

Down Syndrome Society Nepal (DSSN)

Project: "Stichting Projecten in Nepal - S.P.I.N." Report 2021

Focus areas of our activities on 2021

2021 was also full of challenging year for everybody. Despite being a population that is particularly at-risk to COVID-19, persons with intellectual disabilities face even greater inequalities in accessing healthcare during the pandemic due to inaccessible health information and environments.

Poor system of vaccination for persons with intellectual disabilities and their families have also faced pressure with the health system of country. Most of persons with intellectual disabilities who have been receiving Caregiver services have vaccinated. We arranged vehicle to take them hospital for vaccination. Some of the children who have medical issues are not get vaccine yet, their parents are consulting with doctors.

The long going lock down due to Covid-19 outbreak has impacted negatively the lives of persons with Intellectual disabilities. Those parents with intellectual disabilities who are migrated from grassroots community are living in hardship condition in Kathmandu and rest of the district. We organized home visit to each and every child who are under our services. We distributed medical kits (mask, sanitizer, liquid soaps).

Families who are living below poverty line have no food for their survival; they are living in hardship condition without having foods. We are thankful to SPIN members for humanitarian support. We distributed Rice, lentil. Beans, oil, sugar, salt and dry vegetables to the families. After getting food Parents got relief for some time. We are very much thankful, the support you have shown during this pandemic, and we truly appreciated.

This pandemic has teaches positive lesson to everybody especially our children who are bound to stay 24 hours at home. We started virtual online classes. It was not like regular physical classes. At the beginning it was difficult them to concentrate and stay hours in one place and mostly parents don't have internet access. We provide them allowance of internet and teach them to how to download Zoom application. It took them several weeks to learn. Slowly Children were also enjoying attending the classes. These



virtual classes were also new to our teachers. They teach children alphabets by songs and dance too. Not only the children mostly mothers also attend in the class, so they too learned the technique of teaching to their children. Physiotherapist and Speech therapist teaches parents how to do exercise and teach speech at home.

We organized drawing, art competition virtually. Children love to play with colours. We also organize virtual online workshop. Parents from other district also participate in the workshop. We teach them how to engage children and teach them household work and self care. Still we regularly organize virtual workshop and interaction program where parents from far western region and eastern region also participate in the program.

We organized hiking near to our day care centre. During the hiking we keep distance and wear mask. Children enjoy the hiking after lockdown.

500 copies Menstruation Management hygiene hand book printed and distributed among young girls with down syndrome, intellectual disabilities of our day care centres and other network day care centre's girls are also benefitted from this hand book.

Online speech therapy workshop also organized

Speech language Pathologist from USA facilitate the workshop. Parents from Kathmandu, far western region and region benefitted from this workshop

We organized online virtual workshop on COVID-19, include following precaution and information:

- a. What is corona virus and what is the present national situation;
- b. Major symptoms of Covid-19;
- c. How corona virus is transferred or could spread out;
- d. What are the precaution measures to avoid transfer of corona virus
- e. How to avoid the spread out of the disease.
- f. Risk of infection
- g. Impact on other family members
- h. How to take care children

Conclusion:

Due to the pandemic we are not able to organize many activities. But we tried our level best to organize virtual classes, workshops and other activities. Now in 2022 we plan to organize more activities.

