



COURSE ON

**CAPACITY BUILDING OF FAMILIES OF
PERSONS WITH DISABILITIES**

**SERIES 2
PSYCHOSOCIAL AND ECONOMIC CHALLENGES
OF PWD'S AND THEIR FAMILY MEMBERS
DURING LOCKDOWN**

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PSYCHOSOCIAL AND ECONOMIC CHALLENGES OF PWD'S AND THEIR FAMILY MEMBERS DURING LOCKDOWN



Outbreak of novel corona virus disease was declared by World Health Organization in March 2020. From then, WHO and other public health sectors are working around the world to contain the COVID 19. WHO says that certain populations, such as those with disability and their family members, may be impacted more significantly by COVID-19. Corona virus not only affects the health, but also creates greater psycho-social and economic challenges on person with disability and families of children with disabilities such as financial stress, poor social interaction, disruption of family routine, mental health problems like anxiety, depression, etc., when compared to other families.

Psycho-social challenges are relates to one's psychological development in, and interaction with, a social environment. During lockdown, both COVID outbreak and the internalizing and externalizing problem of the disabled child imposes social and emotional burden for their families.

MENTAL HEALTH CHALLENGES

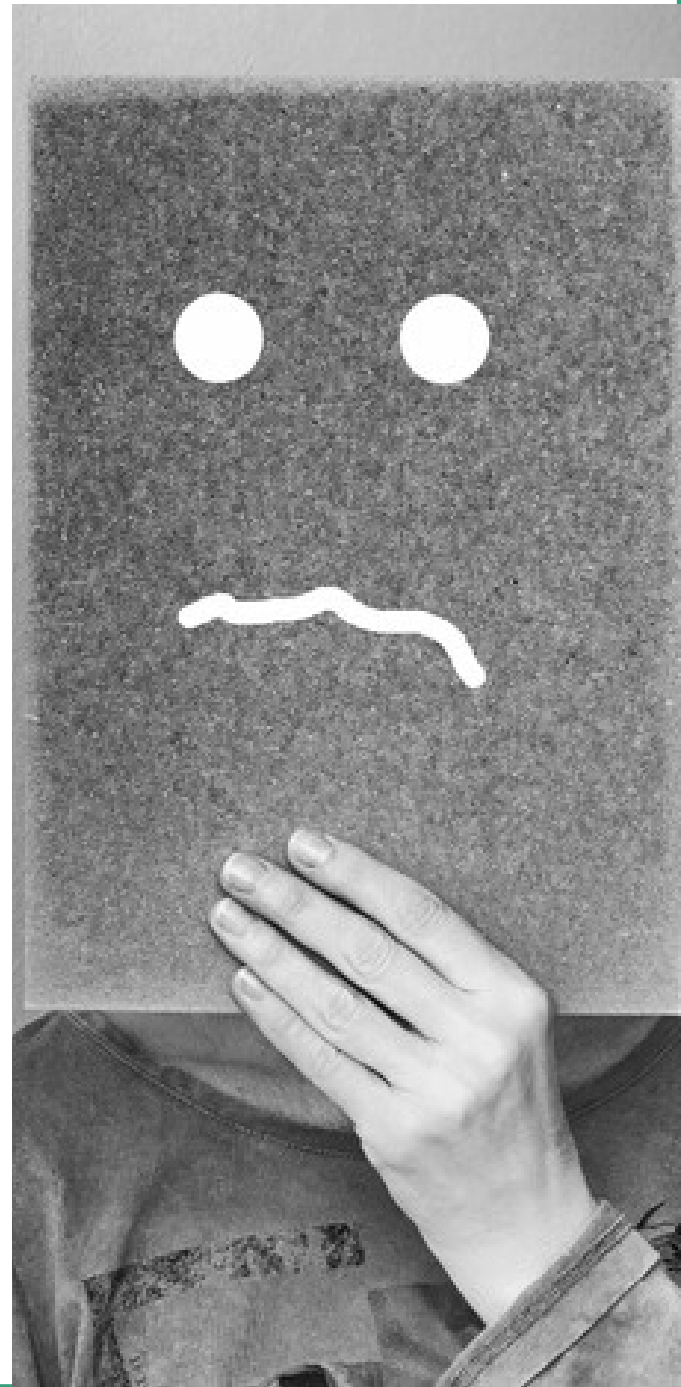
STRESS

Due to the responsibilities & burden of coping with a disable child they experience a lot of stress. Stress during COVID 19 outbreak include

- Fear and worry about own health and the health of your loved ones
- Changes in sleep pattern
- Difficulty in initiation of sleeping
- Lack of concentrating
- Increased use of alcohol, tobacco or other drugs.

DEPRESSION

At times, these mental health challenges caused during the pandemic may leads to depression. Depressed mood, loss of interest and enjoyment, and increased fatigability, low self-worth or guilt feelings of hopelessness, changes in appetite and sleep, suicidal ideation or suicide attempt, are the most typical symptoms of depression and if these symptom present over a period of time (Minimum 2 weeks for whole episode) then the individual may find difficult in continuing ordinary works and social activities. He/she should seek the help of the professionals



ANXIETY

Anxiety is characterised by the feelings of worried thoughts, tension, behavioural and physical changes. During pandemics it is quite common especially in vulnerable groups.

BEHAVIOR

- Trouble in relaxing**
- Disturbed sleep**
- Crying frequently**
- Excessive worries about family and future**
- Loneliness**
- Blaming other people for everything**
- Difficulty to communicate**
- Having difficulty giving or accepting help**
- Lack of acceptance**

BODY

- Stomach-aches or diarrhoea**
- Having headaches and other pains**
- Loss of appetite or eating too much**
- Excessive sweating**
- Tremors**

EMOTIONS

- Anxious or fearful**
- Feeling guilty**
- Feeling angry**
- Not caring about anything**
- Feeling overwhelmed by sadness**

THINKING

- Having trouble remembering things**
- Confusion**
- Lack of concentration**
- Difficulty in making decisions**

UNCERTAINTY OR FRUSTRATION

Frustration about how long we need to remain in lockdown and uncertainty about the future.

Boredom and frustration because of not able to work or engage in regular day-to-day activities.

THOUGHTS OF BEING WORTHLESS

Feelings of worthlessness like I couldn't to fulfil the needs of family during lockdown.

DISAPPOINTMENT

Parents hold high hopes when the child is born and when disability diagnosed but they may feels disappointed that they couldn't continue the regular therapies and lockdown may leads relapse.

SOCIAL CHALLENGES

CHALLENGES IN SECURING THINGS

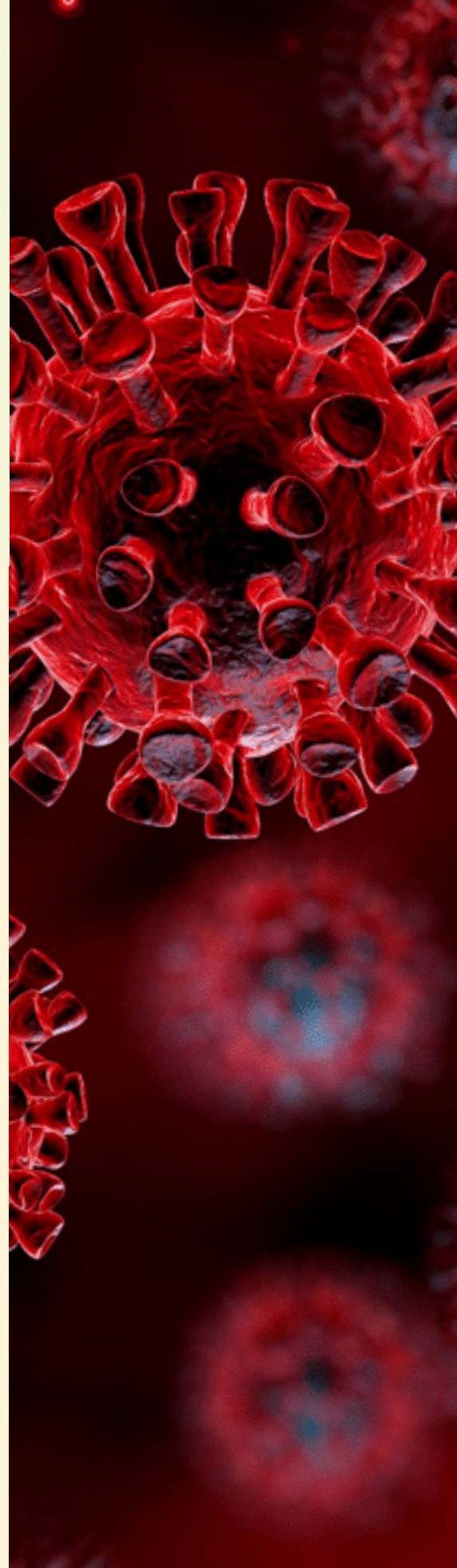
Challenges in accessing essential supplies and basic requirements like water, food and personal care things.

CHALLENGES IN ACCESSING BENEFITS

Challenges in accessing welfare benefits and emergency support both financial and non-financial.

SOCIAL ISOLATION

They become socially isolated because of the child's disability, poverty and existing stigma.



ECONOMIC CHALLENGES

COVID-19 not only affects health but also causes the socio-economic especially for the most vulnerable. Families of disabled may find financial crisis for to fulfil their daily expenses and also worries about financial security.

Because of economic crisis they may have worries about the followings

- **Basic needs**
- **Care giving expenses of disabled child**
- **Education expenses**
- **Professional help for therapies**
- **Medical needs**
- **Expenses of other family members.**

WORRIES ABOUT FINANCIAL SECURITY

Economic crisis may also leads to job insecurity and creates stress and worries about financial security.



COPING STRATEGIES

UNDERSTAND THE RISK

Consider the real risk of harm to self and loved ones. Media and social medias may increase worries, anxiety and frustration. Stay up to date on but try to limit the media exposure. Remembers, especially children are affected by what they see and hear in television.

BE YOUR OWN ADVOCATE

1. Important needs should be speak out and should ensure whether the basic needs are met during the lockdown. Ensure your safety, security, and comfortability.
2. Local, state, and national health of-ficials are working to arrange for groceries and toiletries to be delivered to your home as needed. Try to contact them instead of coming out of home.
3. Inform healthcare providers or health authorities if you are in need of medications along with Dr's prescription and ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities are creating awareness and providing information about COVID-19. Don't hesitate or afraid to ask questions. Clear communication with a health care provider may help reduce distress associated with lockdown. Ask any of your family member or friend to obtain in-formation if you are unable to secure information on your own.

KNOW WHEN TO SEEK HELP

During lockdown, you may experience serious distress even if you are at little or no risk of getting sick. If you or anyone has the signs of stress, anxiety or depression (given above) for several days or weeks, get help by the professionals by contacting the local health care providers or the toll free number given by the government.

COPING STRATEGIES

USE PRACTICAL WAYS TO RELAX

Relax yourself by doing things that work for you:

Take deep breaths, Stretch, Meditate or Engage in pleasurable hobbies.

Talk about your feelings to loved ones and friends.



PSYCHOLOGICAL FIRST AID

Psychological first aid provides first line emotion and practical support to people experiencing acute distress due to the COVID 19 outbreak.



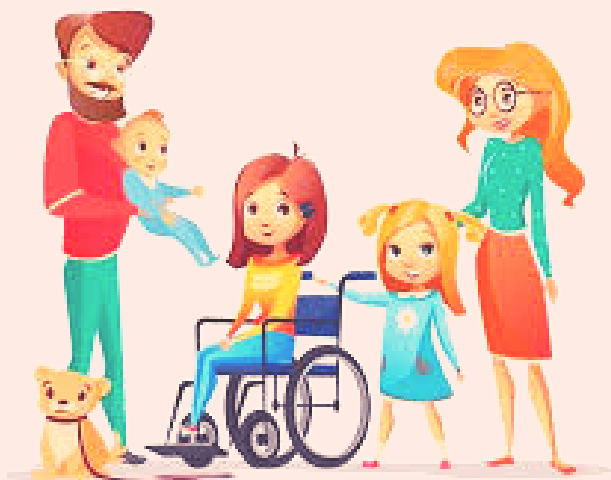
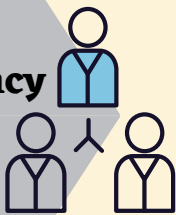
PSYCHOLOGICAL INTERVENTIONS

Psychological intervention like Cognitive behaviour therapy, problem solving intervention, etc., can be provided to the people who are all having prolonged distress by the specialist or the trained volunteers. During this pandemic both government and some private organizations provides psychosocial interventions over phone.



LINKS AND REFERRAL MECHANISMS

Links and referral mechanisms is established to provide emergency relief services such as providing food, water, medications.



STAY HOME

STAY SAFE

STAY HEALTHY

STAY CONNECTED



FOR CHILDREN WITH SPECIAL NEEDS

Children with special need continuous use of a breathing machine or are confined to a wheelchair or bed, may have stronger reactions to actual disaster or threatened. Than the children without special needs, they may have more intense distress, worry or anger because they have less control over day-to-day well-being than other people. The same is applicable for children with other physical, emotional, or intellectual limitations. These children special needs need extra words of reassurance, more explanations about the pandemic and more comfort and positive physical contact such as hugs from loved ones.



REFERENCE

- 1.WHO, Disability considerations during the covid-19 outbreak, reference number: who/2019-ncov/disability/2020.1
- 2.Coping with stress during infectious disease outbreaks, SAMHSA
- 3.Taking care of your behavioral health, SAMHSA
- 4.https://www.slideshare.net/expert_12/psychosocial-problems-faced-by-challenged-families
- 5.<https://www.who.int/news-room/factsheets/detail/mental-health-in-emergencies>
- 6.<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

STAY SAFE

**STAY
HOME**

STAY HEALTHY



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