

Persons with Mental Illness do better, when living in the community; hence their stay in institutions, should be brief and only when unavoidable. However, it is not conducive for recovery, if patients stay 24 hours at home interacting only with family members. For those, unable to find work or socialize, attending a day care centre is a good option to step out of the house, socialize and receive non-medical therapy. It also provides relief to the stressed family members.

SAA runs a Day Care cum Rehabilitation Centre at Dhayari in Pune. In a homelike, peaceful environment, clients receive therapeutic day care and participate in rehabilitation related programmes. The Centre, spread over 3 levels, has a large yoga hall, activity rooms, library, consultation room, counseling room, respite room, jogging track and other facilities. Various activities and therapies are conducted by clinical psychologist and experienced volunteers. Clients, unable to commute on their own, are provided pickup and drop facility.

Clients attending the Centre are helped to relearn the forgotten skills and build their capacity to perform various skills. They are encouraged to lead the activities by rotation to build their confidence and to develop leadership, group management and planning skills. While a few of the following activities like yoga are common for all, a few more are planned for clients individually keeping in view the nature and intensity of their illness, area of interest, personal capacity, education, age, understanding and skill.

### **GROUPS OF ACTIVITIES CARRIED OUT AT THE CENTRE**

**Vocational** : Madhubani, Warli, Glass Painting, Emboss Painting, Block Painting, Diwali lamps, lamp Shades, Origami, Quelling, Murals, Wall Frames, Paper Bags, Envelops, Tie and Dye, Sola Wood Flowers, Soft Toys, Jewelry Making, Greeting Cards, Wall Pieces, Show Pieces, Door Hangings, Clay Molding, Handkerchiefs, Napkins, Cushions, Table Covers, Bed Covers, Spice Powders, Chocolates, Olive Candies, Sauces, Paper Cups, Cotton Carding, Detergent Powder, Cleansing Material.

**Therapeutic** : Group Reading-Newspapers and Books, Monitored Group Discussions and Insight Orientation, Free Hand Drawing and Painting, Coloring Shapes, Pasting, Collage, Singing, Instrument Playing, Drum Beating, Dance Movements, Motor Movement, Facial Expressions, Body Movements, Art Based Therapy, Diary Writing,

**Skill Development** : Computers, Spoken English, Speech Delivery, Group Discussions, Money

Handling, Cooking and Hand writing.

**Mind and Body :** Self Care, Yoga,Pranayama, Aerobics, Gardening, Jogging, Outdoor Games, Indoor Games such as Dice Game,Train Game,Thumb and Coin Game, Cultural Programmes, Excursions.

In addition to the above activities, regular counseling sessions are held for all the clients and assessments are done using Positive and Negative Rating Scale and IDEA Scale. The families are kept informed of the progress and invited for discussions. Individual files are maintained for each client. The counselors manage occasional crisis situations which develop due to the nature of illness. The clients get paid for the items prepared by them in their activity programmes and also the entire profits earned on sale are distributed among them.

The clients attending regularly are greatly benefited by the therapeutic programmes and show considerable improvement over a period. As observed by the staff and volunteers and confirmed by caregiver sand also revealed by idea scale, the symptoms come down substantially and their participation in activities at the Centre and attending to chores at their respective homes goes up. The activities at the Centre help in restoring confidence and money earned from sundry jobs done at the Centre, incentives earned for behavioral modifications and the articles made and sold gives them a sense of achievement and empowerment. Their leading the activities and taking sessions builds their confidence and equips them for employment. Getting paid for their work and helping others enhances their self-esteem. There are a few success stories; some have found employment; some others have started their own venture. The rehabilitated clients had come to the Centre in a critical condition. Interacting with each other in an environment helps in their overcoming social withdrawal.

Clients coming to the Centre rediscover their own identity in an environment, where their actions are not criticized, where there is warmth and empathy and where there is no stigma. Rehabilitation programmes at the Centre help clients with complex mental health problems to regain cognitive, emotional, social, intellectual and physical skills needed to live, learn, work and function independently in the community with least interference from the symptoms. Rehabilitation remains a continuous process at the Centre. The ultimate goal is to make the clients independent in all aspects of their lives, financial, social, relationships building and maintaining.

**Sarika Chandak**

## **FAQs about Rehabilitation Centre**

**1. Do you have residential arrangements?**

**Ans:-** No. SAA firmly believes that users should stay in the community and should not be separated from their families. But they should not be in the four walls of their homes 24 hours of the day. It, therefore, runs a day rehabilitation center; where users spend the day gainfully and return to their homes in the evening. It helps users in managing their daily activities in an independent but supportive environment. It provides them a platform for developing social skills, self-esteem and confidence.

**2. What is the duration of the rehabilitation programme?**

**Ans:-** Rehabilitation is a long term process and requires perseverance and patience. The program is ongoing, as long as the user's symptoms do not come down to a manageable level and even after that till the user gets rehabilitated in a job or in self-employment.

**3. Do these activities really help?**

**Ans:-** All the activities at the center like computer learning, sports, dance, music, art, yoga, and various vocational programmes are therapeutic and help in recovery and symptom management. The activities are planned to help the user to remain occupied gainfully and to facilitate recovery. A few activities aim at creating awareness among the users and their families, a few help in training the users to identify the triggers and prevent relapses.

**4. Will my dear one recover by joining the centre?**

**Ans:-** Programmes and activities at the center have been designed and planned carefully to promote recovery and rehabilitation. The sessions have been found by users and their families beneficial in building self-confidence, self-esteem. Regular participation provides opportunity for socialization, developing life skills and self-reliance. Recovery depends on several factors including intensity of symptoms and illness, insight of the user about illness, regularity about medication and positive support system at home.

**5. Will the admission at the center help in stopping the medicines?**

**Ans:-** The center provides an opportunity for psychosocial rehabilitation and a platform for relearning/developing different skills. Users must continue medication as prescribed by the psychiatrist. Any adjustments/reduction/stoppage will be decided by the attending psychiatrist depending upon the progress in recovery.

**6. As our dear one is attending the center for some time now and seems to be improving, will it be okay to think of marriage?**

**Ans:-** Marriage is a big responsibility and should be normally considered when the symptoms recede and the user is stable. The illness must not be concealed as concealment full or in part is bound to result in failure of marriage. The issue also needs to be discussed with the treating psychiatrist.

**7. Does this center help in arranging employment for the users?**

**Ans:-** The center helps in rehabilitation and also recommends users who have shown improvement whenever some openings appear. The centre, however, cannot give any assurance in this regard.

The users attending the centre are provided opportunity to earn some money through vocational training program. Those who have some skills are encouraged to impart their skills to others and get paid for that. For each activity which brings revenue, the users are paid labour charges and the entire income is distributed among them after adjusting the cost of the material used.

**8. Will attending the centre enable our dear one to become independent?**

**Ans:-** All efforts at the center are geared to make users independent. But this also needs to be encouraged at home by the family. The user should be encouraged to take his/her own decisions and no spoon feeding should be done by family members.

**9. How do you keep the users engaged during the time they attend center?**

**Ans:-** We conduct around 25 activities of which 12 are therapies. All activities are goal oriented. The users are assigned these activities keeping in mind their skills, aptitude and need.

**10. What are the requirements/procedure for admission to the centre?**

**Ans:-** The following requirements should be met:

- The user should voluntarily seek admission.
- The last prescription from the attending psychiatrist should be produced.
- The users and the caregivers are expected to become members of the Association.
- The user needs to produce photo identity and the proof of address.
- The user and the caregiver should confirm that they do not believe in stigma.
- The admission is given after a few days of observation/familiarization.