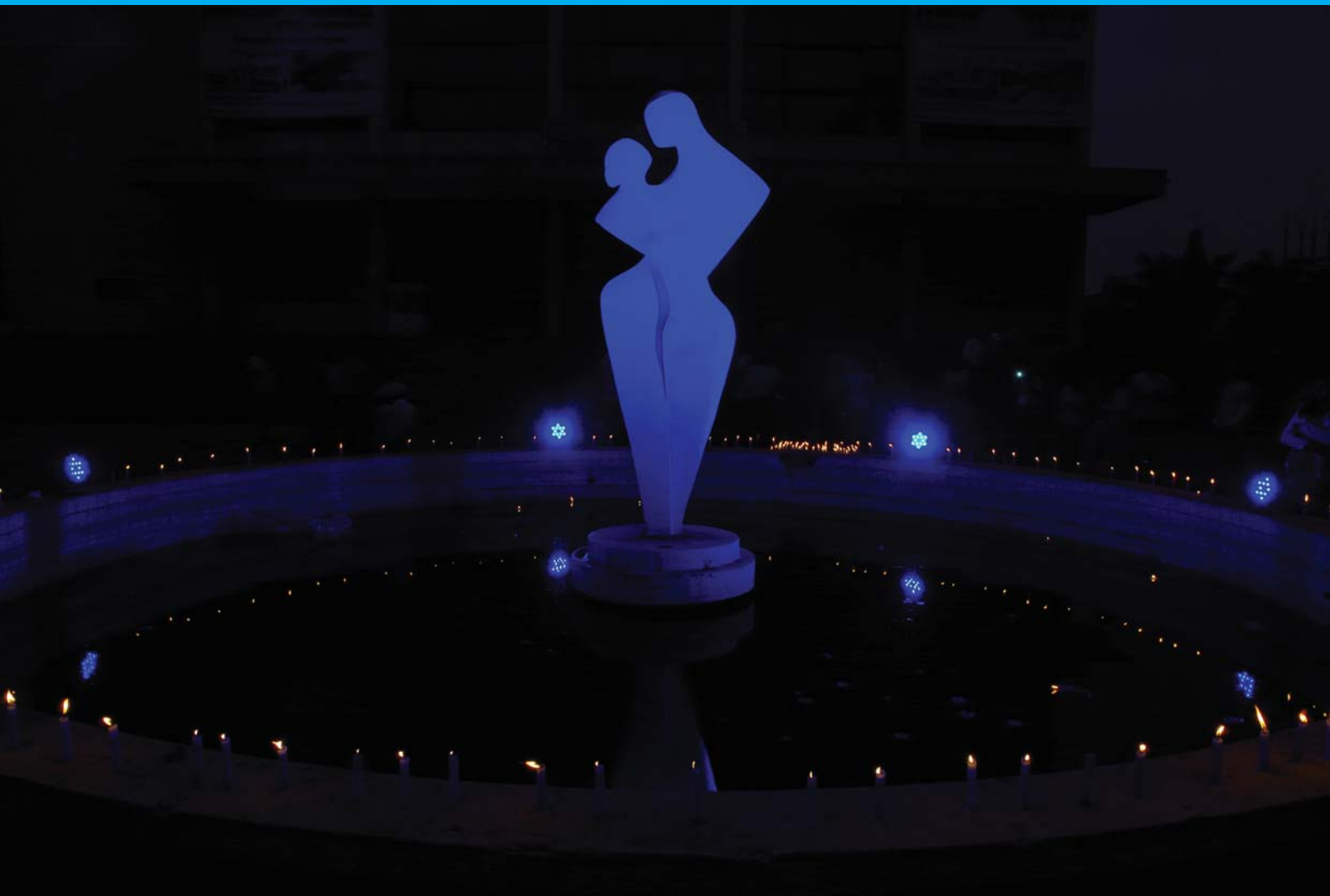


Annual Report

Fiscal Year 2073
(2016-2017)

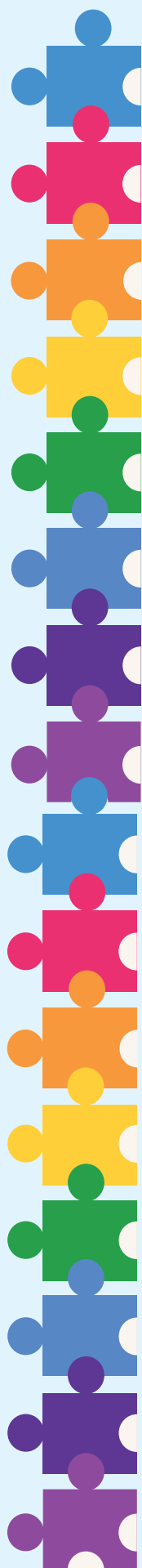


AutismCare
Nepal Society

“A National Center for Autism”

Contents

Message from the Chairperson	1
About AutismCare Nepal Society	3
Organizational Structure	4
ACNS Programs and Projects	5
A Decade of ACNS Journey	6
Awareness Programs	12
Advocacy and Lobby	13
Aarambha Pre-Primary School (APPS)	14
Aakaar Vocational Unit	15
Parent and Child Training Program (PCTP)	16
Direct Aid Project	17
Autism Awareness, Outreach and Inclusion Project	18
New Parents Network Groups of ACNS	20
Autism Screening and Diagnosis Cases from Screening Camp	20
Increased Access to Education and Social Security for the PWAs	21
Mother's Story	22
Financial Highlights	23
Glance of Autism Care Nepal Society (ACNS)	24
ACNS District Chapters	Back Cover





Message from the Chairperson

Autism Spectrum Disorder (ASD) is a group of developmental disabilities that can cause considerable social, communication and behavioral challenges. They might repeat certain behaviors and might not be comfortable with change occurring in their daily activities. Many people with ASD also have different ways of learning, paying attention, or reacting to things. There is currently no cure for ASD. However, research shows that early intervention treatment services can improve a child's development. It gives me immense pleasure to share our updates during our 10th Annual General Meeting through this Annual Report.

Parents love and passion to their child with Autism had gathered group of like minded parents for the conception of Parents Network. It has woven a grand design that has taught us about autism, about our children and above all, about ourselves too. All this has led towards the establishment of Autism Care Nepal Society (ACNS) in 2008. It is indeed proud moment to step towards "Decade of Autism Journey" to all of us.

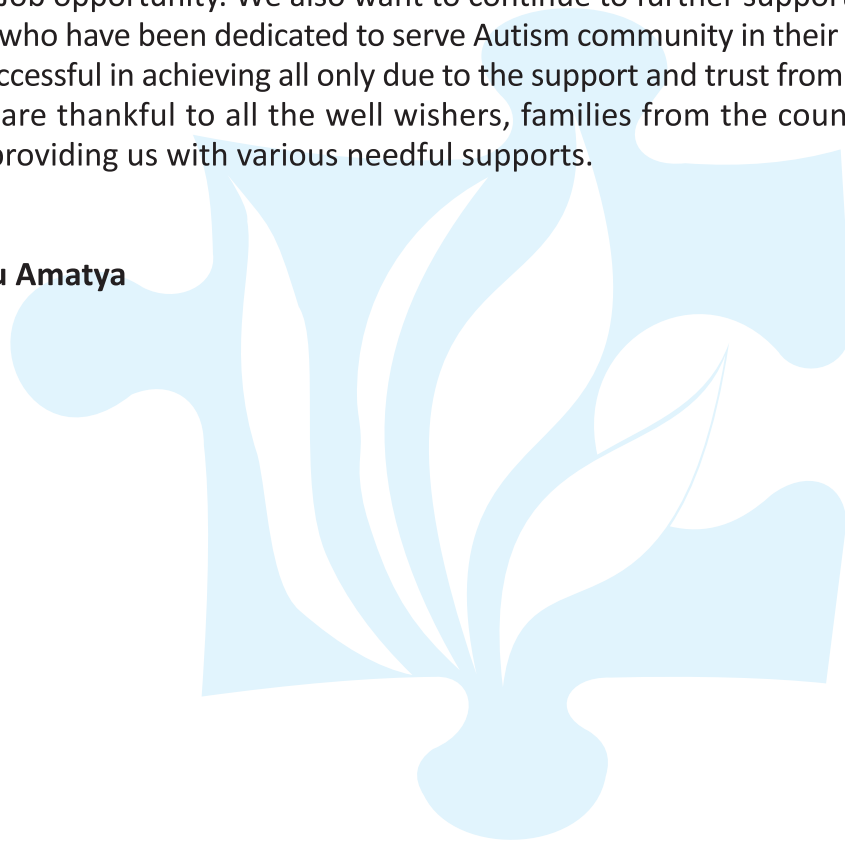
ACNS is non- profit parent driven organization where we have group of passionate and dedicated parents from wider horizon. ACNS is not only serving different services for children with Autism but has been the platform for parents to share to feel belonging and the hope for their child's future.

ACNS has thrived to raise awareness in nationwide level through multi media. Advocacy among relevant stakeholders has been ongoing effort to gain Rights of person with Autism. Training services, Human Resource Development is of utmost priority to us. ACNS highly believe in empowering parents and care givers of children with Autism for which it runs Parent and Child Training Program throughout the year. The trained parents from different districts have been gathered to form Parents Network Groups, which has now taken shape of ACNS District Chapters in Kaski, Jhapa and Surkhet Districts. ACNS has also recognized the importance of Sibling Support to our children and have activated Sibling Network to run different program for sibling Support. It also gives us immense pleasure to share 'The Gold standard Diagnostics ADOS (Autism Diagnosis and Observation Scale)' has been the first and foremost service started in ACNS in of entire Nepal. This has led us to become Referral centre for Diagnosis from different places of Nepal. It has been a journey for the organization since 2008. We started out without having much knowledge on autism. Through these years, we explore and acquire more and more information

about autism and skills to teach these special children. For which we were blessed with several International training to our parents and Teachers on Autism. It has been stormy journey sometime due to lack of resources but indeed been very fruitful journey with lots of learning and achievements. One of the most important achievement is Disability Right Act 2074 has recognized Autism as a separate category of Disability. Education Act and Inclusive Education policy too has mentioned issues of Education for Children with Autism.

We currently have around 600 plus family in our network. We currently provide Autism related services of various kinds to more than 60 children every month. Through our early intervention programme, we have been able to include students in Mainstream set up as well .The Centre hopes that these achievements can motivate and remind all parents that there is always hope for these children. In the near future, we hope to be able to provide appropriate programmes for teenagers and young adults with autism to learn living skills and hopefully, to blend in with the community and take them to Job opportunity. We also want to continue to further support our chapters from Different Districts who have been dedicated to serve Autism community in their respective Districts. ACNS has been successful in achieving all only due to the support and trust from parents of Children with Autism. We are thankful to all the well wishers, families from the country and abroad for believing us and providing us with various needful supports.

Dr. Sunita Maleku Amatya
Chairperson



About AutismCare Nepal Society

AutismCare Nepal Society (ACNS) was founded on 2nd April 2008 on the occasion of the World Autism Awareness Day. It is the only active autism organization in Nepal that is run by passionate parents that care for Person with Autism. It is a non-governmental, nonprofit making, non-political NGO registered in District Administration Office (Regd. No. 1067/2065) and affiliated to Social Welfare Council (SWC No: 25314). ACNS is also Income-tax exempt organization under the Income Tax Act 2058 Clause 2 (DHA) recognized by the Internal Revenue Department of Nepal, having PAN No: 302973565. It is the only active autism organization in Nepal, which provide support and information services to person with autism and people who work with person with autism. The group's initial goal was to raise awareness and provide support to parents and caretakers of children with Autism. As ACNS progressed, it became clear that what was really needed was a center that would help families throughout Kathmandu and Nepal to raise awareness, provide basic therapy services, Special/ Inclusive Education and to develop knowledge base and expertize in the field of autism. ACNS provides support and information services to persons with autism and people who work on autism in Nepal.

We wish to work with organizations worldwide to share information, resources and assist families and children at a national level, and look forward to continuing our contact with families and professionals worldwide. We educate, aware and act for the rights of persons with autism throughout Nepal.

Vision

"A society where PWAs enjoy independent and dignified life."

Mission

"Empowering people with Autism to protect and, promote their rights and utilise their skills to have a meaningful and effective participation in the society."

Goals

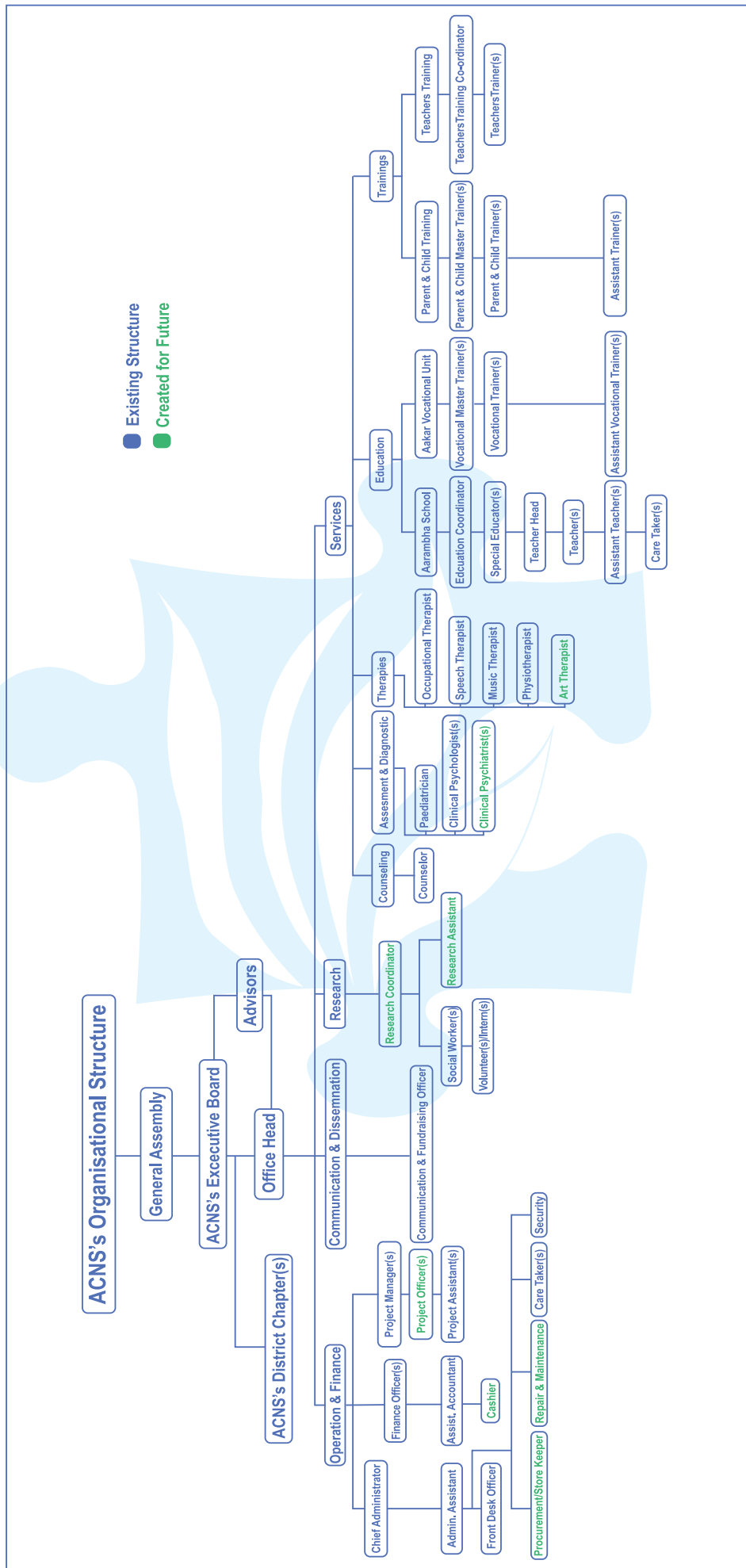
Achieving the following condition shall be the goals of ACNS
A condition, where there is;

- Easy access of PWAs to health, appropriate education, employment/livelihood, empowerment, social participation, use of all facilities, assistance and support, reasonable accommodation, including all services, facilities and opportunities connected to their special needs as their rights.
- Accessible, unbiased and accurate clinical diagnosis, assessment and therapies; for children with Autism
- Adequate constitutional provisions, policies, laws to address the all human rights and needs of PWA.
- Availability of legal representation and assistance to PWAs and their representatives for full protection of all legal rights.
- Equal access to and use of all facilities, services and activities in the community.
- Sustainability of ACNS.

Objectives

- To increase awareness on Autism.
- To increase understand on Autism among health care professionals for health facilities and early diagnosis and intervention.
- To increase understanding and skill among the parents, carers, teacher and policy makers.
- Advocacy for the rights of Person with Autism
- To increase knowledge and skills of people with autism in vocational activities to increase independent and create employment opportunity.
- Advocacy to ensure the inclusive education of Children/ Person with Autism.
- Formation of Parents Network group of Children/ Person with Autism throughout the country.

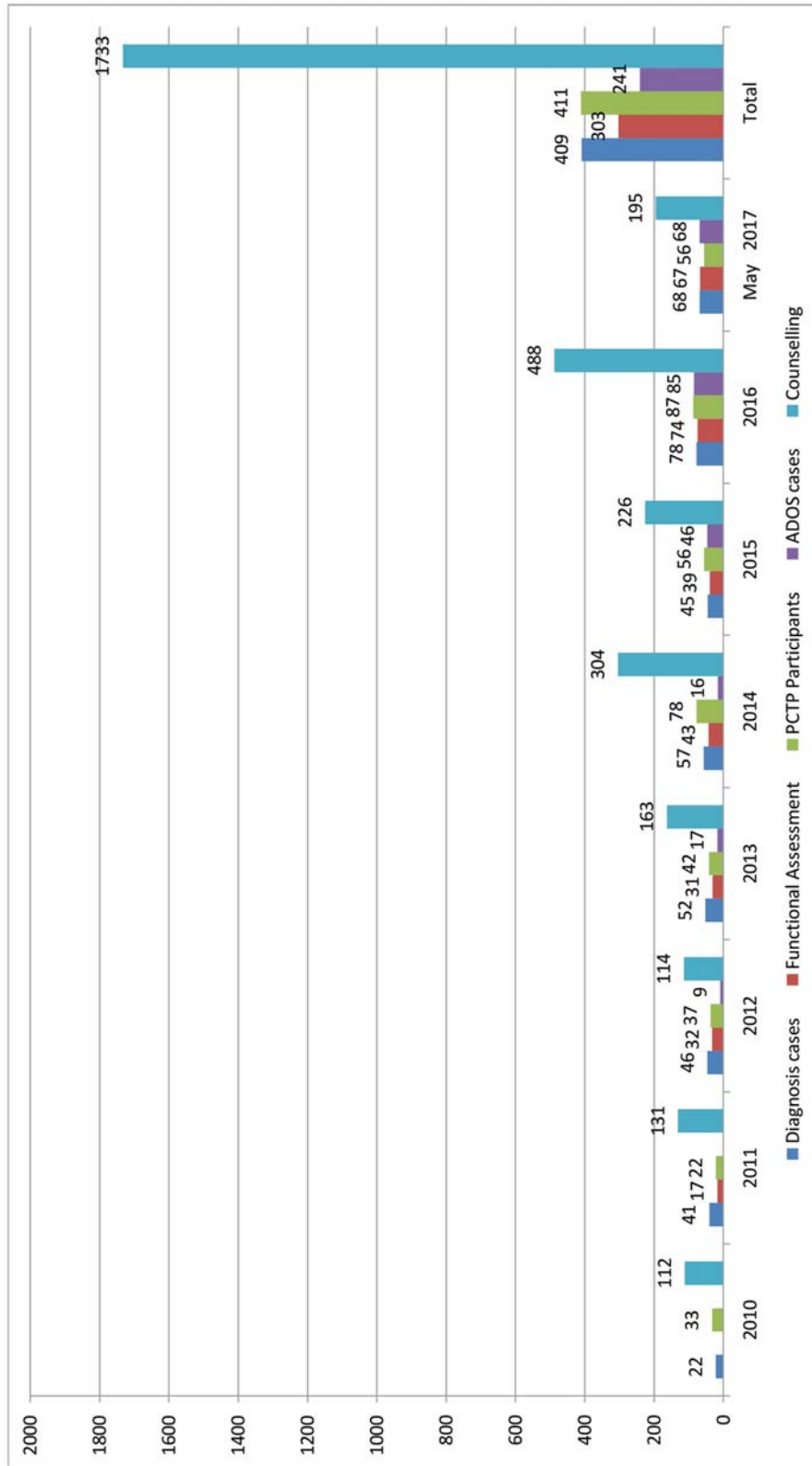
Organizational Structure



ACNS Programs and Projects

- Aarambha Pre Primary School
- Assessment, Diagnosis and Intervention
- Therapies and Counselling
- Aakar Vocational Training Unit
- Parent and Child Training Program
- Teacher's Training Program
- Projects

Progress details of Autism Care Nepal Society from 2010 to May 2017



Note:
 PCTP: Parent and Child Training Program
 ADOS: Autism Diagnosis Observation Schedule

- Autism Support and Capacity Building Project
- Autism Denmark /DPOD Project
- Australian Embassy Kathmandu DAP Project
- MyRight /SAAA Project
- Ministry of Women Children and Social Welfare/ Women Developmnet Office Project
- Department of Education (DoE) Project
- District Development Commitee (DDC) Kathmandu Project

A decade of ACNS Journey

Year	Main Events	Results																		
2nd April 2008	ACNS was established after diagnosis of Sylvia Baral; daughter of Dr. Hem Sagar Baral and Ms. Kalpana Ghimire Baral to support the Children/Person with autism and their families/carers.	ACNS started from the private room																		
25th November 2009	Simons family visited ACNS and had meeting with members of ACNS	Jim and Marilyn Simons pledge to support ACNS.																		
21st April 2008	ACNS Registration certificate received from District Administration Office, Kathmandu	ACNS registered as NGO by Government of Nepal																		
April 2009	Contribution on NRS 36000 each by 7 families of children with Autism to provide basic service on Autism to the families: Sylvia Baral Kastup Lamsal Krit Amatya Dipankar Shakya Biraj Shrestha Diptanshu Mahara Jenifer Subba	Rented a building at 156-Nil Saraswati Marg, Gairidhara-2, Kathmandu.																		
April 2009	Formation of Preliminary Executive Committee Dr. Hem Sagar Baral, Chairman Dr. Sunita Maleku Amatya, Vice-Chairperson Mr. Bidhan Shrestha, Secretary Mr. Gyanendra Shakya, Treasure Ms. Kalpana Ghimire, Member Ms. Anjana Mahara, Member Ms. Rachana Ghimire, Member	2nd AGM and 1st Executive Committee formed.																		
7th May, 2009	Dr. Chuda Karki visited ACNs and had orientation meeting on Autism with the families at ACNS.	Parents broaden their knowledge about Autism																		
15th June, 2009	Lynne Babbington educational Psychologist from U.K provided training on Autism to the ACNS family.	Parents enhance educational need for the Children with Autism																		
1st July, 2009	First batch of Parent and Child Training started	Parents are trained on ABA, communication and handling sensory issues																		
28th August, 2009	First Radio Jingle about the signs of Autism broadcasted through F.M. Stations	Raise awareness about Autism through the medias																		
July to September 2009	First Parent and Child Training Program started as Mother and Child Training	First Batch Trained <table border="1"> <thead> <tr> <th>S.N.</th> <th>Parent</th> <th>Child</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Kalpana</td> <td>Sylvia</td> </tr> <tr> <td>2</td> <td>Darshana Deuja</td> <td>Darshit Deuja</td> </tr> <tr> <td>3</td> <td>Rachana Lamsal</td> <td>Kastup Lamsal</td> </tr> <tr> <td>4</td> <td>Dhanusta Subba</td> <td>Shamman Subba</td> </tr> <tr> <td>5</td> <td>Pramila Karki</td> <td>Padma Karki</td> </tr> </tbody> </table>	S.N.	Parent	Child	1	Kalpana	Sylvia	2	Darshana Deuja	Darshit Deuja	3	Rachana Lamsal	Kastup Lamsal	4	Dhanusta Subba	Shamman Subba	5	Pramila Karki	Padma Karki
S.N.	Parent	Child																		
1	Kalpana	Sylvia																		
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3	Rachana Lamsal	Kastup Lamsal																		
4	Dhanusta Subba	Shamman Subba																		
5	Pramila Karki	Padma Karki																		
2nd April 2010	Celebrated World Autism Awareness Day in Nepal for the first time and started day care facilities at ACNS	Dare Care Center for children with autism were started for the first time.																		

Year	Main Events	Results
2nd May, 2010	Margaret Lobo from Music Therapy Trust U.K visited ACNS for the collaboration with Music Therapy Trust Nepal to provide music therapy services	Children with Autism in ACNS get benefitted from music therapy services
10th May, 2010	ACNS was supported by Health Care Nepal, USA	ACNS support increased
July 2010	Second International Autism Training conducted through to support of Knowledge for People, USA	Families/carers and staff trained on Autism.
14th September, 2010	Dr. Sunita Maleku Amatya went to participate in a meeting organized by WHO for the experts on community based approaches to Autism in Bangkok, Thailand	Establish network between ACNS and International community
7th, 8th and 9th October 2010	Organized 3 days national workshop on Autism facilitated by Marry Baurua and Indreni Basu from Action for Autism , India	Professionals and families/carers enhanced their knowledge on Autism
Dec 2009-Feb 2010	Study on estimated prevalence on Autism in Kathmandu conducted by Public Health Research and integrated development organization.	Initial study on Autism was conducted for the estimation of prevalence on Autism in Nepal
February 2011	4th Annual General Meeting and Election organized	4th AGM and Second EC formed Dr. Sunita Maleku Amatya, Chairperson Ms. Anjana Mahara, Vice-Chairperson Mr. Bidhan Shrestha, Secretary Mr. Gyanendra Shakya, Treasurer Ms. Kalpana Ghimire, Member Ms. Rachana Ghimire, Member Ms. Neelam Gautam, Member
2nd April, 2011	Celebrated world Autism Awareness Day by organizing Walkathon with National celebrity Madan Krishna Shrestha and Haribansa Acharya.	Increased awareness on Autism
May 2011	ACNS two days workshop on "Early childhood development and disabilities " conducted by developmental Paediatricians from Umeed child development centre, Bombay	Increased identification of autism in early age
10th -20th July 2011	ACNS organized training and workshop in collaboration with knowledge for people, USA	ACNS professional and parents trained on Autism
	Participated on SAAN, International Conference on Autism organized by GAPH Bangladesh. Dhaka declaration 2011 made.	ACNS increased connection with the international community.
1st -10th November 2012	Mrs. Heidi Thamestrup, Vice -President from Autism Denmark made pre-appraisal visit to Autism Care Nepal initiated a project to raise awareness on Autism in Nepal	Partnership between ACNS and Autism Denmark started.
23rd March, 2012	Two days workshop on structured Teaching was organized by ACNS and facilitated by Christopher Flint and Katie Hence from AACTION Autism, USA	ACNS staff and parents were trained on TEACCH method.

Year	Main Events	Results
March-July 2012	Great Himalayan Trail 2012 accomplished by Gerda Pauler for the noble cause to support ACNS	Awareness on Autism as well as charity support to ACNS.
1st April, 2012	Organized conference on enabling children who have learning difficulty including Autism, to learn effectively in schools at DECC Tripureswor.	Teachers for schools enhanced their knowledge and understanding about autism.
2nd April 2012	WAAD celebrated by organizing Light it up Blue program and lit blue light on Presidential Palace Basantapur Durbar Square, Dharahara Tower and Swayambhu Stupa.	Raised awareness on Autism supporting Autism Speaks' Light It Up a Blue for the first time.
5th April, 2012	Interaction meeting on Autism with Constitutional Assembly member for the advocacy for the rights of people with Autism at Hotel Radisson.	Sensitization about the issues on Autism to the Parliamentarian
April 2012	Christina Welander, Programme Officer from Shia Sweden, visited ACNS with country coordinators	Collaboration started with Shia (MyRight)
15th Sept 2012	5th AGM	ACNS members firmly committed to organization and goals.
28th September, 2012	Dr. Sunita Maleku Amatya visited Israel to participate in International Autism Conference organized ICare 4 Autism.	Broaden the linkage with international community.
November 2012	ACNs started collaboration with Autism Denmark/DPOD	Autism Awareness project started.
Jan 2013	Dr. Sunita Maleku Amatya appointed as the member of Advisory council ICare 4 Autism	Strengthen the linkage with international community
2nd -5th February 2013	Workshop on sensory strategies in child with Autism facilitated by Dr. Anjali Joshi Occupational Therapist from Umeed Bombay. Workshop was supported by MAITS.	ACNS professionals and parents trained on sensory strategies
11th February 2013	Dr. Sunita Maleku Amatya participated on SAAN Conference New Delhi within the team of Health Minister.	Advocacy on Autism was broadening nationally and internationally.
27th May-7th June 2013	Training on Understanding Autism provided to Representative from Health workers from Okhaldhunga and Gulmi.	Initiated on the identification of Autism in outreach.
18th-27th Feb 2013	Workshop on Planning and setting priorities for 2013 to 2017 was conducted in presence of Eva Nordin Olsan and Anna Calissendorff from Swedish Autism and Aspergers Association.	Partnership started with Swedish Autism and Aspergers Association/MyRight
2nd April 2013	WAAD 2013 celebrated by Light it Up Blue at Bouddha Stupa, UNESCO world heritage site and also organized photography contest	Increased in raise of autism awareness in Country

Year	Main Events	Results
27th May, 2013	Team of student and Teachers from Charles Strut University , Australia visited ACNS to provide Occupational and Speech Therapy	Collaboration was made with international university.
27th July 2013	Computer Training was provided to ACNS staffs in collaboration with Planet Urgence	ACNS staff trained through the support of volunteer from Planet Urgency
6th Sept 2013	Presentation on ACNS long term plans and vision to the local donor meeting organized by World Bank	Advocacy on Autism
14th Sept 2013	6th AGM and election conducted at ACNS	6th AGM and Third EC formed Dr. Sunita Maleku Amatya, Chairperson Ms. Anjana Mahara, Vice-Chairperson Mr. Bidhan Shrestha, Secretary Mr. Gyanendra Shakya, Treasurer Ms. Kalpana Ghimire, Member Ms. Rachana Ghimire, Member Ms. Neelam Gautam, Member
1st Oct 2013	Autism Awareness Campaign Project started in collaboration with Autism Denmark/ DPOD.	Autism Awareness in Nepal initiated formally
31st Oct 2013	Honorable Mr. Hanan Goder Goldberge, Ambassador of Israel to Nepal visited ACNS	Donated 2 desktop computers for children with autism at ACNS.
25th Oct 2013	Project started with SAAA/MyRight "Increased access of Person with Autism (PWA) in education and social security in Nepal"	Started advocacy for the rights of PWA in systematic way along with organizational capacity enhancement, capacity building of families/carers/ professionals working for the people with autism.
7th Dec 2013	Inauguration of Vocational Unit at ACNS by Gerda Pauler who supported its construction through the charity collected from "Great Himalyan Trail 2012".	Vocational Unit started at ACNS.
13th Jan-6th Feb 2014	Ms. Sijan Shakya, Special Educator/Educational Coordinator participated in the International Course for Special Education Scholarship in Israel	Enhance the capacity ACNS professional.
14th -23rd February 2014	Mrs. Heidi Thamestrup, President and Mr. Lars Grønland, Vice President of Autism Denmark visited Autism Care Nepal Society	Continuation of new large project "Autism Awareness for inclusion and promotion of rights of person with Autism in Five development regions of Nepal"
2nd April 2014	WAAD 2014 celebrated by light it up blue at Bansatapur Durbar Square	Raised autism awareness.
18th April 2014	First consultation meeting on Special and Inclusive Education needs in Nepal focused on autism was held at ACNS	Orientation and sensitization of concern stakeholders on special and inclusive education for children with autism.

Year	Main Events	Results
22nd -23rd April 2014	Participation in International Seminar on Autism organized by PER MATA Division of the Prime Minister's Department Malaysia; Ministry of Women, Family and Community Development Malaysia and University Kebangsaan Malaysia in collaboration with Autism Speaks	Continuation of international collaboration for the Advocacy on Autism.
May 2014	Anne Sophie, from Disabled people Organization Denmark visited ACNS	Built strong collaboration and Cooperation with Autism Denmark and DPOD
1st July -4th July 2014	An introductory workshop on Autism Diagnostic Interview-Revised (ADI-R) and Autism Diagnostic Observation Schedule was organized by ACNS and facilitated by Synnve Schjolberg	Professional development for diagnosis of autism in Nepal.
August 2014	Mr. Raj Kaji Prajapati, Chief Administrator of ACNS participated in Global line course in Denmark	Human resource development and capacity building of Professionals of ACNS
13th Sept 2014	7th AGM conducted at ACNS	ACNS members firmly committed to organization and goals.
26th Oct.-6th Nov. 2014	Mrs. Kripa Shrestha, Parent and Child Trainer and Mrs. Jyoti Kumari Singh, Vocational Trainer visited to SAAA, Sweden	Human resource development and capacity building of Professionals of ACNS
7th Nov 2014	Autism orientation and integration program was organized by ACNS at Nepal Health Research Council (NHRC) for the need of research based study on Autism	Sensitization to the health related stakeholders on Autism.
6th Feb 2015	ACNS organized interaction program on Pediatric Conference at Dhulikhel Hospital	Early identification and intervention highlighted
2nd April 2015	WAAD 2015 celebrated by light it up blue at Banskotpur Durbar square with a formal program in participation huge mass of children/people with autism, families, friends and wellwishers. Docu-Drama on Autism was also premier at the program.	Increased awareness on Autism
2nd April 2015	WAAD 2015 celebrated at Patan Durbar Square, UNESCO World Heritage Site through a formation program inaugurated by Honorable Minister C.P Mainali, MOWCSW	Increased awareness on autism.
10th April 2015	Half day talk program on "Quality Education and Inclusion of Children with Autism in Schools" was organized at Hotel Radisson in participation of different stakeholders supported by UNESCO	Highlighted the educational needs of children and its achievement.
9th May 2015	Autism Family Emergency Relief Fund was established and supported the victim of Devastating Earthquake for reconstruction.	Construction of infrastructure damaged by earthquake, supported 32 families/carers
25th May 2015	Project on "Android Application Development for Children with Autism and Parents Network Group" started with UNICEF	Development of Beautiful Minds an android application and formation of 1st Parents Network Group out of Kathmandu

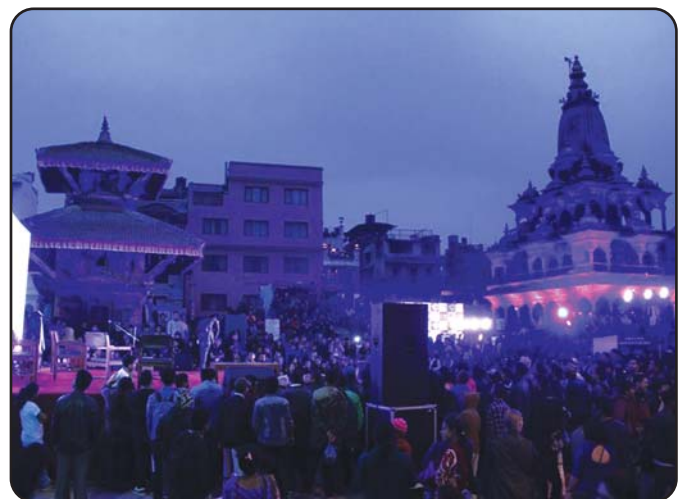
Year	Main Events	Results
1st July 2015	Project on "Awareness, outreach and Inclusion of rights of Person with Autism in Five Development regions of Nepal" started with Autism Denmark, DPOD	Autism Awareness Campaign widely flourished all over Nepal. Formation of Parents Network Group in 4 Development Regions of Nepal
August 2015	Mr. Surendra Bajracharya, Project Coordinator participated in Global Line Course in Denmark	Human resource development of organization and capacity building of Professionals
Sept. 2015	Project on " Expansion and Further Strengthening of Occupational Therapy and Vocational Training to Person with Autism, Parents, Special Education Teachers and Immediate care givers." Strated with Australian Embassy	Aakar Vocational Training unit formed at ACNS, decentralization of program and formation of Vocational Miniature Unit in Kaski, Dhading, Nuwakot District.
27th Oct.- 4th Nov. 2015	Mrs. Anjana Mahara, Vice Chairperson and Mrs. Dhanusta Subba, Teacher head of ACNS visited to SAAA, Sweden	Human resource development of organization and capacity building of Professionals
7th Nov 2015	8th AGM and Election conducted at ACNS	ACNS values were shared with members and 8th AGM and 4th Executive Committee formed Dr. Sunita Maleku Amatya, Chairperson Ms. Anjana Mahara, Vice-Chairperson Ms. Neelam Gautam, Secretary Mr. Gyanendra Shakya, Treasurer Mr. Bidhan Shrestha, Member Ms. Kalpana Ghimire, Member Ms. Rachana Ghimire, Member
June 2016	Project on development of teachers manual booklets with collaboration with Department of Education	1st Teachers manual on autism was published
1st Sept. 2016	Establishment and strengthening of occupational (OT) and vocational unit with with new trainings for PWAs at the centre and transferring various skills to parents, immediate caregivers and teachers to take care of CWAs at ACNS, Kaski, Dhading, Nuwakot	Various training programs on OT, vocational activities and various take caring trainings were conducted in project development districts
Sept. 2016	9th AGM conducted at ACNS	ACNS members firmly committed to organization and goals.
Oct. 2016	Autism Leadership Network (ALN) meeting at Washington DC. America	ALN more than 40 countries Autism Leaders gathered to showcase their work in the field of Autism. Our Chairperson presented on Parent and Child Training at ACNS.
13th Nov. To 2nd Dec. 2016	Mrs. Kripa Shrestha, Parent and Child Trainer Participated in the course of "Special and Inclusive Education" in Aharon Ofri Training Center of MASHAV, Isarel.	Developed the knowledge and Skills, Capacity Building of professionals
Jan 2017	Project on Home visit and training program to the families of CWAs with collaboration with District Development Committee	Follow up and refresher training organized
2nd April 2017	WAAD celebration at Buddha Stupa (UNESCO world Heritage site) and Teaching Hospital	Increase the level of autism awareness
18th-29th April	Mrs. Neelam Gautam, Secretary and Mrs. Sijan Shakya, Educational Coordinator of ACNS visited to SAAA, Sweden	Human resource development of organization and capacity building of Professionals
June 2017	Project on "Development of Visual Support Booklets" with collaboration with DOE	Visual support booklet published

Awareness Programs

ACNS has been continuously working for the autism awareness since its inception. Also; the primary goal of ACNS is to raise awareness on Autism throughout the country. As a part of our awareness efforts we have been able to organize different programs till date. Like every year, this fiscal year also; ACNS conducted different programs for the awareness activities through different meetings, participations, workshops, celebrations etc.



Like previous year, ACNS celebrated World Autism Awareness Day (WAAD) by conducting various awareness program. This year **Light It Up Blue (LIUB)** program was organized at Boudha Stupa, Kathmandu. "Since the birth of ACNS on **"World Autism Awareness Day"** every year we are celebrating WAAD through different activities like mass rally, presentation on Autism, photography contest, meetings, workshops, conferences, Docu-Drama show and stall exhibition.



Highlights from World Autism Awareness Day (WAAD)

- Awareness rally organized started from Darbarmarg-ACNS to spread the Autism awareness among local people.
- More than 300 people visited the stall exhibition at Tribhuvan University Teaching Hospital (TUTH) and Boudha Stupa.
- Flash Mob was performed in Patan Durbar Square, TUTH and Bouda Stupa.
- Celebrated 'Light It Up Blue' program at Boudha Stupa where more than thousand people were presented.
- Light It Up Blue song was performed by the team of ACNS.
- Musical performance was performed by the Children with Autism.

Advocacy and Lobby

ACNS conducted different advocacy related activities for the early detection, diagnosis and early intervention of Children with Autism (CWAs) in Nepal, educational and social security related rights of PWA. During 2016-017 ACNS was able to conduct its advocacy related activities in Kathmandu, Nuwakot, Dhading, Kaski, Surket, Doti and Morang districts by meeting with relevant stakeholder including government officials from District Administration Office, District Education Office, District Public Health Office and District Women and Children Office from all respective district for joint meeting to sensitized about the Autism.



Different lobby visits, meetings, delegation to concern department and authorities made significant achievement to penetrate in the existing disability policies related with education and social security. During year fiscal year, Government of Nepal (GoN) has amended the, "Inclusive Education Policy", which also addressed the educational need of Children with Autism Spectrum Disorder (ASD) as a result of continuous work of ACNS team and joint effort of Disabled People's Organization (DPOs). Advocacy was fruitful to produce positive responses from the concern stakeholders including GoN; through line ministries for training parents, Survey and refreshment training to parents, publication of Visual Support booklets. Numbers of Persons with Autism (PWAs) successfully collected disability ID card throughout Nepal including 14 from Kathmandu District. ACNS published 2000 copies a "Handbook for School Teacher: Inclusive education for children with Autism" in partnership with the Department of Education (DOE); and disseminated in government and private schools.

Dr. Sunita Maleku Amatya, Chairperson of Autism Care Nepal Society, was invited as a panalist in 2017 International Conference on Autism and Neuro developmental disorders in Bhutan, hosted by the Ministry of Health and Family Welfare of Bangladesh, Ministry of Health, Bhutan, Shuchona Foundation, Ability Bhutan Society (ABS) and World Health Organization South East Asia Region-WHO SEARO during 19th-21st April 2017. The overall theme of the conference was to develop effective and sustainable multi sectorial programs for individuals, families and communities living with Autism Spectrum Disorder and other neuro developmental disorders. From this conference, Thimphu Declaration on Autism and Neuro Developmental Disorder was declared .

With continuous advocacy and lobby of ACNS, Autism has been included in Inclusive Education Act. Autism along with other neuro developmental disabilities have been highlighted in 10th National Health Strategy Plan. Similarly Autism has been separately categorised in New Disability Bills too.



Aarambha Pre-Primary School (APPS)

ACNS started Day Care Centre from 2nd April 2010. In 2013 this day care centre has been registered as "Aarambha Pre-Primary School". Total 17 children with Autism has been enrolled in the school. Enrolled students are engaged in a series of activities designed to build daily living skills, communication needs, cognitive skills, group interactions and social skills. They are also exposed to Special Education, Music Therapy Sessions, Art Therapy, Speech, Sensory and Occupational Therapy Sessions. Every Child with Autism has Individual Education Plan (IEP) in their specific classrooms they are blue, yellow and red as per their functionality level.



Classroom and Group Activities of Aarambha Pre-Primary School



Outdoor Activities of Children with Autism at Autism Care Nepal Society



Celebrations at Aarambha Pre-Primary School

Aakaar Vocational Unit (AVU):

ACNS has started Aakaar Vocational Unit since 2013. This unit provides Adult with Autism a work environment that builds an individual strengths and structure to promote independency where young Adult with Autism utilized their previous pre-vocational training for their work, independence, self-reliance and better life. AVU provides following training programs to Adolescent/Adult with Autism:

1. Loom
2. Sewing
3. Stitching
4. Nepali handmade paper products making
5. Beading
6. Computers
7. Sorting and Sequencing



Parent and Child Training Program (PCTP):

Parent and Child Training Program is an intensive three months training programs to parents, especially mothers with the aim of empowering them with the knowledge of autism and also the skill of Applied Behaviour Analysis (ABA), Treatment and Education of Autistic and related Communication -handicapped Children (TEACCH), Verbal Behavior Analysis (VBA) and Sensory Integration Therapy. Total 75 families are benefitted from the training program this fiscal year.



Parents from different districts who received Parent & Child Training till this fiscal year:

- | | | |
|--------------|----------------|------------|
| 1 Kathamandu | 11 Baglung | 21 Tanahu |
| 2 Lalitpur | 12 Chitwan | 22 Sarlahi |
| 3 Bhaktapur | 13 Kailali | 23 Dhading |
| 4 Lamjung | 14 Surkhet | 24 Nuwakot |
| 5 Sunsari | 15 Palpa | 25 Gulmi |
| 6 Jhapa | 16 Makawanpur | 26 Syanja |
| 7 Morang | 17 Birgunj | 27 Kavre |
| 8 Kaski | 18 Lamjung | 28 Parsa |
| 9 Gorkha | 19 Nawalparasi | 29 Dang |
| 10 Rupandehi | 20 Banke | |

Direct Aid Project:

ACNS collaboration with Direct Aid Program, Australian Embassy, Kathmandu was started from October 2013. The projects "Expansion and Further Strengthening of Occupational Therapy and Vocational Training to Person with Autism, Parents, and Special Education Teachers and Immediate Care givers" and "Establishment of Speech Therapy Unit and Strengthening of Occupational Therapy and Vocational Unit with new trainings for PWAs at the center and transferring the various skills to parents, siblings, immediate care givers and teachers to take of children with Autism at ACNS and Dhading, Nuwakot and Kaski District" are important projects during this fiscal year for the continuation of Occupational and Vocational training services within the centre as well as for the decentralization of vocational training activities from Kathmandu to Dhading, Kaski and Nuwakot.

There have been effective and remarkable improvements in the Occupational Therapy Unit and Pre-vocational Unit as both has been well set up within the center with various fruitful activities. We have had conducted several trainings on vocational activities to strengthen vocational knowledge and skills of teachers and parents of Children and Adolescents with Autism using the equipments and materials received from the project. More than 50 Person with Autism, their parents and teachers within the organization and outside too have been benefitted till date from this new project.



HIGHLIGHTS

- Total 22 Children/Persons were suspected as an ASD after screening program namely from Nuwakot-8, Dhading-8, Kaski-6.
- 4 Person with Autism (PWAs) benefitted from vocational unit at ACNS and are continuing their skills for making a vocational products.
- Miniature Vocational Units are established and are running at Dhading, Kaski and Nuwakot district.
- 17 Children with Autism received Occupational Therapy and Speech Therapy services at ACNS.
- 40 participants benefitted from Communication and Socialization Skill Training Program.
- Total 43 parent of CWAs including PWAs benefitted from Paper Product Vocational Training; 13 from Kaski, 9 from Parent and Child Training Program and 22 from Dhading.
- Total 46 Parents including PWAs benefitted from Candle Making Training; Dhading-21, Kaski-22 and Nuwakot-14.
- Master Trainers; Ms. Hibba and Ms. Marina facilitated the training of Generalization and Daily Living Activities of Child with Autism where 40 participants were participated.
- 7 Children with Autism benefitted from the Computer Training Program.
- Formation of Miniature Vocational Unit in Kaski, Dhading and Nuwakot District.



Autism Awareness, Outreach and Inclusion Project

Autism Care Nepal Society started its partnership with Autism Denmark, DPOD since October 2013 for Autism Awareness Campaign. Since then society has been moving smoothly with the campaign. From July 2015, ACNS started to decentralize its various activities and services through the Outreach Programs for the inclusion of Person with Autism in Nepal. This is the third continuous project in collaboration with Autism Denmark focusing mainly with Autism Awareness and Parents Network Group/Self Help Group formation in Five Development Regions of Nepal to secure inclusion and rights of Person with Autism.

Following activities were performed during the campaign:

1. Meeting with Focal person and stakeholders
2. Visit to different government offices and various organizations for rapport building.
3. Autism orientation and interaction programs targeting local government stakeholder's, community based organizations and community people.
4. Autism screening and Diagnosis camp
5. Autism awareness and training program to the parents, immediate caregivers and family members of person with Autism.
6. Workshop and interaction for formation of Parents network group.
7. Organize various training programs for parents of Children with Autism on communication, behaviour, play therapy, structural teaching, pre vocational activities, organizational development etc.

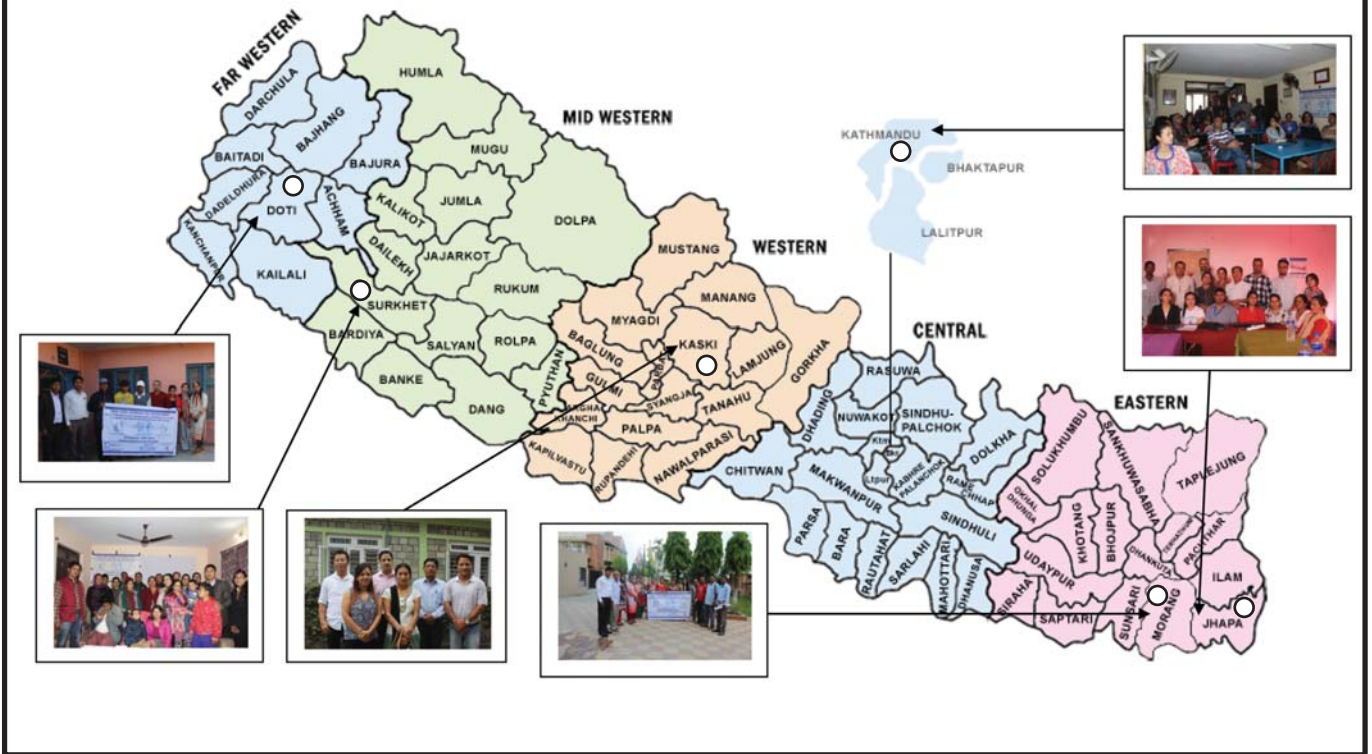
Within this campaign period, Parents were aware about autism. Their acceptance level has been increased leading to formation of Parents Network Group. With increase in diagnosis of Autism Cases, more parents are motivated to participate in Parents Network group. The strong voice of these parents has helped to create inclusive environment for person with autism in their society.

HIGHLIGHTS

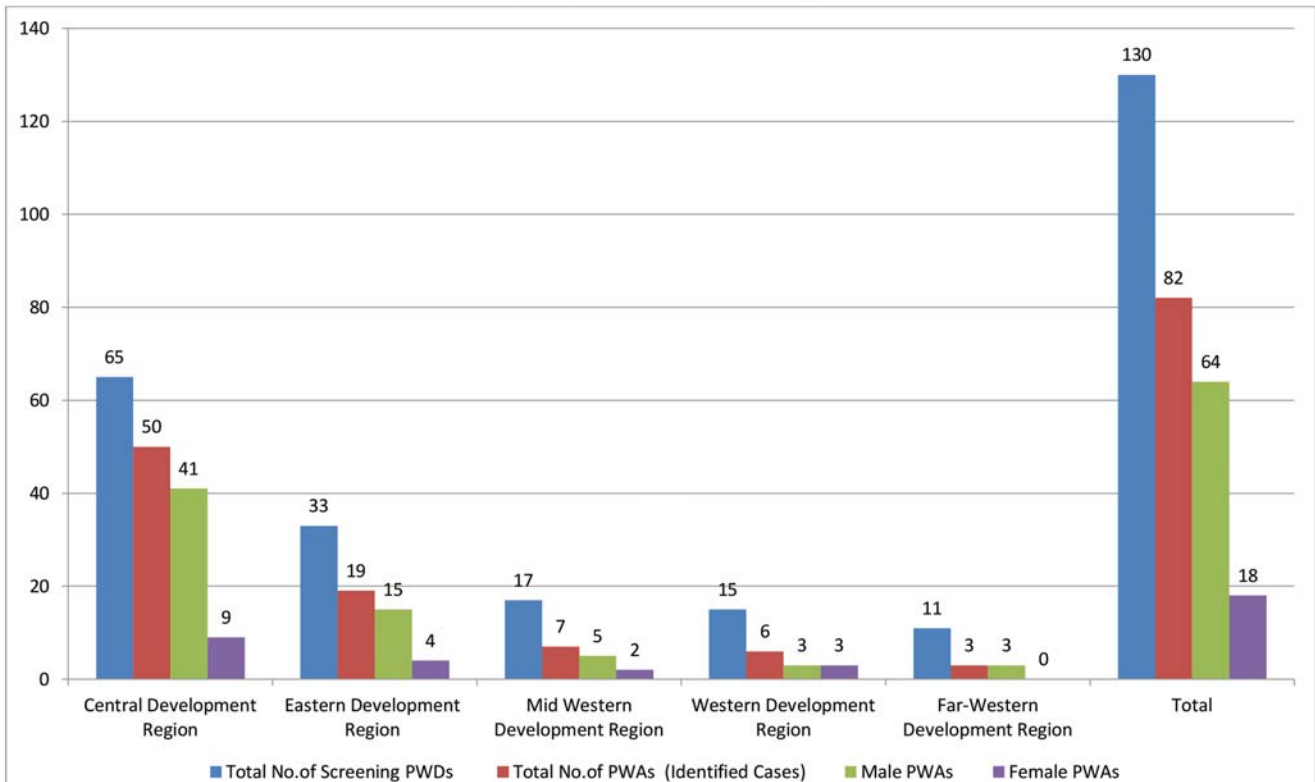
- Increased Community Autism Awareness through the local media during Outreach Programs.
- Total 157 government and non government stakeholders were present on Autism Orientation and Intercation Program in various Development Regions.
- Brochure (20,000), Calendars (10,000), Posters (12,000), Pamphlets (30,000), Stickers (4,000) Information, Education and Communication (IEC) materials published and disseminated.
- Autism related articles were published from various national level newspapers and Disability related magazines namely Himalayan times, Kathmandu Post, Annapurna Post, Nagrik Dainik Newspaper, In-Depth Newspaper and Magazines namely Juntara and Apanga Aawaj, as well as local newspapers.
- Participated in various stall exhibition programs organized by plus two mela at Janamaitri hospital, psych youth Mela at Padma Kanya College and Blind Youth Association Nepal at Tudikhel for Autism Awareness through massive distribution of IEC materials and interaction with participants by our volunteers and staff members..
- "Feel The Autism- Feel The Difference" Autism workshops was held in 10 different places.
- Active Parents Network Group formed in each specific district of various Development Regions.
- Autism Care Nepal Society district chapters were formed in four districts. They are Jhapa, Kathmandu, Kaski and Surkhet.
- Initiation of Self-Advocacy and Awareness activities on Autism by Parents Network Groups
- Establishment of new day care centre for children with Autism in Kaski District.
- Establishment of New Special School (Friends of Parents of Children with Autism) in Kathmandu District.
- New Parent's involvement increased from project implemented districts in Parent and Child Training Program at Autism Care Nepal Society, Kathmandu.
- Setting up of Autism Care Nepal Society District Chapters Office at Jhapa and Surkhet Districts.
- Increased membership of Parents at Autism Care Nepal Society from Project Implemented Districts.



New Parents Network Groups of ACNS formed in various Districts of Nepal



Autism Screening and Diagnosis Cases from Screening Camp at Five Development Regions of Nepal (July 2015-June 2017)



Increased Access to Education and Social Security for the PWAs

Increased Access to Education and Social Security for the PWAs in Kathmandu was started from 2013 in partnership with MyRight/ Swedish Autism Asperger Association (SAAA). This project has been designed to empower Persons with Autism (PWAs) to Increased Access to Education and Social Security for the PWAs in Kathmandu to protect, promote and utilize their education and social rights so that they can have full and effective participation in the society to ensure the good quality of life.

HIGHLIGHTS

- 1000 posters of Development Growth Charts were published with focus on screening global development and growth on physical, mental, social and communication of child aged from 0-5yrs.
- 40 health care professionals (paediatricians, psychiatrists, clinical/psychologists, nurses etc.) were benefited from workshop; "Early detection and identification of Autism/ASD" through Swedish expert.
- ACNS strategic plan and advocacy strategy has been updated.
- 43 parent and 11 sibling network group were formed from Kathmandu, Lalitpur and Bhaktapur district in a network group.
- 121 participants participated in annual seminar of ACNs including parents, teachers, carers and ACNS staffs.
- There were total 15 meeting held with government officials after the invitation from authorities of which 7 formal meeting were held in the MOE, DOE, NCED and CDC and 7 meeting with MOWCSW for sensitizing need of CWA and the disability issues.
- Two delegates from Autism Care Nepal Society (ACNS) attended in 3rd Learning visit to Stockholm, Sweden from 18th -29th April 2017. The main objective of the learning visit was to follow the training course concerning adolescents and adults with autism and exposure visits to different centres working with Autism in Sweden.
- Interaction on Autism Program was held on 31st March on the occasion of World Autism Awareness Day/Month 2017 with representatives from line ministries where Honorable Minister of Health Mr. Gagan Kumar Thapa was the chief guest. This program has been an achievement for us to increase understanding level of government officials.



Mother's Story

Mother of Young Child with Autism and his Improvement"

Nisha knew her son Aarambha was different than other children when he was 18 months; something just wasn't right with him compared with other children in her joint family. Family members considered his behaviour as obvious and they believed that male children speak at the later age. As an infant there were vast differences in his activities like rotating wheels of toy cars for whole day, social behaviour like playing alone in corners, not responding others, didn't make eye contact and repeating same activities again and again. One day, when Nisha's brother-in-law saw a poster with the signs of Autism at a hospital. They decided to visit to doctor in private hospital for better intervention where doctor recommended for hearing test. His hearing was fine and again referred to the psychiatrist for



diagnosis in same hospital but unable to make the diagnosis. Thereafter referred to child psychiatrist at Kanti Children Hospital where Aarambha was diagnosed as severely autistic. Even though they knew that something was wrong, the news that their 2 years-old son had autism sent family into a state of shock. Like many other parents whose children face the same diagnosis, they felt angry, scared, and uncertain about their son's future.

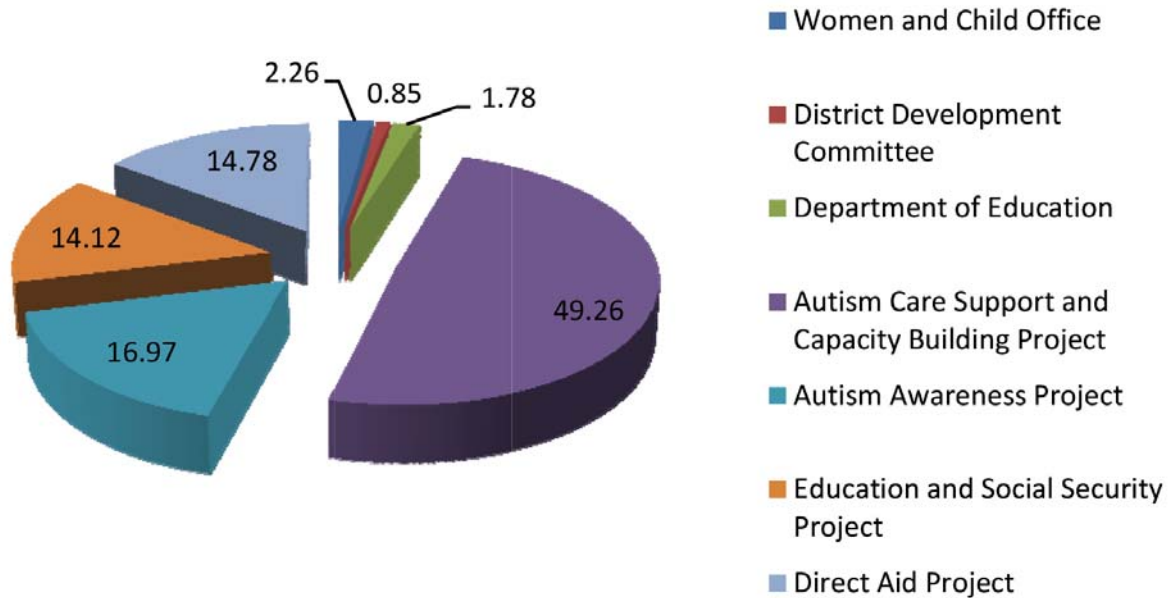
After the diagnosis doctor made referral to Autism Care Nepal Society (ACNS) for further intervention. They waited for 6 months to participate in Parent and Child Training Program run by ACNS and by the meantime his functional assessment was performed, tips like lighting a candle in dark room to improve his eye contact, playing with child and communicate in his eye level etc. were given to the family. By age of 30 months he started to speak some words but he had echolalia. They participate in 12 weeks long parent and child training when he was 3 yrs. old. At the beginning Nisha was unknown about autism and she got a lot of opportunities to increase understanding about autism and that helps to improve Aarambha's concentration and made him following instruction. He was impatience before participating in the training and weak in motor skills. After the training, he developed matching skills, follow instructions, counting and increased interest in reading. His level was better than other children at the training so the trainer suggested continuing to develop academic.

Aarambha is admitted in a school nearby in regular classroom, where teacher are supportive. Since Aarambha started his classes, his vocabulary and eye contact have really improved. His imaginative play, non-existent just a year ago and started understanding different concepts, developed motor skills. Before, Aarambha had no give-and-take in a conversation, but now we might get two to three interactions back and forth with him. He's also become better at regulating himself. Now, he is better at adaptive functions, concepts, motor skills and developed writing skills. Nisha feels that he really needed teachers who had experience working with autistic kids, who understand how their brains work. It's difficult for young kids with autism to reason.

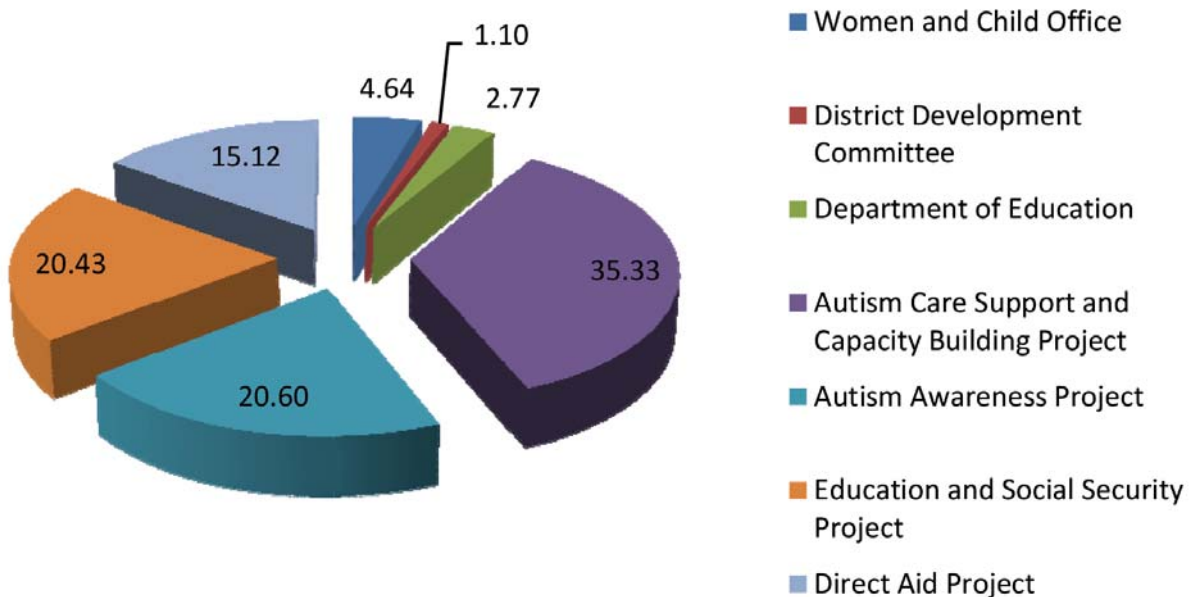
Now, just a year later, they're thankful for their son's diagnosis. Without it, Nisha says, Aarambha may have been bounced from doctor to doctor, lost in a cycle of misdiagnoses, and missing out on the care he desperately needs. Nisha explains, "Now, we have a better understanding of his world. For example, we've learned that Aarambha doesn't do well with surprises, so we try to stick to routines." Nisha adds, "Children with Autism can learn if they are taught properly."

Financial Highlights
Annual Financial Report of Fiscal Year 073_074

Income Percentage



Expenses Percentage



Glance of Autism Care Nepal Society, Head Office



Glance of 1st District Chapter of ACNS-Autism Care Nepal Society, Kaski District Chapter



Support to Autism

अटिजमलाई हाम्रो साथ, अब सहयोग तपाईंहरूबाट

Autism Care Nepal Society District Chapters



अटिजम केयर
नेपाल सोसाईटी
“A National Center for Autism”

गैह्रिधारा, काठमाण्डौं, नेपाल
फोन नं.: ९७७-०१-४४९५०९०

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