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| Name of the organization | Public association of parents of children with autism «Hand in hand» |
| Head of the organization | Sadykova Dzhyldyz – chairman of the association |
| Head of the project проекта | Gaas Galiya – head of the project |
| Address | Bishkek 720064, 15A Koibagarov str. |
| Tel/Fax/e-mail/  web-page: | 996 312 512254, 0550 945522, 0555 970786,  [autism.kyrgyzstan@gmail.com](mailto:autism.kyrgyzstan@gmail.com)  [www.autism.kg](http://www.autism.kg)  [www.fb.com/rukavruke](http://www.fb.com/rukavruke) |
| Legal status of the organization | Noncommercial, nongovernmental organization  Certificate of registration No. 123428-3301-ОО |
| Mission/goals of the organization | Mission: To create a decent future for children with autism.  Goals:  — To acquaint parents and professionals with the problems of children's autism, teach them techniques and methods of correctional treatment and education of children.  — To promote wide and correct coverage of problems of autism in print and electronic media, to form a tolerant and favorable public opinion towards children with autism.  — To protect and promote the rights and interests of children with autism at the local level and at the level of legislation on access to education, health services and social integration. |
| Name of the project and short description | "Path to the possibilities," - gives opportunity to children with autism and their families to improve their quality of life through the creation of the Autism Center, which will held diagnostics and rehabilitation of children with autism, education of parents and professionals of the basics of ABA therapy, training tutors to accompany the children in educational institutions. |
| Terms of the project | 18 month |
| Amount of the project/Requested amount | 238 200 USD/123 000 USD |
| List of grants received in the past two years  (Name of the project, the donor) | |  |  |  |  | | --- | --- | --- | --- | | Creation of pilot ABA class for children with autism on the basis of special school No. 34 | «Soros-Kyrgyzstan» Foundation Turarova N. – 0312 663475 (131)  UNICEF – Pogosyan A. 0312 611211 (275) | 16 092 USD  5 100 USD | June  2014 -  June  2015  July 2014 – December 2014 | | Autism. Assistance Routes | Ministry of Social Development - Asanbaeva S. 0312 624501 | 494 625KGS | November 2014 – August 2015 | | Creation and organization on the basis of special school No. 34 of a computer class for children with autism | Minor credit line of the Swiss Embassy in the Kyrgyz Republic - Moldakmatova J. 0312 301040 | 541 790 KGS | June 2014 – March 2015 | | Scholarships for the abilitation of children with autism | Global Fund for Children - Bednarek G. – bednarek@globalfundforchildren.org | 6995 USD | August 2014 – May 2015 | | Parents - leaders in building of an inclusive society | ICCO Cooperation и Bread for the World - Temirova G. – 0312 690231 (109) | 135 980 Euro | August 2014 – July 2017 | |

**Head of the Project Commitment::**

I, \_\_\_Sadykova Dzhyldyz \_\_\_\_\_ hereby guarantee that obtained from ICCO Cooperation grant will be used in accordance with the objectives of the project. All information relating to the budget, expenses, receipts and other additional sources of funding will be provided upon request of ICCO Cooperation.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_10 March 2016\_\_\_\_\_

1. **Description of the organization. Experience of «Hand in hand» in the promotion of similar projects. Methods.**

Public Association "Hand in hand" was established in June 2012 by a group of parents due to the total absence of the state system of care for people with autism spectrum disorder (ASD), and low public awareness of the problem of autism. Over the years with the help of donors, private donations, we achieved the following results:

* In August 2013 we created an abilitation center for children with autism of preschool age. In 3 years 52 children received therapy services, 90% were non-verbal, without any self-help skills, with problematic behavior, lacking social and pre-academic skills. Currently, 31 children continue to take 20 hours per week of intensive ABA therapy, 18 children were sent to a special pre-school and school educational institutions, 3 children admitted to private schools.
* Basic techniques used for testing, treatment and education of children: ABA therapy (Applied Behavioral Analysis), PECS (picture exchange and communication system) and test protocol ABLLS-R. Due to ABLLS-R protocol, we have the opportunity to test the levels of children, develop individual training programs and track their progress, which greatly improves the quality of correction.
* The first specialists teaching children with autism become our parents in 2012, who passed the training under the guidance of international experts (Joan Myers, Bill Edwards - USA, Chehiro Tamura - Japan)
* At our initiative the Department of Psychology at AUCA in partnership with Clemson University United States with the support of the Soros Open Society Institute from September 2013 has begun preparation of behavioral therapists who have passed 90 hours of practice in our center.
* Out of 45 students who have completed courses of ABA therapy, 17 work in our Center.
* 21 students and graduates KRSU, KSNU, Arabaev underwent 40 hours of training and 40 hours of practice. 12 of them have been trained and are now also working in our projects and in the Center.
* 2-day training on the specifics of the development of children with autism and the basics of practical ABA therapy were attended by more than 100 educators, professionals of day centers within the projects ICCO Cooperation.
* More than 90 parents underwent 40 hours of training on working with children with autism.
* Opened one class, and two groups of preschool preparation on the basis of special school No. 34 (18 children, at the time of the project)

1. **Justification and description of the project**

Autism is a developmental disorder, which is expressed mainly in the inability to communicate. Disorders in autism are very different - from the small when the child does not differ from his/her peers, to severe complicated conditions in which children do not master speech, elementary social skills and need constant care and accompaniment. Autism has no social and territorial boundaries. According to the World Health Organization at the beginning of 2014 70 million people are suffering from autism. This is one percent of the world's population. Unfortunately, in Kyrgyzstan due to the lack of diagnosis, due to the lack of specialists such statistics are not kept. If you follow the statistics of the WHO, the number of children with autism in the Kyrgyz Republic can reach more than 20 thousand. Every day, people come to us and call from all regions of the Republic, almost every one of 30 NGOs in the network "Zhanyryk", which includes the NGO "Hand in Hand", have children with ASD (autism spectrum disorders), who do not receive the necessary corrective aid due to the lack of specialists. Today, only in our organization there are 215 children in Bishkek in our database, 162 of which are not covered by the services and are in the queue for services.

The main reasons for the fact that these families do not receive the necessary assistance abilitation are the following:

* Lack of ABA professionals, specifics of this therapy involve intensive individual lessons for a long period of time (20 hours per week, not less than 18 months)
* the high cost of the existing services of the Centre, due to several factors such as rent, high-value payment for services of ABA Board Certified international consultants
* the limited size of the existing Center

Parents are forced to keep children at home, which leads to even greater social exclusion and underdevelopment. Children with ASD are not accepted in any private or public educational institutions, as there are no experts fully possessing the methods that have proven their effectiveness in international practice in teaching children with ASD. Pedagogical approaches for the development of other features do not meet the needs of children with autism; there are no specialized programs for training and inclusion. We have repeatedly appealed to various government agencies on the issues of children with ASD, carried out some actions, published in the media, but we have not yet received any answers giving us hope for a positive solution to our problems. Therefore, parents of our organization decided to appeal to donors, individuals actively pursuing fundraising activities, to buy land and begin construction of a building for the organization of Autism Center.

In this Centre our already available experience and human resources potential will allow:

* Diagnose autism. Estimated number of consultations at least 200 children annually
* Carry out testing of children and writing personal development programs of at least 120 children annually with a confirmed diagnosis of autism
* Training of tutors. At least 100 professionals each year
* Education of parents and other family members. At least 200 people annually.
* Intensive ABA therapy of children with ASD. At least 80 children annually
* conducting seminars for specialists of educational institutions and social development on demand.
* psychological support to families with primary diagnosis of autism. 50-70 families.
* make translation of teaching materials into the Kyrgyz language
* establishment of programs to develop social skills for people with ASD, depending on age, level of severity of the disorder, the level of speech development

In this Autism Center, our team will work in close cooperation in areas:

* ABA Therapy - William Edwards Center of Behavioral Analysis Clemson University, USA; Olga Yarova - Department of Psychology AUCA Asel Chymyrbaeva, Julia Davydova - Department of Psychology KRSU
* Development of Communication - Robert Bakindorf, Clinical Associate Professor, University of Oregon, USA
* Sensory Integration - Lyubov Enenkova, President of the Association of sensory integration specialists, Russia
* Labor therapy - Rebecca Webb, Edward Thompson, - ABA tutors from Cambridge CELTA from Language Link, London

1. **Goals, Objectives and anticipated results of the Project**

Project goal: Creation of the National Center for Autism, which will provide comprehensive assistance for people with autism spectrum disorders (ASD), with a priority on early intervention.

Objective №1

Construction of Building Center

Objective №2.

2.1 Prepare 20 specialists knowledgeable in innovative methods of working with children with ASD: ABA, TEACCH, PECS, Sensory Integration \* and others to work in the newly opening Center.

2.2 In the future, continue training specialists as requested for other day-care centers operating in the provinces, for correctional classes, classes of inclusive education and special schools.

Objective №3

To equip the Centrer in accordance with the requirement of a structured training while taking into account the sensory needs of children with autism, the necessary educational literature, manuals for training and technical means

Objective №4

Start therapy sessions by individual program for 80 children with ASD with moderate to severe degrees of autism: teach self-care skills, teach communication skills, significantly reduce the problem behavior, improve social skills, develop pre-school academic skills.

Objective №5

Conduct training for parents whose children are in the program so they work in teamwork with instructors towards accelerated progress in the development of children and for parents whose children are at home, as they do not have financial resources to pay for the services and will have to work independently with their children

Objective №6

Organize training of tutors for professional support for children that have completed required hours in Center in preschool, school and other educational institutions

Objective №7

Organize the educational process for children with a mild form of ASD in a group mode according to the program of pre-school training format

1. **Tasks and activities for fulfillment of goals**

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| **Activity** | **Amount** | **Requested amount** | **Own contribution** | **Source** | **Terms** |
| The tender and the purchase of land | 25 000 USD |  | 10 000 USD | From the funds allocated by the Foundation of the President of the Kyrgyz Republic | I month |
| 15 000 USD | Own fundraising activities |
| Tender and signing the contract with the construction company for the construction of the building |  |  |  |  | II month |
| Fencing | 7 200 USD  (120 m. \*60 USD) |  | 7 200 USD | Kumtor and Bishkek Petroleum | II month |
| Preparation of technical documentation and permits | 2 000 USD |  | 2 000 USD | From the funds allocated by the Foundation of the President of the Kyrgyz Republic | II – III months |
| Construction of the building | 156 000 USD  (500 sq.m.\* 312 USD – [www.karkas.kg](http://www.karkas.kg) ) | 123 00 USD | 33 000 USD | Due to the advance of entrance fees of 100 parents | IV – X  months |
| Landscaping | 2 000 USD |  | 2 000 USD | Own funds of “Hand in Hand” | X month |
| Selection of personnel for work in the center |  |  |  |  | II month |
| Training new professionals to work with children (100 hours) | 1 000 USD  (20 people \*100 USD) |  | 1 000 USD | Own funds of “Hand in Hand” | III – VI months |
| Tendering and procurement of equipment (office equipment, computers, desks, chairs, blackboards, cabinets, shelves, lamps, curtains, games and educational material) on a separate list | 30 000 USD |  | 30 000 USD | equipment and office equipment at the expense of existing assets on the balance of “Hand in Hand” in a rented room and pilot class at the school No. 34. | X – XI months |
| Recruitment of children in the Center, testing, writing programs |  |  |  |  | ХII month |
| Training of Parents |  |  |  |  | ХII month |
| The opening of the Center; beginning of classes |  |  |  |  | ХIV month |
| Training of tutors |  |  |  |  | ХV month |
| Training of specialists for other daycare centers of Janyryk Network |  |  |  |  | ХVII month |
| Beginning of the group study sessions |  |  |  |  | ХVIII month |
| Total: | 223 200 USD | 123 000 USD | 100 200 USD |  |  |

1. **Sustainability of the project:**

Sustainability of the project is driven by many factors.

First, we already have experience of working with an abilitation of children and the preparation of the necessary specialists.

Second, demand for the services that Center offers will always exceed capacity to deliver services in foreseeable future:

* the number of children with autism is growing every year, and the services offered by the state are still absent. Care of a child with autism requires great efforts from the parents and takes up almost all the time. This often leads to the accumulation of fatigue, depression, which may lead to the threat of abandonment, family breakdown. Many parents would like to have a nanny care services for a child at least for a short time. However, a person not trained to methodology of work with autistic children, would not be able to be with a child. Therefore, there is a high demand for trained tutors, they are necessary for the support of children in educational institutions. Without tutors children with autism, due to their problematic behavior, fear of new people, new environment, and etc., are not accepted in preschools and schools.
* All day care centers, working with children with disabilities, special schools, and special kindergartens need special educators knowing ABA therapy. Moreover, ABA therapy is applicable not only to children with autism, but to all children with mental disorders.

The amount of total income that we forecast to be around $18 200 per month will allow to pay salaries to educators, administrative staff, utilities and other expenses that are needed to run the Center and work without further donor support.

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| **Forecasted income, per month** | **USD** | **Forecasted expenses, per month** | **USD** |
| Tuition cost 80 children \* $200 | $16 000 | Salaries 30 educators \* $350 | $10 500 |
| Diagnosis 20 children \* $50 | $1 000 | Salaries of administrative staff, total 9 people | $2 500 |
| Parent training 10 people \* $40 | $400 | Social Fund + income tax 17,25% | $2 156,25 |
| Preparing tutors 10 people \* $40 | $400 | Utilities + day to day repairs | $500 |
| Trainings for specialists 10 people. \* $40 | $400 | Payments to outside experts 5 people by contract\* $250 | $1 250 |
| **Total:** | **$18 200** | **Total:** | **$16 906,25** |

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**Glossary**

**Applied Behavior Analysis (ABA therapy)** is a generic term for a widely used scientific method of behavior modification based upon the principles of learning theory to improve socially significant behaviors to a meaningful degree, and to demonstrate that the interventions employed are responsible for the improvement in behavior

**TEACCH (Treatment and Education of Autistic and Communication related handicapped CHildren)** is an evidence-based service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders and represents  therapeutic tool to help autistic individuals understand their surroundings. The TEACCH involves basic principles: set physical structure, scheduling, routine, visual structure.

**PECS (Picture Exchange Communications System)** is designed to teach functional communication skills with an initial focus on spontaneous communication. It has been and continues to be implemented in a variety of settings and contexts (home, school, community) so users have the skills to communicate their wants and needs. PECS does not require complex or expensive materials since it uses picture symbols as the modality. PECS is a method to teach young children or any individual with communication impairment a way to communicate within a social context.

**Sensory Integration**: A form of occupational therapy in which special exercises are used to strengthen the patient's sense of touch (tactile), sense of balance (vestibular), and sense of where the body and its parts are in space (proprioceptive). It appears to be effective for helping patients with movement disorders or severe under- or over-sensitivity to sensory input.

**Occupational Therapy** is the art and science of enabling engagement in everyday living, through occupation; of enabling people to perform the occupations that foster health and well-being; and of enabling a just and inclusive society so that all people may participate to their potential in the daily occupations of life