

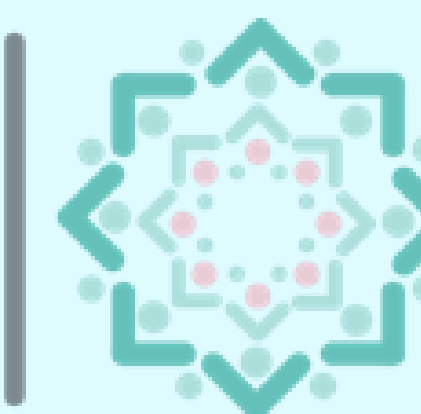


## CAREGIVERS FUN CLUB: CO-CREATING SPACES OF WELLBEING FOR CAREGIVERS OF DISABLED CHILDREN

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### BACKGROUND

During the global pandemic, the caregivers of disabled children went through stressful times due to the various socio-economic marginalizations in the community. Caregivers were occupied taking care of their children and families therefore their own social emotional needs were often neglected

### OBJECTIVE

The intention of this poster is to share our model of online leisure for caregivers of disabled children in Mumbai, India conducted during the global pandemic. The purpose was to support caregivers' mental health by co-creating spaces of leisure and creating interactive communities

### METHOD

- 25 caregivers of disabled children in Mumbai
- Hourly online sessions, fortnightly, 7 months
- Exploring leisure through various fun themes and activities such as games, storytelling, music and dance, photography, cooking and art
- Sessions documented and photographed
- Regular feedbacks from caregivers and having them as co-facilitators for some sessions

### RESULTS

**FOSTERED FRIENDSHIPS AND A SENSE OF COMMUNITY**

**SUPPORTED EACH OTHER IN THEIR WELL BEING**

**AWARENESS ABOUT IMPORTANCE OF THEIR LEISURE**

**SHARING SKILLS OF LEISURE WITH EACH OTHER**

**EXPLORING LEISURE THROUGH VARIOUS THEMES AND INTERACTIONS**

**INCREASE SELF-AWARENESS ABOUT THEIR LEISURE SKILLS**

### CONCLUSION

This paper provides a low cost, collaborative model of supporting mental health of marginalized caregivers and families through leisure, during the crisis in low and middle income countries. It can be extended to situations wherein caregivers are experiencing marginalizations due to systems issues.