

## Achievement / Highlights of 2020:

### World Disable Day 2020



Helping Hands Foundation and Society for Special Persons Celebrated World Disability IDPD 2020 (Assistive Devices Distribution) in children with Disabilities)

With the support of CBM Pakistan and collaboration of PWTD. MD Pakistan Baitul Maal Honorable Aon Abbas Buppi Chief Guest of the Ceremony, Guest of Honor Farrukh Zubair (Member Pubjab, Pakistan Baitul Maal), Regional Director Arshad Malik PBM, Dr Izhar ul Haq Hashmi (PWTD), Mian Abdullah Mustafa (HHF), Ijaz Shah sb, Shahnawaz Khan (Regional Head -SPO), SSP BODs and large number of children with disabilities and their families participated the event.

The Community Resource Person of HHF has done great work to wipe the tears of special persons!



**World Children Day 20 November 2020**



**Helping Hands Foundation celebrated World Children at different schools and OPD of Institute of Mother & Child Care.**



Assessment session of children with disabilities and special needs by team Society for Special Persons & Helping Hands Foundation.



An awareness week to avoid seasonal diseases including Covid has been celebrated here at Institute of Mother & Child Care (I-MACCA) from 16-21 November 2020.



Audiometry test to assess the accurate frequency of hearing loss and need of hearing devices :  
Audio impaired children at Audiometry test department Nishtar Hospital Multan.  
A humble effort by team Helping Hands Foundation  
Dated: 28 September 2020





Weekly seminar at Institute of Mother & Child Care has been conducted on 23rd September 2020 covering the following topic:  
Importance of cleanliness especially hand washing to avoid all viruses.  
Importance of healthy and proper food for child  
Speaker: Saima Ashiq Chishti (Program Manager I-CATCH)  
Audience: Pregnant,

lactating and child bearing aged mothers and mother in laws.  
Number of Participants: 50

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Awareness seminar on safety measures to avoid Corona Virus and all other diseases.

Speaker:  
Saima Ashiq Chishti  
(Program Manager I-CATCH)  
Dr. Zahra Nawaz  
(Consultant Gynecologist)  
At: Institute of Mother & Child Care  
On: Wednesday: 22 July 2020





COVID-19 Relief program for  
People with Disabilities by  
Helping Hands Foundation &  
Society for Special Persons



Alhamdulillah! Efforts of Helping Hands Foundation during COVID-19 crisis have been recognized by Chaudhry Mohammad Sarwar -Governor Punjab.



Helping Hands Foundation is being awarded a certificate from the Governor Punjab for its work of corona relief efforts and to encourage the community to follow Government SOPs to fight against this pandemic.

Mr. Abdullah Mustafa, Member-Helping Hands Foundation, received certificate in a simple ceremony held at the Governor House Punjab on 21st May on behalf of CEO and Board of Directors.

As we lift the award, we do like to dedicate it to our supporters and donors for unconditional efforts and commitment.

Helping Hands Foundation wishes the nation success in this crisis.

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Team Institute of Mother & Child CAre (I-MACCA) performing duty during Lockdown



Occasions when we feel the need of Hand Washing to avoid all type of viruses. Feeling blessed to be a pioneer in the field of preventive health.

We tried to collect some glimps from 2014 to to-date to raise our strong voice for hand washing. We were able to communicate our message to more than 5000 beneficiaries dorectly and many more through social and electronic and print media.

Again, today, we wish a healthy and Corona free life for you and your family. Please wash your hands with any foaming agent (like soap, surf/detergent, shampoo whatever you have) for minimum 20 seconds to secure your family from Corona virus.

Team Helping Hands Foundation wishing a healthy and viruses free life for you!



**Helping Hands Foundation is in Multan.**

20 Nov 2014 at 1:00 am • Multan • 🌐

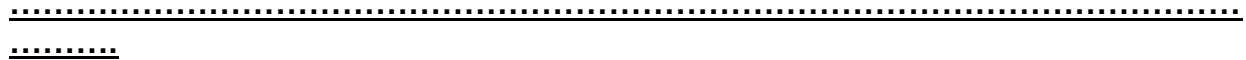


## Hand Washing Day

19 November 2014 in **Multan**

Global Hand Washing Day was celebrated at Institute of Mother And Child Care (I-MACCA)

under Helping Hands Foundation





Breastfeeding is the prime right of the your newborn.  
Love your child to play your noble role as a mother.  
Help us to promote breastfeeding...Weekly seminar has been conducted at Institute of Mother & Child Care on 04-03-2020

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Community Based Outpost Meeting.  
Activity planning by Psychologist. Activity demonstration by CATCH Manager.  
Haji block Sher Shah road Multan



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Breastfeeding and responsibilities of a mother:  
An awareness session was conducted here at institute of mother & child care on 29-1-2020



On CBR Monthly Planning Meeting of Community based Rehabilitation Programs of Children with disabilities.

January 2020 at Institute of Mother & Child Care (A project of Helping Hands Foundation)

A joint venture of CBM,HHF, PWTD &SSP

Dated: 3rd January 2020



## Case work process 2020

### ***Identifying information***

**Name of the Client:** *Abdul Rehman*

**Age:** *6 years*

**Sex :***Male*

**Religion:** *Muslim*

**Education:** *Nil*

**Address:** *Satwan Meel Sher shah Road  
Multan*

**Nature of the problem:** *Intellectual /  
Physical impairment (couldn't talk, walk,  
drooling)*



**Nature of Client:** *Aggressive, lack of confidence, Shy, frightened to take a step*

**Date of admission in the agency:** *23/Dec/2019*

**Reason of Admission:** *Above mentioned signs and symptoms were enough to enroll the children.*

**Fathers Name:** *Muhammad Naeem*

**Occupation:** *Labourer*

**Education:** *Primary*

**Income:** *17000*

**Mothers name:** *Rabia Bibi*

**Occupation:** *House Wife*

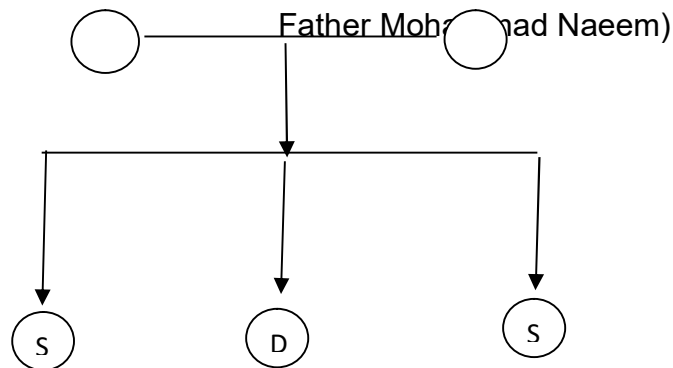
**Education:** *Intermediate*

## ***Case background***

My client is a 6 year old , His family was happy to hear the news of new baby boy born in their family. It seems all right at the time of birth, but parents and doctors were bit worried when saw him not crying soon after the delivery. As compare to normal children, his development was very slow as time showed it later.He couldn't talk, walk even at the age of Six. The poor family was unable to meet the expanses of treatment of the children and accepted his impairment as ALLAH's will.

## ***Family Tree***

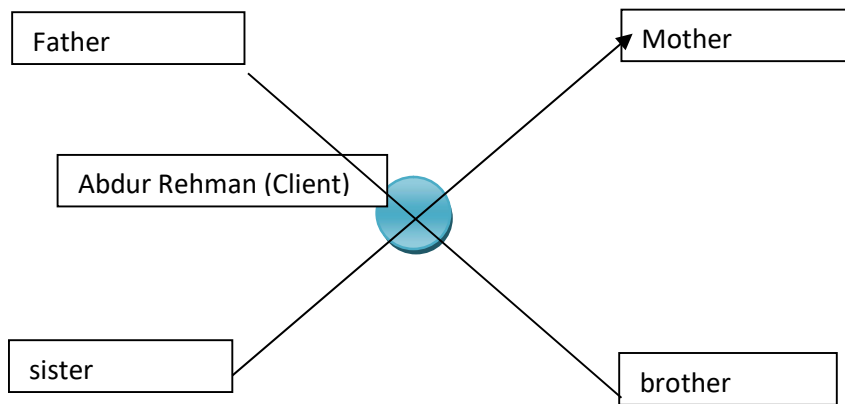
(Mother Rabia Bibi)



disability)

Abdur Rehman (Children with

## ***Relationship of my Client with Family Members***



### ***Preliminary Study***

The background of the above case was studied carefully. A thorough reading from the case file was made. Certain information was collected from the members of the family.

### ***First Meeting with the client:***

On 18<sup>th</sup>Dec 2019, I was assigned the case and Saima (Program Manager) & Aziz Fatima (Community Resource Person) accompanied with me and introduced us with the family. During the first meeting my client was very silent. This was natural because he was meeting the caseworker, a virtual stranger, for the first time. He did not know anything about the caseworker.

Normally no one would like to discuss personal problems with unknown person. Being the first visit I decided to introduce myself and my team to him, to make him feel I was his friend. Generally the friendship cannot be developed in one meeting but to begin with one has to try to make the other feel that he is interested in being a friend. Friendship develops on the basis of nature like mindedness, interests, feelings, positive attitudes, good approaches and the like so to strike a relation of friendship with him I decided to understand his interests likes and dislikes. All efforts were put in to create a cordial atmosphere and I managed to create a feeling of assurance in him.

It was the the first meeting and I decided not to take a lot of time. I asked him to come tomorrow so that I will get more information and he agreed.

### ***Second meetings with the client:***

In the second meeting when I enter into the home, he was laying on his bed and was looking fresh and waiting for us to come. I was very happy to see this and I got confidence and this was a sign of *acceptance* as a friend. I take this opportunity and started communicate with my client as :

Caseworker: How are you my friend?

Client: noddinhis head with shyness.

Caseworker:Do you remember me?

Client:Still shyng

Caseworker: Do you know about drawing/color book. Let me show it!  
(Showing color book to the client)

Client: (Showed his interest with shy smile and drooling)

Caseworker: Do you like it?

Client: (Haaaan, Haaaaan) Not uttering proper words and seems confident)

So we spent some quality time with the client. The ice was melting we all felt.

## ***Achievement***

Aziz Fatima (CRP) visited the home 4 times in a month. After the continues follow ups of 5 months, Abdur Rehman was able to talk and walk. Lets see what make the miracle!

## ***Treatment plan***

- Proper counselling of parents and children
- Seminar conduction for the mothers of person with disabilities
- Activity planning for mother
- Continues home based follow up visits
- Activity plan chart preparation by Psychologist
- Tapping on face, Face, Tongue, Neck and leg exercise (Physical Exercise)
- Colouring for pencil grip, Block rotation activity

- Waterproof bib stitching demo by CRP to the mother.
- Walking exercise with tied rope

## ***Environment at Home: Observations***

- My client is living in a small house with only one room.
- Old fashioned house one storied showing her low economic conditions
- No lawn or natural beauty
- Polluted environment
- Poor economic conditions

## ***Diagnosis of my client***

Apart from her Intellectual disability It was diagnosed that my client is having:

- Irritability / Shyness / frightened: because of the poor economic condition, my client often remains frightened and shy