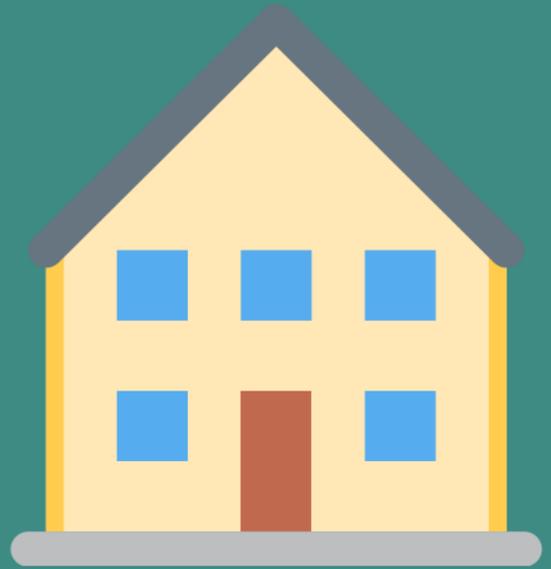
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***STAY HOME
STAY SAFE :-)***

CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

DECISION MAKING DURING COVID-19 PANDEMIC

SERIES -5

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DECISION MAKING BY PARENTS IN PREVENTING COVID-19 SPREAD

Parents of children with disability should take a decision in protecting the child with disabilities from COVID -19 spread by providing nutritious food such as immunity booster, homemade syrups, proper supplementary food, the medicine they use, and the effective disease prevention measures, such as mask and frequent hand wash, usage of alcohol-based hand rubs and maintaining of social distancing .the parents of children with disabilities.



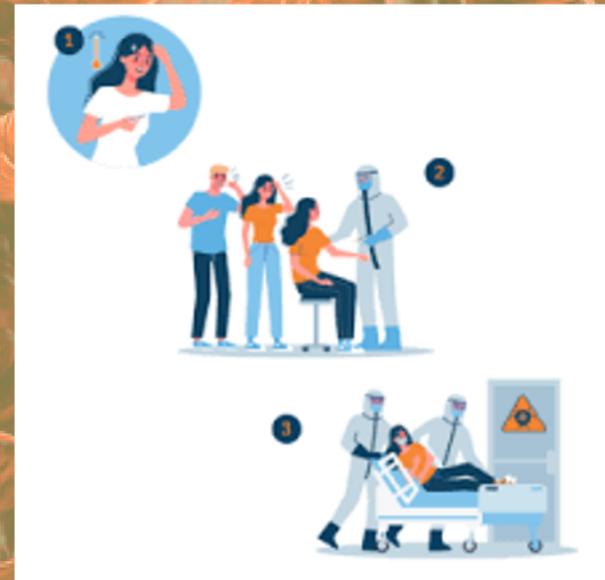
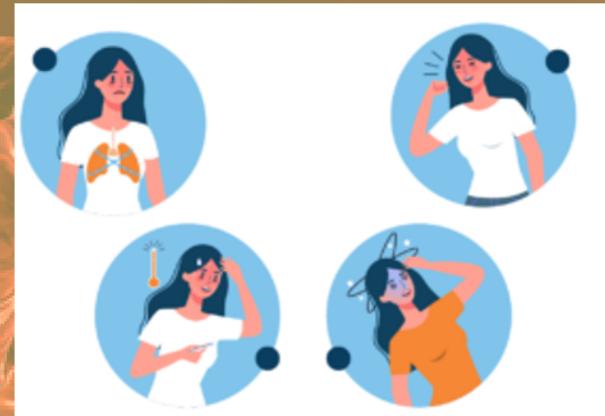
Tips for parents to taking proper decision on protecting their child with disability from COVID -19 spread:

- When it comes to the food and the nutrition in take parent should take advice from the nutritionist/doctor through telephonic consultation.
- When it comes to the medicine intake, before taking any decision parents and family members should have consultation with doctors.
- Before taking any decision on using the preventive measures, the parents should look for modifications to be done in the needs of children with disabilities. For example NIVH have made transparent mask for the persons with hearing impairment, likewise children having sensory impairment may find difficulty in washing hands with water frequently in such case hand sanitizers is the solution and the social distancing is another challenging issues while care giving for children with disabilities.



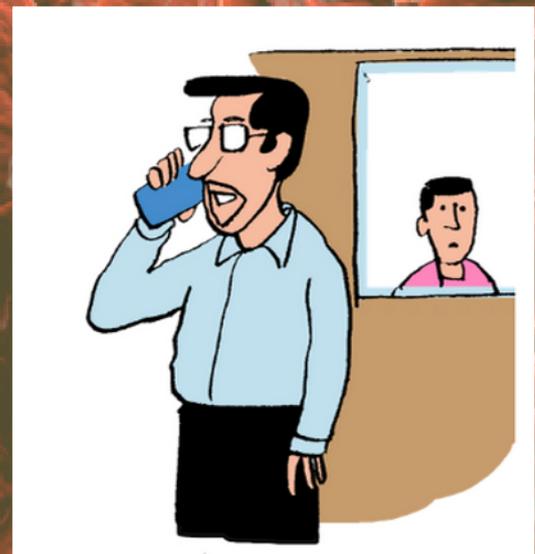
DECISION MAKING BY PARENT FOR TAKING TREATMENT /OR OPTING FOR TREATMENT PROCEDURE:

Emotions mixed with biases can lead people to make wrong decisions in terms of taking treatment for COVID-19, particularly when it comes to persons with disabilities or children with disabilities; it is even more difficult in making the right decision of taking treatment during COVID-19 pandemic. In general decision making in taking treatment is a process that involves the understanding of the illness, available options for treating the illness, and understanding the goal of the treatment, considering the risk and benefits of the treatment, and get a second opinion. But the current scenario is not as usual as deciding on taking treatment for the COVID-19 pandemic; it is parents/caregiver's responsibility to make the right decision on taking treatment.



Here is some suggestion regarding decision making on taking treatment during COVID -19 pandemic:

If you found that your child is having symptoms of COVID-19, you have to look for immediate health care, don't feel that if informed to the health care workers they will take complete control over your family. The procedure for treatment will be lost for fifteen days if not informing the authorities. This will have an adverse effect on a child with disability and also impact the health of the family.



Whenever you're deciding for hospitalization of your child with disability for COVID-19 or any other illness make sure that all the protective measures are available in the hospital.



- Parents need to understand the intervention procedure and to prepare their child with disability for testing and treatment of COVID-19. Children with disability usually feel anxious toward strangers so the parents must convey their child with disability that, the persons involved in testing procedure and treatment.



DECISION MAKING FOR THE THERAPUTIC INTERVENTION AND EDUCATION OF CHILD WITH DISABILITIES DURING THE COVID-19 PANDEMIC LOCKDOWN:



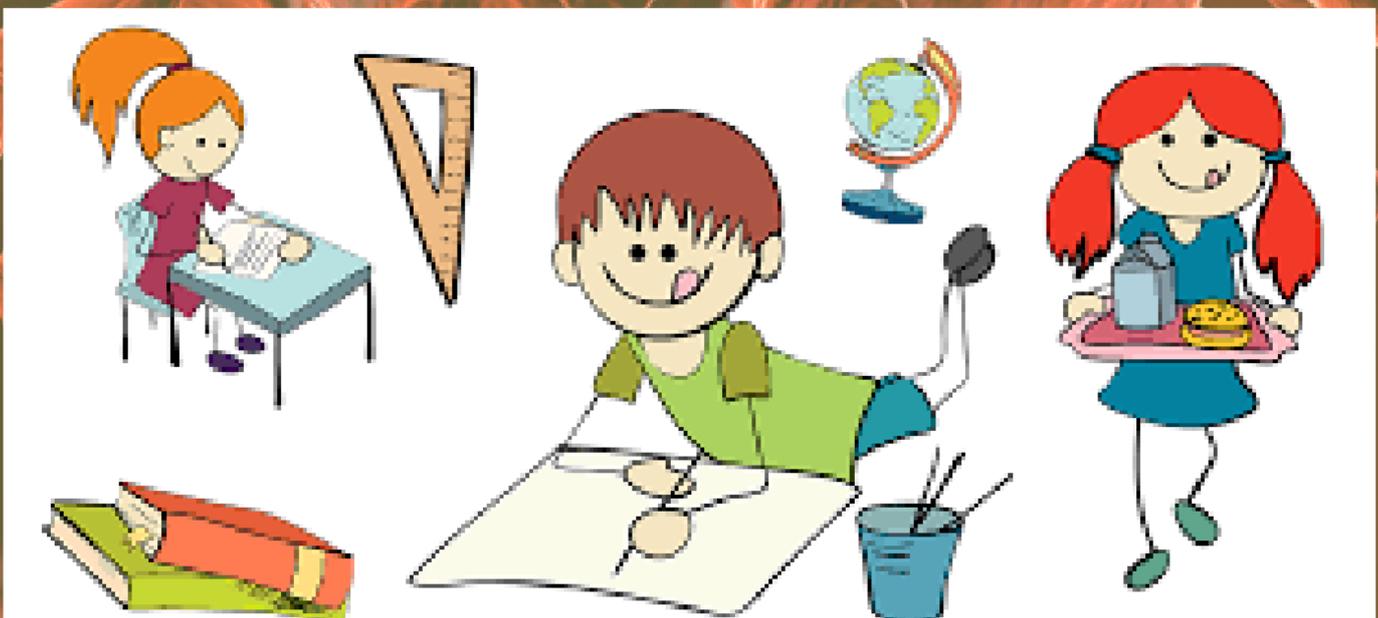
Children with disabilities need therapeutic intervention and special education for the development of children with disabilities for a lifetime. This COVID-19 pandemic lockdown has made a situation that special schools and therapy centers closed.



Tip for parents to make decisions for the therapeutic intervention and education of a child with disabilities during the COVID-19 pandemic lockdown:



Before taking any decision on the therapeutic intervention of the child with disabilities during COVID-19 pandemic lockdown parents/caregivers should ask opinions or suggestions from the therapist to carry out therapies at home. When it comes to children with multiple disabilities they need multiple therapeutic interventions such as behaviour modification, physiotherapy, occupational therapy, special education and speech and language therapy.





- Before proceeding for deciding on the educational intervention of the child with disabilities during COVID-19 pandemic lockdown parents/caregivers should ask for recommendations and suggestions, home programs from the special educators to carry out educational interventions at home.



CONCLUSION

Decisions are the hardest thing to make, especially when it comes to children with disability we need to be careful enough to make the right choice in providing food, health care, therapeutic interventions, and educational intervention, and so on. Good decisions lead to a better path so, try to make good decisions based on your analytical skill.



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CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

SELF-ESTEEM & CONFIDENCE

SERIES - 6



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COVID-19 outbreak poses a major threat and put us into the phase of low; the challenge is how to find a balance in way of thinking when we are in isolation/quarantine. This has upended family life around the world especially families of children with disabilities. It is hard to feel positive when children are unmanageable seek help all the time of all age, manage their emotion, coping up with profound loneliness and the frustration of this new world of distance learning is much more difficult and end up with low self-esteem and confidence. So it is important to learn a thing to stay positive and confident.

SELF-ESTEEM

Self-esteem describes the person's worth or values. Self-esteem is a realistic and fundamental nature of accepting and liking oneself. It implies one's belief, thoughts, feelings, and desires

It can be defined as "capability" and "ability" to accept and achieve the goal



Those who have Low Self-esteem might undergo a situation like



- 1. Negative view of others***
- 2. Blaming behaviour***
- 3. Fear of taking a risk***
- 4. Feeling insecure***
- 5. Distorted view of self***
- 6. Dependent on others to make a decision.***

Low self-esteem results from a poor self-image, lack of acceptance of self, insecurity, not valuing the work or feeling no purpose of life and lack of confidence. These are the major cause of dysfunction in a relationship, depression, and negative perceptive of life.

Why do we need self-esteem?

Helps you to see positive in every situation and cope up with adversity

To overcome the low self-esteem and all we need to do is build self-esteem

- *Giving important and taking good care of self*
- *Self-respect*
- *Good self-care.*
- *Aware of strength*
- *Ability to learn things from the mistake*
- *Focus on Goal*
- *Optimistic*
- *Be Independent and cooperative*
- *Be Assertive*
- *Good self-care Trustworthy*



Believe yourself- believing self is the key factor to achieve anything in life

Appreciate your own work and accept the appreciation with graceful

Share with someone whom you rely on

Let go of the past and accept the fact.

Can we build self-esteem now?
Definitely yes! We can build at any point of time.
Never late.

Make a list of things that you like of yourself, something you are good at.

Make a note of your best thing happened or achieved over the time you can read those things and pat yourself, it helps you to improve you in a better way and positive.

It improves confidence, strength, resilience to face and overcome obstacles in life.

It is the huge responsibilities to the family members having children with disabilities some time that be the cause for low self-esteem and lack of confidence. Parents may provide an important role in shaping a child's concept of him or herself. Developing positive self-esteem is important not only for children but it is applicable for parents too. They are the role model for the children.

It is important to believe, deep down that you can change. At the same time change doesn't happen over the night or happen easily without any efforts to have healthy self-esteem.

List of things to be followed: Parents

Have a sense of control over their activities

Take responsibilities of their actions Make them comfortable and secure their relationship

Appreciating self and others

Set some realistic goals and make progress of it

Take good care of yourself.

Try new things

Listen to the positive words/spiritual talks.

Spend some time to make yourself relaxed (Meditation, yoga, singing, dancing, reading books or anything which makes you relaxed and comfortable. Deal with your stress positively because constant feeling of stress can play a huge role of low self-esteem

Child:

- ✓ Listen to the child
- ✓ Reward them
- ✓ Be supportive and motivate them.
- ✓ Encourage their talents.
- ✓ Discover their strength
- ✓ Appreciate them often.

Being supportive parents help the child to be more positive

Confidence

“Confidence is crucial to a happy and fulfilling life. It influences one’s success at work, relationship and leisure.”

Lack of confidence leads to the stress related problems and other relationship problems

Confidence can be termed as believing self, it might differ from one to another’s person perspective but the reality is simple as faith. Confidence is the result of how strong we are i.e emotionally, it not a measurement or statistic. It is about how we project us in front of others, confidence can be built by experience and learning

Sometimes confidence can be over or low. It depends on the person to balance in the right way,

Low-confidence leads to fear, un-happiness, lack of exposure and embarrassment.

Overconfidence leads to arrogance and egotistical behaviour, also will lack in openness, blaming others, and taking too many unwanted risks

How to build confidence

Every human would have come across the term “be confident”. It is not an inbuilt sense but a learning experience. The confidence required only one thing and that is self-awareness what one is good at and what one lacks and determines.

Set goals- short or long term goal.

Avoid negativity

Think of things that you are good at

Healthy hobby-Painting, craft, listening to music, reading books etc

Talk to someone whom you are close and trustworthy

Believe in your ability

Update your skills

Exercise regularly and make yourself calm.

Focus on what you can change

Self-respect- Self-respect is a word that means honouring your worth,





Families of children with disabilities may feel less confident due to various factors for their child's disability. Always we have to remember that we cannot change the things happened and should learn to accept the facts and proceed further. we are all different, but one thing is common among everyone and that is "Confidence" this makes us who we are, these are the foundation to our personality.

Families of children with disabilities and Confidence

Aware of your need

Think positive and focus on all possible way to go right

Mastering the body language of confidence can put you on the path to success.

Set goals

Maintaining eye contact

Appreciate yourself

Live in the presence

Welcome feedbacks of your actions

Be honest

Embrace the new opportunity

Pay attention to your child

Be the role model for your child to

enrich his/her confidence. Self-

confident people are more tend to be

successful in their life

Goal setting

Practicing self love

Play along with the
child

Activities to develop
new things

Do it to your self

Award yourself health, fitness and appearance ,Always think that you are happy with what you have.

Always think that you are skilled and believe in yourself.

Self-esteem and Confidence are fundamental sources of human life. Children or elder anyone at any age they face challenges or crises like the current scenario, at that point of time only thing which holds us to bounce back is confidence and self-esteem. Parents and caregiver of children with disabilities play a pivotal role in the child's healthy development which enhance confidence and self-worthiness



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CAPACITY BUILDING OF FAMILIES HAVING PERSONS WITH DISABILITIES

Series 7

How to address problem behaviours
In Individuals With Autism
Spectrum Disorder
[Special focus-during crisis]

Department of Social Work

**NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MULTIPLE
DISABILITIES (DIVYANGJAN)**

ACCREDITED BY NAAC ISO 9001:2015



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Autism is a neuro developmental disorder which impacts how a person thinks, learns and experiences the world



According to CDC (Centers for Disease Control and Prevention), the prevalence of autism is 1 in 54



- Do not adapt easily to changes
- Like sameness
- Engage in repetitive behaviour
- May have highly developed interests
- Show a liking or aversion to sensory stimuli
- May experience sleep problems
- Benefit from routines

Children with behaviour disorders; specifically those with Autism Spectrum Disorders

Triadic model of behaviour management of individuals with ASD during crisis

Model acceptance of crisis

Prevent and prepare

Teach skills

Examples of evidence-based practices based on a recent research report by the Frank Porter Graham Child Development Institute, USA

Video modeling

Social stories

Visual supports

Routines

A video of the webinar is available on youtube and other social media platform. The link to the video is <https://youtu.be/VZkgIVLaQE0>.

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CAPACITY BUILDING OF FAMILIES HAVING PERSON WITH DISABILITIES

SERIES - 8

**Crucial issues in caregiving and how to overcome issues
while taking care of PwDs during lockdown/quarantine**

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(DEPARTMENT OF SOCIAL WORK)

INTRODUCTION



People with disabilities (PwDs) are more susceptible to viruses like lockdown and relative to others. We take “hand-washing” as a normal precaution, but PwDs face serious limitations to follow this practice frequently. Besides, there is a lack of public toilets for them. Next is “social-distancing”, but most PwDs depend on others due to physiological constraints. Many disabled have to frequently visit hospitals and rehabilitation centres



Further, most of the PwDs are largely dependent on the caregivers (family, relatives or professionals). Many caregivers may be reluctant to provide their services as the coronavirus is highly contagious. Persons with intellectual impairment cannot be expected to practice or cope with self-isolation. Being a caregiver requires endless amounts of energy, empathy and patience. Caregiving is a time-consuming undertaking that can easily lead to burnout

ISSUES OF CAREGIVER TO TAKE CARE OF LOVED ONE

ISOLATION



Caregivers can often feel cut off from the outside world. So much time and energy is spent caring for someone else, caregivers often don't have time to take care of themselves. If you start to feel isolated, reach out to close friends and family to see if they are able to help. Consider a support group for family members dealing with similar problems. It's important for your own health that you still have "me time," and it will help you be a better caregiver as well

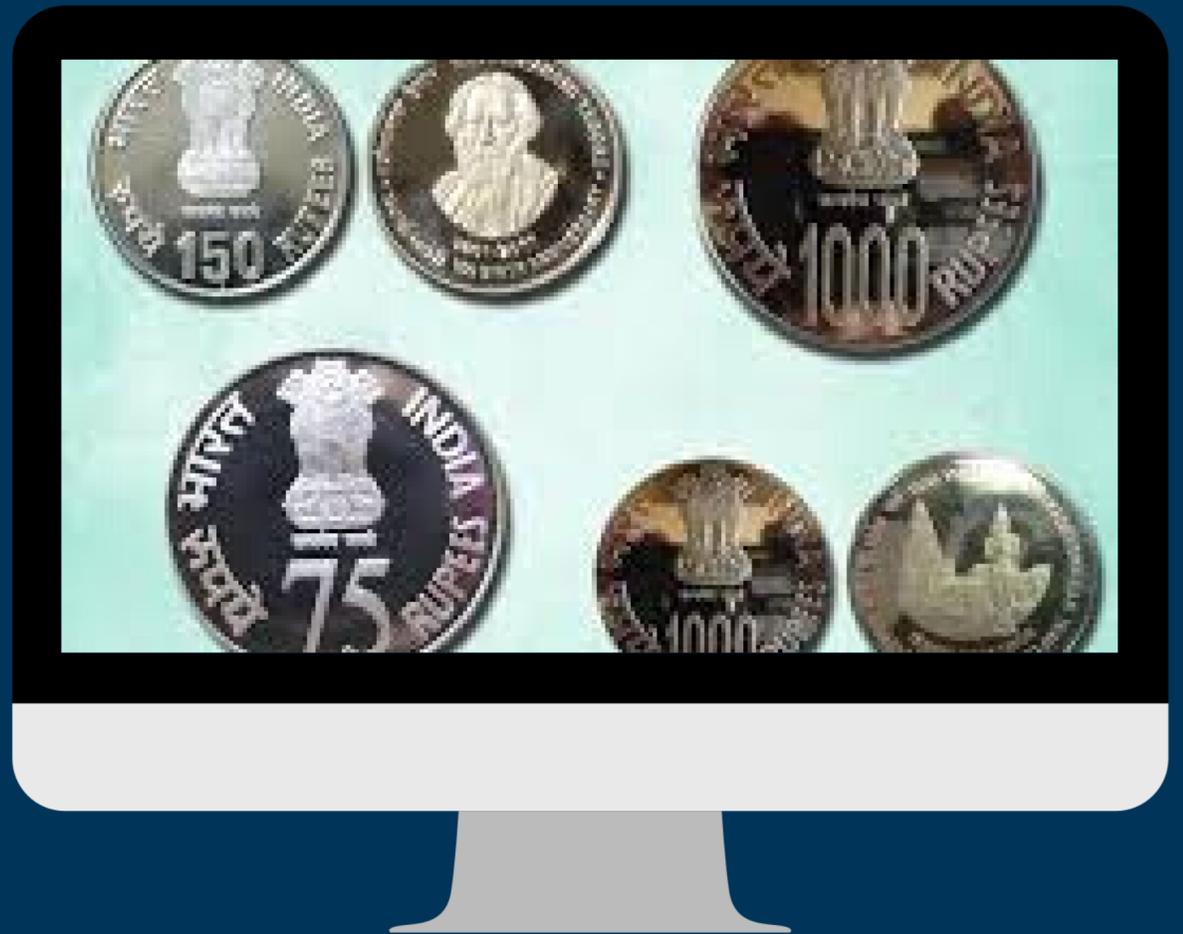
STRESS



Taking care of a loved one and being responsible for their health can be very stressful. There are a lot of tasks to juggle, from managing medications to helping with getting dressed or bathing. If you're feeling stressed, try to set aside little breaks throughout the day.

Even 5-10 minutes every couple hours where you can practice relaxation techniques like meditation or breathing exercises can help relieve some of your stress. Don't forget that your family members may also offer support in dealing with stress.

Financial Burden



Finance is also, an another form of stress for caregiver while taking care of person with disability during the lock down period

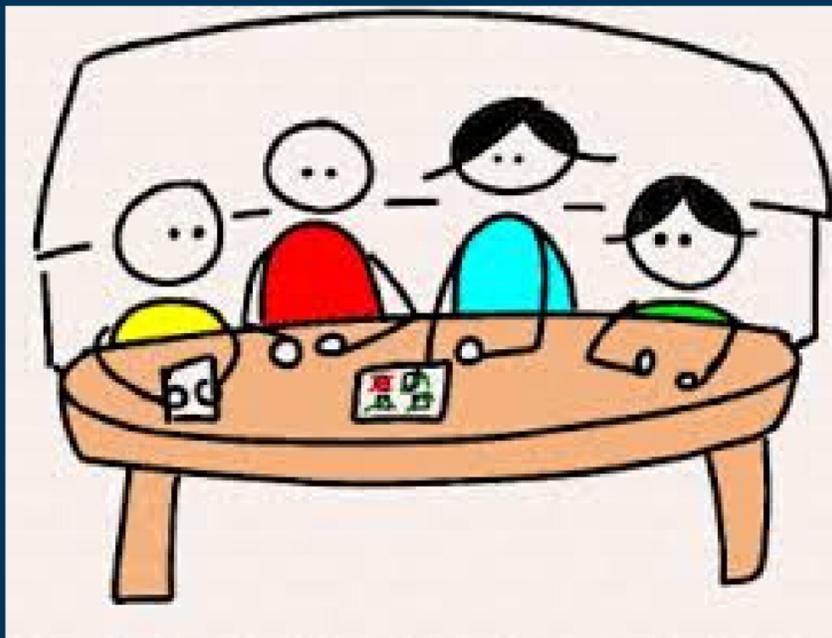
CAREGIVERS MUST TAKE CARE OF THEIR OWN PHYSICAL AND MENTAL HEALTH

There will be substantial stress for the caregivers as their work and responsibilities may have gone up threefold. They have to deal with household chores, take care of their child and other dependent family members and complete work-related assignments.

They may also be dealing with financial strain as they juggle time, money and energy. They must...



Priorities urgent and important work each day and have a plan to complete those. Other tasks can be done if one has the time or energy



Have regular family meetings to ensure everyone understands their responsibilities and supports the person with disabilities consistently

Reach out to the resource persons, teachers or therapist online who may be able to plan sessions for their child



Take care of their own physical well being. Yoga or meditation for 15 minutes at least twice a day if possible might help



Take good care of their own mental health. It may be good to be in touch with a counsellor or mentor parent online to understand and implement coping strategies

**BELIEVE THAT YOUR CHILDREN ARE MORE
RESILIENT THAN YOU
THINK, AND YOU CAN LEARN FROM THEM**

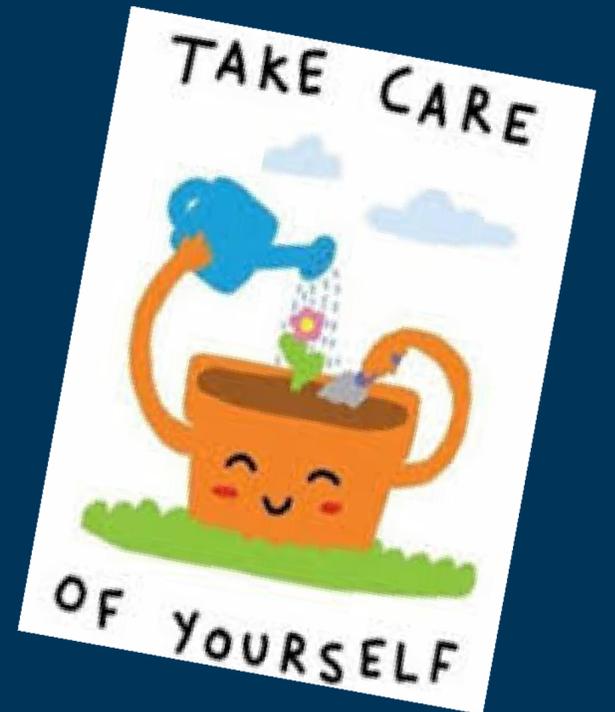
Believe in your child's resilience. For children with disabilities, social distancing may be a new concept — society at large keeps a distance from them and their families. Hence they have their own coping strategies and positive attitude towards such events and we can learn from them to take one day at a time, enjoy the moment and simple pleasures

Look at this as an opportunity to understand your child better. In fact you can also re-evaluate the goals for your child and see if you want to make these goals more relevant to the times and functional to your child. For example you may now want to add housekeeping, indoor fitness activities and technology-based skills as goals

**Keep calm, keep connected, and be positive.
Stay safe and healthy. This too will pass.**

SOME POINTS TO REMEMBER

Take Care of Yourself



Balance your life very important

Make more effective caregiver with low stress



**Delegate the work
with other people**



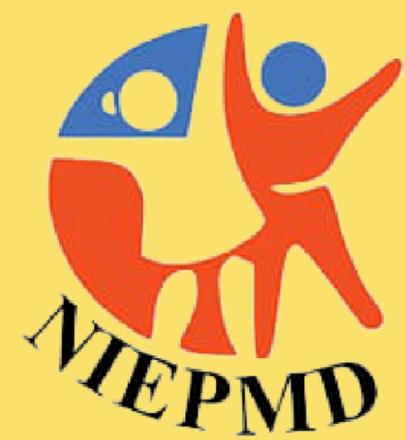
Take a Short Break

**Don't ignore signs
of illness**



Reference

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