

Title: Transforming lives through rehabilitation based coaching

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Background: Rehabilitation coaching is increasingly being used in tandem to traditional rehabilitation interventions to promote functional outcomes for children with disabilities as well as to improve various quality of life indicators for the family as a whole. Different low cost coaching interventions were used with parents of children with disabilities by a nonprofit organization in rural South India, called Amar Seva Sangam Ayikudy (ASSA) since 2017 . These include coaching via home visits, WhatsApp and call based coaching, and tele-rehabilitation coaching with rehab providers located across various settings.

Methods: Each type of intervention used with parents of children with disabilities at ASSA will be described and presented as a case.

Results: All the coaching delivery models had a positive impact. Namely, we observed an improved caregiver knowledge, well-being, parental support and participation. Benefits were also noted in family attitudes and stigma, and in the parent-healthcare provider relationship. Coaching also aided in increasing self-efficacy and confidence among participating caregivers.

Conclusion: Coaching interventions can provide many benefits to families of children with disabilities as well as to other organizations and stakeholders interested in creating home-based

and tele-rehab based rehabilitation coaching interventions in low-middle income country settings.