

# PRERANA Ki SAATHI

**Inside this issue:**

- Disability Etiquette
- Mobility
- Visual Aids
- Hearing & Speech Aids
- Daily Activity Assistance
- Types of Therapies
- Dental Care
- Services in UAE
- Privileges for PODs
- Useful Apps for PODs



# FOREWORD



I am delighted to introduce “PRERANA Ki Saathi”, an essential guide listing products, services, and other necessary resources for People of Determination, their caregivers, and families in Dubai, UAE.

A widely popular story has it that a student once asked the American cultural anthropologist Margaret Mead what she considered to be the first sign of civilization in a culture. Mead replied that the first evidence of civilization was a 15,000 years old fractured femur found in an archaeological site. She explained that a broken femur that has healed is evidence that another person has taken time to stay with the one who has fallen, has bound up the wound, has carried the person to safety, and has tended them through recovery. A healed femur indicates that one human has helped another fellow human.

It is an extension of our human consciousness to support and tend to the needs of fellow beings, especially those who may require a little more support than others. Under the cultural wing of the Indian Consulate, “PRERANA” has been doing commendable work by enabling children with special needs, and their families, to navigate through day-to-day activities, extra-curricular development, and live the best possible life at par with the mainstream society.

This e-book is one of the many new ways that “PRERANA” cements its commitment to be a reliable and tangible resource for individuals with disabilities, their caretakers, and families here in the UAE.

I congratulate “PRERANA” for compiling this e-book in response to what the community here requires and extend my best wishes to continue the good work that it has been doing. I look forward to many more such initiatives that allow us to be meaningfully involved in the community and be helpful for those who require assistance and support.

**- Dr. Aman Puri**

**Consul General of India, Dubai, UAE**

TABLE OF CONTENTS

**04** About  
Prerana

---

**06** Disability  
Etiquette

---

**08** Mobility

---

**13** Visual Aids

---

**18** Hearing &  
Speech Aids

---

**23** Daily Activity  
Assistance

**29** Types of  
Therapies

---

**35** Dental Care

---

**40** Services in  
UAE

---

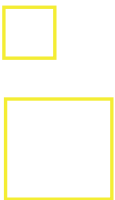
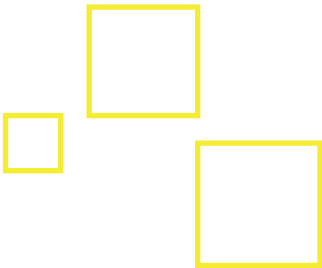
**44** Privileges for  
PODs

---

**47** Useful Apps  
for PODs

---

**50** Useful Links



# ABOUT PRERANA



PRERANA – ‘We inspire’, an initiative of the Consulate General of India, Dubai, was started in 2009, to support and empower differently-abled individuals and their families. PRERANA aims to help create an inclusive environment which would enable differently-abled individuals to develop their talents and abilities, and be active and contributing members of the society.

Over the last 12 years, PRERANA has developed various programs and collaborative initiatives to fulfill these objectives. One example is the C4C or ‘Children for Children’ program, which promoted interaction between our young members and students of Gems Modern Academy, Delhi Private School, Sharjah and JSS Pvt. School. This program has continued in the form of the ‘Take Care’ event with Dubai Medical College. ‘Manthan – a churning of ideas’, was an initiative started with the intention of empowering parents with information on various topics and issues that are crucial for the wellbeing of our young members. Furthermore, to foster friendships and promote inclusion PRERANA partnered with The Millennium School, Dubai for the ‘Best Buddies’ program. Besides these, PRERANA in collaboration with partnering schools Al Salam Private School and Springdales School, Dubai initiated partial integration and prevocational training programs.

In addition, events for Yoga, cricket and dance therapy, amongst others, have been regularly held to give members the opportunity to participate in varied activities. PRERANA also holds an annual ‘Utsav’ program for all its members and partners, which over the years, has become a much-awaited event that gives every member an opportunity to present their talent on stage to an encouraging and energetic audience.



During the Covid-19 pandemic, when all events and engagements had to be paused, PRERANA continued to find ways to ensure that the much-needed interactions between its members continued. Weekly activities were organized through Whatsapp, which gave members an opportunity to display their creativity, and also inspire each other. Furthermore, initiatives such as the ‘Best Buddies’ program and the ‘Take Care’ event were continued online.

Many online workshops were organized on themes such as Yoga and Dance Movement Therapy. To introduce our members to various digital art forms, PRERANA in collaboration with AIMS Media conducted free digital literacy workshops.

Through its journey, PRERANA has always been supported and guided by the Consul General of India, Dubai and the officials from the Indian Consulate. PRERANA, is a community initiative, which would not have been possible without the active participation of all its members and its parent community. In the years ahead, PRERANA and its members aim towards creating an inclusive society where all are given equal opportunities to self-actualize.

This eBook is a continuation of PRERANA's efforts to empower its members with information.

In keeping with its aim to empower its members, PRERANA celebrated its 10th anniversary with 10 online seminars, conducted over 10 days, led by distinguished experts from various disciplines. To ensure that the valuable information shared by the enthusiastic speakers would remain available to all, the recordings of these interactive sessions were uploaded on PRERANA's newly launched Youtube channel.

For more information about Prerana, kindly contact Mr. N. Mohan at +971 50 551 7848 or [preranacgi@gmail.com](mailto:preranacgi@gmail.com)





# DISABILITY ETIQUETTE

## ENCOURAGING RESPECT FOR ALL



As per the United Nations, 1 billion people, or around 15% of the world's population, live with disabilities. Disability Etiquette is a set of guidelines that allow us to have meaningful interactions which promote inclusion. The first step towards adopting these guidelines is to always show respect, and recognize that a person with a disability is a person like anyone else. Instead of just focusing on the disability, we must appreciate and emphasize what they can do.

In fact, in the UAE people with disabilities are called the People of Determination (POD), in recognition of their strong will and the hard work with which they overcome the various obstacles they face. Like with any other person, when you speak with a Person of Determination speak to them directly and not just to their caregiver. Also when you offer to help them, ensure to listen to their response, and follow their directions. The following are a few guidelines that are important to remember while interacting with:

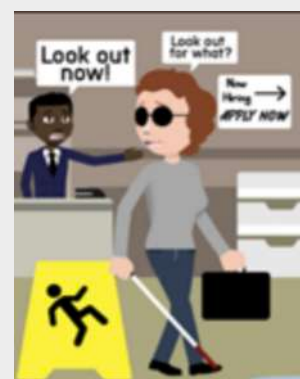
### PERSONS USING MOBILITY DEVICES

- A person's wheelchair is part of their body space and should be treated with respect. Don't hang or lean on it unless you have the person's permission.
- Speak directly to the person and if the conversation lasts more than a few minutes, sit down or kneel to get yourself on the same level as the persons in the wheelchair.
- Structural barriers in public places create inconveniences for wheelchair users. You can help by advocating for wheelchair access.
- Do not use parking spot designated for People of Determination.



### PERSONS WITH VISUAL IMPAIRMENT

- When you enter a room, indicate who you are. Let the person know when you are leaving the room.
- When offering your assistance, do not grab a person's cane or arm as this can be very disorienting for the person.
- Remember that you'll need to communicate any written information orally.



## PERSONS WITH SPEECH DIFFICULTIES AND HEARING LOSS

- Give your whole and unhurried attention to the person who has difficulty speaking or hearing. Allow extra time, and keep your manner encouraging.
- Ask the person or their caregiver what is the best way to communicate. Use sign language if you and the person are both familiar with it.
- Look directly at the person and speak expressively, clearly and slowly, without exaggerating your lip movements or shouting. Also, move away from background noise.
- Many persons with hearing loss read lips. Place yourself facing the light source when talking in order to provide a clear view of your face.
- If you have difficulty understanding, don't pretend that you do. Repeat as much as you do not understand. The person's reaction will guide and enable you to continue the conversation.



## COMMUNICATION WITH PERSONS WITH COGNITIVE/LANGUAGE IMPAIRMENTS

- You should treat adults as adults, and treat each person as an individual with talents and abilities deserving of respect and dignity.
- Use calm and encouraging voice and be reassuring. Use short sentences and simple words.
- Give extra time for the person to process what you are saying and to respond. Look for signs of stress and/or confusion.



# MOBILITY



Mobility devices enable persons with disabilities to achieve personal mobility, and access to these devices is a precondition for achieving equal opportunities, enjoying human rights and living with dignity. These also have the ability to change one's social or socioeconomic position and improve it. These devices provide several benefits to users, including more independence, reduced pain and increased confidence and self-esteem. They help the elderly and people with disabilities gain more control over their lives. Many mobility aid users are wholly dependent on equipment for their day to day activities are able to participate actively and productively in community life. The use of mobility devices, in particular, creates opportunities for education and work, and contributes to improved health and quality of life.

Also, everyday tasks like getting out of bed in the morning, walking, or even sitting on a chair can present challenges for individuals facing mobility related disabilities.

By helping adults and children with physical disabilities perform routine tasks, adaptive mobility devices can transform an individual's independence. This highlights the importance of accessing the right equipment and knowing its right usage.

Typically people who have disabilities or injuries, or older adults who are at increased risk of falling, choose to use mobility aids. A range of mobility devices are available to meet people's needs – from canes and crutches to wheelchairs and standing wheelchairs. The type of mobility aid required will depend on the specific mobility related requirements of an individual. Anyone who has a mobility issue, either temporary or long-term, can benefit from mobility aids. Mobility aids may be beneficial for people with arthritis, cerebral palsy, developmental disabilities, diabetic ulcers and wounds, difficulties maintaining balance, fractures or broken bones in the lower limbs, etc. Having the right equipment and aids are essential for independent living. People using a new mobility aid are advised to make an appointment with a doctor or physical therapist to learn how to properly use the device.

## Mobility: Mobility Ramps

'Mobility ramps are a necessity for wheelchair and mobility scooter owners, allowing them to move safely and conveniently from one area to another. There are a selection of mobility access ramps which are portable, folding ramps as well as one-piece threshold ramps providing convenience and durability. They support in getting a wheelchair or scooter into a vehicle, across a pavement curb or over a threshold. They are an inexpensive and convenient alternative to permanent ramps, allowing them to be moved where they are needed.





## Mobility: Power/ Electric wheelchairs

A power wheelchair or a motorized wheelchair is a device propelled by means of a motor. Power wheelchairs come with features that help in smoother performance both indoor as well as outdoor. Numerous electric options ensure that a tailor-made solution provides the best possible day-to-day support.

[www.ottobock.in](http://www.ottobock.in) | [www.sehaaonline.com](http://www.sehaaonline.com) | [www.1800wheelchair.com](http://www.1800wheelchair.com)  
[www.elderliving.in](http://www.elderliving.in) | <https://www.facebook.com/watch/?v=1675563962611967>



## Mobility: Standing Wheelchairs

A standing wheelchair (also known as a standing chair) is an assistive technology, similar to a standing frame, and allows a wheelchair user to raise the chair from a seated position to a standing position. They are used both to achieve regular mobility and to stand the person up using hydraulics or other power sources. Some standing wheelchairs may be driven from the standing position as well. The ability to attain and maintain a standing position is greatly beneficial to the health, self-esteem and sense of wellbeing of a wheelchair user.

[www.phoenixmedicalsystems.com](http://www.phoenixmedicalsystems.com) | [www.wheelchair-experts.in](http://www.wheelchair-experts.in)



## Mobility: Sports wheelchairs

The active sports wheelchair is designed in a way such that it fits the exact individual body size and also has a fixed dimension. Each sport tends to use a specific type of wheelchair. Sports wheelchairs usually have rigid frames. The customized adjustment features facilitates an optimal sitting position and the best handling. There are many types of sports played with wheelchair, among them are racing, basketball, tennis, table tennis, badminton, bowling, hockey, football, and baseball. Some of them are played in manual wheelchairs, while others in electric wheelchairs.

[www.meyra.com](http://www.meyra.com) | [www.sportaid.com](http://www.sportaid.com)



## Mobility: Kids/ Pediatric Wheelchairs

Wheelchairs designed for kids are often sleek, colorful, lightweight and adjustable as the child grows. They offer a complete seating and positioning system and have an easy to operate design which makes them the perfect choice for the user and their caregivers. There are many varieties of options in the rich pediatric rigid frame wheelchairs that are perfect for active kids and teens. Folding frame wheelchairs for children are also available which assist in easy transportation.

[www.medicaleshop.com](http://www.medicaleshop.com)



## Mobility: Flying wheelchair

These are simple wheelchairs with effective design. They can lift up-to 250 Kg weight. These wheelchairs can provide a flight time of about 45 minutes. The flying wheelchairs have automatic stabilization with simplified pilot controls.

[www.amalworld.com](http://www.amalworld.com)



## Mobility: Scooters

Mobility scooters are designed to help those who have mobility issues or the elderly to easily move around, whether inside or outside the home. They offer a number of benefits, including increased independence and a better quality of life by allowing users to travel distances with minimal effort and allow users to carry out their daily activities easily. There are a variety of scooters which includes electric mobility scooters, folding mobility scooters, both four- and three-wheel mobility scooters, and heavy duty mobility scooters which can be customized according to every user's needs and requirements.

[www.aidacare.com.au](http://www.aidacare.com.au) | [www.eveons.com](http://www.eveons.com)



## Mobility: Posterior Walkers

Posterior walkers are ambulatory assistance devices that help and support individuals with balance issues. It promotes upright posture in children who require assistance with ambulation. It provides support to the body from behind. The back legs have rubber tips or ratchet wheels to prevent backward rolling. Seating arrangements are also available in few kinds of posterior walkers which assist children who do not have stamina to stand or walk for long periods.

[www.dynamicmedical.ae](http://www.dynamicmedical.ae) | [www.kayeproducts.com](http://www.kayeproducts.com)



## Mobility: Rollators

Rollators are also called wheeled walkers. A rollator consists of a frame with three or four wheels, handlebars and a built-in seat, which allows the user to stop and rest when needed. Rollators are also often equipped with a shopping basket. Rollators are typically more sophisticated than conventional walkers with wheels. They are adjustable in height and are light-weight, yet sturdier than conventional walkers. The handlebars are equipped with hand brakes. It is mainly used by individuals who require balance while walking but not necessarily for weight bearing.

[www.medicaleshop.com](http://www.medicaleshop.com)



## Mobility: SmartCane

Smartcane device is an electronic travel aid which fits as a handle of the white cane. As white cane can only detect obstacles up to knee height, smartcane compliments its functionality by detecting obstacles from knee to head height. It detects obstacles using sonic waves and the presence of obstacles is conveyed through intuitive vibratory patterns. It is powered using rechargeable Li-ion battery like cell phone and can be used in both indoor and outdoor navigation modes. It has been designed to accommodate varying types of user grips which are commonly used by the visually challenged.

[www.phoenixmedicalsyste.ms.com](http://www.phoenixmedicalsyste.ms.com) | [www.wewalk.io](http://www.wewalk.io) | [www.maxiaids.com](http://www.maxiaids.com)



## Mobility: Elbow crutches & Ferrules

Elbow/GutterCrutches(oradjustablearthriticcrutches,forearmsupport crutches)isatypeofcrutchwhichiscomposedofpaddedforearmsupport madeupofmetal,astrapandadjustablehand-piecewitharubberferrule. These crutches are used for patients who are on partial weight bearing like Rheumatoid disease.

A Flexy foot ferrule is also included with the crutch. The ferrule will make you feel more secure while using the walking stick, allowing you to get 50% more grip on the floor than your average ferrule. The ferrule is also flexible, remaining fully in contact with the ground, which will make your journey feel smoother.

[www.aidacare.com.au](http://www.aidacare.com.au) | [www.medicalmart.ae](http://www.medicalmart.ae) | [www.tynorindia.com](http://www.tynorindia.com)



## Mobility: Aircast FP Walker

The Aircast FP Walker is suitable for use by patients with stable fractures and severe sprains. It features two inflatable cells that provide very effective support, combined with foam padding and hard-wearing external protection for the lower leg. The sole allows a gentle, rocking gait to help minimize shock and impacts, and the broad base ensures both stability and ease of use with large dressings.

[www.completecareshop.co.uk](http://www.completecareshop.co.uk) | [www.itouchsurgical.co.in](http://www.itouchsurgical.co.in)



## Mobility: Manual Wheelchairs

A manual wheelchair comes with dual function, one that is propelled by the user and the other is, it can be pushed from behind. It is usually maneuvered by pushing on round bars called handrim that surround the wheels. The handles on the back enable pushing from behind.

[www.wheelchair-experts.in](http://www.wheelchair-experts.in) | [www.wheelchairindia.com](http://www.wheelchairindia.com) | [www.advancemed.me](http://www.advancemed.me)



## Mobility: Disability Hoists

Hoists provide a way to transfer an individual with limited mobility without putting unnecessary strain on the care taker or the person being moved. It also provides a safe and dignified way to achieve greater mobility. There are a variety of hoists like ceiling track hoists, portable overhead hoists, mobile hoists, bed hoists, bath hoists, etc. Proper care should be taken while handling this equipment so as to avoid back injury. Hence, it is always advisable to seek independent advice before buying any hoists or manual handling equipment to ensure that we make an informed and sensible choice.



[www.dubaimobility.com](http://www.dubaimobility.com)





# VISUAL AIDS



Whilst we all rely on some sort of visual support in our everyday lives - a watch, a food-shopping list or diary for example, visual supports are particularly important for those with disabilities as they can assist with communication, help develop organization skills and promote independence. They assist with communicating needs and wants of the visually impaired or the people with low vision. It enables them to perform their daily living tasks such as learning, way finding, accessing computers and more in an easier manner. Thanks to modern technology, people with vision loss can do numerous things such as write documents, browse the internet and send and receive emails. There are a variety of Text-to-Speech softwares that play a major role in this area and once installed on a computer, can read absolutely anything. Other assistive devices for the visually impaired include screen magnification software, large-print materials, screen reader software that translates screen text to Braille, audio texts, and phones with large tactile buttons. Devices such as white canes also assist people with visual impairments to move independently within their homes and communities.

There are also devices like 'talking' watches, thermometers, scales, blood glucose and blood pressure monitors that help individuals to live independent and healthy lives. Tablets and cell phones also enable people with visual impairments to do things that were previously impossible, or – at the very least – challenging. It is now possible for the iPhone, for example, to describe the color, shape and size of objects to someone who is visually impaired.

Sometimes it can take time to gain familiarity with visual supports but when used consistently, they help people with disabilities live their lives more independently and with confidence. These technologies are continually evolving and has removed many access barriers for people with vision loss. Simple tasks that might have previously required the assistance of a sighted person can easily be done completely independently by people with some or no vision.

## Visual Aids: Refreshable Braille Display

Refreshable Braille Display (RBD) is a device that enables people with visual impairment to read digital text through tactile interface. Textual content in Portable Document Format (PDF), word documents, etc., can be read using the display without having to emboss/print on braille paper.

These affordable displays give them access to diverse textual media and opens doors for development of various products that strongly empowers them in fields of education, employment and quality-of-life.





## Visual Aids: Voice Activated vision enhancers

There is a variety of revolutionary voice activated devices that can be attached to virtually any glass. These devices can instantly read text from a book, smartphone screen or any other surface, recognize faces, help you shop on your own, work more efficiently, and live a more independent life.

[www.orcam.com](http://www.orcam.com)



## Visual Aids: Screen Magnifier/ Reader - USB Version

The Screen Magnifier and Readers are available in USB versions which delivers screen magnification with crystal clear text quality regardless of zoom level. The device allows to zoom into areas of the screen that are difficult to see, reduce glare, or use the color and contrast options to customize your screen for an ideal viewing experience. Selected screen readers also features speech technology that reads aloud the text on the page, including web pages, emails, news articles and more. These devices are simple, truly portable and can be attached to your keychain as well.

[www.assistech.com](http://www.assistech.com) | [www.rehabmart.com](http://www.rehabmart.com) | [shop.visionaustralia.org](http://shop.visionaustralia.org)



## Visual Aids: Handheld Video Magnifier

Handheld video magnifiers use a stand mounted or handheld video camera to project an image on to a screen. With this device, people with low vision can read comfortably. Most models allow the user to adjust the magnification, contrast and illumination to suit the individuals needs. Color monitors allow individuals with visual impairments to take full advantage of the pictures and colors used in charts, maps and other such materials.

[www.assistech.com](http://www.assistech.com) | [www.eschenbach.com](http://www.eschenbach.com) | [www.irie-at.com](http://www.irie-at.com)



## Visual Aids: Talking Calculators

Talking calculators are designed for visually impaired and low vision users as well as second language learners. They announce the numbers and calculation results in a clear voice. Talking calculators also features large LCD displays and are incredibly easy to use.

[www.assistech.com](http://www.assistech.com) | [www.braillebookstore.com](http://www.braillebookstore.com)



## Visual Aids: Screen Readers

A screen reader is an essential piece of software for a visually impaired person. It transmits whatever text is displayed on the computer screen into a form that the user can process. Most screen readers work by having a synthetic voice that reads text aloud while others can also communicate data via a refreshable braille display. There are a variety of screen reader applications like NVDA (Windows), Serotek System Access, Apple VoiceOver, ORCA, BRLTTY, etc which allows the visually impaired to interact independently and efficiently with the computer.

[www.assistech.com](http://www.assistech.com) | [www.freedomscientific.com](http://www.freedomscientific.com)



## Visual Aids: Braille Travel Alarm Clock

The Braille Travel alarm clock is a durable, plastic case with hinged lid. It has a tactile dial with raised braille numbers for easy identification. There are also a wide selection of braille clocks which includes options like alarm clocks with bed shakers, braille learning clocks, braille clocks with pillow vibrators for reliable vibrating wake-ups.

[www.maxiaids.com](http://www.maxiaids.com) | [www.rehabmart.com](http://www.rehabmart.com) | [www.ubuy.ae](http://www.ubuy.ae) | [www.seemorevision.com](http://www.seemorevision.com)



## Visual Aids: Smart Braille with Video Screen

The Smart Braille with video screen allows users to connect and communicate with others using a digital screen and audio output to share their braille writing. These devices show and speak letters and words in real-time as they are being Braille in large print, for an instantaneous, multi-sensory learning experience. They also provide USB port access which enables a visually impaired individual to create a hard copy document in braille and save it as a text file, which can then be uploaded as a document onto another system.

[www.assistech.com](http://www.assistech.com)



## Visual Aids: C-Pen Reader Pen Scanner

C-Pen Reader Pen Scanner is a portable, pocket-sized, handheld device that reads printed text aloud with a human-like, high-quality, British English digital voice. The device features a built-in voice memo recorder with playback and is also a scanner for capturing lines of text and uploading to a PC or Mac, making it ideal for students, teachers, and professionals to capture essential information. The device also comes with a standard micro-USB to USB connector cable for charging and connecting to computers, and a standard headphone connector.

[www.assistech.com](http://www.assistech.com)



## Visual Aids: Games for Visually Impaired Braille and Low Vision Monopoly

There are a number of specialized games for individuals with low vision or visually impaired persons. One such game is the Braille & Low Vision Monopoly which are square game boards designed with special overlay moulds with extra large sized cards with braille and large prints on to it so that individuals with low vision or visually impaired are able to identify all the spaces and the location of the properties in the game. The perimeter of each game space is labeled in braille and in large print, which allows everyone - including the visually impaired and those with low vision - to enjoy this game. The game comes complete with Braille dice, Braille cards, Braille money and Braille game board. Other games which are available for the visually impaired individuals include checkers, playing cards, chess, scrabble, dominoes, etc.



[www.assistech.com](http://www.assistech.com) | [www.maxiaids.com](http://www.maxiaids.com)

## Visual Aids: Color Identifier / Light Detector

The Color Identifier-Light Detector discerns and clearly announces up to 150 shadings - not just red, for example, but pale red, light red, dark red, as well as intense red. Plus, it also detects the presence of light and indicates intensity and proximity by audio signal. This pocket-sized device is perfect for the visually impaired and color blind.



[www.assistech.com](http://www.assistech.com)

## Visual Aids: ZoomText Keyboard

ZoomText Keyboard is a large-print, high-contrast keyboard that makes typing easier for people with visual impairments. Each key and button label is easy to see, even in low light with a choice of high-contrast colour schemes: "Black on Yellow" or "White on Black". The function keys F1 through F12 perform double functions. When you press and hold a function key, its assigned ZoomText command is triggered. The commands allow you to instantly start ZoomText, change magnification levels, toggle screen enhancements, launch AppReader and DocReader, and more, all without having to memorise hotkeys. One can even reassign each feature key to their choice of ZoomText commands, Internet and multimedia commands, or to open an application, document or web page.



<https://www.visionaid.co.uk/zoomtext-keyboard> |

<https://accessibilityproducts.net/low-vision/magnification-software/zoomtext-large-print-keyboard/>

## Visual Aids: Document Cameras

Document Cameras are high-resolution video cameras that can record videos for hours, capture photos, and function as a microscope. It can be helpful in the classrooms for students with visual impairments enabling them to easy learning. In classrooms, these cameras can be wirelessly connected to the tablets, then point it towards the whiteboard to live stream the writings on the whiteboard to the tablet. In this way, not only could the visually impaired student view the writings clearly using the tablet but also zoom in, annotate, or take snapshots. Many low vision individuals also use these cameras for their daily activities as well.



<https://www.documentcameras.com/HoverCam-HCS8+/>

## Visual Aids: Rango

Rango is an electronic product to be fixed on a traditional white cane, which allows visually impaired people to better detect obstacles and more easily find their way around. The traditional white cane can detect obstacles at ground level, but it does not do a good job of detecting those that are high or have little footprint, such as mailboxes, truck tailgates when making deliveries, some fences, restaurant tables or tree branches. When scanning the white cane, it is also common to miss some ground level obstacles, especially those that are narrow. All this causes stress and fatigue and induces a high risk of injury. With Rango, using a white cane becomes safer.



<https://www.gosense.com/rango-smart-white-cane/>



# HEARING AND SPEECH AIDS



If you hear better, you live better. Hearing your best keeps you connected, engaged, makes moments more memorable and connects you to the world around you. When communication is impaired, it affects every aspect of a person's life, including family and work interactions. Hearing and speech aids assist individuals in social participation, ease communication and provide emotional stability so that they can have greater control over their life.

Options for hearing aids options are increasing - they come in various sizes, shapes, styles and colors. These devices range from invisible or small sized hearing aids, to those that use artificial intelligence and are embedded with sensors. There are also a variety of sound amplification tools and alerting devices that use flashing lights, icons, or vibrations to assist individuals with hearing impairment. There also exist a few technologies that allow students with hearing difficulties to communicate over the phone with their own voice.

Speech communication aids are products for individuals who need assistance with speaking, including face-to-face communication. Technology provides vast number of assisting devices like voice amplification systems, stuttering aids, electronic larynx, communication boards, speech output software, symbol-making software, etc. Many high-tech augmentative and alternative communication devices (AAC) are also available which include speech generating devices, which produce digitized speech when the user either types a message or presses on images, words or letters. These multi-purpose devices give access to endless features.

Every individuals communication support needs are different and selecting the right communication aids for an individual will depend on their particular needs, personal preferences and abilities. With so many aids to choose from, it is important to seek a comprehensive assessment by a speech and language therapist. This will ensure that all important factors are considered - including the individual's motor, visual, cognitive, language and communication related strengths and weaknesses.

## Hearing and Speech Aids: Doorbell for hearing impaired

'Getting to know when a visitor is at the front door can be difficult for people with hearing loss. The hearing impaired doorbell helps to alert the resident to know that there is someone at the door. When the doorbell rings, the sound is accompanied by several bright flashes from the built in strobe light. This makes it easier for a hearing impaired person to know someone is at the door. The doorbell alert is lightweight and portable, enabling it to be taken from room to room. Some devices comes with an included lanyard to attach around the neck or on a wheelchair. With a reach of up to 30 meters, it can also be taken outdoors.





## Hearing and Speech Aids: Assistive Technology for the Deaf and Hard of Hearing

Assistive Technology for the Deaf and Hard of Hearing is a special technology made to assist those with hearing challenges including Hearing aids, Video relay services, tactile devices, alerting devices and technology for supporting communication. This includes:

**Frequency Modulation (FM) systems:** The sound is transmitted on a specific frequency or channel similar to a radio.

**Infrared systems** utilize light waves to transmit sound from the transmitter to a special light sensitive receiver. The signal can be broadcast to a whole room through speakers or a person who wears an individual receiver. **Infrared Systems (IR)** use invisible infrared light waves to transmit speech or music from a public address or sound system to an IR receiver

**Induction loop systems** utilize electromagnetic energy to transmit the signal. These systems can cover a small area with a loop placed under a rug or may be permanently installed within the walls or ceiling of larger areas like theaters, auditoriums, or prayer halls.

**Audio over Wi-Fi** is a simple and cost effective solution for assistive listening. Connect audio sources to a server to stream them over a Wi-Fi network. Guests use an app on their smartphones to access the channel of their choice.

**Amplified and captioned telephones** allows you to turn up the volume as necessary to hear speech clearly. You do not need to wear hearing aids to benefit from these devices.



[healthyhearing.com/help/assistive-listening-devices](http://healthyhearing.com/help/assistive-listening-devices) | [listentech.com/listen-navilution/](http://listentech.com/listen-navilution/)

## Hearing and Speech Aids: Digital Hearing Amplifiers

Digital hearing aids go far beyond amplification to make sounds audible again. They can emphasize sounds coming from specific directions, differentiate types of sound, reduce noise and compress frequencies. This is all done automatically by the hearing aid, which recognizes and adapts to the situation the wearer is in. The latest hearing aids also connect to smartphones, TVs and more - providing audio streaming from countless devices. They also make hands free calls possible. Batteries and rechargeable options are available as power source for these instruments. Some of these devices also have multi-purpose features like fall detection alerts, voice to text transcription, etc. These devices are available in different models depending on the type and degree of hearing loss. Some models are, invisible in the canal (IIC), completely in the canal (CIC), In The Canal (ITC), Receiver in the Canal (RIC) and Behind The Ear (BTE). There are few accessories like mobile app, partner microphones, remote controls are available which can be used to serve different needs.



[www.skh.ae](http://www.skh.ae) | [www.online-hearingaids.com](http://www.online-hearingaids.com) | [www.onlinehearing.com](http://www.onlinehearing.com) | <https://www.phonak.com/com/en/about-us/countries/united-arab-emirates.html>

## Hearing and Speech Aids: Bone Conduction Hearing Devices

Certain patients who are unable to benefit from standard air conduction hearing devices (a conventional hearing aid) may benefit from a device that transmits sound directly through the skull to the functioning cochleae (or cochlea, in the case of single-sided deafness). Bone conduction hearing aids can be held against the skull with a steel-spring headband; however, this is typically painful, cumbersome, produces skull deformities, and does not achieve good-quality hearing. The most widely used implantable system is a bone-anchored prosthetic device known as a bone-anchored hearing aid (BAHA). Only one non-implanted bone conduction device is available - ADHEAR, which is suitable for all ages.



[www.cochlear.com/us/en/home/products-and-accessories/cochlear-baha-system](http://www.cochlear.com/us/en/home/products-and-accessories/cochlear-baha-system)  
<https://www.medel.com/hearing-solutions/bone-conduction-system>

## Hearing and Speech Aids: Hyper Sound Clear Speakers

These speakers send a narrow beam of sound so that only listeners in a targeted zone pick up the audio they transmit, i.e, if you're the only one in the room with hearing loss, everyone else can listen to the TV at a normal volume while you crank up the speakers as much as you need. You'll be the only one to hear the boosted sound, and the speakers boast excellent sound clarity and speech intelligibility with no headphones required.



[www.cochlear.com/us/en/home/products-and-accessories/cochlear-baha-system](http://www.cochlear.com/us/en/home/products-and-accessories/cochlear-baha-system)  
<https://www.medel.com/hearing-solutions/bone-conduction-system>

## Hearing and Speech Aids: Cochlear Implants

Cochlear implants are surgically implanted prosthetic devices that use electrical stimulation to provide hearing. The criteria for selecting cochlear implantation include moderate to severe sensorineural hearing loss and a patient who still struggles to hear and understand despite appropriately fit hearing aids. Although cochlear implants are primarily used for those with bilateral hearing loss, they may also be used in patients with severe unilateral sensorineural hearing loss, with or without tinnitus. Cochlear implant devices (including those from Advanced Bionics, Med-El, and Clarion) are approved by the US Food and Drug Administration for use in children as young as 12 months, although off-label use has been offered to infants <12 months old.



<https://www.medel.com> | <https://www.cochlear.com>

## Hearing and Speech Aids: Augmentative and Alternative Communication app

Children, teens and adults who can't speak can use symbol-based Augmentative and Alternative Communication (AAC) app for iOS and android as a daily communication tool and to build language skills. There are few AAC apps designed to support all users, from beginning to advanced. Completely customizable and designed for a range of fine-motor and visual skills, the app's versatility makes it useful for non-verbal (and having limited speech) people with autism, down syndrome, cerebral palsy, and a range of other diagnoses or speech impediments like apraxia and dysarthria.

The devices allows to choose from various voices in different languages, ranging from friendly adult voices to genuine children's voices and bilingual voices. The voices are created using real recorded speech, making them feel surprisingly natural. An application Avaaz is developed for Indian population with different language options.

[www.assistiveware.com](http://www.assistiveware.com) | <http://www.avazapp.com/>



## Hearing and Speech Aids: Grid Pads

Grid Pads are the most commonly supplied communication devices for disabled people and look much like a traditional tablet, but they are loaded with software for the user to communicate with. A grid is filled with words and phrases accompanied by pictures and preset categories for forming sentences. Most modern models of the Grid Pad order high-frequency vocabulary at the top of the page, which when selected expands into other menus such as next word prediction, core verb links and symbols.

<https://thinksmartbox.com/product/grid-pad-10s/>



## Hearing and Speech Aids: Lightwriters

Lightwriters are a type of speech-generating device. The person who cannot speak types a message on the keyboard, and this message is displayed on two displays, one facing the user and a second out-facing display facing the communication partner or partners. A speech synthesiser is also used to provide speech output, and some models offer the facility to connect to a printer to provide printed output.

For people who are unable to use a keyboard, some models of Lightwriter offer the option of an on-screen keyboard with selection made by a switch using a scanning technique. Word prediction is included to make a significant reduction in the number of keystrokes.

<https://www.abilia.com/intl/our-products/communication>



# Hearing and Speech Aids: SpeechEasy devices

SpeechEasy devices are similar in appearance to a hearing aid. However, rather than amplifying sound, SpeechEasy devices alter sounds that go through the device so that you hear your voice at a slight time delay and at a different pitch. The purpose of the delay and pitch change is to recreate a natural phenomenon known as the “choral effect.” The choral effect occurs when your stutter is dramatically reduced or even eliminated when you speak or sing in unison with others. This choral effect has been well documented for decades and SpeechEasy utilizes it in a small, wearable device that can be used in everyday life.



<https://speecheasy.com/>



# DAILY ACTIVITY ASSISTANCE



Aging, injuries, disabilities and a variety of medical conditions can all cause daily activities to become challenging. Tasks like using the bathroom, getting dressed, preparing and eating food, running errands, moving around the house, and a variety of other things can be difficult for people when their mobility and balance are limited. Because of this, people often lose their independence, relying largely on the help of caregivers, or they isolate themselves, risking the danger of falls or further injury rather than ask for help. This is where daily living aids step into the picture. Daily living aids are designed to make these tasks easy again, by providing adaptive tools needed to maintain independence.

These tools are uniquely designed to make living everyday life exponentially easier and encompass a wide variety of devices, varying from non-slip floor treads, to adaptive cutlery to stair lifts. These products come in various categories like hygiene, dressing, mobility, dining, vision, hearing, fine and gross motor, sensory, cognitive, communication, safety and learning needs.

## Daily Activity Assistance: Stair Climbing Wheelchair

Stair climbing wheelchairs are folding, electronic battery-powered wheelchairs which act as a convenient mobility device to assist people with disabilities to climb up and down the stairs. These wheelchairs are lightweight and foldable making it easy to carry it anywhere. The chairs can carry up to 125 kgs of weight and climb approximately 20 floors. It is suitable to use indoors or outdoors, in public buildings and private homes. With an integrated automatic braking system, the electronic brake locks tracks during stops on ascent or descent and can be stopped instantaneously. These unique products can help physically challenged patients to climb different types of stairways with minimal effort. The wheelchair has stable and self-supporting tracks that grip that makes climbing the stairs secure. It is easy to use for one operator to transport disabled individuals up and down stairs.





## Daily Activity Assistance: Rifton Chairs

The Rifton Activity Chair is a positioning chair that provides versatile and adaptable seating for clients with disabilities ranging from pediatric to adults. The Rifton chair is perfect for active learning, feeding and speech therapy as well as for individuals with sensory processing challenges. No tools are required for this chair and the lateral supports are fully adjustable in height, width and angle - all with one knob which can never fall or get misplaced.

[www.healthmartuae.com](http://www.healthmartuae.com) | [www.rifton.com](http://www.rifton.com)



## Daily Activity Assistance: Standing Frames

Standing frames are used to support spinal cord, stroke, cerebral palsy, multiple sclerosis and other neurological rehabilitation departments. It supports individuals who have difficulties in standing and walking. The benefits of a standing frame can be wide-ranging - including improved posture, digestion, hip stability and cardio fitness. Standing frames are available with a variety of features to meet the diverse and changing needs of every user.

[www.divinephysiotherapyequipments.com](http://www.divinephysiotherapyequipments.com)



## Daily Activity Assistance: Automatic Shower Machines

Automatic shower machines allow elders or individuals with challenges to enjoy their showers without any help from others. These showers are designed with various features like handrails, emergency button in case of any falls, silicon scrubbers, etc.

<https://www.xflcare.com/human-washing-machine/>



## Daily Activity Assistance: Lift Recline Chairs

A decline in mobility and strength is natural with aging and, as a result, everyday tasks that were once simple can become exceedingly difficult. To combat this problem and help elderly residents regain their independence, lift chairs are an excellent option. These chairs are available with motor and simple controls and allow users to easily transit from a standing to a seated position and back again. There is a diverse selection of electric lift chairs, designed for comfort and support and these are fully upholstered in soft and attractive fabrics.

[www.aidacare.com.au](http://www.aidacare.com.au) | [www.lift-chairs.com](http://www.lift-chairs.com)



## Daily Activity Assistance: Shower Chair

A shower chair is typically a four-legged chair with rubberized feet, usually made with aluminum legs and a durable, plastic seat (some models also have chair backs), used to provide additional support in the bath or shower, and make it easier for the elderly, or people who have mobility issues to get in and out of the bath or shower. Its main aim is to help reduce the risk of slips and falls while bathing. There are a variety of shower chairs like the folding stool style, transfer bench, standard shower chair, rolling shower chairs, fold down chairs, baby shower chairs, etc. Few varieties are also provided with commode options and hence these are also called as commode chairs.

[www.seniority.in](http://www.seniority.in) | [www.eldereaseindia.com](http://www.eldereaseindia.com) | [www.medicalmart.ae](http://www.medicalmart.ae)



## Daily Activity Assistance: Picture Care Phone

This device allows the users to see the images and dial the contact. This device is mainly used for people suffering from Alzheimer's and partial dementia. The device can be set up with 10 most frequently called people on the phone, program their numbers in, and next time you want to call them just push the photo-call button and the picture. These devices also have features like a 911 button, last number redial, ringer off/low/hi and a flash button for call waiting.

[www.assistech.com](http://www.assistech.com) | [www.alzstore.com](http://www.alzstore.com) | [www.elderdepot.com](http://www.elderdepot.com)



## Daily Activity Assistance: Contour Rheumatic Pen

This built up contoured rheumatic pen is very easy to grip and requires virtually no pressure to write. It is ideal for those with both rheumatic and arthritic conditions and to assist those users suffering from tremors. These pens can be used by both adults and children.

[www.assistech.com](http://www.assistech.com) | [www.alzstore.com](http://www.alzstore.com) | [www.elderdepot.com](http://www.elderdepot.com)



## Daily Activity Assistance: SOS Pendant

Medical Alert Pendants are a pre-programmed, senior-friendly mobile phone. It is the ideal choice for seniors who find regular mobile phones far too complicated. These pendants can store messages & calls up to 8 emergency contacts. When the SOS button is pressed, the unit vibrates, beeps and displays SOS on the screen. The device then calls emergency contact #1. If that person does not respond the call will automatically disconnect, and emergency contact #2 will receive the next call. This pattern will continue and all eight emergency contacts will receive the call, and then the cycle will repeat until someone eventually answers the phone.

[www.able-living.com](http://www.able-living.com) | [www.guardiansp.com.au](http://www.guardiansp.com.au) | [www.surgicalhouse.com.au](http://www.surgicalhouse.com.au)



## Daily Activity Assistance: Utensil Handles / Multi Purpose Holder

For people with limited grip such as the elderly and arthritis sufferers, holding on to small handles can be challenging and sometimes painful. These special utensil handles make the act of holding and using utensils easy and comfortable. They are designed to simply slip on over the top of standard utensil handles, provide padding and create a built-up handle for simple and comfortable gripping. They can be used on a variety of utensils, such as cutlery, pens, combs, and toothbrushes in a range of sizes to ensure a secure hold.

[www.aidacare.com.au](http://www.aidacare.com.au) | [www.arthritissupplies.com](http://www.arthritissupplies.com)



## Daily Activity Assistance: Book Holder Stand

These are revolutionary new, height adjustable, floor standing book holder designed to help improve posture and to help with painful necks, backs and hands. These stands can hold books weighing up to 4kg (8lbs). These stands also come with page holders to keep the pages in place to read at any angle and allow page turning with one hand. They also have trays that permit hand writing and use of any size of laptop in ergonomically approved position. It is ideal for use in bed, armchair, wheelchair or by desk or table.

[www.completecareshop.co.uk](http://www.completecareshop.co.uk) | [www.essentialaids.com](http://www.essentialaids.com)



## Daily Activity Assistance: Air Mattresses

These devices work by reducing or redistributing pressure, friction or shearing forces. This pressure care mattress is an overlay alternating pressure relieving mattress system with 5" air cells for effective prevention and treatment of patients at high risk of developing a pressure ulcer in hospital, nursing and care home environments.

[www.caremed-alrick.com](http://www.caremed-alrick.com) | [www.vitalitymedical.com](http://www.vitalitymedical.com)



## Daily Activity Assistance: Leg Lifter

Leg Lifter helps in easy maneuvering of weak or injured leg or by a person who is recovering from leg injury / surgery or is suffering from arthritis. These self-help straps allow the person to move the affected leg into place. It is useful for repositioning the leg on wheelchair, bed, sofa or car. It is perfect for use for physical or occupational therapy to increase the mobility of the leg after a hip replacement surgery or hip or leg injury. The leg lifter is strong enough to handle leg casts with ease. It increases safety of leg while moving the leg with cast or with footwear.

[www.kosmochem.com](http://www.kosmochem.com) | [www.vivehealth.com](http://www.vivehealth.com) | [www.pedderjohnson.com](http://www.pedderjohnson.com)



## Daily Activity Assistance: Silipos Gel Metatarsal Pad

Silipos Gel Metatarsal Pads are soft, silicone gel cushions that help to reduce pressure on the forefoot whilst providing the highest degree of comfort. It is ideal for sufferers of fat pad atrophy, metatarsalgia and Morton's neuroma. These gel pads reduce pain and the burning sensation under the metatarsal heads for comfort when walking or any activity that places stress on the toes or ball of the foot.

[www.kosmochem.com](http://www.kosmochem.com) | [www.vivehealth.com](http://www.vivehealth.com) | [www.pedderjohnson.com](http://www.pedderjohnson.com)



## Daily Activity Assistance: Compression Stockings

Compression stockings are specially made, snug-fitting, stretchy socks that gently squeeze your leg. Graduated compression or pressure stockings are tighter around your ankle and get looser as they move up your leg. The pressure these stockings put on your legs helps your blood vessels work better. The arteries that take oxygen-rich blood to your muscles can relax, so blood flows freely. The veins get a boost pushing blood back to your heart. Compression stockings can keep your legs from getting tired and achy. They can also ease swelling in your feet and ankles as well as help prevent and treat spider and varicose veins. These are commonly used by people with or at risk for circulation problems, like DVT, varicose veins, or diabetes, people who've just gotten surgery, for those who can't leave their bed or have a hard time moving their legs, people who stand all day at work, athletes, pregnant women, people who spend long stretches of time on airplanes, like pilots, etc.

[www.sehaaonline.com](http://www.sehaaonline.com)



## Daily Activity Assistance: Compression Stocking Donner

The Compression Stocking Donner has been designed to help those with limited strength and mobility pull on compression or support stockings as easily as possible. The stocking donner has comfortable foam grips on its handles to make it easy to grip and pull, whilst its frame has a smooth durable epoxy finish to ensure a no-snag surface.

[www.kosmochem.com](http://www.kosmochem.com) | [www.vivehealth.com](http://www.vivehealth.com) | [www.pedderjohnson.com](http://www.pedderjohnson.com)



## Daily Activity Assistance: Therapeutic Sensory Swings

Therapeutic swings offer vestibular stimulation to individuals with sensory processing disorders and other special needs. The gentle back and forth motion of these swings soothes, improves balance and develops important motor skills. These swings also come in the form of benches, soft nets or seats that helps the individual to fully participate in the swinging process.

[www.sensoryme.com](http://www.sensoryme.com) | [www.sensorytime.ae](http://www.sensorytime.ae)



## Daily Activity Assistance: Weighted Blankets

Weighted blankets are therapeutic blankets that weigh between 5 and 30 pounds. The pressure from the extra weight mimics a therapeutic technique called deep pressure stimulation or pressure therapy. Deep pressure stimulation uses pressure to relax the nervous system. This practice may help to relieve the perception of pain, reduce symptoms of anxiety, improve sleep quality and relieve symptoms of depression. These blankets benefits for a number of conditions like autism, Attention deficit hyperactivity disorder (ADHD), Insomnia and sleep disorders, Osteoarthritis, etc.

[www.healthline.com](http://www.healthline.com)



## Daily Activity Assistance: Wheelchair cushions

A wheelchair cushion provides comfort, posture support and pressure relief. There are three categories of cushions available: foam cushion, fluid filled cushions and hybrid models. These cushions can be static or dynamic. Fluid filled and foam cushions are static devices designed to even out or distribute pressure on the pelvic contact surface. Dynamic cushion models are based on the principle that high local pressure can be tolerated as long as the duration of contact does not exceed certain pre-established limits. These cushions helps reduce shear by assisting the wheelchair user to sit upright.

<https://www.1800wheelchair.com/category/wheelchair-cushions>



## Daily Activity Assistance: Bunion Corrector

A bunion, also known as hallux valgus, is a deformity of the joint connecting the big toe to the foot. The big toe often bends towards the other toes and the joint becomes red and painful. Bunion correctors addresses the symptoms of bunions by forcing the big toe back to where it should be naturally. A bunion corrector has hinges and velcro straps that allow the foot to move. At the same time, it supports the foot's arches to align it to its natural position.

<https://bunioncorrector.com.au/>





# TYPES OF THERAPIES



Various therapies support treatment and the rehabilitation process of individuals with disabilities. Early intervention therapies especially, can change a child's developmental path. Therapy if given at the right age and based on proper diagnosis, can provide lifelong benefits.. Therapy not only helps the children but also equips the parents and caregivers with the right knowledge.

Individuals with physical disabilities, ADHD, ASD, Dyslexia, behavioral issues, health issues, need pro-active support . Therapies help individuals to gain coping skills, make a mind-body connection, gain self-confidence, learn social skills and social thinking, improve self-esteem among other benefits. There are various kinds of therapies which are advised based on an individual's requirements and health conditions, and a few are listed below.

## **Types of Therapies: Applied behavior analysis (ABA Therapy) / Behavioral Therapy**

Applied Behavior Analysis (ABA) is an evidence based treatment approach that involves reducing/ eliminating challenging behavior as well as improving language, social, self-help and academic skills. This therapy is rooted in the principles of behaviorism, a school of thought focused on the idea that we learn from our environment. There are a number of different types of behavioral therapy. The type of therapy used can depend on a variety of factors, including the condition being treated and the severity of the person's symptoms. This therapy/ analysis involves using learning principals to bring about lasting positive changes in a child's life. For example using the principal of 'reinforcement' to increase the likelihood that desirable behavior will happen in a similar situation in the future. ABA therapy is most commonly known for it's use with children and adults with autism spectrum disorder (ASD). It can support individuals with language difficulties, delays in self help skills, developmental disorders (e.g. ADHD) and children with behavior difficulties.



[www.inspiretherapy.ae](http://www.inspiretherapy.ae) | [www.autismspeaks.org](http://www.autismspeaks.org) | [verywellmind.com/what-is-behavioral-therapy-2795998](http://verywellmind.com/what-is-behavioral-therapy-2795998) | [healthline.com/health/behavioral-therapy#types](http://healthline.com/health/behavioral-therapy#types)

## Types of Therapies: Occupational therapy

Occupational therapy is a therapy given to individuals who have physical, hearing, or sensory problems. Occupational therapy services typically include individualized evaluation, customized intervention to improve the person's ability to perform daily activities and reach the goals, and an outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan. This therapy is given to people of all ages. It mainly helps kids to improve their performance on daily basis. Many autistic children benefit by this therapy. Many therapy sessions are given to such individuals in the areas like: self help skills, gross motors skills, visual motor skills, sensory motor skills.

[www.kidsfirstmc.com](http://www.kidsfirstmc.com) | [www.pulsecenter.ae](http://www.pulsecenter.ae) | <https://youtu.be/Cdtey7Q1sl>  
[youtu.be/tky1UuKgSTU](https://youtu.be/tky1UuKgSTU) | [aota.org/conference-events/otmonth/what-is-ot.aspx](http://aota.org/conference-events/otmonth/what-is-ot.aspx)



## Types of Therapies: Neuro Development Therapy

Neuro Development Therapy (NDT) is individualized therapeutic handling based on movement analysis for rehabilitation of patients with neurological conditions. These include cerebral palsy, delayed development in children, multiple sclerosis, spinal cord injuries, down syndrome, head injuries and pediatric stroke.

<https://www.goodtherapy.org/learn-about-therapy/types/dance-movement-therapy>  
<https://adta.memberclicks.net/what-is-dancemovement-therapy>



## Types of Therapies: Sensory Integration Therapy

Sensory integration therapy is essentially a form of occupational therapy, and it is generally offered by specially trained occupational therapists. It involves specific sensory activities to help a child appropriately respond to light, sound, touch, smell, and other input. Interventions may include swinging, brushing, playing in a ball pit, and many other sensory-related activities. The outcome of these activities may be better focus, improved behavior, and even lowered anxiety. Sensory integration therapy can make a real difference by helping individuals to manage their sensitivities and cravings. This therapy has become one of the most requested and utilized interventions for autism.

<https://www.verywellhealth.com/sensory-integration-therapy-and-autism-260509>  
<https://www.autismspeaks.org/science-news/study-finds-sensory-integration-therapy-benefits-children-autism>



## Types of Therapies: Speech & Language therapy

This is one of the most important therapies as expression is the first step in development. Speech language pathologists assess speech, language, social communication, cognitive communication and stammering. The sooner the speech problems are identified in people, the earlier it can be resolved. Therapists usually encourage speech development at home by making kids talk, sing and make them imitate sounds and gestures. Also reading to them makes them imitate adults easily. For adults, the speech therapist may prescribe exercises to help improve breath control and increase tongue and lip coordination. This therapy also improves communication which is very vital for every individual. It enables them to express their thoughts and feelings which is the basis of forming relationships.

[www.healthline.com](http://www.healthline.com) | [www.kidsneuroandrehab.com](http://www.kidsneuroandrehab.com)



## Types of Therapies: Music therapy

In music therapy various swaras or musical notes of ragas are sung in 3 different speeds. These notes are sung in proper rhythms/taalas. As and when the speed of the note increases, it helps the individual to improve their speech ability, mathematical ability as they have to coordinate the speed and the notes together. The brain and tongue coordination also improves, thereby making it very entertaining. It is an easily available therapy especially for kids with speech disability, autism and children suffering from down syndrome.

[www.musictherapy.org](http://www.musictherapy.org) | [www.clevelandclinic.org](http://www.clevelandclinic.org)



## Types of Therapies: Physical Therapy / Physiotherapy

Physical therapy addresses the illnesses or injuries that limit a person's abilities to move and perform functional activities in their daily lives. It helps through physical rehabilitation, injury prevention and maintain health and fitness. People of all ages benefit from physical therapy and it can treat a variety of health problems. Physiotherapy is also important for supporting people with Cerebral Palsy (CP) and managing CP symptoms related to movement, posture, and balance. Physiotherapy can help improve motor skills and prevent movement problems from worsening over time. It can also allow children with CP to gain more independence with daily activities. Though physiotherapy may concentrate on muscle affected areas, it also boosts the metabolism thereby increasing mental stability. Physiotherapy can be given in various forms like pilates, Zumba, yoga and stretching exercises. It improves breathing, muscle strengthening, blood circulation, digestion, brain development and much more.

[www.healthpoint.ae](http://www.healthpoint.ae) | [www.medicalnewstoday.com](http://www.medicalnewstoday.com) | [www.verywellhealth.com](http://www.verywellhealth.com)  
[www.webmd.com](http://www.webmd.com)



## Types of Therapies: Auditory Verbal Therapy

Auditory-Verbal Therapy is specialized type of therapy designed to teach an individual to use the hearing provided by a hearing aid or a cochlear implant for understanding speech and learning to talk. There is a narrow window within which the brain is developed as a listening one and AVT seeks to make the most of this window of neural plasticity in the initial stages of life. The child is taught to develop hearing as an active sense so that listening becomes automatic and the child seeks out sounds in life. AVT is a parent centered approach that encourages the use of naturalistic conversation and the use of spoken language to communicate.

[www.rchsd.org](http://www.rchsd.org) | [www.avuk.org](http://www.avuk.org)



## Types of Therapies: Play therapy

Play therapy is a form of therapy used primarily for children. That's because children may not be able to process their own emotions or articulate problems to parents or other adults. A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors.

<https://www.healthline.com/health/play-therapy#benefits>

<https://www.goodtherapy.org/learn-about-therapy/types/play-therapy>



## Types of Therapies: Dance & Movement Therapy

Dance/movement therapy, usually referred to simply as dance therapy or DMT, is a versatile type of therapy that uses movement to help individuals achieve emotional, cognitive, physical and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, disease prevention, and mood management. In addition, DMT's physical component offers increased muscular strength, coordination, mobility and decreased muscular tension. Dance/movement therapy promotes self-awareness, self-esteem and a safe space for the expression of feelings. Dance therapists work with people in therapy to help them improve their body image and self-esteem. The creative expression of dance therapy can bolster communication skills and inspire dynamic relationships. It is commonly used to treat physical, psychological, cognitive and social issues.

<https://www.goodtherapy.org/learn-about-therapy/types/dance-movement-therapy>

<https://adta.memberclicks.net/what-is-dancemovement-therapy>



## Types of Therapies: Horticultural Therapy

Horticultural therapy (also known as social and therapeutic horticulture or STH) is defined by the American Horticultural Therapy Association (AHTA) as the engagement of a person in gardening and plant-based activities, facilitated by a trained therapist, to achieve specific therapeutic treatment goals. Direct contact with plants is believed to guide a person's focus away from stress enhancing their overall quality of life. The horticultural therapy is an active process which occurs in the context of an established treatment plan. Horticultural therapists are specially educated and trained members of rehabilitation teams (with doctors, psychiatrists, psychologists, occupational therapists and others) who involve the client in all phases of gardening, from propagation to selling products, as a means of bringing about improvement in their life.



[https://www.youtube.com/watch?v=tpY4BTDXpZY&ab\\_channel=BeelaGK%2CKAU](https://www.youtube.com/watch?v=tpY4BTDXpZY&ab_channel=BeelaGK%2CKAU)

<https://www.ahta.org/horticultural-therapy> | <https://healthjade.net/horticultural-therapy/>

## Types of Therapies: Cognitive Therapy

Cognitive therapy is a short-term form of psychotherapy based on the concept that the way we think about things affects how we feel emotionally. Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem solving. The interventions offered by the therapist focus on identifying those negative thoughts. Those patterns of thinking are then challenged by the therapist and replaced with clearer, and more effective thoughts. Cognitive therapy can be applied to a broad range of problems including depression, anxiety, panic, fears, eating disorders, substance abuse, and personality problems.



[https://www.medicinenet.com/cognitive\\_therapy/definition.htm](https://www.medicinenet.com/cognitive_therapy/definition.htm)

<https://bepsychologycenter.com/cognitive-behavioral-therapy/>

## Types of Therapies: Social skills training

Social Skills Training (SST) refers to a wide range of interventions and instructional methods used to help an individual understand and improve social skills. SST is often associated with the fields of applied behavior analysis, special education, cognitive-behavioral therapy, and relationship-based therapies. SST programs vary significantly based on the age and skill level of participants. One major benefit of social skills programs is that they are fully customizable for each individual's strengths and needs.



<https://www.appliedbehavioranalysisprograms.com/faq/social-skills-training/>

<https://positivepsychology.com/social-skills-training/>



## Types of Therapies: Vision Therapy

Visual Processing Therapy helps individuals overcome limitations in cognitive processing caused by attention and working memory deficits. Individuals with visual disorders find it difficult to distinguish between similar shapes, letters or objects, identifying an object when only parts of it are visible, distinguishing a figure from its background, illegible handwriting and so on. A Vision Therapy treatment program can enhance visual motor integration, visual memory, processing speed and processing skills. Through this therapy, a detailed analysis of each person's visual learning style are made and then the deficits in visual gathering and visual efficiency are remediated through visual exercises.

[https://www.advancedvisiontherapycenter.com/treatment/visual\\_processing\\_therapy/](https://www.advancedvisiontherapycenter.com/treatment/visual_processing_therapy/)



# DENTAL CARE



Dental care is medical care and hygiene related to ones teeth. Basic dental care includes daily brushing with a fluoride-containing toothpaste, flossing and maintaining a healthy diet – along with scheduling regular oral exams and professional cleaning. A healthy mouth, free of infections, injuries and other problems with teeth and gums, is essential to maintaining overall health.

Developmental disabilities such as Autism, Cerebral Palsy, Down syndrome, and other cognitive disabilities create challenges in accomplishing daily activities, especially self-care related activities.

Individuals with these disabilities may need extra help to achieve and maintain good health, which includes oral health. To achieve and maintain good oral health, people with mild or moderate developmental disabilities often require a special approach to dental care.

In special care dentistry, individuals need special facilities or services to have this care provided. It is very helpful if individuals schedule a meeting with their dentists regularly. This would normally be once in every 6 months, though it may vary based on specific requirements.

## Dental Care: Electric toothbrush

Electric toothbrush bristles vibrate or rotate to help you remove plaque buildup from your teeth and gums. The vibration allows for more micro-movements every time the toothbrush is moved across the teeth. Few electric toothbrushes also have timer options which allows the user to set to duration which the toothbrush should brush. Electric toothbrushes are helpful for individuals with limited mobility such as people with carpal tunnel, arthritis, developmental disabilities, etc.



[www.philips.ae](http://www.philips.ae) | [www.oralbarabia.com](http://www.oralbarabia.com)

## Dental Care: Modified toothbrush handle

Toothbrush is an integral part of our daily routine. For individuals having trouble to hold the toothbrush, there are many ways to adapt the toothbrush to make it easier to hold. The toothbrush can be adapted by using various options like velcro attachments, bicycle handles, tennis ball and so on.



[https://www.amazon.com/Maddak-Universal-Built-Up-Handle-746300000/dp/B00BSF7YC8/ref=psdc\\_3775811\\_t3\\_B00LP2F41W](https://www.amazon.com/Maddak-Universal-Built-Up-Handle-746300000/dp/B00BSF7YC8/ref=psdc_3775811_t3_B00LP2F41W)

## Dental Care: 3-sided toothbrush

3-Sided Toothbrush is the fastest and easiest way to complete dental care, offering benefits far beyond the limitations of ordinary toothbrushes. They are designed such that it completely surrounds the teeth to assure maximum coverage per brushing stroke. The advanced wrap-around design quickly and easily removes more plaque in the hard-to-reach areas especially at the gum-line which can lead to early gum disease. Its expansion pleats automatically adjust to all tooth widths. Children who may not be spending enough time brushing will find it fun to brush, and easily get the best results.



[https://www.amazon.com/Toothbrush-Bristle-Complete-Gum-Care-Bristles/dp/B082V6C83P/ref=psdc\\_3778211\\_t2\\_B07SJXS12](https://www.amazon.com/Toothbrush-Bristle-Complete-Gum-Care-Bristles/dp/B082V6C83P/ref=psdc_3778211_t2_B07SJXS12) | [www.dentrust.com](http://www.dentrust.com)

## Dental Care: Auto toothbrush

Automatic toothbrushes are designed for both kids and adults to provide an enjoyable, effective and convenient oral care method. The bristles of these brushes ensure that all the teeth are being brushed simultaneously, reaching even the hardest spots. It provides faster brushing times and more importantly, it offers the ability to assist with the elimination of any nasty germs whilst keeping gums undamaged.



[www.happieteeth.com](http://www.happieteeth.com)



# ORAL HEALTH CARE FOR INDIVIDUALS WITH SPECIAL NEEDS



## Infants

- TWICE DAILY: Using a clean cloth or gauze, gently wipe gums, inside of cheeks, along tongue and outside of lips.
- Cradle the head gently with one arm and clean with opposite hand.
- You may also place the infant down safely on a changing table or bed for better visibility.
- Sing, talk and smile while cleaning, this helps to put the baby at ease.
- Make a dental appointment at 6 months of age or at signs of first tooth.
- Create a routine.



## Child Ages 2-5

- TWICE DAILY: Use soft, toddler-sized toothbrush with pea-sized amount of fluoride toothpaste.
- Lift the child's lip to brush along the gum line.
- Introduce flossing with use of flossers daily.
- After brushing at night, do not give the child anything other than water to drink/eat.
- Give sips of water in between meals/snacks.
- Allow child to pick out own toothbrush with favorite color/characters. This will motivate children to want to brush.
- Sing a song or you can also use toothbrushes that have music aids which helps to keep the child engaged.
- If obstructive, put your child's head on your lap or on the floor.
- If standing, have their back to you with slight tilt of the head resting against your body.
- Older cooperative siblings make great models/helpers if second person is needed!
- Create a routine.



## Child Ages 5-7

- TWICE DAILY: Use soft, child-sized toothbrush with pea-sized amount of fluoride toothpaste.
- Assist with brushing along the gum line.
- Encourage flossing with use of flossers daily.
- After brushing at night, do not give child anything other than water to drink/eat!
- Allow child to pick out own toothbrush with favorite color/characters. This will motivate children to
- want to brush.
- Give sips of water in between meals/snacks.



## Child Ages 7-12

- TWICE DAILY: Use soft, appropriately-sized toothbrush with fluoride toothpaste.
- Introduce electric toothbrushes slowly. First have them feel the vibration on their hand, arm, moving closer to the face. Rub cheeks, lips then fronts of teeth. BE PATIENT!
- Flossing with use of flossers daily.
- After brushing at night, do not give anything other than water to drink/eat.
- Give sips of water in between meals/snacks.



## Teens 12+

- TWICE DAILY: Use soft, adult-sized toothbrush with fluoride toothpaste.
- Electric toothbrushes are encouraged.
- Flossing with use of flossers daily.
- After brushing at night, do not give anything other than water to drink/eat.
- Give sips of water in between meals/snacks.



## TIPS FOR OPENING THE MOUTH FOR TOOTHBRUSHING

- Stand behind child's head.
- Place palm of hand along cheek.
- Thumb placement in between lip and teeth while placing index finger under the chin to control head and keep lip out of the way.
- Make sure bristles are along gum line for effective plaque removal.
- Support child's head and take special care to prevent feeling of choking/gagging.



Standing in the bathroom (Cooperative)	Sitting on the floor	Lying on the floor/bed	Wheelchair
<p>Standing behind child, have the child stand facing bathroom mirror with head</p> <p>Place hand over child's hand to aid with brushing.</p>	<p>Sit on a chair with the child sitting on floor facing away from you.</p> <p>Child can lean against knees with head tilted back against your lap.</p> <p>Gently wrap your legs over child's legs and arms to keep child still, a second person can also help.</p>	<p>Place the child on the floor and kneel/sit behind the child.</p> <p>Use pillow on your lap to lay child's head down.</p> <p>Use your arm for gentle head holding if needed, to keep the child still during brushing.</p>	<p>Stand behind wheelchair. Use arm to brace the child's head against the wheelchair or against your body.</p> <p>Use pillow to keep child comfortable.</p> <p>Drape a towel around chest to help with any mess. Clean, wet washcloth can be used for removing excess toothpaste when unable to rinse.</p>



# SERVICES IN UAE



## Services in UAE: Sanad Card

The Sanad Card provides exclusive privileges to people with special needs in Dubai from the Govt. offices and Authorities including Municipality, DEWA, Etisalat, Du, Dubai Police, RTA, Housing Establishment, Customs, Legal Affairs, Culture, Arts Emergency Service, Sports Council, Civil Aviation, etc.

The card also provides discounts to PoDs at Rehabilitation Centers, Hospitals, Health Clinics, Pharmacies, Accessories and Supporting Equipments, Home Care Services, Commercial Shops, Fashion Stores, Lawyers, Entertainment and others.

It is a main tool to build a database for people with disabilities in Dubai. People with disabilities in kinetic, mental, sensory, developmental and psychological areas are eligible. Nationals and expatriates are both eligible to this. This card is provided free of cost.



<https://www.cda.gov.ae/en/socialcare/PeopleWithDisabilities/Pages/sanadCard.aspx>

## Services in UAE: Card for People of Determination (PODs)

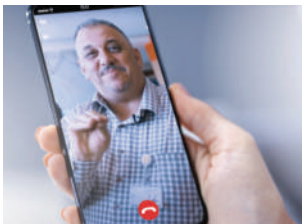
Card of people of determination is a personal card issued by Ministry of Community Development to people of determination. It is considered to be an official document indicating that the holder is disabled to ensure their rights and services established as per the local laws.



"<https://www.mocd.gov.ae> | Registration Link: <https://www.mocd.gov.ae/en/services/issuing-new-card-for-people-of-determination.aspx> | Card Benefits & uses: <https://www.mocd.gov.ae/assets/2e23ab1c/people-of-determination-card-benefits.aspx>"

## Services in UAE: Sanad Relay Center

Sanad Relay Center is a reliable reference for people of determination with hearing disabilities and their families that works through an application on computers, smartphones and tablets. It operates video calls between sign language specialists and people of determination with a hearing disability to facilitate in communication and integration with the society. This service is free of charge.



## Services in UAE: Wheelchair Access in Dubai Public Transports

Using the public transportation system in Dubai as a wheelchair user is extremely easy. City buses and trains are completely wheelchair accessible, making it one of the best transit networks. The needs and requirements of People of Determination has always been embedded in RTA's development plans and services. The services are provided in various categories like Rail Services, Card Services, Public Transports, Traffic & Road Services, Dubai Taxi and so on.

<https://www.cda.gov.ae/en/socialcare/PeopleWithDisabilities/Pages/SanadRelayCenter.aspx>



## Services in UAE: Rehab and health centers in UAE

There are numerous special education centers and schools in UAE which assist parents to develop parental skills to meet the unique needs of their special children. Here is a list of the centers in UAE.



Name of the Center	Address	Website
The Doris Duan - Young Autism Center, Dubai, UAE	Dubai Healthcare City, Al Razi Building 64 Unit 6006-6008, Block B, Unit 01R5 - Dubai	<a href="http://ddyautismcenter.com">http://ddyautismcenter.com</a>
Dubai Autism Center	Opp. National Charity School - 20 B St - Garhoud - Dubai	<a href="https://www.dubaiautismcenter.ae">https://www.dubaiautismcenter.ae</a>
Sharjah City for Humanitarian Services	5796 Al Yarmuk, Sharjah, P.O.BOX :5796"	<a href="https://www.schs.ae">https://www.schs.ae</a>
Autism Trust Foundation	Office 805 Palace Towers, Silicon Oasis Dubai, 300191"	<a href="https://www.autismtrustfoundation.com">https://www.autismtrustfoundation.com</a>
Pulse Therapy and Learning Center	Villa 27 - Al Raddi St - Umm Suqeim 1 - Dubai	<a href="http://www.pulsecenter.ae/en">www.pulsecenter.ae/en</a>
The Carbone Clinic	Clinic102-104,First Floor, Building 33,P.O.Box 111926,Dubai Healthcare City.	<a href="http://www.thecarboneclinic.ae">http://www.thecarboneclinic.ae</a>
Special Needs Future Development Center	Behind Dubai Public Library - Villa No. 9 6th St - Al Mankhool - Dubai	<a href="https://snfgroup.com">https://snfgroup.com</a>
Maharat Learning Center	Marsa Plaza, HP011, Ground Floor, Dubai Festival City, Dubai, UAE	<a href="http://www.maharatlearning.com">www.maharatlearning.com</a>
Rashid Center for People of Determination	Al Barsha1, Behind Mall of the Emirates - Dubai	<a href="http://www.rashidc.ae">www.rashidc.ae</a>
ABLE UK (Advanced Behavioural Learning Environment)	2nd Floor, Building - 6 26th St - Dubai	<a href="https://able.ae">https://able.ae</a>
Manzil Center for people with disabilities	St 11, Industrial Area 17, PO Box 44410. Sharjah	<a href="https://www.manzil.ae">https://www.manzil.ae</a>
AL Karamah School	Al Karamah St - Al Manhal - Abu Dhabi	<a href="https://www.alkaramahschool.ae">https://www.alkaramahschool.ae</a>
Inspire Therapy DMCC	Office 309, One Lake Plaza, Cluster T, JLT - Dubai	<a href="https://inspiretherapy.ae">https://inspiretherapy.ae</a>
Al IBTISAMA Center for People with Disabilities	"33, Basheer Bin Sa'ad St, 61287 Ground Floor, Samnan, Halwan, P O Box 2324, Sharjah	<a href="https://alibtisama.com">https://alibtisama.com</a>
Al Noor Training Centre for Persons with Disabilities	Building No. 01, Street No. 21, Al Barsha 1, Dubai, UAE	<a href="https://alnoorsneeds.ae">https://alnoorsneeds.ae</a>

## **Services in UAE: UAE Sign Language Dictionary**

UAE launched the first 'Emirati sign language dictionary', which seeks to develop and standardise the signs used by people of determination with hearing impairments across the UAE. The dictionary is available online, and it includes 5,000 words for teaching people with hearing difficulties and training sign language translators. The dictionary is in line with Vision 2021 and National Agenda which aim to maintain a cohesive society and promote an inclusive environment that integrates all segments of society.

<https://u.ae/en/information-and-services/social-affairs/people-of-determination/protection-support-and-assistance-of-people-of-determination>

## **Services in UAE: Mohammed Bin Rashid Library**

Mohammed Bin Rashid Library is one of the best supporting libraries for people of determination in terms of services and features, empowering visually impaired persons with Braille services as part the library's strategy to integrate these creative individuals into society.

The library also hosts a sensory pod offering a calming and relaxing space for children and adults with autism or other special needs.

<https://mbrl.ae/>

## **Services in UAE: Transport Service for the disabled - Enaya Car for the determined**

Enaya Car Rentals has been helping disabled people who are on wheelchair and not able to travel from one place to another around UAE. Enaya Car Rentals Dubai offers handicap transportation service, Bus for handicapped, Rent van with lift, Disabled van hire, Wheelchair accessible van rentals to help you decide which accessibility van rentals in UAE fits your needs. They also have transport services for disabled to help with occasional transportation needs — locally or nationwide within UAE. They also offer taxi for handicapped for a day, a weekend, or longer with driver or without driver.

<https://www.enayacar.com/>

## **Services in UAE: Support and guidance group for mothers carrying babies with down syndrome**

Emirates Down Syndrome Association is accredited by the Ministry of Community Development in 2006 to serve people with Down Syndrome from birth, and for all ages and nationalities. They provides all types of support to pregnant mothers and new parents with children having down syndrome. Mothers can seek the required guidance during pregnancy, the first day of birth, early intervention and throughout the years.

[www.edsa.ae/en/](http://www.edsa.ae/en/)

## Services in UAE: Floating Chair in Beaches / Beach Floating Wheelchair Service

Dubai Municipality has introduced Mobichair, a chair equipped with three tyres which can float on water when the tyres are detached. Mobichair is highly safe and people of determination can use it to float on the beach. It is currently available at Al Mamzar Park Beach. When venturing into the sea, the tyres can be removed and when on shore the tyres can be attached back to the chair. It's free for handicapped people.

The Sharjah Ladies Club has also launched a new 'Beach Floating Wheelchair' service for elderly women and women with disabilities. It is a first of its kind service in the Emirate of Sharjah, specifically catered to women.

<https://www.khaleejtimes.com/uae/uae-free-beach-floating-wheelchair-launched-for-elderly-people-of-determination> | <https://www.khaleejtimes.com/tech/floating-chair-at-dubai-beaches-to-hand-driven-car-gadgets-5-unique-devices-for-people-of-determina>

## Services in UAE: UAE Visa - Age Limit update

The UAE Cabinet announced reforms to the country's entry and residency visa schemes, in which parents can now sponsor their sons visas till they are 25 years of age and no age limit for sponsorship of unmarried daughters.

<https://www.khaleejtimes.com/visa-and-immigration-in-uae/uae-visa-changes-parents-can-sponsor-sons-until-they-are-25-families-relieved>



# Privileges for People of Determination across the UAE – An overview

– **Sujit Sukumaran**



## Privileges for PODs: The why, what and how

### What are the essentials?

Depending on Emirate

Dubai – MOCD and Sanad Cards

Abu Dhabi – ZHO Card

Sharjah – Separate Emirate Card

All other emirates – Accept Ministry of Community



## Privileges for PODs: Applying for a card

### Process – MOCD Card

MOCD – Fully online process – Refer the below video for steps

<https://www.mocd.gov.ae/en/services/issuing-new-card-for-people-of-determination.aspx>

### Process – Sanad Card

- More for Dubai visa holders/residents
- 50% online and 50% offline process
- Quite tedious
- Benefits wise almost same as MOC

<https://www.cda.gov.ae/en/socialcare/PeopleWithDisabilities/Pages/sanadCard.aspx>

### Process – Abu Dhabi Card ZHO

- Submit a request along with the required documents through the available channels (E- Services- Mobile Apps- WhatsApp Business App)

### Required Documents

- Copy of the medical report or the comprehensive assessments did not last more than one year
- Personal photo (white background)
- Request People of Determination ID Renewal
- Copy of the medical report or the comprehensive assessments did not last more than one year
- <https://zho.gov.ae/en/Eservices/Pages/ServiceCardDefinition.aspx?itemId=9>



## Privileges for PODs: WIIFM – What’s in it for me???

### Key Benefits (Dubai Municipality)

- All parks are free for POD and 1 companion
- Dubai Frame – POD + 2 Free
- Dolphin Show – Half Price Tickets
- All Dubai Municipality provisions have some or the other privilege either free or 50% off

### Key Benefits (RTA & DoT Abu Dhabi)

- Access to disabled parking (separately have to apply for Parking Card)
- Salik is FREE. After you get parking permit, apply online on the RTA site. For Abu Dhabi and Dubai
- Free Personalized Blue Metro Card available, all trips are free to and fro for disabled person only

### Key Benefits (Telecom Service Providers)

- **Etisalat** - 50% discount on a selection of freedom packages. Go to an Etisalat service centre and show disability card to receive the discount.
- **Du** - Du provides 50% discount on monthly subscription fees on any plan selected by a client with disabilities.

### Key Benefits (Emirates ID)

- Only typing fee is needed. Government fee exempted on renewal. Approx AED 370.
- Ensure you tell the typist that it is a POD card. Back will feature a wheelchair icon. This is new.

### Key Benefits (Miscellaneous)

- Louvre Abu Dhabi – POD +1 Free
- Dubai Airports – Wheelchair provisions & Special Escort – Last counter. (WCHR or WCHC)

### Key Benefits (Miscellaneous)

- **IMG Worlds of Adventure** - Disabled cardholders a Dh100 ticket for children under 120cm and Dh150 for disabled adults. The caregiver will be offered free admission. Both the caregiver and the disabled will get immediate access to the ride and attractions.
- **Legoland water park** - Offers a free complimentary ticket to caregivers, while cardholders will have to pay the general admission.
- Cardholders and their caregivers can also get a 50 per cent discount on the general admission of the regular Dh195 per adult and Dh170 per child below two years old **at Aquaventure water park of Atlantis the Palm.**
- **Jumeirah's Wild Wadi water park** offers Dh60 discount for disabled cardholders on their Dh295 and Dh245 tickets for adults and children respectively.



## Privileges for PODs: WIIFM – What’s in it for me???

### - ZHO

#### The provided electronic services – Merits of people of determination

<p>Special discount for people of determination</p> <p>30% discount for families of people of determination</p> <p>AL ASIMA EQUESTRIAN CLUB</p>	<p>Dhabi Card Exemption in sale licenses</p>  <p>Abu Dhabi Chamber of Commerce and Industry</p>	<p>Membership in Armed Forces hotel and club</p>  <p>Armed Forces Hotel and Club</p>	<p>*Granting card of "Absher"</p> <ul style="list-style-type: none"><li>*The priority of reserving appointments.</li><li>*Shortening the waiting period for doctors consultations.</li><li>*Phone number specified for reserving times and query.</li></ul> <p>SEHA شركة الخدمات الصحية Abu Dhabi Health Services, Co. - SEHA</p>	<ul style="list-style-type: none"><li>• Free parking for one hour</li><li>• Private counters in airports</li></ul> <p>ADAC شركة أبوظبي للمطارات ABU DHABI AIRPORTS COMPANY</p> <p>Abu Dhabi Airports Company</p>
<p>Discount 50% for all Du packages</p>  <p>Du company</p>	<p>Discount of 10% for shipping</p>  <p>Emirates post</p>	<p>Discount of 15-55% for travelling tickets</p>  <p>Emirates</p>	<p>*Granting Fazaa card</p> <p>*Review merits of Fazaa card by downloading the smart application FAZAA or by electronic link <a href="http://www.fazaa.ae">www.fazaa.ae</a></p>  <p>Ministry of Interior Social Security Department</p>	

#### The provided electronic services – Merits of people of determination

<ol style="list-style-type: none"> <li>1. Priority to complete transactions</li> <li>2. Complete their travel procedures</li> <li>3. Private parking</li> <li>4. Private counter</li> <li>5. Special mobility chair</li> <li>6. A private waiting room</li> </ol>  <p>الهيئة الاتحادية للهوية والجنسية FEDERAL AUTHORITY FOR IDENTITY &amp; CITIZENSHIP</p> <p>Federal Authority for Identity and</p>	<ol style="list-style-type: none"> <li>1. Shangri-La Hotel</li> <li>2. The Fairmont Hotel</li> <li>3. Hilton Hotel</li> <li>4. The Ritz-Carlton</li> <li>5. Fairmont Makkah Hotel</li> <li>6. Dusit Thani Hotel</li> <li>7. Jumeirah Hotels chain</li> <li>8. Rotana Park Hotel</li> </ol> <p>Hotels and restaurants</p>	<ul style="list-style-type: none"> <li>▪ The service of transferring passengers by public buses <ol style="list-style-type: none"> <li>1. People of determinations can move without limitation in Abu Dhabi City buses, its suburbs free by using smart card of buses. (hafilat)</li> <li>2. Buses equipped for boarding and descending people in wheelchair</li> </ol> </li> <li>▪ Parking management services <ol style="list-style-type: none"> <li>1. Department of transport issues parking permits for people of determination</li> <li>2. Free parking for people of determinations as the permit's holders are exempted from parking fees in all parking provided stopping vehicle correctly in its specified places.</li> </ol> </li> </ul> <p>Department of transport- Integrated</p>	<ul style="list-style-type: none"> <li>▪ Service of transferring passengers in ferries <ol style="list-style-type: none"> <li>1. people of determination, and their companions are exempted from using ferries of department of transport. exempted</li> </ol> </li> <li>▪ The service of traffic (Abu Dhabi Toll Gate- Salik) <p>people of determination are exempted from Abu Dhabi Toll Gate (Salik)</p> </li> </ul> <p>مركز النقل المتكامل INTEGRATED TRANSPORT CENTRE</p> 
--	--	---	--

# Useful Apps for People of Determination



App Name	App Description	Compatibility
Be My Eyes: Connecting visually impaired travelers	<p>When a person with visual impairment find themselves in unfamiliar surroundings, it can be quite a challenge to find their way around with efficiency. This is precisely the problem that the Be My Eyes app provides assistance with.</p> <p>When the person uses the Be My Eyes app, they are connected with the assistance of a sighted volunteer via a direct video line. The volunteer may then help that person negotiate unfamiliar surroundings. For example, it can be used to help find lost or dropped items, describing pictures, reading labels, shopping at stores, and navigating new places.</p>	iOS and Android
FuelService	<p>FuelService helps disabled drivers find and get assistance in refueling their vehicles. Refueling can be challenging for people who use wheelchairs and other disabled drivers, but FuelService aims to solve that challenge by showing us which gas stations have attendants who can help.</p> <p>This app can be used to search for and choose a gas station from a list or map. The app will then contact the gas station to see if they can assist you. Once you arrive, the app notifies the attendant you have arrived and shows you how many minutes it will be before they come out to help. It even includes a ratings system to help you choose gas stations that have provided good assistance to others.</p>	iOS and Android
Access Now	<p>Access Now is a community-driven app that pinpoints accessible locations on an interactive map. You can look up places like restaurants, museums and attractions and view their accessibility ratings: accessible, partially accessible, patio access only and not accessible. You can also rate locations and even add your own to help others in the community.</p>	iOS and Android

App Name	App Description	Compatibility
CoughDrop	<p>There are many conditions such as Down’s syndrome, Angelman syndrome, cerebral palsy, and others—that make an individual’s speech difficult to understand. Many people need the assistance of technology in order for their voices to be heard. Unfortunately, a lot of that technology is hard to use, is hard to configure, and is crazy expensive. CoughDrop is a new AAC app that tries to fix this problem. It helps you get back the voice you already had. It provides an approachable, simple solution to complex communication needs for everyday use.</p>	iOS and Android
ModMath	<p>ModMath helps kids with disabilities like dyslexia and autism to learn math via an iPad. The app was developed by parents of children with dyslexia and other learning disabilities. ModMath provides virtual graph paper and is pencil-free, which is ideal for people who struggle to read their own handwriting. This app assists students to set up math problems in a format that’s easily legible. It allows older students to complete more complex math assignments, including fractions, square roots and algebraic equations.</p>	iOS
Wheel Mate : Find wheelchair-accessible toilets and parking space	<p>Finding accessible facilities can often be challenging in the urban environment. Here is an app to help you out. This free mobile app is designed for people in wheelchairs who need to find accessible restrooms and parking. WheelMate allows users to rate restrooms and parking areas for cleanliness, convenience, and accessibility—so you’ll know which public amenities are a safe bet, and which ones to skip altogether.</p>	iOS and Android
Assistive Touch	<p>For some smartphone users with certain physical disabilities, even the seemingly simple task of operating that phone can be difficult. However, with the Assistive Touch mobile app, activating smartphone operations are much easier. AssistiveTouch is already built into every iPad, iPhone, and iPod touch. This feature helps people with physical disabilities perform functions on their devices, like pinching, swiping, and using Siri. To Turn on Assistive Touch on your iPhone, go to Settings &gt; General &gt; Accessibility &gt; AssistiveTouch, then turn on AssistiveTouch. Or just tell Siri “Turn on AssistiveTouch!” It offers virtual buttons that allow users to navigate a device without actually having to touch it.</p>	iOS and Android



App Name	App Description	Compatibility
Blindspot - Currency Recognition	<p>This currency Detector App helps visually impaired individuals to recognize and detect money. Using this application individuals can speak and give command to open camera of a smartphone and camera will click picture of the note and tell the user by speech how much the money note is. This Android app uses speech to text conversion to convert the command given by the user. Speech Recognition is a technology that allows users to provide spoken input into the systems. This android application uses text to speech concept to read the value of note to the user and then it converts the text value into speech.</p>	Android
Lookout - Assisted Vision	<p>Lookout uses computer vision to assist people with low vision or blindness get things done faster and more easily. Using your phone's camera, Lookout makes it easier to get more information about the world around you and do daily tasks more efficiently like sorting mail, putting away groceries, and more. Built with guidance from the blind and low-vision community, Lookout supports Google's mission to make the world's information universally accessible to everyone. Lookout has six modes for a variety of activities: • NEW: Images mode (beta) describes the contents of an image, offering both a summary and detail. • Use Text mode to quickly skim text and hear it read aloud — for doing things like sorting mail. • Use Food labels mode to quickly identify packaged foods by their label, in addition to scanning barcodes. Available in more than 20 countries. • Capture a whole page of text or handwriting with Documents mode. • Use Currency mode to identify banknotes quickly</p>	Android
Glean Notes	<p>Glean is the antidote to information overload and is the leading note taking platform for learning. Glean improves grades, boosts confidence and reduces stress so that more students graduate successfully. With Glean, you never have to worry about missing important information from class again! The app allows to record lectures in full, listen back at your own pace and annotate with different note types to create a complete learning resource - tailored specifically for every individual.</p>	Android and iOS

# USEFUL LINKS

Content Details	Link	Name of Source/ Name of Youtube Account
What is Cerebral Palsy?	<a href="https://cerebralpalsy.org.au/our-research/about-cerebral-palsy/what-is-cerebral-palsy/">https://cerebralpalsy.org.au/our-research/about-cerebral-palsy/what-is-cerebral-palsy/</a>	Cerebral Palsy Alliance
How does hearing work ?	<a href="https://youtu.be/4AcS2Afj9OM">https://youtu.be/4AcS2Afj9OM</a>	Signia Hearing
Inspiring talk by Anil Kumar, Challenges/ treatment of Autistic Son	<a href="https://youtu.be/RYWjRaQffwE">https://youtu.be/RYWjRaQffwE</a>	Shilpa Bhasin Mehra
Tinnitus	<a href="https://youtu.be/YKb9c7pESqA">https://youtu.be/YKb9c7pESqA</a>	Signia Hearing
Dyslexia	<a href="https://www.youtube.com/watch?v=11r7CFIK2sc&amp;ab_channel=BritishDyslexiaAssociation">https://www.youtube.com/watch?v=11r7CFIK2sc&amp;ab_channel=BritishDyslexiaAssociation</a>	British Dyslexia Association
Early signs of Autism	<a href="https://youtu.be/GJEqIZbv87Y">https://youtu.be/GJEqIZbv87Y</a>	The Hanen Centre
Understanding Epilepsy	<a href="https://www.youtube.com/c/EpilepsyFoundationNational">https://www.youtube.com/c/EpilepsyFoundationNational</a>	Epilepsy Foundation
Autism Spectrum Disorder	<a href="https://youtu.be/y42ISQ956gM">https://youtu.be/y42ISQ956gM</a>	Paulina Naslonski
Assistive Technology	<a href="https://youtu.be/WFmBn70vR-8">https://youtu.be/WFmBn70vR-8</a>	Enable Ireland's AT Training Service (showcases all the best and newest technology from around the world as well as adding demos, tutorials and reviews)
Amazon echo Assess-ability Features	<a href="https://youtu.be/NDYSXvsnl4Y">https://youtu.be/NDYSXvsnl4Y</a>	Amazon News
Assistive technology	<a href="https://youtu.be/e1TqInVnFFQ">https://youtu.be/e1TqInVnFFQ</a>	WHO
Microsoft Learning Tools for dyslexia	<a href="https://www.youtube.com/watch?v=vXWAhDEJ_WA&amp;ab_channel=Microsoft">https://www.youtube.com/watch?v=vXWAhDEJ_WA&amp;ab_channel=Microsoft</a>	Microsoft
Microsoft Immersive reader for writing and learning help	<a href="https://youtu.be/wHJJCLV-DNg">https://youtu.be/wHJJCLV-DNg</a>	Microsoft Education
What hearing aids to buy?	<a href="https://youtu.be/cHR0Oa6l-wY">https://youtu.be/cHR0Oa6l-wY</a>	Doctor Cliff,AuD
Adaptive equipment	<a href="https://youtu.be/9j9p06z74oQ">https://youtu.be/9j9p06z74oQ</a>	Cerebral Palsy
UATP assistive equipment	<a href="https://youtu.be/GJEqhttps://youtu.be/4s9ZNzB1wXsIZbv87Y">https://youtu.be/GJEqhttps://youtu.be/4s9ZNzB1wXsIZbv87Y</a>	Utah Assistive Technology Program
Down Syndrome	<a href="https://www.youtube.com/user/NDSSorgg">https://www.youtube.com/user/NDSSorgg</a>	National Down Syndrome Society (NDSS)
Hearing Aids and Audiology	<a href="https://www.youtube.com/user/TheHearingInstitute/videos">https://www.youtube.com/user/TheHearingInstitute/videos</a>	The Heuser Hearing Institute
Down Syndrome	<a href="https://www.ndss.org/about-down-syndrome/down-syndrome/">https://www.ndss.org/about-down-syndrome/down-syndrome/</a>	National Down syndrome society
Artificial Intelligence in Hearing Aids	<a href="https://www.widexpro.com/en/widex-technology/artificial-intelligence/">https://www.widexpro.com/en/widex-technology/artificial-intelligence/</a>	Widex Technology
Can babies wear hearing aids?	<a href="https://thehearinginstitute.org/can-babies-wear-hearing-aids/">https://thehearinginstitute.org/can-babies-wear-hearing-aids/</a>	The Heuser Hearing Institute
cerebral palsy	<a href="https://cerebralpalsy.org.au/our-research/about-cerebral-palsy/what-is-cerebral-palsy/">https://cerebralpalsy.org.au/our-research/about-cerebral-palsy/what-is-cerebral-palsy/</a>	Cerebral Palsy Alliance
Autism spectrum disorder	What Is Autism Spectrum Disorder? (psychiatry.org)	The American Psychiatric Association (APA)
Autism	<a href="https://www.webmd.com/brain/autism/therapies-to-help-with-autism">https://www.webmd.com/brain/autism/therapies-to-help-with-autism</a>	WebMD
Artificial Intelligence	<a href="https://www.nidcd.nih.gov/health/assistive-devices-people-hearing-voice-speech-or-language-disorders">https://www.nidcd.nih.gov/health/assistive-devices-people-hearing-voice-speech-or-language-disorders</a>	The National Institute on Deafness and Other Communication Disorders (NIDCD), part of the National Institutes of Health (NIH)
Accessibility for Visual Impairment	<a href="https://webdesign.tutstplus.com/articles/accessibility-basics-designing-for-visual-impairment-cms-27634">https://webdesign.tutstplus.com/articles/accessibility-basics-designing-for-visual-impairment-cms-27634</a>	Graeme Fulton
Développement Disorders	<a href="https://www.mainehealth.org/Services/Kids-Health/Developmental-Disorders">https://www.mainehealth.org/Services/Kids-Health/Developmental-Disorders</a>	MaineHealth
Development Disabilities	<a href="https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html">https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html</a>	CDC. Gov
Driving course - People of determination - EDI - UAE	<a href="https://edi-uae.com/en/people-of-determination">https://edi-uae.com/en/people-of-determination</a>	Emirates Driving Institute
Accessibility Code Standard	Please provide link	Dubai Creative Clusters Authority

# USEFUL LINKS

Content Details	Link	Name of Source/ Name of Youtube Account
Services and facilities for the People of determination	<a href="https://www.dm.gov.ae/documents/services-and-facilities-for-the-people-of-determination/">https://www.dm.gov.ae/documents/services-and-facilities-for-the-people-of-determination/</a>	Dubai Municipality
Autistic flyers at Mumbai airport to get CISF help for security check	<a href="https://timesofindia.indiatimes.com/city/mumbai/autistic-flyers-at-mumbai-airport-to-get-cisf-help-for-security-check/articleshow/95774892.cms">https://timesofindia.indiatimes.com/city/mumbai/autistic-flyers-at-mumbai-airport-to-get-cisf-help-for-security-check/articleshow/95774892.cms</a>	Central Industrial Security Force, Mumbai India



#### References:

- [www.psychologytoday.com](http://www.psychologytoday.com)
- <https://kidshealth.org/en/teens/therapist.html>
- <https://dentistry.co.uk/2017/12/06/dental-care-patients-special-needs/>
- <https://www.dentalhealth.org/dental-care-for-people-with-special-needs>
- <https://www.medicalnewstoday.com/articles/318463>
- <https://www.asha.org/public/add-benefits/add/>
- <https://www.rehabmart.com/post/daily-living-aids-what-are-they-how-can-they-help>
- <https://www.britannica.com/topic/aids-for-activities-of-daily-living>
- <https://www.starkey.com/hearing-loss/reasons-to-get-help/hearing-and-quality-of-life>
- [https://www.skh.ae/en/hearing-aids-for-hearing-loss-and-tinnitus-in-uae?utm\\_source=googleAd&utm\\_medium=searchAd&utm\\_campaign=Hearing-Aids-LP&utm\\_term=Hearing%20Aids&utm\\_content=hearing%20aids%20types%20and%20appearance%20with%20testimonials&gclid=EAlaIQobChMIn9fWnaW-9AIVB41oCR2\\_VAgREAAAYASAAEgIM3PD\\_BwE](https://www.skh.ae/en/hearing-aids-for-hearing-loss-and-tinnitus-in-uae?utm_source=googleAd&utm_medium=searchAd&utm_campaign=Hearing-Aids-LP&utm_term=Hearing%20Aids&utm_content=hearing%20aids%20types%20and%20appearance%20with%20testimonials&gclid=EAlaIQobChMIn9fWnaW-9AIVB41oCR2_VAgREAAAYASAAEgIM3PD_BwE)
- <https://chicagolighthouse.org/sandys-view/assistive-technology/>
- <https://www.disabledliving.co.uk/blog/visual-supports-how-they-can-help-improve-lives/>
- [https://www.who.int/disabilities/publications/technology/jpp\\_final.pdf](https://www.who.int/disabilities/publications/technology/jpp_final.pdf)

**Adapted from** - <https://ability360.org/disability-etiquette-tips/>

**Multi-media adapted from** - <https://www.unitedspinal.org/pdf/DisabilityEtiquette.pdf>

**For more information, refer to the following links:**

- <https://nasscom.in/knowledge-center/publications/disability-etiquette-guide>
- <https://www.cerebralpalsy.org/information/disability/etiquette>
- <https://www.gov.uk/government/publications/inclusive-communication/inclusive-language-words-to-use-and-avoid-when-writing-about-disability>

#### Disclaimer:

The services, products & views expressed through this guide are for informational purposes only and is not intended to be a substitute for professional medical advice. Please refrain from taking actions based solely on this guide.

The authors of this guide certify that they have no affiliations with or involvement in any organization or entity with any financial or non-financial interest in the products & services covered in this guide. Through this guide you may able to link to other websites, for which we have no control over the nature, content and availability of those sites.

There are no warranties offered on the accuracy of the content and we assume no liability or responsibility resulting or arising, directly or indirectly, from your use or inability to use of information provided in the guide. In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising in connection with, the use of this guide.