

Mother as A Rehabilitative Aid (MARA) – A Unique Project for Mothers of Differently Abled Children.

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ABSTRACT:

Every child is unique for their parents. Parents have lot of dreams, hope on their child's future. They dedicate their entire life for their success. Parents with differently abled children will have to work a bit more but it's not impossible. We have come across sufferings of families of differently abled children and thought of starting a program which can help them to achieve their goals for their children. Mother as A Rehabilitative AID (MARA) is the name we have given to the program as we felt that Mothers hands are healing hands. If we can educate and create awareness among mother's, we can really do justice for the recovery of differently abled children. Physiotherapist treatment of an hour a day will not be enough for developing milestones it is the carryover effect of the treatment at home which can bring the changes. In this short communication we are proposing our plan and benefits of the program which we achieved. Mothers felt it as the most useful program for them to clarify their doubts and work hard with constant focus.

KEY WORDS: Rehabilitation, Home Program, Carry over effect, Disability, Disabled children.

INTRODUCTION: Physiotherapist will come across many children with disability and it's a daily routine that providing treatment and educating parents regarding the treatment and ask them to continue at home. Family centered home program for children with disability plays a major role in their improvement¹. Monitoring of the home program is challenging for the therapist who is providing treatment to the child as he does not have accessibility. We work as a team in our department. We have our paediatric unit in our OPD of Physiotherapy, and a community outreach centre where almost we will see 20 children a day. As we were managing them we felt the carry over effect was a concern and could not able to see the benefit in the child. When we asked mothers they replied by saying that they were not able to give the same treatment, difficulty in providing the home program, difficulty in sustaining the program so they

gave up. Mothers perceptions should be unique and focused for their child's improvement². This lead us to a thought process of developing a unique program for helping those mothers who are willing to provide appropriate home program and willing to see some change in their children where participation of therapists and parents is crucial³.

PURPOSE:

To educating mothers regarding treatment by pictures, charts and videos. Teaching home program and helping in maintaining continuity. Creating awareness about abilities than disabilities. Create a comfort zone for parents to have a rapport with professionals and clarify their doubts.

AIM:

To provide quality treatment and educate the mothers about quality treatment in a simple and practically feasible way, which can help them to deliver useful home program to their differently abled children and notice some functional improvement.

METHODOLOGY:

One-hour program, monthly twice, for one year. one in Paediatric physiotherapy unit in our hospital and other one in our community outreach center. Parents will be informed one week before about the timings. On the day of program, we will explain the treatment what we gave to their children and how we achieved that monthly goal. We will clarify the doubts of parents. If we were unable to reach our goal we will explain to the parents, what we are expecting further from them. We will be showing videos, pictures of how easily in a cost effective and feasible manner they can give home program.

TEAM: Project Director, Project coordinator, Two PG Students, One Intern, 2 final year BPT students, Two Teachers of the community outreach center.

TARGETED AUDIENCE: Parents of the differently abled children mainly mothers.

DISCUSSION: We started this program in this month and we finished our first program. We have done it in our community outreach center where we gathered all the mothers of the disabled children. 15 mothers participated by giving their consent. We conveyed the importance of the program and showed them various videos and pictures which can depict their home program. Mothers actively involved in the program by asking various queries and got solution for their queries from us. We were able to make them understand the importance of the home program as after finishing

the first session we were getting calls from the mothers regarding their queries. This gave us motivation to organize in a firmer and practical way in future.

RATIONALE:

Students Communication skills can be improved, Their Practical skills and service oriented mindset can be generated. They will get good ideas and can able to feel different problems that parents are facing and they will get chance to plan their treatment accordingly. Students in parallel concentrate on treatment plan and other major challenges faced by parents that they need to focus on. For Parents it generates hope and Trust on our profession. Their involvement will be more when their suffering is shared. Parents will know different other challenges faced by other parents and they will get to know various other methods to overcome. Not only it generates hope and trust on profession but also same about their child as well. Parents will openly share about their experience, challenges, solutions with professionals and also get chance to speak up openly without any hesitation or doubt in mind. Our duty is to empower mothers but also appreciate their patience, instincts and about their children and courage.

CONCLUSION:

Thus we conclude by saying that this program is a beneficial program for parents especially mothers. we will be conducting more high quality studies on this program in future where we can come to know more limitations and other implications.

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CONFLICTS OF INTEREST: None

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