

Children with Special Needs and Barriers to Care

Indu

Research Scholar, Department of Psychology, Maharishi Dayanand University, Rohtak, Harayana (India)

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ABSTRACT

The term "special needs" included all kind of diagnosis and disabilities. Special needs children may have been born with cognitive impairment, syndrome, physical illness and serious psychiatric problem. Others are may facing learning disability and developmental delay etc. According to World Health Organisation: 'Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. 'Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives. Overcoming the difficulties faced by people with disabilities requires interventions to remove environmental and social barriers'. When a child unable to do his daily work without assistance or can say these children need extra support and service. In India around 20 lack disable children in which 14 lack belongs to rural area because lack of paediatricians in villages and about 6 lack in cities. Such children need social, emotional, academic, and sometimes medical help. Children with special need may need help and support in everyday issues or lifetime guidance. The most important help of such children is early intervention of their full academic, social, emotional and behavior potentials. In spite of having effective interventions, a huge proportion of the population those with these disabilities do not have access to care and treatment due to some barriers. Lack of financial resources, trained personnel, facilities, stigma (at all level of society, mental illness is associated with stigma and insult), lack of transport service, lack of awareness about mental disorders in children as well as in adolescents and communication barrier due to patient's native language. Reducing communication gap within a family and society as well, providing facilities, financial aids and personnel in every corner of the country, encouraging the development of national policy on child mental health, international personnel's conferences should be held to share new inventions to cure, awareness campaign, school program involving parents would be the intervention to reduce barrier to care and support.

1. Introduction

When a baby took birth it a time changing moment for the parents, time of celebration for parents, family and neighbour. Parents starts dreaming for the child that he became a footballer, a famous musician, a pilot or would be a doctor. But if the child born with disability? What if there are health problem? Parenting a child with developmental delay, or with disability is very stressful. Parents needs to more efforts to raise a child with disabilities than a normal child. Around 10% of the world's population is suffering for some kind of disabilities. Between 120 and 150 million people are living with disability. In India 20 lack children are disable and in which 14 lack belongs to rural areas. The data includes children with hearing, visual, speech, physical, and mental retardation. It become very hard for parents to up bring their child and make them capable to contribute to the society. They can play as an advocate for their child. Special needs children need assistance for their daily routine work, as well as they need medical help also.

But there are many problem which are faced by the parents as well as by the child. Without tackle these issue can not able to delete this problem of child.

Parental issue:

Family plays back bone role in the development of child. When a child born with any kind of psychological and physiological disability, it creates lots of emotional and physical stress for both of the parents. In rural area in 21st century take mental of physical disability as a stigma. Any negligence in child care worsen his situation. In this situation it is important for the parents to have balanced emotion and strong positive attitude towards the child in handling the situation. They should show more positive feedback to child which help to grow appropriate to the child instead of having grief, denial, anger, and shock. Providing time to time medical assistance is also key factor in this direction.

Child related issues:

Child who has got disabilities may not be able to explore the environment and other source of learning. Child with physiological, motor, cognitive, psychological disabilities suffering too much himself. The child has no opportunity to play and interact outside with normal child due to disability. As a negative response of a mother towards child become problem for further rehabilitation. When child reaches adolescent age body image, societal responsibility and their own management become more crucial. Sense of self, identity

crisis, are also some issues. Children with special needs need assistance, positive behavior, encouragement, motivation, happiness, play with family, seeks medical help properly but despite these help if children are teased or taunted by society, sometimes family member, from same age group, it also become difficult to recover, to being pretty self dependent. It can have dramatic impact on growing self concept in the child.

Developmental issues:

Early few years after birth baby grow rapidly. The new born baby transformed over 5 years into a comparatively independent child who is ready to go school. It is very important to recognize that all aspects of life biological, cognitive, social and emotional are important for normal individual. If the child is disable in one area, it affects others. Dealing with child you have to remember all these aspects. Jean Piaget one of great child psychologists, he describe four states of development. First is sensory-motor stage (From birth - 2 years). In this stage baby equilibrate his surrounding environment through accommodation, and assimilation. Second stage is preoperational lasts from 2 to 7 years. In this stage a child believe in animism means thinking nonliving object as living and 2nd is egocentrism (not able to discriminate between his own thinking and others). Concrete operational (7-12 Years) is third stage in which a child on the bases of concrete objects can do mental operation and solve a problem. Last stage is formal operation lasts from 11 to adulthood. In this stage adolescents have more flexibility in their thought process and they can solve any problem by thinking hypothetically. When child go though these stages he faces many changes in physical and psychological as well. But if a child stuck in childhood early stages of life, life become harder.

Financial issues:

In India around 20 lacks child are disable. In which 14 lacks are from rural area. Rest of 6 lacks are from urban. In 21st century many families are still living in below poverty line. These families do not have enough money to fulfill their basic need of food, cloth and shelter. Due to financial problem they are not able to seek medical help to their disable child. Medicines and fees of the doctor are costly. Government made many financial aids plan for the poor people but the benefit do not reach to the people because of corrupt officers, employ etc.

Facilities issues:

Rural areas are not facilitated with hospital, trained personnel, medicines and other facilities. So the rural areas people have to go in urban hospitals which are quite hard for them to go continuously till the medication and medical support is needed. So rural hospitals should be facilitated.

Communication gap:

There is a communication gap within family member and between family and society. Nobody is sharing their problems with others. Until/unless you do share your problem who comes to you to help you. An individual should talk about their child's situation with family members. How much you reduce the communication gap better ideas come for better health of the child.

2. How we can reduce this problem and boost disable children to achieve their full potentials

UNICEF's report recommends a rights-based approach to help children with disabilities achieve their full potential. Here are some of the key recommendations related to education:

- Provide school facilities that encourage full participation for students with disabilities, such as wide ramps at entrances and accessible toilets and sanitation facilities.
- Ensure that students have access to necessary supplies and services to help with learning such as prosthetics, hearing aids and sign language interpreters.
- Integrate children with disabilities into schools and classrooms instead of separating them into different schools.
- Enhance awareness of disability among teachers and school administrators in order to fight discrimination.

UNICEF's report provides an important reminder that learning is not simply a matter of getting children into classrooms, but also of ensuring that they can learn once they are there. Children with disabilities often need extra resources and attention in order to learn at school. We must ensure that these needs are provided so that children can access their basic human rights and become contributing members of society.

Facilitate early diagnose

Parents can facilitate early detection and diagnosis of any disability or growth and developmental delay for early treatment and management in order to avoid any complication affecting the child health in the future. Seeking early intervention is usually the best strategy. Early Intervention is designed to bring a team of experts together to assess the child's needs and establish a program of treatment, early intervention services include feeding support, identification of assistive technology that may help your child, occupational therapy, physical therapy, speech therapy, nutrition services, and social work services. In addition to identifying, evaluating, and treating the child's needs, early intervention programs will provide information about where one can get information about the child's disability; help to learn how to care for the child at home. (Sethy & Bajpai, 2016).

Actively participate in therapeutic program

A child learns by touching, looking, listening and communicating. A parent can contribute a lot in the early learning of the child. The parent can become an educator for the child throughout the rehabilitation process. It will surely help your child to grow.

Special education for child:

There are many schools open in India for special children. We should admit our nearby special children in these schools. School education surely will help them in unable them to make their daily routine work by themselves. School play, education is necessary for child with special need.

Awareness program

Time to time school should help awareness program as well as in society to spread awareness about these disabilities. Still these disabilities is taking as stigma in society. By

spreading awareness people we able to understand that it is a natural process. Genetic problem, later injury, disabilities are can happen without prior information. And it can happen with anybody. We should tackle it with patience and courage.

3. Conclusion

A large number of disabilities in India are preventable, including those arising from malnutrition, accidents and injuries

as well as medical issues during pregnancy or birth. Measures must be taken to ensure that children with disabilities are registered immediately after birth as well as to provide rehabilitation services. The role of a parent becomes important here for the future of their children and for the society. Parents should use reinforce practice rather using punishment. They should motivate the children.

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