

## DAY CARE CENTRE (DCU)

DCC was started in 2019 with the aim to provide need based rehabilitation training with day care to people with Intellectual Disability who are above 40 years of age. Enrolled beneficiaries are provided training for channelizing the existing skills in the following areas:

### ◆ Skill Management

- ADL and Hygiene
- Socio-communication Skills
- Recreational Skills
- Functional Skill Training

### ◆ Health Management

- Self Care of minor injuries
- Understanding Medical needs and related duties

### ◆ Safety Training and Precautions

- Within the house
- Outside the house

### ◆ Goal of DCC

- To provide rehabilitation skill training
- To empower the mainstreaming of intellectually challenged adults

### ◆ Team

- Rehabilitation Psychologist
- Clinical Psychologist
- Occupational Therapist
- Psychiatric Social Worker
- Special Educator

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## B.M. INSTITUTE OF MENTAL HEALTH

## REHABILITATION CENTRE

Units for Rehabilitation of Mentally  
ill and Intellectually Challenged  
person with Multidisciplinary approach



DAY CARE UNIT (DCU)

DCU was started in 1970s under the leadership of Smt. Kamaliniben Sarabhai and renowned Psychiatrist Dr. B.K. Ramanujam.

Day Care Unit is a center exclusively for People with Psychiatric and Psychological Difficulties. The unit works on a model of Treatment, Training and Rehabilitation. It aims for inculcating social skill of assertion, vocation and recreation. By providing short term admission to emotionally disturbed client during the day, the client is given a chance to maintain contact with the family during the remaining part of the day.

◆ Goal of DCU

- To develop a sense of trust in patient with ego strengthening
- To promote self acceptance and understanding of self
- To promote expression of feelings in a socially accepted manner
- To encourage patients to develop their abilities through experience
- To promote the development of new behavioral skills and improved quality of life

◆ Team

- |                          |                               |
|--------------------------|-------------------------------|
| • Psychiatrist           | • Rehabilitation Psychologist |
| • Occupational Therapist | • Psychiatric Social Worker   |
| • Psychiatric Nurse      | • Clinical Psychologist       |
| • Recreation Instructor  | • Craft Instructor            |

◆ Activities

- Counseling
- Family Work
- Psychotherapy
- Art Based Therapy
- Recreational Activity
- Educational Activities
- Extra-curricular Activities
- Dance Movement Therapy
- Computer Training Sessions
- Music Training Sessions
- Patient-Staff Administrative Meeting
- Celebration of All Festivals and Birthdays
- Drug Therapy (under supervision of the Psychiatrist)
- Vocational Rehabilitation

MULTICATEGORY WORKSHOP (MCW)

MCW was started in 1970s with the aim to promote vocational rehabilitation of people with Intellectual Disability and Psychological Problems. It is a vocational set up where people having limitations in terms of functional abilities like intellectual impairment or psychiatric problem are provided vocational training in different trades. The training provided to beneficiaries help in vocational rehabilitation and main streaming of the cases.

◆ Goal of MCW

- To provide prevocational and vocational skill training
- To promote economic empowerment
- To help for mainstreaming
- To generate awareness about equal right and opportunities to PWDs

◆ Team

- |                           |  |
|---------------------------|--|
| • Psychiatrist            | • Clinical / Rehabilitation Psychologist |
| • Occupational Therapist  | • Psychiatric Social Worker              |
| • Occupational Instructor | • Special Educator                       |
|                           | • Craft Instructor • Sports Instructor   |

◆ Vocational Training Unit

Tailoring and Handicraft Unit, Metal and Jute Unit File and Paper Unit, Gardening and Farming Unit, Clay Work Unit, Kitchen Unit, Laundry Unit.

◆ Activities

- Counseling
- Family Work
- Psychotherapy
- Educational Tour
- Life skill Training
- Art Based Therapy
- Recreational Activity
- Educational Activities
- Self Care Skill Training
- Vocational Skill Training
- Extra-curricular Activities
- Dance Movement Therapy
- Computer Training Sessions
- Socio-communication Skill Training
- Celebration of All Festivals and Birthdays
- Drug Therapy (under supervision of the Psychiatrist)