

Go Global Report

Summary of Projects at Anandaniketan

Go Global India



Table of Contents

GO GLOBAL INDIA HANDOVER REPORT: BATCH 11 – SEP-OCT 2011 **5**

PROJECTS: **5**

GIRL'S SHELTER HOME (GSH) **5**

1. SISTER BANNERJEE'S MEDICAL SUPPLY RESTOCKING: 5
2. OUTDOOR SHELTER AREA: GIRLS HOUSE: 5
3. LICE DAY: 5
4. SIGNAGE FOR OUTDOOR SHELTER AREA DURING MEAL TIMES: 6
5. MOVIE NIGHTS: 6
6. DANCE PROJECT: 6

BOY'S SHELTER HOME (BSH) **7**

1. SENSORY AND CRAFT GROUPS: 7
2. MOVIE NIGHTS: 7
3. CRICKET: 7
4. DISHWASHING AT TAP: 7
5. SWALLOWING PD: 8
6. ENGLISH LESSONS: 8

WOMEN'S MENTAL HEALTH (WMH) **8**

1. HENA AND PAMPERING: 8
2. DRAWING, PAINTING, WRITING AND SCENERY POSTERS: 9

MEN'S MENTAL HEALTH (MMH) **9**

1. GROUP WALK: 9
2. READING ROOM: 9

ADDITIONAL PROJECTS AND ACTIVITIES **10**

1. RESOURCE ROOM AND SHELVEING: 10
2. VOCATION PROJECT: 10
3. HYDRATION PROJECT: 11
4. PHOTO FRAMES PROJECT: 11
5. MOU'S CHAIR: 11

GO GLOBAL INDIA HANDOVER REPORT: BATCH 10 – NOV-DEC 2010 **12**

PROJECTS: **12**

GIRL'S SHELTER HOME (GSH) **12**

1. GIRLS SLEEPING ARRANGEMENTS: 12
2. NEW CLOTHING: 12
3. BEHAVIOUR MANAGEMENT: 13
4. GIRL'S KITCHEN GARDEN AND OUTDOOR SHELTER: 13
5. CLOTHESLINES PROJECT: 13
6. MEDICAL EXAM SPACE: 14
7. GIRL'S INDOOR COURTYARD: 14
8. LICE TREATMENT: 14

BOY'S SHELTER HOME (BSH) **15**

1. BIKE TRAILER: 15
2. BSH IMPROVEMENTS: 15
3. MOVEMENT OF RANUNATH AND RAKESH TO BSH: 15
4. OUTDOOR SENSORY SHELTER MODIFICATIONS: 16

WOMEN'S MENTAL HEALTH (WMH) **16**

1. DOLL MAKING: 16
2. CAKE MAKING AND OVEN INSTRUCTIONS: 16

3. HENA AND PAMPERING:	17
4. VOCATION ROOM PROJECT:	17
MEN'S MENTAL HEALTH (MMH)	17
1. FARWELL GIFT:	17
ADDITIONAL PROJECTS AND ACTIVITIES	18
1. BAKERY PROJECT:	18
2. HYDRATION PROJECT:	18
3. MANIKAR GHAR REVIEW:	19
4. RESIDENT'S PHOTOS:	19
DISCIPLINE SPECIFIC PROJECTS	19
1. PHYSIOTHERAPY:	19
2. PHARMACY AND MEDICAL:	20
3. NURSING:	20

GO GLOBAL INDIA HANDOVER REPORT: BATCH 9 – SEP-OCT 2010 **21**

PROJECTS: **21**

GIRL'S SHELTER HOME (GSH) **21**

1. KITCHEN GARDEN AND OUTDOOR SHELTER:	21
2. CLOTHESLINE PROJECT:	21
3. MEDICAL EXAM SPACE:	21
4. SAFER SWALLOWING POSTER AND EDUCATION:	22
5. LICE TREATMENT:	22

BOYS SHELTER HOME (BSH) **22**

1. ENGLISH CLASSES:	22
2. SENSORY SHELTER:	23

MEN'S SHELTER HOME (MSH) **23**

1. COMMON ROOM:	23
-----------------	----

ADDITIONAL PROJECTS AND ACTIVITIES **24**

1. RESIDENT'S DATABASE:	24
2. ACTIVITY MANUAL AND RESOURCES:	24
3. CURTIN AND ANISER STUDENT'S COLLABORATION:	24
4. BSH AND GSH CLOTHING:	25
5. BAKERY PROJECT:	25
6. HYDRATION PROJECT:	25
7. MANIKAR GHAR REVIEW:	26
8. RESIDENT'S PHOTOS:	26
9. VOCATION PROJECT:	27
10. PROFESSIONAL DEVELOPMENT SEMINAR:	27

DISCIPLINE SPECIFIC PROJECTS **27**

1. PHYSIOTHERAPY:	27
2. PHARMACY AND MEDICAL:	28
3. NURSING:	28

GO GLOBAL INDIA HANDOVER REPORT: BATCH 8 – NOV-DEC 2009 **29**

PROJECTS: **29**

GIRL'S SHELTER HOME (GSH) **29**

1. KITCHEN GARDEN:	29
2. INTERNAL POT GARDEN:	29
3. MOVIE NIGHT:	29
4. GROSS MOTOR GROUP:	30
5. FINE MOTOR GROUP:	30

6. PAMPERING GROUP SESSIONS:	30
7. LOCKERS:	31
8. INDIVIDUAL THERAPY:	31
BOYS SHELTER HOME (BSH)	32
1. GENERAL HEALTH ASSESSMENT FINDINGS:	32
2. BHOLA DAS' WATCH:	32
3. CHICKEN COUP:	32
4. SPORTS GROUP:	32
5. DANCE AND MUSIC GROUP:	33
6. TOOTH BRUSH PROJECT:	33
7. GROSS MOTOR GROUP:	33
8. ENGLISH CLASSES:	34
9. FINE MOTOR SKILLS GROUP:	34
10. SOCIAL SKILLS GROUP:	34
11. INDIVIDUAL THERAPY:	34
MEN'S SHELTER HOME (MSH)	35
1. MORNING WALK/EXERCISE:	35
2. MOVIE NIGHT/AFTERNOON:	36
3. MORNING AND AFTERNOON ACTIVITIES:	36
4. MARKETS:	36
5. VOCATIONAL TRAINING:	36
WOMEN'S SHELTER HOME (MSH)	37
1. OT ACTIVITY GROUPS:	37
2. MARKET (PLEASE SEE MARKET IN MEN'S SECTION AS WOMEN WERE ALSO INVOLVED)	37
3. INDIVIDUAL THERAPY:	37
ADDITIONAL PROJECTS AND ACTIVITIES	37
1. MENTAL HEALTH GROUP PROJECT:	37
2. UPDATED SCHOOL FILES:	38

Go Global India Handover Report: Batch 11 – Sep-Oct 2011

PROJECTS:

Girl's Shelter Home (GSH)

1. Sister Bannerjee's Medical Supply Restocking:

- Overview:** Students resupplied deficient medical stock, as per Sister Bannerjee's request and list of deficiencies.
- Outcome:** All required items were purchased, and income was returned to Katwa.
- Sustainability:** Regular assessment by Sister Bannerjee and Go Global batch groups will require to be conducted in the future to keep current.

2. Outdoor Shelter Area: Girls house:

- Overview:** Students and residents painted a simple floral design on the floor of the outdoor girls shelter, in order to provide visual sensory stimulation, and resident participation.
- Outcome:** Increased active engagement and resident participation in residents. Encouraging outdoor activities of residents, and providing sensory stimulation.
- Sustainability:** Will need to be regularly reprinted/painted, to maintain visual appearance, and possibility of extra sensory stimulating objects to increase use and sustainability.

3. Lice Day:

- Overview:** Students used local lice and nit products on most residents of GSH in order to attempt to eradicate infestations. Three stations were established: application of anti-lice oil, combing to remove lice and nits, shampoo and condition hair.
- Outcome:** Quantity of infestations was reduced, and residents were provided with stimulation and interaction. Lice and nits was not completely eradicated due to inability to treat all clothing and bedding, inability to complete across all houses, and non-compliance of some residents.
- Sustainability:** Project would need to be repeated on a regular basis, and a full lice and nit eradication of all residents and belongings in order to be fully sustainable.

4. Signage for outdoor shelter area during meal times:

- Overview:** Students created a sign written in Bengali and English to encourage carers and residents to shut the gate to the outdoor shelter during mealtimes. Furthermore residents and carers were educated by students about the importance of sweeping the outdoor shelter before and after mealtimes.
- Outcome:** Girls are able to eat their meals without the goats around resulting in an increase in hygiene and nutrition of the lower functioning girls.
- Sustainability:** Project is sustainable with the assistance of the carers and the higher functioning girls. It should be reinforced and promoted to these individuals to shut the gate and sweep the outdoor shelter prior to meals.

5. Movie Nights:

- Overview:** Students sourced DVDs from Katwa, and played through Curtin laptop and a projector, and was viewed on a white sheet hung as a screen in the covered area of GSH.
- Outcome:** Minimal success was achieved, due to movie being in Hindu, not Bengali, and inability to view entire movie due to power outage.
- Sustainability:** Project would require large contribution of carers, in order to facilitate equipment (laptop, projector, speakers, and makeshift screen), as well as ensure viewing material is appropriate (current language, interest of audience).

6. Dance Project:

- Overview:** The dance project was based on a scholarship project targeting low functioning girls. Approximately 3 students would take 12 residents from GSH daily, and conduct dance routines made up of 5 main dance moves, and free dance sessions.
- Outcome:** Project provided an opportunity for physical interaction and participation of residents, as well as encouraging routine and structure through encouragement of participants to walk to class hand-in-hand. Hydration project was also incorporated.
- Sustainability:** Project would require high participation of carers and/or vocational role of high functioning residents in order to be maintained.

Boy's Shelter Home (BSH)

1. Sensory and Craft Groups:

- Overview:** Project targeted lower functioning boys in BSH, and included folding and tearing paper, gluing and colouring pre-drawn pictures. Sensory groups were also run, involving walking, playing music, blowing bubbles and playing with sensory items such as colourful feathers and pipe cleaners.
- Outcomes:** Provided an opportunity to develop social skills, reading social cues, following rules, sharing/turn taking, and problem solving. Increased involvement and interaction of lower functioning boys.
- Sustainability:** Project would require high participation of carers and/or vocational residents, as well as maintenance of sensory equipment stocks.

2. Movie Nights:

- Overview:** Students sourced DVDs from Katwa, and played through Curtin laptop and a projector, and was viewed on a white sheet hung as a screen in the physiotherapy room of BSH.
- Outcome:** Residents expressed enjoyment of activity, and most residents of BSH participated.
- Sustainability:** Project would require large contribution of carers, in order to facilitate equipment (laptop, projector, speakers, and makeshift screen), as well as ensure viewing material is appropriate (current language, interest of audience; boys expressed interest for cartoons).

3. Cricket:

- Overview:** Daily games of cricket was run on the grassed area outside BSH. Students facilitated participation, by introducing rules and rotation process of batter change over after 3 wickets.
- Outcome:** Large level of interest and participation from most members of BSH. Project increased social skills, interaction, participation, sharing/taking turns, and complying with rules. Hydration plan was also incorporated.
- Sustainability:** Project would require large contribution of carers, in order to facilitate equipment, equal participation, compliance of rules, safety of all participants and hydration plan.

4. Dishwashing at tap:

- Overview:** After noting boys washing dishes in the toilet after meals, students painted a sign on toilet wall which directed boys to wash dishes under tap instead. A bucket was provided at the tap to facilitate this, and residents were prompted via visual and verbal cues from students.

- Outcome:** Increased hygiene of residents, and appropriate social cues and rule following.
- Sustainability:** Continued reiteration of washing dishes under the tap may be required for lower functioning boys, in order to increase routine development. This may be facilitated by higher functioning boys and carers.

5. Swallowing PD:

- Overview:** Students engaged in a PD, emphasizing carers and high functioning boys to improve swallowing technique of some of the lower functioning boys, by encouraging feeders to wait until the resident opens their mouth, administers smaller mouthfuls, ensuring resident does not tip head back whilst eating, and using a bowl instead of a cup.
- Outcome:** More appropriate feeding technique and eating was observed, which improved oral intake and nutrition of many low functioning residents. Carers agreed to continue feeding intervention, and encourage high functioning residents to assist appropriately.
- Sustainability:** Carers and high functioning boys would need to regularly review feeding techniques, and ensure swallowing PD is continued.

6. English Lessons:

- Overview:** English lessons were run by students, for high functioning boys who showed an interest and capacity for learning. Simple concepts, such as numbers, colours, body parts, days of the week, and greetings were covered over 5 lessons.
- Outcome:** Personal progression of residents, and involvement in a personally and socially meaningful/valuable activity. Project increased social interaction and team work, as well as self confidence in residents.
- Sustainability:** Several men from MMH were approached to maintain lessons, but declined. High participation of vocational/carers with English proficiency would be required.

Women's Mental Health (WMH)

1. Hena and Pampering:

- Overview:** Approximately 15 women were taken to the vocational room for hena, and nail painting. Cones of hena was purchased from Katwa, and Go Global pamper set contained a supply, as well as nail polishes and removers.
- Outcomes:** Women received high levels of enjoyment from pamper days, but were not enthusiastic about pampering each other, rather, they preferred to

wait for the students to come around. This made the activity time, and labour intensive.

Sustainability: Project would require high participation of carers and/or vocational residents, as well as maintenance of pamper equipment stocks.

2. Drawing, Painting, Writing and Scenery Posters:

Overview: An art and painting afternoon was held for approximately 15 women from the women's shelter, and each woman was provided with a notebook in which to draw. Scenery pictures were provided, to act as a template, and were placed in the shelter. Spare notebooks were provided to carers, so that women who did not attend the initial group would have access to one, if desired.

Outcomes: Provided an opportunity to develop social interaction and enjoyment, as well as a personal outlet for many of the women, particularly those affected by medication and unable to attend usual groups.

Sustainability: Level and condition of materials would need to be monitored by carers/vocational staff, and access to stores be made available.

Men's Mental Health (MMH)

1. Group Walk:

Overview: Continued from batch 6. Students would accompany an average of 23 residents on morning walks around AN lake. A men's morning walk table was implemented to encourage recording of number of laps, in an attempt to increase distances.

Outcomes: Activity increases social interaction and physical activity, as well as increase interaction between batch members and MMH residents.

Sustainability: Men continue to conduct morning walks without carer or batch participation. The morning walk table would need to be encouraged by carers to be maintained.

2. Reading Room:

Overview: A reading room was established at the library in order to provide an opportunity to access educational materials and engage in meaningful occupations, at leisure, whilst providing a sense of ownership outside of their homes. An informal needs assessment was conducted, and furniture, including bookcases, a table and chair, and materials; including books and wall maps were added to the room. An attendance list was given to the librarian to monitor use. The room was originally

- designed for residents of the men's shelter, but was broadened to use by all AN residents.
- Outcomes:** Room encouraged intellectual and social stimulation for the residents, and was used by residents to draw and read during batch stay.
- Sustainability:** Residents would require regular access to materials in the reading room, and librarian cooperation. A vocational role may be investigated to encourage use and for maintenance. Provision of additional resources would need to be considered to maintain interest.

Additional Projects and Activities

1. Resource room and shelving:

- Overview:** Reorganisation of the Australia House resource room was conducted. Materials were removed from suitcases and placed into plastic boxes and labelled. The room was cleaned, plastic boxes were stacked and organised, and a desk and donated laptop was situated.
- Outcomes:** Reorganisation of the resource room increased productivity and safety, whilst improving use of space and ability to access and identify desired resources. The intended shelves were not built, but a needs assessment was recommended for the next batch.
- Sustainability:** Continued on-going maintenance of organisational procedures would be required by each batch. Functional assessment of storing and access of resources should be conducted by each group.

2. Vocation Project:

- Overview:** A follow up and review of current vocational roles of AN residents was conducted, and a comparison of previous prevocational education students and vocational outcomes, post study. The goal was to develop a quick guide of current vocations, identify efficiency of prevocational training, and identify possibility of future vocational roles.
- Outcomes:** An overview of current position of prevocation students from 2008 was presented. A comparison of the number of vocational roles between 2010 and 2011 was presented, and a significant increase identified. A comprehensive list of current vocational roles of residents was produced, as well as a quick reference guide in alphabetical list, and by shelter.
- Sustainability:** A regular review of vocational roles would need to be conducted to maintain current lists. A regular review of prevocation training and planned outcomes would need to be conducted in order to maintain functional focus of vocational training.

3. Hydration Project:

- Overview:** Hydration project was initiated by batch 9, and was continued by batch 11. Continuation of the project occurred, as well as a review of water access and hydration status of the BSH and GSH. Two buckets and 15 cups were purchased for use, and were utilised during all groups run.
- Outcomes:** An improvement in hydration was noticed in both BSH and GSH. Carers regularly fill buckets and offer water to residents, but generally only higher functioning residents benefit. Lower functioning residents were often limited to water only with meals.
- Sustainability:** Carers and higher functioning residents need to regularly ensure clean drinking water is available to residents, and ensure lower functioning residents are also offered an opportunity to drink. Future Go Global batches should further encourage hydration and implement strategies for lower function resident access.

4. Photo Frames Project:

- Overview:** Photos of all residents in respective houses were taken with the intention of displaying the photos in those homes.
- Outcomes:** Photos were not hung in homes, but were displayed in the reading room and outside Subrata's office. Recommendations to print, laminate and display larger versions of group photos in homes was made.
- Sustainability:** A safe and secure method of hanging photos in homes would need to be made, to ensure theft or injury did not occur. Regular updating of photo may need to be done, to ensure it is current to relevant residents.

5. Mou's Chair:

- Overview:** Review of use of wheelchairs was conducted and an alternate, and culturally appropriate solution to lack of wheelchair use was investigated. A prototype design for a low chair replacement was trialled for one resident, Mou. The chair was constructed from resources purchased in Katwa, and assembled by the carpenters and seamstress.
- Outcomes:** Batch members found that wheelchairs were being kept in storage, as were deemed culturally inappropriate due to their height; they do not allow easy access to squat toilets, low beds or eating at a familiar level. Use of the prototype chair was accepted, and higher functioning residents assisted with ambulation of Mou to and from her chair. No evidence of intolerance or pressure ulcers was seen during the trial period.
- Sustainability:** Continued use of the chair, as well as availability of carer assistance would need to be conducted prior to repeating production. Intolerance or pressure areas would need to be monitored to ensure the chair is appropriate. Condition of chair would need to be monitored to ensure serviceability is maintained.

Go Global India Handover Report: Batch 10 – Nov-Dec 2010

PROJECTS:

Girl's Shelter Home (GSH)

1. Girls Sleeping Arrangements:

- Overview:** It was evident that sleeping arrangements within the GSH was not evenly distributed or functional, with the higher functioning girls capitalising on available space, whilst a large number of lower functioning girls were forced to share a small space. A review of current sleeping arrangements was completed, and alternatives/solutions was discussed with Subrata.
- Outcome:** It was determined that current sleeping arrangements was not suitable for the current population within the GSH and Subrata expressed a long term goal to build an additional shelter for the girls in order to accommodate their varying needs. A review of possible short term solutions to improve conditions was conducted, but no interventions have yet been implemented.
- Sustainability:** Building of a new shelter is possibly beyond the scope of Go Global, and a long time off in the future. Suggest future groups install fans in crowded rooms to assist with ventilation. Continue to raise issue with Subrata and encourage progress to a solution, or at a minimum, an improvement.

2. New Clothing:

- Overview:** During Batch 9 rotation it was identified that the residents of the BSH and GSH required new clothing, and money was supplied to Subrata in order to facilitate this. Batch 10 continued to follow up on this project.
- Outcomes:** Subrata purchased Material, and tailors were in the process of making the ordered items. This was not completed prior to Batch 10 departure.
- Sustainability:** Future groups need to confirm clothing manufacturing was completed and distributed to residents. Students should also confirm that new clothing is distributed evenly, and not only to higher functioning resident. Occasional additional purchases of clothing/material may need to be made to replace damaged items.

3. Behaviour Management:

- Overview:** GSH residents display a number of negative behaviours towards each other and carers, which is currently dealt with by carers via locking the resident in a small 'lockdown' room or retaliating with verbal or physical violence. The techniques, particularly the 'lockdown' room, is acknowledged as being inhuman and inappropriate by Subrata and carers, due to lack of lighting, ventilation and toileting facilities. Due to lack of knowledge, resources and staffing no alternative was obvious to the carers.
- Outcome:** Monitoring of use of the lockdown room was conducted by students and it was identified that residents were regularly locked up by other residents without cause, or in order to protect residents from victimisation. Discussions with GSH carers and Subrata were carried out, and Subrata established a management plan of building a new isolation room by partitioning an unused store room/medical room into 3 separate spaces. The intention is for this new space to contain a television as well as ventilation and lighting.
- Sustainability:** Although the use of lock down space is not ideal, a new space should be encouraged in order to prevent use of the current room. Suitability of the new lock down space should be assessed, and its use investigated. Input should be provided to encourage Subrata to ensure the room is not used excessively, and is maintained in a humane condition. Education and a long term change in methods of managing negative behaviour should be assessed and implemented to assist with long term sustainability of behaviour management.

4. Girl's Kitchen Garden and Outdoor Shelter:

- Overview:** Batch 10 followed up on previous intentions for this project, which was started with the intention of providing a stimulating environment for the girls, and to encourage residents of the GSH to spend time outside the shelter.
- Outcome:** The shelter remained under construction during Batch 10 stay, and little progress was made. Project was unable to be completed. Continued training of Choto, one of the GSH residents, in the role of feeding the new fish was continued.
- Sustainability:** For kitchen garden to be successful, subsequent batches would need to continue to follow up completion of construction, preparation of soil and planting of garden items, all which may require financial support. Vocational roles would need to be established and instigated, and regularly reviewed to ensure development.

5. Clotheslines Project:

- Overview:** Batch 10 followed up on previous intentions for this project.

- Outcome:** Three clotheslines were arranged to be constructed by AN metal workers on completion of outdoor shelter. These clotheslines had not been erected prior to Batch 10 departure.
- Sustainability:** Future groups need to ensure that the clotheslines are erected and used appropriately. Minimum maintenance may be required to ensure maximum serviceability.

6. Medical Exam Space:

- Overview:** Batch 10 followed up on previous interventions for this project. An area in the downstairs area had previously been assigned for medical use, and set up of the area had commenced.
- Outcome:** After discussion with Subrata the project was terminated, as he did not see the items requested as a priority, nor of relevance. Sister Banerjee was informed.
- Sustainability:** No further action will be taken with this project unless Curtin students/Sister Banerjee can present relevant evidence and justifications as to why it should go ahead.

7. Girl's Indoor Courtyard:

- Overview:** A large concrete area is located in the middle of the GSH, where the lower functioning girls spend the majority of their day. Batch 10 decided to make the area more stimulating and attractive to promote activity and active engagement.
- Outcome:** Batch members and residents painted the courtyard in bright colours, including floor based games. Lower functioning residents by having them paint bright handprints. A group was then run with residents in order to demonstrate use of the courtyard.
- Sustainability:** Maintenance of decorations may need to be conducted on a regular basis, and upgrading or alterations would be recommended in order to maintain interest and offer variety.

8. Lice Treatment:

- Overview:** Students used local lice and nit products on most residents of GSH in order to attempt to eradicate infestations. A pre-treatment was conducted inside the GSH prior to moving the girls outside to be combed. Batch 10 also chose to use mustard oil and vinegar for treatment instead of chemicals due to the number of wounds and cuts on many of the girls scalps.
- Outcome:** Quantity of infestations was reduced, and residents were provided with stimulation and interaction. Lice and nits was not completely eradicated Australian plastic nit combs, which proved to be ineffective. Sister Banerjee was provided with additional treatment solution in the hope of maintaining regular treatments.

Sustainability: Project would need to be repeated on a regular basis, and a full lice and nit eradication of all residents and belongings in order to be fully sustainable. Metal combs should be sourced from Australia or Katwa to facilitate effective removal of nits as well as lice.

Boy's Shelter Home (BSH)

1. Bike Trailer:

Overview: It was noticed that a number of lower functioning boys and girls were unable to mobilise with their peers in group sessions and so the construction of a bike trailer in order to tow less mobile residents around was proposed.

Outcomes: A trailer was constructed by AN staff so that it could be attached to the back of one of the bicycles and towed easily. Higher functioning boys were instructed on how to cycle safely with the trailer, and a vocational role was identified for two residents.

Sustainability: Maintenance of the trailer and bike would need to occur. Future Batches are recommended to review the use of the bike trailer for its intended purpose, and success or failure to increase participation and socialisation of lower functioning residents.

2. BSH improvements:

Overview: It was identified that the BSH was particularly sterile and lacked stimulation. It was suggested that a number of items could be incorporated into the environment to increase ownership and pride, particularly of the sleeping areas.

Outcome: A DVD Player was purchased by GG members, and a TV was purchased by Subrata for the shelter. A photo poster project was established in which photos of the residents were collated onto poster board and covered with contact. The photo board was displayed within the BSH. Subrata was requested to have a series of wires to be strung in the boys' rooms so that their art and craft items could be hung. Additional photos and movies were collated into a slideshow with music, for display on the final movie night.

Sustainability: Future groups would be recommended to check on the serviceability of installed items and improvements and replace where required. Also ensure items are being used for their intended use, and encourage residents to make items to display.

3. Movement of Ranunath and Rakesh to BSH:

- Overview:** Two young boys were noticed to have been living within the WMH and GSH. Subrata planned to move the boys to the BSH, but had not gotten to it.
- Outcome:** GG students assessed the boys and determined they were suitable to be moved to the BSH. On completion of the improvements to the BSH the two boys were integrated into the shelter, and eventually moved there to live full time. The boys were monitored for the remainder of the Batch time.
- Sustainability:** Higher functioning boys need to welcome the two boys and include them in day-to-day activities. Their adjustment should be monitored and additional support given if required.

4. Outdoor Sensory Shelter Modifications:

- Overview:** This project was continued from initial establishment by Batch 9.
- Outcome:** Batch 9 Sensory Board was mounted in the outdoor sensory shelter, and additional stimulation items were added, including balls on strings.
- Sustainability:** Continued maintenance of the shelter area would need to be conducted, and items reviewed for use/suitability. Additional items could be added occasionally to provide variety. Next batch needs to ensure all items are still mounted, including sensory board, and replace used items, such as balls or chalk.

Women's Mental Health (WMH)

1. Doll Making:

- Overview:** A Doll Making Project was established on request of Apu.
- Outcomes:** Students made an example doll for Apu, and provided her with templates for making the doll. A class was then run for the residents, in which students assist the women to outline a stencil on material, and cut the shape out. Apu then sewed the dolls together and allowed the residents to stuff them.
- Sustainability:** Project is sustainable as long as Apu maintains interest and motivation. Future groups may need to assist Apu in purchasing supplies to continue the project throughout the year.

2. Cake making and oven instructions:

- Overview:** Apu requested GG students to assist with the establishment of a cake making project to be run with the residents of WMH.
- Outcomes:** Apu requested GG provide materials which would allow her to teach some of the higher functioning residents to bake cakes in a small oven located in the vocation room. Upon investigation it was discovered that

the oven was in fact a toaster oven, and was not appropriate to be used for the purpose requested. The project was postponed.

Sustainability: Future Batch should liaise with Apu to determine if she is still interested in running this project, and if so, attempt to acquire an appropriate oven as well as other supplies. Apu is capable of sustaining regular project implementation with assistance from GG for ideas and materials.

3. Hena and Pampering:

Overview: Approximately 15 women were taken to the vocational room for hena, and nail painting. Cones of hena was purchased from Katwa, and Go Global pamper set contained a supply, as well as nail polishes and removers.

Outcomes: Women received high levels of enjoyment from pamper days, but were not enthusiastic about pampering each other, rather, they preferred to wait for the students to come around. This made the activity time, and labour intensive.

Sustainability: Project would require high participation of carers and/or vocational residents, as well as maintenance of pamper equipment stocks.

4. Vocation Room Project:

Overview: A vocational room had previously been established within AN, and was being used regularly. Apu requested additional materials for this room, in order to maintain the project.

Outcomes: Batch 10 supplied the vocation room with 5 kgs of wool, a large quantity of beads for jewellery, as well as sanitary products. The woman receive great enjoyment from the vocation room, and produced items are sold to visitors and at the annual fair in Jan.

Sustainability: This project is mostly self sustainable as funds raised from the sale of items is put back into buying new items for the room. Future batches should confirm with Apu if she requires additional supplies for new/altered programs.

Men's Mental Health (MMH)

1. Farwell Gift:

Overview: Several departing gifts were arranged for the residents prior to GG placement ending in order to improve ownership and self-pride, and to encourage positive relationships between GG and MMH residents.

Outcomes: Photos and videos of the residents were collated into a slideshow and presented to the men towards the end of the placement. A purchase of

sketch paper and art supplies was made, and was presented the residents towards the end of the placement. A poster consisting of a collage of photos supplied by Batch 9 was also presented.

Sustainability: Future Batch members should continue to build on positive relationships with residents of the MMH.

Additional Projects and Activities

1. Bakery Project:

Overview: This project was continued from previous Batch groups. It was intended as providing vocational roles to residents, as well as providing bread weekly.

Outcomes: Despite initial interest and support from Subrata, expressions of interest from MMH for vocational roles, and substantial money invested in the project, Subrata discontinued it.

Sustainability: Due to Baker's advice that the current oven would not get enough heat for the fire, and required additional glass parts, GG and Subrata dropped the project at this stage. Considerations of using the oven to cook flat breads instead could be suggested and investigated.

2. Hydration Project:

Overview: Continuation of the hydration project was a focus of Batch 10 participation, particularly within the GSH. Additional educational and implementation techniques were attempted in order to increase fluid intake and hydration levels of residents, particularly lower functioning residents.

Outcomes: Posters containing catchphrases and images were drawn up for each of the houses as reminders of the importance of hydration and drinking water. They were placed within the common areas. Sister Banerjee was included in planning and education, and was reminded of importance of providing water with meals, during activities, and with medications. Carers were also given a PD on effects of dehydration, as well as signs and symptoms including behavioural changes. Fixing of the taps and attachment of drinking cups within the GSH did not occur during Batch 10 stay.

Sustainability: Future groups require monitoring of drinking habits of residents through out the day, particularly lowering functioning residents, and implementing interventions accordingly. Next batch should confirm replacement and operation of tap heads, as well as attempt to identify any additional barriers to hydration. Hydration Plan should be expanded to all shelters and activities.

3. Manikar Ghar Review:

- Overview:** Batch 10 continued review and investigation into functioning of MG, and continued to liaise with Amit in regards to operation strategies.
- Outcomes:** No major changes to MG were found to have occurred since Batch 9 involvement. Staff shortages continued as many higher functioning boys suitable for the role wished to be paid or rewarded, which is above the capacity of the school at this stage. There was also found to have been a shortage of many items, including paper and crayons, which restricted activities, and students appeared to mainly be motivated to watch DVDs and TV rather than engaging in activities. Amit was provided with the timetable created by Batch 9 and assistance in how to incorporate it.
- Sustainability:** Future batches need to follow up on project based information and continue to collaborate with MG coordinator/teacher to ensure adequate support is provided. Further guidance can be provided to MG teacher, including translated lesson plans and review of timetable.

4. Resident's Photos:

- Overview:** Project was continued from Batch 9 intervention and implementation.
- Outcomes:** Photos taken by Batch 9 were printed and delivered to AN by Batch 10. Photos were added to relevant files, and collages were made for BSH and MMH. Group photos of residents in each shelter was also taken in order to record a history of AN and to foster a sense of group identity.
- Sustainability:** Next Batch needs to ensure group photographs are returned to AN, and hung in relevant houses. Future batches need to review resident photos and determine when new photos need to be taken. Printing capability in Katwa/AN should also be investigated to maintain currency.

Discipline Specific Projects

1. Physiotherapy:

- Overview:** The 4-tier classification system of residents requiring physio attention that was developed by Batch 9 was continued. Somnath was encouraged to continue using this system as well the timetable provided. It was also noted that Somnath was occasionally seeing private physio patients during AN work hours, which was detracting from care to AN residents.
- Sustainability:** The current physio is limited in work time and has little availability to attend to all residents who require physio attention. Batches may need to liaise with Subrata to encourage Somnath's compliance with

interventions that allow for resident care and prevent seeing private patients during AN time. Provide support and encouragement to Somnath to continue using red book and timetable.

2. Pharmacy and Medical:

Observations: Whilst observing Sunil administering medications the following was noticed:

- Water was not given to the girls and was not available or accessible to them.
- Swallowing of medication was not monitored by Sunil; medication was frequently handed to residents who walked away from Sunil with it held in their hands and it is not known whether it was swallowed or not.
- Medications was handed to others to take to the residents it was intended for.

Medication was being distributed in plastic pill bottles, as suggested by Batch 9, instead of wrapped in paper.

3. Nursing:

Overview: Batch 10 continued with general health assessments of residents not captured by Batch 9. Only a small number of residents were not assessed, due to refusal of resident or carer preventing access.

Sustainability: In order to maintain suitable health intervention focus it is important to regularly reassess general health (at least annually). Trends should be noted and investigated. Next batch should also attempt to capture those residents not documented by Batch 9 and 10.

Go Global India Handover Report: Batch 9 – Sep-Oct 2010

PROJECTS:

Girl's Shelter Home (GSH)

1. Kitchen Garden and Outdoor Shelter:

- Overview:** Needs analysis of occupational requirements and need for additional stimulation opportunities began a plan to create a kitchen garden, which later expanded to include an outdoor shelter. Ground was cleared and funding given to Subrata to arrange a fence. Pot plants were placed in the area, as well as a put filled with water and fish.
- Outcome:** Outdoor covered area was under constructed, but required a ramp, gate, fencing and decorating/addition of sensory items. Vocational roles were established, but training needs to be conducted on completion. Flowers and Vegetables need to be purchased/planted on completion of construction.
- Sustainability:** For kitchen garden to be successful, subsequent batches would need to continue to follow up completion of construction, preparation of soil and planting of garden items, all which may require financial support. Vocational roles would need to be established and instigated, and regularly reviewed to ensure development.

2. Clothesline Project:

- Overview:** It was identified that the girl's shelter required additional clotheslines to assist with day-to-day hygiene and washing needs.
- Outcome:** Three clotheslines were arranged to be constructed by AN metal workers on completion of outdoor shelter.
- Sustainability:** Future groups need to ensure that the clotheslines are erected and used appropriately. Minimum maintenance may be required to ensure maximum serviceability.

3. Medical Exam Space:

- Overview:** Upon Sister Banerjee's request, an area designated to assist with medical exams in the GSH was investigated.
- Outcome:** An area in the downstairs room was assigned for medical exam use. A plinth and curtains, for privacy, from the physio room was relocated to

this area. Curtains require to be hung and a purchased pillow requires to be wrapped in vinyl for protection.

Sustainability: Future groups need to ensure curtains have been fitted, as well as assess the area for practicability. Additional items should be followed up, including a desk with lockable cabinet, chair, scales and height measurement chart.

4. Safer Swallowing Poster and Education:

Overview: A number of issues with swallowing techniques of residents, and feeding assisting by carers were identified within the GSH. Posters and education of carers/higher functioning girls was proposed in order to minimise risk of aspiration and choking.

Outcome: Posters detailing safe swallowing were designed and created by one of the carers, in both Bengali and English, and displayed within the GSH. Verbal education of carers and residents in caring roles in GSH and WMH were provided.

Sustainability: Future groups should observe mealtime feeding strategies to ascertain success, and to continue implementing strategies on a regular basis. Posters may need to be updated on occasion, and recommended to include pictures for ease of translation.

5. Lice Treatment:

Overview: Students used local lice and nit products on most residents of GSH in order to attempt to eradicate infestations. Three stations were established: application of anti-lice oil, combing to remove lice and nits, shampoo and condition hair.

Outcome: Quantity of infestations was reduced, and residents were provided with stimulation and interaction. Lice and nits was not completely eradicated Australian plastic nit combs, which proved to be ineffective.

Sustainability: Project would need to be repeated on a regular basis, and a full lice and nit eradication of all residents and belongings in order to be fully sustainable. Metal combs should be sourced from Australia or Katwa to facilitate effective removal of nits as well as lice.

Boys Shelter Home (BSH)

1. English Classes:

Overview: Following Equal Health recommendations, an English class for GSH and BSH was trialled. 5-6 interested residents were provided with a weekly English lesson, focusing on beginner conversational English.

Outcome: GSH English classes proved inappropriate due to lack of interest and were discontinued. Five beginner English Classes were run for the BSH

and were very successful. Several boys were highly motivated to learn, and receptive to content. Two high functioning residents from MIP were identified to continue lessons, and were provided with a resource folder of lessons.

Sustainability: Support for continued vocational role would be required, as well as continued commitment by MIP residents identified. Continuation of English lesson progression would need to be investigated and provided, as well as additional teaching aids.

2. Sensory Shelter:

Overview: Batch members identified that a number of residents of the BSH who do not attend school suffer occupational deprivation and a sedentary lifestyle, and so it was proposed to transform the current shelter into a sensory-motor playground in order to create an engaging, comfortable environment.

Outcome: Steel mesh was purchased and attached to the walls of the shelter. Six mats were purchased and prepared by AN tailors for the BSH residents to sit/lay on. A hopscotch and 4-square was painted on the shelter floor, and the entire shelter was painted. A drum-set, thogophone and chimes were installed on the walls and green piping was attached to the steel mesh as ball tunnels. A blackboard was mounted inside the shelter, and sensory board with different textures was constructed but requires mounting. Metal buckets were also mounted to act as ball hoops.

Sustainability: Continued maintenance of the shelter area would need to be conducted, and items reviewed for use/suitability. Additional items could be added occasionally to provide variety. Next batch needs to ensure all items are still mounted, including sensory board, and replace used items, such as balls or chalk.

Men's Shelter Home (MSH)

1. Common Room:

Overview: Batch 9 worked as a team to improve the MMH common room in order to encourage interaction and increase activity.

Outcome: Students, with the assistance of some residents, installed new cabinet, repainted benches, seating areas and parts of the wall in the MMH common room. A new carom board and blackboard were purchased and installed.

Sustainability: Additional upkeep may be required on occasion. Future Batch members should review and encourage use of the common room. Potentially, additional items could be added to increase activity.

Additional Projects and Activities

1. Resident's database:

- Overview:** AN accountant, Olok, in collaboration with Sister Banerjee, have been attempting to initiate hand written summary of residents with a long term plan of computerisation.
- Outcomes:** Batch members assisted with ensuring all relevant health information was included in database, as well as understanding terminology and classifications. Olok and Sister Banerjee were supported during assessments to ensure they fully understood all aspects. Olok began entering data collected into a Microsoft Excel document.
- Sustainability:** Additional assessment support may be required, including providing regularly updated data on individuals and photos. Future batch members may need to liase with Olok to ensure understanding and use of database system is maintained, and confirm completion of electronic version. If completed, Australia House copy should be acquired.

2. Activity Manual and Resources:

- Overview:** Group sessions were carried out twice daily for GSH, BSH, MMH and WMH, and were divided into 8 main categories, depending on their focus. Batch members attempted to outline each activity conducted to assist with acquiring appropriate materials, and to assist future groups with successful conduct of future activities.
- Outcomes:** All group summary sheets were compiled and an Activity Manual was developed. Resources were purchased from a Perth, Kolkata and Katwa, and are stored in the resource room of Australia House.
- Sustainability:** Activity Manual and resources will need to be updated regularly, and should include additional recommendations/notes on repeat activities, as well as introduced activities. Manual should be printed and bound in Perth, prior to next Batch departure. Resources will need to be replenished as required, and should be organised appropriately.

3. Curtin and Aniser student's collaboration:

- Overview:** Batch members identified potential for collaboration between Curtin and Aniser students, particular in running of groups.
- Outcomes:** Discussions between Curtin students and Aniser University staff occurred, resulting in postponing attempts for collaboration. Currently Aniser studies is inflexible, and allows little time/opportunity to adapt to incorporate external input.

Sustainability: Future groups should continue to liaise with Aniser staff to facilitate ideas and goals which will allow collaboration between the two groups, which will benefit student and resident outcome.

4. BSH and GSH Clothing:

Overview: It was observed that clothing worn by residents of BSH and GSH were worn, ill fitting or gave an institutionalisation feel. It was decided that Batch 9 would attempt to have new/additional clothes made for each resident.

Outcomes: \$1000 was given to Subrata in order to purchase enough material to make new dresses for the girls and shorts and shirts for the boys. The boys were to receive light blue shirts with grey shorts, whilst the girls would receive maroon/brown dresses each. These colours were chosen as Subrata was reluctant to allow bright colours due to numerous residents suffering incontinence issues. Collaborative designs from Batch members and Subrata were given to AN tailors, but production had not commenced.

Sustainability: Future groups need to confirm clothing was manufactured and distributed to residents. Students should also confirm that new clothing is distributed evenly, and not only to higher functioning resident. Occasional additional purchases of clothing/material may need to be made to replace damaged items.

5. Bakery Project:

Overview: This project was continued from previous Batch groups. It was intended as providing vocational roles to residents, as well as providing bread weekly.

Outcomes: Oven was inspected by baker and deemed unsuitable. As a result the project has been postponed. Initial investigation into suitable residents available to assist, as well as task analyses for running of the bakery was conducted, but not continued to postponement.

Sustainability: Future groups require to liaise with Subrata regarding follow-up with baker, and project implementation.

6. Hydration Project:

Overview: A needs assessment was conducted to identify residents likely to be at risk of dehydration. It is intended to increase awareness, amongst residents and carers, of the importance of drinking water throughout the day. Students also hope to increase access to drinking water.

Outcomes: Education of carers and higher functioning residents regarding the importance of hydration, and involving these members in becoming responsible for assisting lower functioning residents, particularly at meals. A Professional Development session was conducted for all

carers, as a follow up. MMH residents and Curtin students painted images and slogans in the GSH to encourage independent hydration. A plan was established to replace tap heads in the GSH in order to allow water supply to be re-established, and cups on chains to be attached to facilitate ready access to water.

Sustainability: Future groups require monitoring of drinking habits of residents through out the day, particularly lowering functioning residents, and implementing interventions accordingly. Next batch should confirm replacement and operation of tap heads, as well as attempt to identify any additional barriers to hydration. Hydration Plan should be expanded to all shelters and activities.

7. Manikar Ghar Review:

Overview: AN staff and Curtin Students have questioned the efficiency and benefit of current MG programs, due to lack of facilitation from the MG teacher and lack of participation of attendees. A weeklong observation by OTs was conducted.

Outcomes: A project was established to provide ongoing support and guidance to the MG teacher. Collaboration between project members, MG coordinator and MG teachers in reference to possible activity ideas and implementation strategies was conducted. A debrief meeting was also conducted in order to finalise activity ideas and draft an activity schedule.

Sustainability: Future batches need to follow up on project based information and continue to collaborate with MG coordinator/teacher to ensure adequate support is provided. Further guidance can be provided to MG teacher, including translated lesson plans and review of timetable.

8. Resident's Photos:

Overview: The importance of current photos for resident identification was identified, as it was noted that due to varied age, conditions and illness progression, resident's appearance changes over time.

Outcomes: Using the client lists available, individual profile pictures were taken, including relevant images that would be useful in monitoring therapy progression. New Residents were also photographed. Photos are to be printed in Australia and returned with the next Batch.

Sustainability: Next Batch needs to ensure photographs are returned to AN, and relevant files are updated. Future batches need to review resident photos and determine when new photos need to be taken. Printing capability in Katwa/AN should also be investigated to maintain currency.

9. Vocation Project:

- Overview:** Current vocational roles has been identified as providing a benefit to both AN as a whole and it's residents. Potential for further vocational roles has been identified, which will improve AN living standards.
- Outcomes:** A task analysis form was developed to assist in determining task involved in each vocational area. A review of current and potential vocational roles was also conducted, and a table was formulated in order to document occupational areas, current and potential residents suitable for tasks and staff in charge of those areas/members.
- Sustainability:** Regular updating of vocational list would need to be conducted, as well as a review of current/potential roles and suitability of current/potential residents. Encouragement of participation in vocational roles should be continued.

10. Professional Development Seminar:

- Overview:** Students found that providing education for carers would be greatly beneficial, as it would increase chances for sustainability of desired skills and behaviours. A professional development seminar was thought to be able to proved a summarised justification for most of the projects implemented, whilst up skilling carers.
- Outcomes:** A 90-minute seminar was held at two different times, and included instruction and guidance on manual handling, importance of activity, behavioural management, and safe feeding and drinking.
- Sustainability:** It is recommended that future Batches continue with an educational session, providing shortened and simplified information. Students should try to include relevant examples and visual aids. Review of procedures should be conducted to determine benefit of seminars, as well as to allow tailoring seminars to contain relevant and appropriate information. Additional resources should be included, such as posters in Bengali and English, in order to sustain strategy ideas.

Discipline Specific Projects

1. Physiotherapy:

- Overview:** Physio room was cleaned out and all old and unusable equipment was placed in the storeroom. An inventory of equipment was conducted. A 4-tier classification system of residents requiring physio attention was developed and provided to the fulltime physio, Somnath. From this list a timetable was created to ensure all residents were allocated an opportunity for treatment. Somnath's current treatment book was modified to include all resident appointment information, and Somnath

was provided with progress note templates for each resident. A system of assessment/reassessment was also introduced.

Sustainability: The current physio is limited in work time and has little availability to attend to all residents who require physio attention. Batches may need to liaise with Subrata to encourage Somnath's compliance with interventions that allow for resident care.

2. Pharmacy and Medical:

Observations:

- Residents, particularly from JBSH and JGSH, were chewing their medication.
- In JGSH, all residents were seated in a congregation and carers assisted in administering water and medication.
- In JBSH, it was difficult to find boys and carers assisted very little.
- Some residents were not given water with their medication.
- Some carers were pulling residents' heads far backwards and overflowing their mouth with water; risk of aspiration and choking.
- Some residents walked away after being given their medication and it is unclear whether they disposed of their medication. (We observed a man spit out his medication in MIP/SBN).
- Medication is mostly administered via throwing into the residents' mouths. Sometimes the medication falls on the floor.

Interventions:

- Educated carers on the correct administration of water and that water must be given to residents taking medication.
- JBSH: we advised carers to round up the boys, sit them down in a group and be ready with water at the time of administration.
- Educated the pharmacist and Sunil on waiting until the residents swallow their medications before they are permitted to leave.

3. Nursing:

Overview: As this was the first time Nursing Students have been involved at AN, Batch 9 completed general health assessments on all residents, for the first time. Data gathered was collated to establish a baseline for further assessment, and to establish a focus for health intervention priorities.

Sustainability: In order to maintain suitable health intervention focus it is important to regularly reassess general health (at least annually). Trends should be noted and investigated.

Go Global India Handover Report: Batch 8 – Nov-Dec 2009

PROJECTS:

Girl's Shelter Home (GSH)

1. Kitchen Garden:

- Overview:** Students conducted a follow up of a previous needs analysis of occupational requirements, and developed a plan to establish a kitchen garden within close proximity to the GSH.
- Outcome:** Soil was not prepared and fences were not built. Due to it being harvest season, seedlings were not planted. Recommendations for next batch to follow up, and identification of appropriate residents for vocation was conducted.
- Sustainability:** For kitchen garden to be successful, subsequent batches would need to continue to follow up preparation and soil and building of fences, including providing financial support. Vocational roles would need to be established and instigated, and regularly reviewed to ensure development.

2. Internal Pot Garden:

- Overview:** Students conducted continuation of this project from batch 7, in order to act as a stepping stone to the kitchen garden project. The intention was to plant a pine tree in the pre-prepared pot within the girls shelter.
- Outcome:** The pine tree was purchased, but not planted during the batch stay. A gardener was identified to fill the pot with soil and plant the tree on its arrival.
- Sustainability:** Following batch members would need to ensure the pot had been filled and the pine planted. Vocational role for maintenance of the plant would need to be created, and performance of duties monitored to ensure longevity of plant.

3. Movie Night:

- Overview:** Movie nights were continued from previous three batches, and involved playing a Bengali DVD from 1800hrs to completion within the shelter. DVDs were purchased in Katwa, and were given to carers to maintain and use.

- Outcome:** Movie nights increase social interaction and stimulation for residents. Residents greatly enjoyed these activities and a large proportion of residents attended willingly.
- Sustainability:** Knowledge of use of equipment (laptop, projector, speaker) is required prior to attempting group. Regular purchases of appropriate viewing material should be maintained, to increase stimulation and interest.

4. Gross Motor Group:

- Overview:** Continued from previous batches. Gross motor cupboard was opened two to three times weekly, after prompting of carers. Activities included skipping rope and dancing.
- Outcome:** Gross motor activities promote physical activity, endurance and motor planning opportunities. These activities also improve social interaction, and reduce boredom.
- Sustainability:** Use of co-facilitators and a higher student to resident ratio is recommended for maximum outcome. Carers need to regularly open the gross motor cupboard, to allow for use of equipment.

5. Fine Motor Group:

- Overview:** Various fine motor activities were conducted, including making objects with playdough, colouring-in, and chalk drawings. Activities were conducted 2-3 times a week.
- Outcome:** Fine motor groups offered improved hand strengthening, bilateral manipulation and motor planning. It also acted as a calming activity, which the residents greatly enjoyed and readily participated in.
- Sustainability:** Batch members should continue with fine motor groups whenever possible. Carers should be encouraged to conduct groups occasionally when batch members are not present. Regular restocking of fine motor resources would need to be conducted.

6. Pampering Group Sessions:

- Overview:** Pamper/hygiene session was conducted once weekly (alternating hands and feet over two weeks) with lower functioning girls. Buckets were filled with water, Dettol and bubble bath. Each resident (approx. 50 in total) was taken by a higher functioning resident for a hand/foot soak, scrub, nail clipping and painted.
- Outcome:** Pampering sessions improved resident hygiene, whilst building rapport with residents and carers. It also proved to be a successful sensory and social activity.
- Sustainability:** Resources would need to be regularly restocked and provided to carers to maintain project. Carer or vocational participation would need to be encouraged.

7. Lockers:

- Overview:** Planning for 100 lockers to be built in the GSH in an attempt to reduce infighting and improve possession maintenance. It is hoped that this will increase hygiene and personal responsibility, as residents will be able to keep their own soap, toothbrushes and other such items, without risk of them being stolen.
- Outcome:** 28 lockers were built during batch 8 stay, with 72 lockers still to be built. 56 residents would be responsible for their own key, whilst 44 would be maintained by carers.
- Sustainability:** Carer input would be required to ensure lower functioning residents have access to their belongings when required, and higher functioning residents do not. Follow up of continuation of building of remaining lockers would need to be conducted.

8. Individual Therapy:

- Overview:** Individual therapy of the following residents was conducted:
- Anamika Saha
 - Anita Pantha
 - Asha
 - Bibijan
 - Buri
 - Chaitaly Pantha
 - Gita Shaw
 - Kajal Sakar
 - Kajal Sil
 - Kali
 - Kusum P.
 - Lily Nag
 - Manjuri (Kalo Biba)
 - Maru Kohar
 - Mita Pantha
 - Moni
 - Mou
 - Namita Pamanik
 - Panakundi (Nakmi)
 - Reshmi
 - Rumela Sarcar
 - Sita
 - Usha
- Outcome:** Individual therapy provided an opportunity to assess individual abilities and needs for further therapy and referral.
- Sustainability:** Assessments would need to be read thoroughly, and recommendations followed up on. Regular support from OT, Physio, and Speech pathologist would need to be sought to maintain therapy and achieve maximum outcome.

Boys Shelter Home (BSH)

1. General Health Assessment findings:

- Overview: Concern over number of seizures experienced by residents was expressed, thus prompting referral to AN psychiatrist.
- Outcome: Medication review by psychiatrist was being conducted.
- Sustainability: Follow up on review of medications, and continue monitoring and recording seizures.

2. Bhola Das' watch:

- Overview: Watch was purchased from Katwa for use by Bhola Das, after his broke. This was deemed necessary, as Bhola performed the role of assistant carer, and was responsible for waking the residents.
- Outcome: Bhola having a watch has made meeting routine tasks by residents easier, including attending school, preparing for meals and vocational tasks. It has however, created some jealousy between the boys, as all other residents regularly ask for a watch.
- Sustainability: Continued maintenance of the watch, and re-purchase in the case it is broken again, may be required. Regular reminding of other residents that they do not require, and will not get, a watch will need to be reiterated.

3. Chicken Coup:

- Overview: Four boys (Anan, Saddam, Sukumar & Tarak) were selected for vocational training for tending to the 2 chicken coups. This included feeding twice a day, turning the lights of the coup on and off and making sure the chickens have water.
- Outcome: Four boys were given a vocational role in AN giving a sense of responsibility and ownership. Also gives them the opportunity to work in a team environment and share the workload to meet a common goal.
- Sustainability: After the students leave the Yoga Instructor is in charge of monitoring this vocational role (whether or not the Yoga Instructor will do so is questionable). It is assumed that when more chickens are bought and more chicken coups are built these four original boys will be able to train other boys to help tend to the chicken coops.

4. Sports Group:

- Overview: Sports group was run every afternoon at 4pm for 1 hour. More sports equipment was purchased so more boys could be involved in this session. Activities included Frisbee throwing, soccer, jump rope, limbo and other ball games.

Outcome: Higher functioning and lower functioning boys participate in games together. Turn taking skills are developed as well as sportsmanship while the boys are able to partake in physical activity each day (essential for a healthy lifestyle).

Sustainability: After the GoGlobal group leaves the responsibility of taking the boys out to the oval and getting out the sports equipment will fall to the carers and higher functioning residents. The chance of this project continuing is minimal however should be done throughout each batch's stay due the immense enjoyment the boys get out of the activity.

5. Dance and Music Group:

Overview: Dance and music groups were run daily or every second day depending on treatments and groups planned and was usually facilitated by three students and lasted half an hr. Dance group included hokey pokey, head, shoulder, knees and toes and free dance.

Outcome: Boys were able to get a chance to exercise and express themselves through free dance. Also gave them the opportunity to interact with one another and students improving their social skills.

Sustainability: Staff shortages means that the group will be unsustainable after the GoGlobal group leaves.

6. Tooth Brush Project:

Overview: Dental hygiene was continued on the recommendation of Batch 7. Large scale group sessions were held with 3-4 students assisting after the lunch time meal. Toothpaste and new brushes was provided and the boys were assisted where required throughout the task.

Outcome: Residents were given the opportunity to partake in self-management in their own health. It was also somewhat of a novelty to the boys and they got a lot of enjoyment out of it.

Sustainability: Toothbrushes had been given to the boys by a previous group but then remained locked up and were never used. This project is unsustainable and should be discontinued.

7. Gross Motor Group:

Overview: Based on recommendations from the last batch of students, it was decided that a gross motor group focusing on balance, bilateral integration, throwing, catching and kicking would be implemented with boys with upper and lower limb dysfunction. Participants selected for this group included Anan, Nandu, Madhyman and Suraj.

Outcome: Participants were able the exercise and improve range of movement while interacting in a social situation enhancing their social skills.

Sustainability: Participants were taught stretches suited to their movement limitations so they will be able to do them once the students leave however compliance is questionable.

8. English Classes:

Overview: Following a discussion with Apu (Special Education Teacher), it was decided to implement an English group with 8 of the higher functioning boys. An English book was bought in Katwa and exercises were taken from the book and given to residents. Boys selected for this group included Anan, Akshay, Sukumar, Bholadas, Jahir, Raju, Suraj and Saddam.

Outcome: Boys felt special and honoured that they had been selected to participate in the group. English skills were developed, communication with the Curtin students made easier and social interaction skills were heightened.

Sustainability: Unsustainable due to no other residents/carers being competent/willing to facilitate and continue English classes. However a very much enjoyed activity and recommended to continue with other batches.

9. Fine Motor Skills Group:

Overview: This group was held for approximately 1 hour on a day to day basis over 4 weeks. Activities included: drawing, painting, making musical instruments, making puppets, chalk drawings, and making kites.

Outcome: The purpose of this group was to develop fine motor skills (penicil grasp, pincer grip and in hand manipulation). This group also encouraged the development of social skills.

Sustainability: Unstainable after students leave due to carers lack of compliance to facilitate activity.

10. Social Skills Group:

Overview: Activities included ball games, mini cricket games and team activities. Session activities were aimed to increasing understanding of turn taking by ensuring each participant observed and participated in this behaviour during the sessions.

Outcomes: Development of social skills through interaction with other residents & students.

Sustainability: Unstainable once students leave due to carer's lack of compliance to run class.

11. Individual Therapy:

Overview: Individual therapy of the following residents was conducted:

- Anan
- Anwar
- Ashok (little)
- Babu (Papa)
- Bikash
- Indra
- Jahir
- Manoj
- Manoj Mukhia
- Mamud
- Najibul
- Nandu
- Nijamaddin
- Pintu
- Saddam
- Samar
- Samir
- Subha
- Subrata
- Sukumar
- Suraj
- Tarak

Outcome: Individual therapy provided an opportunity to assess individual abilities and needs for further therapy and referral.

Sustainability: Assessments would need to be read thoroughly, and recommendations followed up on. Regular support from OT, Physio, and Speech pathologist would need to be sought to maintain therapy and achieve maximum outcome.

Men's Shelter Home (MSH)

1. Morning Walk/Exercise:

Overview: Students were encouraged to join men's morning walk, as it is a good opportunity to build rapport. The majority of the men from MMH wake at 7.30am walk around the grounds of AN. If the students meet the residents at the MMH building, more residents are likely to participate.

Outcome: Opportunity to develop rapport with residents and encourage exercise.

Sustainability: Deemed as a sustainable group as the men reported they walk everyday regardless of whether or not students are at AN.

2. Movie Night/Afternoon:

- Overview:** Movie nights were continued from previous three batches, and involved playing a Bengali DVD.
- Outcome:** Movie nights increase social interaction and stimulation for residents. Residents greatly enjoyed these activities and a large proportion of residents attended willingly.
- Sustainability:** Knowledge of use of equipment (laptop, projector, speaker) is required prior to attempting group. Regular purchases of appropriate viewing material should be maintained, to increase stimulation and interest.

3. Morning and Afternoon Activities:

- Overview:** Activity groups were held both in the morning and afternoon for one hour each session. Popular activities included bingo, art, soccer, badminton, bowling, movies, poetry and chai and chat.
- Outcomes:** Residents very much enjoyed these activities and were given the opportunity to engage with other residents and students thus improving their social skills. Fine and gross motor skills were also enhanced.
- Sustainability:** Staff were trained so that they could continue these activities once the students leave but compliance is questionable.

4. Markets:

- Overview:** Men were given the opportunity to sell handicrafts such as cards and paintings outside Australia house.
- Outcomes:** Men thoroughly enjoyed being able to show off their handiwork and enjoyed interactions with students and other residents. Fine motor skills improved in the making of the crafts.
- Sustainability:** Markets are only held during Curtin students' stay so the project will only be repeated during Curtin's visits.

5. Vocational Training:

- Overview:** Vocation training was attempted with one resident, Tapu who was instructed to collect the Newspaper each day from the Library and then return it at lunchtime.
- Outcomes:** Tapu was given a sense of responsibility whilst providing other residents with the opportunity to read the paper (something they very much enjoyed).
- Sustainability:** Sustainability dependent on Tapu's compliance with project.

Women's Shelter Home (MSH)

1. OT Activity Groups:

- Overview:** Dancing, cooking, painting, craft, ten pin bowling, tunnel ball, balloon games, singing, beading and bingo were popular activities run in the WSH.
- Outcome:** Women were able to improve social skills through interaction with other residents and students. Fine and gross motor skills were refined and residents were often able to exercise.
- Sustainability:** Sustainable due to the OT that works at the shelter who facilitates these activities in the absence of the students.

2. Market (please see market in men's section as women were also involved)

3. Individual Therapy:

- Overview:** Individual therapy of the following residents was conducted:
- Archana Mahato
 - Asha Bhat
 - Chunni Dubey
 - Gopa Routh
 - Madhumita Chatterjee
 - Pampa Hui
 - Ranjana Mukherjee
 - Snigdha Bose
 - Sumi Guha Chowdhury
- Outcome:** Individual therapy provided an opportunity to assess individual abilities and needs for further therapy and referral.
- Sustainability:** Assessments would need to be read thoroughly, and recommendations followed up on. Regular support from OT, Physio, and Speech pathologist would need to be sought to maintain therapy and achieve maximum outcome.

Additional Projects and Activities

1. Mental Health Group Project:

- Overview:** A staff training guide and tutorial was created for the MSH & WSH. This booklet was then translated into Bengali. Two tutorials was also run to enable each staff member to attend, and this was also translated

- verbally through Sharmilla. Students filmed the tutorials using a digital camera so they can be used for staff training in the future
- Outcomes:** Staff were educated on working with people with disabilities making it easier for both residents and staff to interact and work together in the AN environment.
- Sustainability:** Possibly sustainable as the tutorials were recorded and could be used for future training sessions however is best facilitated by Curtin students and could be done during each visit.

2. Updated School Files:

- Overview:** Special School teachers have identified several new students attending Special School. OT students determined that these students did not have student profile forms as the last update of therapy files occurred in November 2008. OT students were able to create new folders and forms for a handful of students however there are still several students that require student profile forms to be created.
- Outcomes:** OT assessments were able to be identified and school records could be updated for teacher's use.
- Sustainability:** Teachers have shown no effort to update the files thus the responsibility to update the files falls to future student group. Sustainability and suitability of project questionable.