

# **SHARANALAYAM - SAATVIK**

A LEARNING CENTER FOR AUTISM

# SHARANALAYAM

## HISTORY

- Started in pollachi on 29 Jan 2001.
- Started with 7 children picked up from the street of coimbatore and pollachi
- The first child to the home was a 11yrs cerebral palsy stricken boy with multiple deformities born to a commercial sex worker. Later he was named “shakthi” of Sharanalayam
- Any child unwanted by the society will be eagerly adopted by Sharanalayam

### **Who are all helped?**

- Children of commercial sex workers, beggars
- Children abandoned in locations like railway station, bus stand, public areas
- Babies abandoned in the Hospital, Toilets, Dustbins, etc
- Abandoned Elderly people
- Abandoned Mentally ill and mentally retarded children and adults
- HIV positive children and Adults

# Various units

## **Sharanalayam Dhaya:**

(A Home for the Orphans, Street Children, Children of CSW's and Beggars). More than 100 normal children find home here. Lo

Giving home care, for children who are orphaned and have none to take care. These children are given free food, clothing, med

Children of commercial sex workers, children of parents who are terminally ill are given continued and undistorted life full of hap

Children who have lost their parents or atleast one parent to the dreaded disease AIDS and have relative to rely on find solace

Children whom the government authorities and the district administration feel to be housed for better living conditions due to po

Right from new born baby to 90yrs old uncared aged souls find a home here

Temporary shelter home for the destitute women, women in distress, women under dowry harassment and neglected women o

# Units of Sharanalayam (Cont...)

## **Sharanalayam Jyothi:**

( A Home for the Mentally Challenged ) More than 55 mentally challenged children and adults picked up from the streets or orphanages.

Special care home for the mentally challenged, cerebral palsy stricken and multiple deformed children and Adults. More than 50 children and adults are cared for here.

Given life skill training

## **Sharanalayam – Jheevan:**

(A Home for the HIV/AIDS infected and affected Adults and Children). About 15 innocent children suffering for no mistake of their parents are cared for here.

**Sharanalayam - Sweehar:** Licensed Adoption Centre to give infants eligible for adoption on in-country and inter-country.

**Sharanalayam - Preetham:** A retirement community centre for the senior citizens.

**Sharanalayam - Third Eye :** A Learning center for Children with developmental disabilities and the only center in the region.

# AUTISM

## **What is Autism or Autism spectrum disorder(ASD)?**

**Autism** is a [neurodevelopmental disorder](#) characterized by impaired [social interaction](#), [verbal](#) and [non-verbal communication](#), and restricted and repetitive behavior. Parents usually notice signs in the first two years of their child's life. Autism is accompanied by Behavioural Disorders

## **Can Autism be cured?**

**No**, While children with Autism are not 'curable' they can be helped, especially if they are diagnosed early in life.

## **Some therapies for Autism**

ABA therapy, Occupational therapy, speech therapy, play therapy, etc

## **Causes for Autism**

The exact cause of **autism** spectrum disorder (ASD) is currently unknown. It's a complex condition and may occur as a result of genetic vulnerability, environmental or unknown factors

# AUTISM

**Autism typically appears during the first three years of life, Early diagnosis and intervention are crucial o a child's long-term success**

some Common self stimulatory behaviors

- Hand flapping
- rocking back and forth
- spinning in a circle
- echolalia
- finger flicking
- head banging
- staring at light
- snapping fingers
- tapping ears

India is home to about 10 million people with autism and the disability has shown an increase over the last few years. In 2012 According to statistics by the Centers for Disease Control and Prevention (CDC), one in every 88 children today are diagonised under autism spectrum disorder (ASD) against a ratio of one in 110 few years back.

# SAATVIK

(A free learning center for Autism)

The proposed project will focus on giving training and education to Children with Autism in and around pollachi and coimbatore rural areas. 50 children will be trained annually and efforts will be taken to integrate them into mainstream society

## **Mission:**

- Give training and therapies to Children under Autism spectrum Disorder to integrate them into mainstream society.
- Create public awareness about Autism and the difference between mental retardation and Autism. Also create awareness that these children can definitely be an earning member in our community if they are trained from their childhood.
- Support parents and counsel them to overcome denial

## **Project demographics:**

for every 88 children born one is born with Autism.

No proper training is given by parents whose average monthly income is less than Rs15000  
target will be Autistic children of parents who income is less than Rs15000 per month

# WHY SAATVIK?

Early intervention should be given between the age of 2 to 5 yrs to help the child overcome autistic symptoms and be integrated to the mainstream school

Children who are above 5yrs and when not given proper training and therapies will lead to severe problem behaviors which might become uncontrollable. Lack of proper training in their early childhood is one of the reason why these children are abandoned and spend their major lifetime in shelter homes

The following are some of the training and therapies are to be given if a child need to be integrated into mainstream

- 1)ABA therapy
- 2)Occupational therapy
- 3)speech therapy
- 4)Social skill training
- 5)special education

The above training and therapies will cost an average minimum of Rs 10000 per month for a child per hour everyday.

**For a family whose average monthly income is less than Rs 15000 these training and therapies are unaffordable. It is one of the main reason to support this project as due to lack of finance and monetary support a child shouldnot be denied training and therapies to be integrated into the main stream society**

**Rural areas in and around pollachi and coimbatore do not have access to various facilites that are available in the city and parents are not ready to travel everyday to city with their child as it will affect their daily work as most of the parents below the avg monthly income of RS 15000 will be daily wage workers**

**Lack of proper training and therapies during their childhood make them uncontrollable adults with severe problem behaviours. This leads to parents and relatives abandoning them in roads and bus stands who eventually end up being tagged as Mentally ill and sent to shelter homes.**

# Highlights

- The proposed project will benefit **50 children** annually whose parents earn a maximum of Rs 15000
- The project uses **ABA therapy** as its main intervention
- Applied Behaviour Analysis (ABA) is an evidence-based, **intensive** education therapy for children with an Autism Spectrum Disorder (ASD). It is scientifically proven to be effective and is the preferred method of treatment for ASD. It works around the motivation of the child.
- In India there are only around 20 qualified professionals certified by the American Board. This project involves a Board certified Assistant Behavior Analyst to be the supervisor. In ABA therapy consistent and continuous data will be taken to ensure that the improvement is shown mainly by the program and not by any other source.
- This program will also use **occupational therapy, speech therapy and special education** as part of its curriculum
- This program is going to make a huge difference in our community as this will be the only center in the district of Coimbatore, Tirupur, Erode, Dindigul and Nilgiris to start an international standard training for people who can't afford to pay for the training and transportation
- This project will have a strategic method of data taking which will ensure that the development is shown mainly through proposed work rather than external factors
- Parents will be supported through **counselling and training**
- A **school bus** will pick up the children from their house to the training centre

# IMPACT OF PROJECT

## **The following are the expected outcomes of the program**

- Child will learn to communicate either vocally or using an alternative communication method like Sign language, Ipad training, PECS,etc
- Child will be taught various social skills as simple as looking at one's face while talking, will stand when the name is called to playing in a group and playing with toys appropriately.
- problem behaviours that are usually high are reduced and good behaviours are increased
- will target at placing the child to mainstream and focus mainly on the integration of the students into the society
- we will focus more on pre vocational skill requirement

## **Long Term impact**

- Parents and relatives will lovingly keep these children with them instead of sending them to shelter home
- Communication skill training will decrease the problem behaviour
- Social skill training will help the individual live as part of our society and live amicably with other fellow human beings
- With proper training they can start working and become earning members in our community
- It will help them to lead an independent life like going to a grocery store, taking a bus and as simple as eating by themselves,etc

# steps

- 1)parents will be counselled on the diagnosis and the need for training
- 2)The child will be enrolled in the Sattvik project
- 3)Assessments are made by the therapists using VB Mapp/ABLBS/AFLS
- 4)Goal are set and individual educational plan(IEP) and Individual Behaviour plans(IBP) are set
- 5)Each child is assigned to a special educator/Trainer
- 6) Continous datas are collected everyday based on the IEP and IBP.
- 7)Parents training and workshops will be conducted bi monthly
- 8) Assessment is made every quarterly to check the development and the goals are reset accordingly.
- 9)Autism awareness programs will be conducted in the rural areas of coimbatore and pollachi
- 10) If the child is absent for the program for more than 15 days, then an ORW(outreach worker) will visit their home personally to discuss about the reason for absence to the parents and convince to continue the training

# Budget

	<b>Recurring Expenses</b>		
	FUEL	540000	
	BUS Maintenance	50000	
	Buliding mainteance	180000	
	DRIVER(12000)	144000	
	CONDUCTOR(8000)	96000	
	PROJECT COORDINATOR(20000)	240000	
	SUPERVISIOR(15000)	180000	
	ABA THERAPIST(25000)	300000	
	OCCUPATIONAL THERAPIST(20000)	240000	
	SPEECH THERAPIST(20000)	240000	
	SP- Educators or trainers(17) (12000)	2448000	
	Helpers(6)(8000)	576000	
	Janitors(2)(7000)	168000	
	Nurse(1)(8500)	102000	
		<b>5504000</b>	
	<b>Non Recurring:</b>		
	BUS(Transportation)	1500000	
	Building renovation	600000	
	classroom furniture	200000	
	Electrical equipments	50000	
		<b>2350000</b>	