

## 25 years of nurturing people with disabilities, solidarity building, and working with rural communities



The year 2019 marks the 25 years of Mobility India's perseverance in working towards the inclusion of people for the well-being of the most vulnerable populations; people with disabilities, older people and people living in chronic conditions and living in poverty.

Mobility India (MI) was born with the vision of providing health care services. Our vision expanded to include education, livelihood opportunities and empowering people with disabilities to realize their maximum potential, sustainable independence as contributing, responsible and equal participants in society which at times was painful but rewarding.

Today, Mobility India has managed to make a circle more inclusive, symbolising the commitment to the attainment of its vision. A vision of improving the lives of people with disabilities, their families and other disadvantaged groups, especially the poor, has successfully traversed the long path of 25 years. Reaching many milestone, has boosted our morale in aspiring for the next ones. Our pursuit will continue and scale up to new heights in realizing our vision and mission - where everybody is respected, enjoys a good quality of life, their rights and entitlements without any discrimination.

As we move forward in our journey towards the next 25 years, we hope to reinvigorate our strength and spirit by renewing our solidarity and cooperation. On our 25th anniversary, we reaffirm our commitment to the cause we have championed all these years. We extend our sincere gratitude and thanks to all our donors, sponsors, supporters, clients and friends.

# Mobility India creating an Inclusive and Enabling Future

Basic care and services are important to mankind for better quality of life. The Census of India 2011, shows that there are 26.8 million persons with disabilities in the country (2.21% of the total population); and 54,36,826 (20.2%) of them have movement disability. More than 15 percent disabled children in India experience developmental delay due to Cerebral Palsy. Postural and motor control are the major challenges they encounter. Lack of appropriate positioning and active voluntary movement may lead to musculoskeletal complications in children with delayed development milestones.

To cater to the current and emerging need, Mobility India has been extensively working in the communities/grassroots organisation enabling access to a wide range of assistive devices along with therapeutic interventions to ensure better participation, leading to good quality of life.

## Bringing Hope Back!



Chandan C

We encourage mothers like Chandan's mother to never give up on their children as with the right support and treatment, they can be the Champion of themselves.

Chandan C, a 12-year-old boy lives in Bangalore. He is the only child to his parents, his father works as a painter to run the household. Chandan was born premature and his birth cry was delayed. Being diagnosed with Cerebral Palsy, his age appropriate milestones too were delayed.

Being the parent of a child with special needs is challenging. Chandan's mother was willing to take every step to make her child's life better. Before coming to Mobility India, Chandan was unable to sit or stand without proper support and could not perform the activities of daily life by himself. At Mobility India, Chandan was provided with regular therapy interventions and was fitted with bilateral Ankle-Foot Orthosis. The rollator was provided to support his mobility. Consequently, his mobility has increased and he can now move around his home freely.

Chandan has become more confident and initiates conversations by himself. He mingles with his friends and tries to perform the activities of daily life to a great extent by himself and with a little help from his mother. These developments in her child, have motivated the mother to look forward with hope for positive changes in the future. A happy mother, she says, 'Mobility India has helped in providing good quality of life for our son through the right equipment's and I hope to see him getting better'.

# Making Accessibility a Reality

Housing is the cornerstone of independent living, yet many disabled people live in homes that do not meet their requirements. Decent housing is a basic human right that helps people to have independent, fulfilled lives. Appropriate housing can dramatically improve disabled people's ability to live independently. Those whose homes meet their accessibility requirements reported improved health and wellbeing, and enhanced prospects for employment and study.

At Mobility India, we understand the need to create a barrier-free environment at home to make people with disabilities less dependent on others. It helps them to regain their mobility to move around the house and create positive impact on the lives of children willing to explore the world by themselves.

## Creating a home where child can thrive with a disability



**Madan Kumar**

"With a disable friendly home environment and the right assistive devices, Madan is able to manoeuvre more independently through life."

Madan Kumar an 8-year-old child with neurological problem, lives with his grandmother and father. His father is a mason. Madan is a very active child and loves to socialize. At the age of 5, he met with an accident and both his lower limbs got paralysed. Due to this, he was not able to stand or walk. He lost his mother 2 years ago and his grandmother is now taking care of him. He came to know about Mobility India through one of the Asha volunteer of his village for rehabilitation services. At MI after careful assessment, he was provided with AFO, knee gaiter, standing frame and a wheelchair. He was provided with regular therapy interventions and follow-ups. His care givers were trained on the use of device for regular exercise. His house was not wheelchair accessible, which was becoming an obstacle for his mobility. MI did an accessible audit of his home and constructed a ramp for the wheelchair accessibility and the wall rails for the standing support in veranda and toilet area. He is now able to stand with the support of device and goes to school on wheelchair. He is mingling up with his peers. His grandmother is very happy to see the child's progress.



## Kerala Flood 2018 – MI reaching the doorsteps

In the aftermath of the severe southwest monsoon that devastated the South Indian state of Kerala, over 370 people lost their lives, and a million were displaced. There were people whose health was severely affected and were in need of rehabilitation services and assistive products to maintain or improve their level of function.



In alignment with our mission of supporting grassroots organisations, Mobility India collaborated with the ATMA Foundation to conduct a 2 phase flood relief programme in Thisur, Kerala. The first phase ran from the 18th-21st of March 2019, and involved identifying the people most in need of assistive technologies. 36 identified individuals were assessed and measured for the provision of assistive devices.

A month later appropriate devices were sourced and fabricated, and a 3-day fitment programme was conducted for the second phase of the programme. 14 people were provided with wheelchairs, 5 children were given Twin Devices and 18 people were given 47 aids and appliances. The Mobility India team also trained users, parents, care-givers, and the ATMA Foundation team on the usage of wheelchairs, twin devices, other aids, appliances and gait training. MI's team encouraged 3 days of intensive gait training for prosthetic and orthotic users throughout duration of the programme.

## Health Screening via Holistic Technology Solutions

Mobility India in collaboration with Rx Digi Health Platform Pvt. Ltd. (DHP) on 4th June 2019 conducted a Health-Screening for students; through the usage of Holistic technology solutions towards the preventive healthcare for Non-Communicable Diseases. Screening was done by MI's health professionals and 80 students underwent screening.



The early identification and intervention helps to prevent developing chronic health conditions. Thus, promoting awareness on health issues and taking preventive action is a vital part of MI's mission and impact.

## Play therapy – Leave no one behind

Play therapy can be very effective way of addressing many issues such as low self-esteem, social skills or difficulties in communication. A safe, confidential and caring environment is created which allows the child to play with as few limits as possible but as many as necessary (for physical and emotional safety). This allows healing to occur on many levels following the natural inner responses towards



health. Play and creativity operate on impulses from outside our awareness - the unconscious.

Mobility India conducts play therapy every 4th Saturday of the month to promote a healthy environment for children with disabilities where they can thrive with happiness and try activities by themselves. It helps in enhancing the physical abilities, cognitive functional levels and emotional needs, improving their communication skills and build relationships.

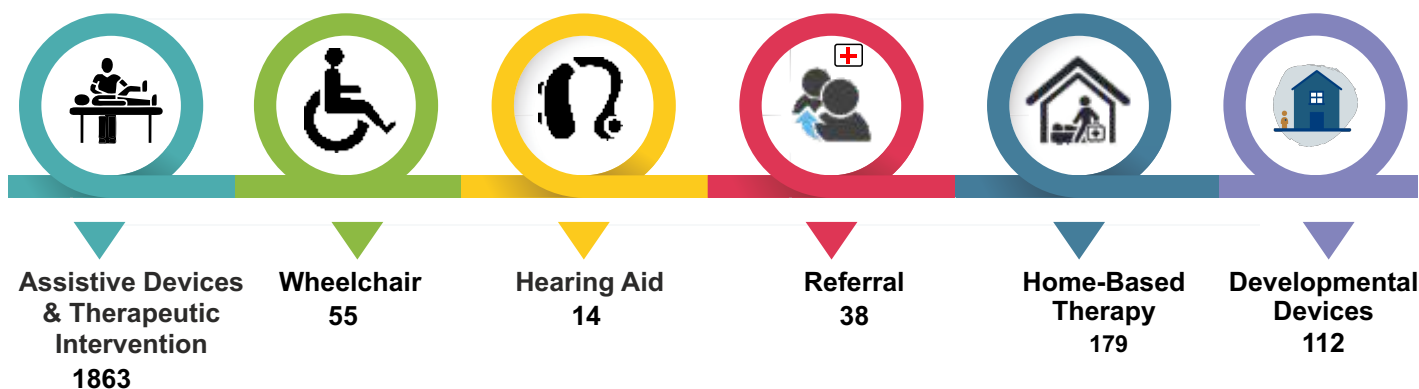
## International Day of Yoga

Mobility India celebrated International Yoga Day on 21st June 2019 to bring peace, harmony, happiness and success to every soul. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day.



In the spirit of International Yoga Day Celebrations, students participated in performing different Yoga postures to build up their enthusiasm and to explore the dimensions and benefits of Yoga.

## Our Reach





# Community Based Inclusive Development in the North East

Community Based Inclusive Development (CBID) is an effort to enhance quality of life of people with disabilities, their families and disadvantage groups. The North-eastern states is a home to 44 million people out of which there are an estimated 6.6 million persons with disabilities. Disability is a matter of great concern because its prevalence is on the rise with the ageing population.



Understanding the growing need, the north-eastern office of Mobility India was established in Guwahati in 2015 to cater to the existing and growing need. A twin track approach to development is followed in all five domains of Community Based Rehabilitation matrix viz., health, education, livelihood, social and empowerment.

## Promoting Rural Entrepreneurship Development Programme for Livelihood

In the Dimoria block of Assam, the income levels of most of the families of persons with disabilities are low. Though they were involved in activities such as livestock rearing, bamboo and handloom weaving, it was limited to catering to their personal needs; it was never thought of as a source to enhance their family income.



With the hope of creating livelihood opportunities, Mobility India conducted a 5-day Rural Entrepreneurship Programme in 3 phases on 'Usage of Water Hyacinth'. The training programme was tailored to provide insights about the use of Water Hyacinth as a raw material to craft value added products like Mats, Purses, Chocolate Box, Jewellery Box, Hand Bags etc.

Such training programmes help in creating employment opportunities for the unemployed rural youth by providing them with appropriate knowledge and skills to help them set up their own small enterprise, thereby, contributing to the upliftment of the economic status of the family.

*“Never doubt that  
a small group of thoughtful,  
committed citizens can  
change the world; indeed,  
it’s the only thing that ever has.”*

*- Margaret Mead*

Your donation can help make real change for people in need!

*Make a Difference!*

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[www.mobility-india.org](http://www.mobility-india.org)

## Donate »

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- Assistive devices  
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- Developmental devices:.....Rs 8,000
- Therapy services :..... Rs 500 (per session)

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(DD/Cheques to be made in the name of Mobility India)

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*Celebrates  
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