

VISUALLY IMPAIRED LEARNT DAILY LIVING SKILL

A five days skill development camp (O&M, DLS) for visually impaired people, was organized at campus of CUTS Centre for Human Development with 21 visually impaired people including 5 female participants. The training was residential from 22nd to 26th June, 2015.

The major objectives of imparting the training were-

- a) Enable them to carry out day to day activities with the least possible external assistance and with safety;
- b) Help them to be self-sufficient in all functional activities;
- c) Instill confidence to enable them to be socially integrated;
- d) Develop healthy personal and family relationship;
- e) Learn scientific management of self & home;
- f) Became aware of safety precautions to be taken in the home;
- g) Reduce dependence upon the care-takers;
- h) Develop a positive self-image; and
- i) Expedite comprehensive rehabilitation including economic independence.

The major aspects covered in the activity were to sensory development in their surrounding environment, daily living skills activity comprise everything entailed in human life and relationship like personal hygiene, grooming, social graces, and toilet activities, Orientation skills that enable the person with Visual Impaired to use sensory information to move purposefully in the environment, Mobility skills that incorporate those O&M techniques that promote movement through the environment with safety and ease and Conceptual development.

First day, the training was started with welcome session delivered by Mr. Kamlesh Kumar Jangid(Project Coordinator) and an introduction session was facilitated by Mrs. Gayatri Moad(Community Mobilizer-RSIP) asking name, from they belong & name of one thing they like most.

After introduction, a general discussion was facilitated by Mr. Madan Lal Keer(BSIF-RSIP) with questioning like



how they moved here, problem faced by them on the way, expectation they have from training, when & how they lost their vision, Did they checked their eyes or not, What types of work they do at home, what geographical location

of their villages & basic information about their villages & relationship. All the participants shared their information according the questions. Most of participants do not know how they lost their vision & depend on other for their daily living activities.

Handwashing activity was conducted before lunch & utensils cleaning activity was done after lunch.



how they lost their vision, Did



After this fruitful discussion, a sensory training on hearing was facilitated by Goverdhan



Lal Pareek(Community Mobilizer-RSIP) by using different sound of animals, birds, transports, musical instruments, & utensils). The participants heard sounds carefully & discriminate different sounds. A musical game 'Ball Passing' was played relevant this activity. After that an instructive activities on daily living skills like teeth brushing & nail



cutting was facilitated by Mr. Goverdhan Pareek.

At the end of the day, cultural activities, according to interest, Bhajan Sandhya' was conducted in which all participants enjoyed Bhajan, played drums & harmonium.

In the night, bad making activities like adjusting mattress, positioning of pillow, blanket & bedsheet, was done. This will be regular activities for all five days.

Second day, the training was started with morning daily living skill activities like teeth brushing, bathing, toilet use, washing clothes & dress up. Mr. Goverdhan Lal Pareek &



Mrs. Gayatri Moad observed the activities & facilitated them. Orientation & Mobility, house management, Sensory training on Smelling, Activities on Daily Living Skills were major activities of the day. Orientation about training place, access to toilet, bathroom & water place was facilitated by Mr. Pareek & Mrs. Moad so that visually impaired person can freely movement with their requirement. The session on house management comprised with sweeping & dusting floor, cutting vegetables was facilitated by Mr. Pareek & Mrs. Moad with demonstration & instruction. All the

participants divided into groups & sweep/dusting the place of training, garden and enjoyed the activities in group. A game was played during lunch to identification by touching & smelling of material served in plate & discussed on how they recognise the materials. After lunch, sensory training on smelling was facilitated by Mr. Mohan Lal Meghwal & Mrs. Moad with demonstration & instruction in which the participants divided in the groups & given task to identify different types of vegetables, fruits, spices, leaves, flowers etc. The participants did touch & smell the materials very carefully & identify the objects correctly.

After this session activities on daily living skills was facilitated to using comb/ hair oil by demonstration & instruction. A short discussion on care of hair was facilitated & in the evening, a game (Antaksari & Kanafusi) was played & cultural activities with 'Bhajan Sandhya' was organised in the facilitation of Mr. Madan Lal Keer & Kamlesh Sharma (BSIF-RSIP).

Third day, After Morning DLS, an orientation was facilitated by Mr. Mohan Lal Meghawal & Gayatri Moad, on how to use & handle of white cane for freely movement. All the participants did practice in ground & identify the types of surfaces, objects on the way by

touching hands & white cane. After that, identification the coins/Notes by its size, embossing & its diameters was demonstrated with instruction by Mr. Goverdhan Lal Pareek & Gayatri Moad. It is generally difficult for a visually impaired person to identify the currency note because some are almost are same in size. Mr. Pareek & Mr. Moad introduced different techniques to identify the notes/coins like Notex /Folding around the wrist/ Spreading along the palm//Thickness of the note. These techniques develop individually sense in visually impaired person to recognise the notes/Coins.



Fourth day, After Morning DLS Use of cane to identify the surface & up-down on the stairs was facilitated by Mr. Goverdhan Pareek & Mr.

Moad. They pointed that when going down stairs, let the cane tip fall onto the next step and don't swing it in case other people are trying to go down the stairs too. When going up the stairs, the cane will hit the first step when you are on the ground level. Grab the cane so it's relatively vertical, and let the cane hit each step as you ascend. Once you reach the top, go back to swinging. When going down the stairs, let the cane tip fall onto the next step and then step down to it. For a smoother descent push the cane forward along the step and allow the cane drop two steps below, so that it is always a step ahead of you. We should keep the cane from swinging to allow other people to use the stairs. When pushing the cane forward doesn't result in it dropping you know you've reached the end of that set of stairs. After that, participants divided into groups & did practices on up - down from stairs. The participants were learnt to use railing & cane on stairs.



After this session, all the participants were taken to nearby garden crossing street & road.



They demonstrated cane use activity freely. In the garden, a game was played 'racing'. After that they moved freely & touching different objects & identify. Another session, on PwDs act, govt & central schemes for welfare of PwDs were shared by Mr. Kamlesh Kumar Jangid. He used audio to listen for visually impaired person. He discussed on the rights of disabled people like right to education, right to employment,



right to information etc. He shared schemes related people with disabilities like ADIP, Pension, transport, reservation in jobs, employment schemes etc.

Fifth day, after morning DLS, exposure visit was done nearby park so that they can orient about surrounding objects during visit, they can practices up-down stairs & sensory development. In the park, different games were facilitated like Racing, Antaksari, collection of leaves/flowers etc. All the participants shared their experience getting during passing away on street/ road etc. After that, participants gave feedback on all the days of training. They were very happy to attend this training.