



## Himanshu Kataria

- Autism Spectrum Disorder
- Non-verbal
- Attended his first Reactivate session on 8th December 2021

Himanshu first attended a Reactivate taster session for Sarrie's Track Club, our specialist athletics club for young adults with disabilities. At this session, Himanshu was very dependent on his father and seemed very anxious about his surroundings. In an attempt to best engage Himanshu, one of our specialist coaches worked with him 1:1. He remained unresponsive to verbal and visual guidance and required his father to physically lead him.

Himanshu's father reported to us that, before the first lockdown in March 2020, Himanshu lived in an assisted living accommodation where staff had regularly taken him out walking and running. Post-lockdowns, Himanshu has lost this confidence and independence and has moved back home with his father due to his need for constant 1:1 care.

**The Opinions and Lifestyle Survey by ONS in February 2021 indicated that 46% of people with disabilities suffered worsened mental health and anxiety due to the COVID-19.**

**Not only this, but nearly half of parents of disabled children say their child's physical health has also declined.**



Since his first Reactivate session, Himanshu has returned to Sarrie's Track Club on a weekly basis. Initially, he was still very reluctant to leave his father and engage with the sessions. Over the weeks, we noticed him slowly becoming more comfortable and settled in his surroundings. However, due to his extended period of time in lockdown and shielding, Himanshu now has very limited coordination and ability to comprehend instructions. In order to best support him in redeveloping these skills, we referred him to Sarrie's Skills Club, our provision for young people with severe autism to practice fundamental movement skills. Here, he receives 1:1 support with specialist staff. Going forward, Himanshu will be attending **both** Sarrie's Track Club and Sarrie's Skills Club on a **weekly basis**. Our aim is to support Himanshu in improving his independence, social skills, physical health and mental health, whilst also providing respite time for his father.