

Empowering Care Givers

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കുടുംബങ്ങൾ നേരിടുന്ന പ്രശ്നങ്ങൾ?

- ദിവസവും പരിചരിക്കേണ്ടി വരുമ്പോൾ നേരിടുന്ന പ്രശ്നങ്ങൾ
 - അധിക പരിചരണം വേണ്ടിവരുന്നു,
 - വിശ്രമമില്ലായ്മ ,
 - മറ്റുള്ളവർക്കു വേണ്ടി സമയം കിട്ടുന്നില്ല,
 - പെരുമാറ്റ പ്രശ്നങ്ങൾ



- സാമൂഹിക പ്രശ്നങ്ങൾ

- സാമൂഹിക ഇടപെടൽ കുറയുക

- വിഷമം ഉണ്ടാകുക

- സാമ്പത്തിക പ്രശ്നങ്ങൾ



കുടുംബത്തിലെ വൈകാരിക പ്രശ്നങ്ങൾ ?

- സങ്കടവും കുറ്റബോധവും തോന്നുക
- വൈവാഹിക പ്രശ്നങ്ങൾ
- മറ്റു കുടുംബാംഗങ്ങളുമായിട്ടുള്ള അഭിപ്രായവ്യത്യാസങ്ങൾ
- കുടുംബത്തിലെ മറ്റു കുട്ടികൾക്കുണ്ടാകുന്ന പ്രശ്നങ്ങൾ



മാനസികസമ്മർദ്ദം കുറയ്ക്കുവാൻ
സഹായിക്കുന്ന ഘടകങ്ങൾ?

- അവബോധം/അറിവ് ...
 - പൊതുവായ അറിവ്,
 - തെറ്റിദ്ധാരണകൾ



Protective factors? HARMS

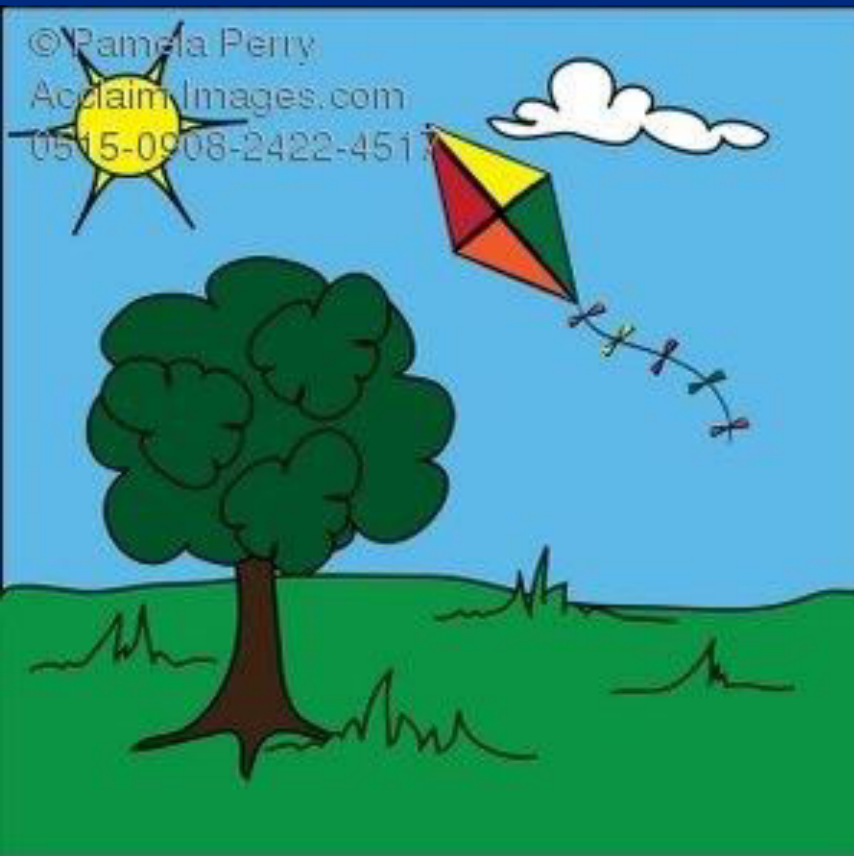
- Hope
- Acceptance
- Resourcefulness-knowledge and skill
- Mastery-coping, personal control
- Self-efficacy-confidence in dealing with stress/challenges

World Mental health day Oct
10th 2015

“Dignity in
Mental Health”



MANASA



MANASA

- **Mentally**
- **And**
- **Neurologically**
- **Ailing person's**
- **Self-help**
- **Association**



“Healthy Mind, Body, Family ,”

“Healthy Mind ,Family and Society”

Healthy Mind



Healthy Family

Healthy Society

Rehabilitation



**Empowerment of the
family**



Self Help Groups



Consumer role in MH services (WHO)

- Planning
- Implementing
- Evaluating

R E Kendell, BJP Jan 2000

Consumer movement

- major issue in next 25 years

Users & Professionals

- Share common goals



Formation of MANASA– 1999

March

- Relatives groups at MHC
- Meeting Doctors , Staff, students, patients, relatives, social workers
Executive committee, Advisory group patrons, by laws, emblem etc
Receipts, membership form, letter pad, seal etc.
- Brochure
- Membership recovered patients, relatives, professionals, social workers, any interested person
Membership fee, life members, associate members

Aims & Objectives

- **Empowering** family through knowledge & sharing
- **Help** family in **distress**/crisis- ↓ burden
- **Rehabilitation** using local resources
- **Working together** of professionals, family & patients
- ↓ **stigma**- ↑ awareness
- **Research** – useful to the patients



Activities



1. Monthly meetings-last Wednesday 2pm at Deaddictyion Centre ,Medical College TVM
Common forum for Professionals, family & patients
for Healthy interaction ,Topic discussion ,activity planning
2. Psycho education groups for patients and relatives in the wards
3. Social skill training groups for recovered patients –IP patients
4. Free –drug bank (free drugs to poor pts)
5. OP-helping counter – run by volunteers in the Psychiatry OPD,Medical College TVM,9am to 1pm ,gives information on Mental inllness,booklets,copies of various, certificate,registration to MANASA

Activities



6. Job placement-for recovered pt in identified suitable posts('place and train' for a job)
7. News letter
8. MANASA OP book (Treatment Diary)
9. Net working with other NGOs
 - Abhaya,other Rehab centres ,Church groups
 - Lions Club,'AMEND' Bangalore
10. Psychiatric Home Nursing-training relatives to look after pts who has no relative to care
 - gets an income to relatives and personal care to abandoned pts

Activities ...



11. Research & Training

- UG, PG – Psychology , Psychiatry & Nursing
- Paper presentation

12. Patient welfare & advocacy

- Homeless & wandering persons
- Patients without bystanders
- Bus concession, pension
- Interaction with disability commissioner
- helping to get disability certificate and other benefits

Activities ...

13. Public awareness programme

- MH day observed (Oct 10), Erwadi day (Aug 6),
- Schizophrenia day(May24)
- Exhibitions
- Awareness classes
- School Mental Health Programme

14. Others –

Subcommittee for Rehabilitation

Some days to observe

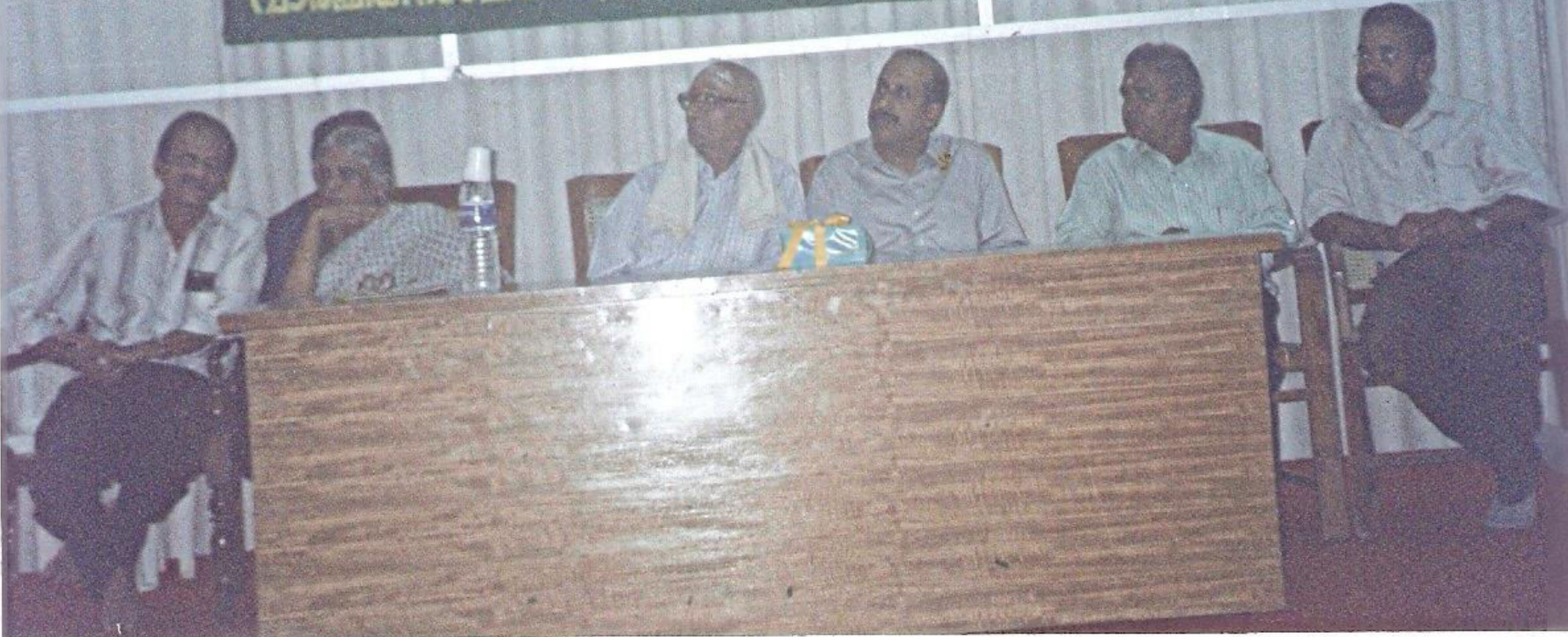
- Ervadi day
- SUICIDE PREVENTION DAY sept 10th
- Elders day Oct 1st
- World Mental health day Oct 10th ...week
 - “Dignity in Mental Health”
- Down syndrome Day
- Autism day
- Disability day

10th anniversary meet, Museum hall ,Tvm



10th anniversary
meet, Museum hall
,Tvm

മാനസ
Mentally And Neurologically Ailing Persons
Self.help Association
വാർഷികസമ്മേളനം, ബോധവൽക്കരണപരിപാടിയും.



Prayer song by Mr Rajendran Nair active member(died 1yr ago)



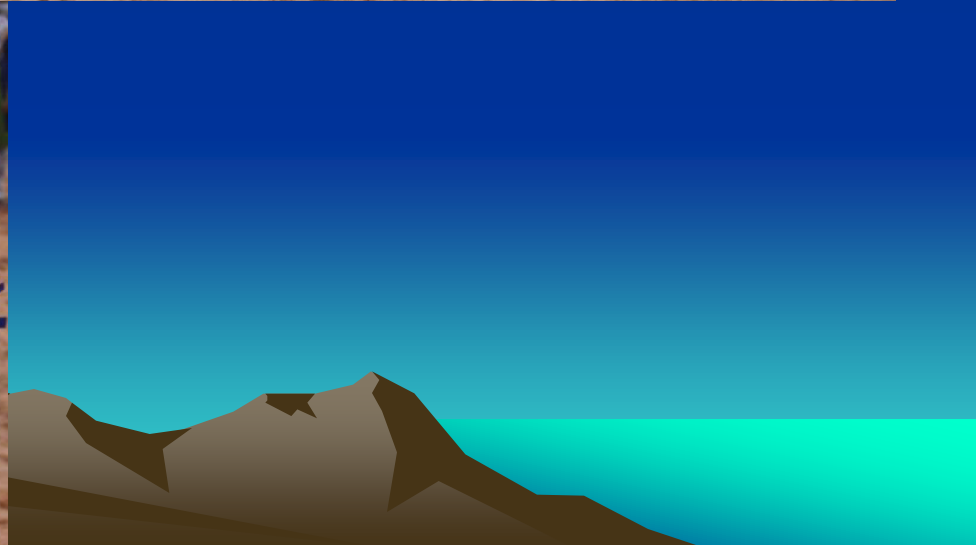
Recent developments

- Exhibition at Chandrasekharan Nair Stadium, Loyola, Museum, Chenkal Choola
- AIR programme 'Manasam Mahasagaram-12 episodes, Mental health day, MANASA sponsored prizes
- Participated in the Rehabilitation seminar organised by Abhaya on its 30th anniversary

Children's Day Nov 14-Inauguration by Principal,Medical College,TVM at Sanghumugham beach -'Dignity in Mental Child mental Health



Kite flying by children-at Sanghumugham -'Dignity in Mental Child mental Health'



Sand sculpture by Aryanad Rajendran and children children





Initiated activities

- Care to pts without bystanders
- Rehabilitation-Placement of discharged patients
- Web site(under construction)
- Notice board-MCH and MHC



Initiated ...

- MANASA help line(with help of BSNL 8547700505)
- Regional group-Alleppey, Trissur?



Occupational Therapy unit at MCH Tvm



Life skill training ,KV Pattom ,TVM



Anti tobacco day
2011, Alleppey



Anti tobacco day 2011



Painting competition at Med College, TVM WMH, day 2011



Painting competition at Med College, TVM



Award winning painting



Exhibition on WMH day 2011

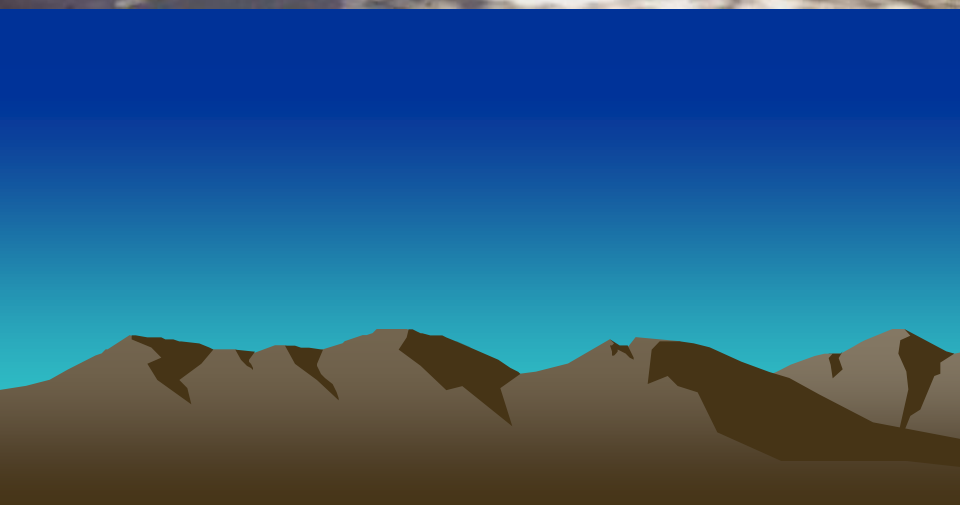


MUSEUM

Oct 2011



Painting exhibition WMH Day 2011





Painting
exhibition
By Mr
Kishore
member
MANASA

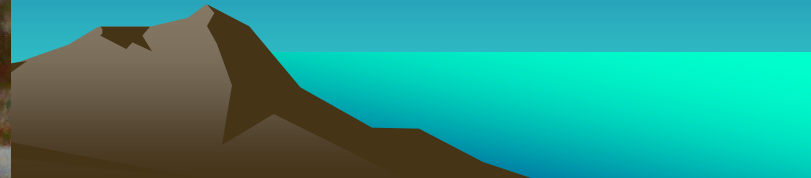


Painting
exhibition
By Mr
Kishore

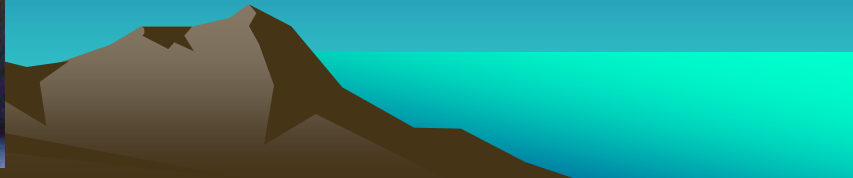




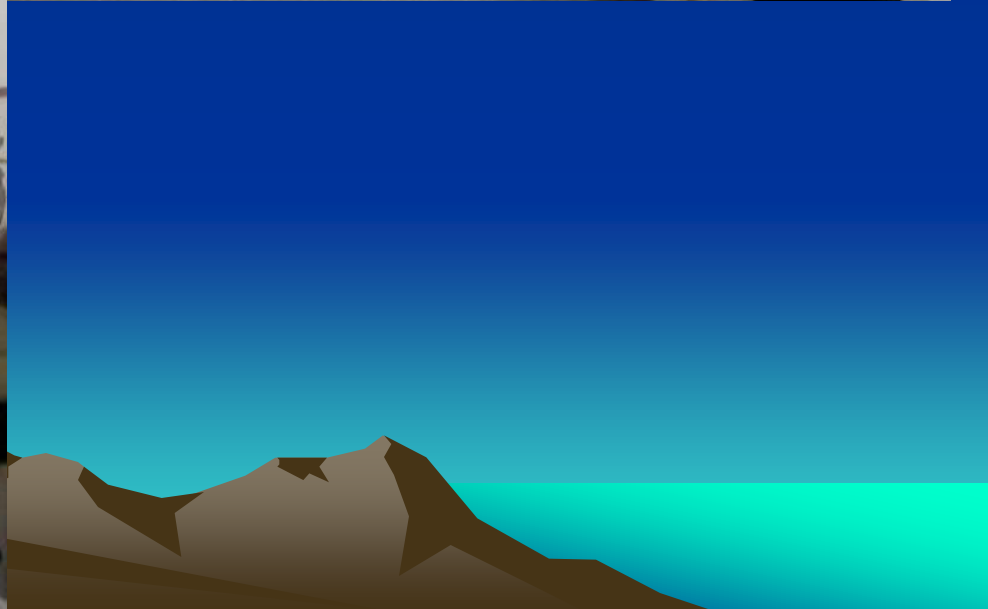
Painting By
Mr Kishore



Painting By Mr Kishore



Seminar along
with Painting
exhibition
By Mr Kishore
at Museum



Dreams....

- **Planned but not materialised !**
- 24 hrs help line
- Home care,palliative care
- Publications...small booklets on depression,Mania,schiz...
- Day Care Centre..in MCs,with help of Social welfare dept
- Local groups in the community,every district, MCH...
- Crisis intervention
- Posters for exhibition
- Special groups- Children of mentally ill
- Manasa AA groups
- Research

Dreams....

- Foster care for children at risk(children of mentally ill)
- Sponsor a child (disabled –Mentally retarded,Autism)
- Back home programme-adopt a mind!(foster care for a mentally disabled person to a family)
- Panchayat level Centers with help of Kudumbasree ...like Buds school,Buds Rehabilitation Centres(BRC)

- Post Graduate students grp
- Association with WAPR (world association for psychosocial rehabilitation)



MANASA keralam

Mentally
And
Neurologically
Ailing person's
Self-help
Association



“Healthy Mind, Body, Family ,”

Difficulties....

- **Lack of a core working groups**
- **Stigma for people to work for mentally ill**
- **Financial constrains**
- **Organizational lapses**

Pareto principle

- 80:20
- 80% of the problems are outside health care



Summary

1. Self –Help Groups

- Need of the day
- Empower the family, decrease stigma
- Increase self esteem

2. Common platform

- Professionals, family members & patients

3. Improve quality of care

4. Rehabilitation using local resources

5. Help in networking of NGO

- Trust



Hope



Need High Aspirations ,resources will come!

- **Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has." --Margaret Mead.**
- Learning together is more important
- Working together....



Can we work together?

- “And, when you want something, all the universe conspires in helping you to achieve it.”

— Paulo Coelho, *The Alchemist*



**For more details.
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MANASA

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