



The Lotus Foundation

Lotus Centre For Autism (Lotus CFA)

(A Unit of The Lotus Foundation)

Core Concept And Systems Document

I, Nandini Santhanam, am the author of this document. I have consulted many experts and well-wishers to pen down this concept and system document.

I, Nandini Santhanam, on behalf of The Lotus Foundation assure you that these ideas will be put in place and maintained to ensure the safe and secure care of the Autists under our care.

This core concept and systems document is a work in progress and is open for discussion and alteration of ideas. Feel free to approach me to add/ modify/ delete any clause that does not appear in tune with the well-being of the child/ adult with Autism.

Nandini Santhanam

Founder Director, Lotus CFA (A Unit of The Lotus Foundation)

Dated: 04-07-2022

Introduction

Lotus Centre For Autism (Lotus CFA - A Unit of The Lotus Foundation) is an integrated educational residential community living place for people with Autism and their families, providing life-time care for Autists in an environment of Love, Joy and Freedom.

About The Lotus Foundation

The Lotus Foundation is a registered Welfare Trust established in April 2009.

We started out as a day center for people with Autism in an apartment in a serene location in Besant Nagar, Chennai with 4 children. The founding members initiated this venture out of a desire to create a happy space for the children with Autism. The curriculum Heartism was born out of the day schedule that is wholesome in educating the body, mind, soul and spirit.

We moved in October 2013 to an independent bungalow in Kottivakkam, a quite suburb near the sea shore on ECR, Chennai. Heartism our curriculum has expanded since then and has been re-written multiple times since its inception. It is bound to expand further to accommodate the desires of the children, teachers and families of the children being served through The Lotus Foundation. The children themselves contribute greatly to the day schedule. There is no pressure of them or the teachers to perform for anybody else. All each have to do is to be and do their highest potential. This way of life creates pathways that are easy to traverse for all concerned.

As this document is being written, we have moved to an independent serene spacious bungalow in Neelangarai, Chennai in May 2022.

Our intention is to serve individuals with Autism and their families and friends through the activities of The Trust.

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About Autism

Humanity is at crossroads now. Each individual has the power of choices. Each individual is called to exercise this option to create the life he/she wishes for themselves. This is a good moment to pause and check-in with yourself.

Autism literally means “the art of looking inwards towards the self for the purpose of understanding the self and to transform our lives to a better one”.

The Autists are here on earth at this time and space to model their chosen way of life. If this resonates with anybody reading this, then you may find a way to integrate aspects of it into your way of life that you think you can.

With their chosen way of life to be mostly non-verbal and to present a different way of being, they present humanity an opportunity to bring about connectedness with each other, with nature, with the world and with the cosmos even.

Our Ongoing Projects

1. Heartism

Today Heartism, our curriculum, authored by Founder Director Mrs. Nandini Santhanam, as practiced at The Lotus Foundation holds the following intentions at its core

1. To Live Happy
2. To Live Free
3. To Expand and evolve our consciousness through the everyday living

Everyone, children, teachers, therapists, parents, siblings, close family members are involved in the sacred education that is imparted. No one is excluded, everyone is impacted and transformed by living with these precious children.

2. Our Day Center

Our day center has a wholesome schedule and rhythm that benefits everyone engaging with it - be it children, teachers, therapists and families. We recognize and believe that the education is for the teacher and therapists too not just for the children. There should ideally be no hierarchy (or ego) and is practiced to the highest extent possible at all levels. The mastery of the individual is brought forth to serve the whole and in the process the individual is the first and biggest beneficiary.

Multi-directional education happens, recognized and brought to awareness so that the transformation can be claimed by the individual as his own. Only then true change can happen in community and the society.

More about our day center and the curriculum practiced within our day center can be known by following this link: <http://thelotusfoundation.in/fundamentals-of-heartism/>

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Our Dream Project

Lotus Centre For Autism

Introduction Lotus CFA

The idea and essence of Lotus CFA is offered by The Lotus Foundation, for Autists and their families. The core of Lotus CFA is to create a happy, safe and secure space of harmonious co-existence for lifetime care of Autists, their families, teachers and caregivers. This community shall be a healing space for not just Lotusians but for the world by shining their light on what needs to be transformed for a better quality of life on Earth.

The idea is awakened as an answer to the questions in the heart of families and teachers of Autists about their life. The Lotus Foundation recognises that this is not just a question for families of Autists but for the society and for humanity at large.

The cycle of deep listening to the silences of ourselves and the Autists, and the pain that arises in the hearts of those who wish to care for them, leads to transforming the suffering to a joyful everyday living is the basis of our Lotus CFA. Lotus recognises that the pain felt in the heart of one is felt and reflected in the other. We are more ONE than what we so far thought to be.

The pain that arises in the heart of autists and those who engage with them is real. It questions many many man made rules and regulations that define our day to day living. It also shines the light on what needs to be done NOW, in these present times. The medical, technological and educational evolutions are looked at with a fresh perspective when we engage with the Autists. Questions about individualisation and socialisation are big within Autism. Are we authentic? Can we truly be free? What needs to be done in this present moment to be happy? Myths are shattered, life as we know it dissolves and we are transformed into a better version of ourselves in the presence of Autism and Autists.

This community Lotus CFA with explore these questions and more as we live our everyday life. We wish to create this Lotus CFA as a model space which can be replicated and scaled anywhere in the world to house and care for Autists. We wish for the Lotus CFA to be an environment of love, honor, dignity, freedom, respect and co-existence.

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These questions are very relevant to the times we live in and added to that the parents/ legal guardians need to know that their ward will be cared for in an environment of safety, security, love and peace. The parents/ legal guardians need to know the proposed plan for medical assurance and life-time caregiving solutions assuring of their ward's well-being. Hence this document and the services offered through the activities of the Trust.

Precepts

We have visualised this as a sacred space where everyone, the people with Autism and their families will be served in alignment with their true life needs.

1. Lotus CFA is a living breathing space for the members of the community to live in harmony with themselves, their families, the community, the world and the earth and the cosmos.
2. Freedom, Love and Joy is the basis of this space and for the members.
3. Lotus CFA is the (village) that will care for its members. It is the spiritual family for everyone here on earth.
4. A major intention of Lotus CFA is to include and serve people with Autism from economically weaker families.

Project Description

Our vision is to build a community that will include a day center, a residential facility for Autists and a residential community for Autists who live with their families.

Broad Structure

- Visualised and planning in progress in a land spread of 3 acres.

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- All residents will engage in the day to day running of the community to the extent that they are willing and able to be.
- A total built up area of about 72,000 sq ft will serve the community in all aspects
- Ongoing training and practice for teachers, care givers, family members is a mandatory element for bring renewal and freshness into the community.

Operational Structures/ Units Within Lotus CFA

1. School/ Day Centre for Autists
2. Residential suites for assisted living
3. Residential Apartment Community (Autists living with parents/ legal guardians)

Features

- The day center will optimally serve a 40-45 people with Autism. In case there is a upward surge of numbers, we will gear up correspondingly to meet the needs.
- The residential assisted living facility can accommodate 39 people with Autism at maximum capacity. However, a part of the assisted living facility will be kept unoccupied for contingencies and visiting guest hosteliars from within and outside India.
- The residential community will house 33 families of Autists.
- The senior teachers will be encouraged to live within the community.
- The whole Lotus Center For Autism (the day centre and the assisted living facility) will be completely owned by The Lotus Foundation and the living within the Residential Apartment Community will be owned, maintained and managed by the parents and caregivers of the families of Autists living within the community.
- The assisted living facility and the day center will be a vegetarian environment but the residential community shall be vegetarian optional.

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Day Centre

The day centre will operate on a whole day schedule, Monday to Friday 9.30am to 5.30pm and Saturday 10am to 3 pm. The day scholars, includes those living with parents/ legal guardians within the community residential campus, will have an option to bring their own food from home or eat with their friends living within the hostel.

We are planning to build spaces that include the following areas of activities and therapies. We are looking for sponsors and donors to help us build each area.

- Visitor Centre/ Administrative areas
- Yoga/ dance/ movement/ prayer center
- Health Centre
- Sports & Fitness Unit
- Music room
- Arts room
- Farming, gardening and connecting with nature
- Cooking and Baking
- Weaving, pottery, housekeeping, carpentry and other activities will be explored and encouraged
- Communication unit - computers and media center
- Café which will be manned and managed by the Autists assisted by their caregivers
- Grocery shop which will be manned and managed by the Autists assisted by their caregivers
- Vegetable shop which will be manned and managed by the Autists assisted by their caregivers
- Play ground/ park

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Autists' Residences for Assisted Living

- 39 units of suites, each suite containing 3 independent bath attached room for housing 3 Autists and 1 common area with bath attached for their shared caretaker/caregiver.
- Kitchen
- Dining Hall
- Recreation Centre
- Health Centre

Staff Quarters

- Residential apartments to house senior staff members

Residential Apartment Community

- 6 1 BHK Compact apartments
- 7 3BHK Comfortable apartments
- 20 2BHK Comfortable apartments

Concept of The Model Of Caregiving in Brief

The model of care-giving to the Autists has been evolved by Lotus CFA after carefully collating the data garnered by our direct experience with caring and educating individuals with Autism, studying and researching the existing models, and dialoguing with specialists in the areas of Autism, financiers, life-time and elder life carers, lawyers and parents.

The concept is based on a shared responsibility model between The Lotus Foundation (The Apex Public Welfare Trust creating this community living facility), parents (through the association formed for this purpose) and Individual Private Beneficiary Trust (benefitting each ward living under the care of Lotus CFA).

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Possible Modes of Belonging to Lotus CFA

- Parents/ legal guardian shall purchase a residential apartment unit. The apartment will be completely owned by the parent/ legal guardian. Parents/ legal guardian will also be allotted a designated assisted living suite room for their ward. This room will be situated within the assisted living facility owned by The Lotus Foundation. This suite room will be systematically used by the Autist with the support of the Lotus staff and trained caregivers, periodically, throughout the year to familiarize themselves with the concept and in the eventuality when they have to move in to their room permanently.
- Parents of deceased Autists can continue to live within the community and contribute to the operations as much as they are willing to do.
- Parents/ legal guardians can approach The Lotus Foundation to admit their Autistic ward in the assisted living facility. Charges will be payable such as, appropriate one-time deposits, a donation to the building corpus fund and yearly operational costs.
- Autists living outside the Lotus CFA but wishing to attend the day centre as a day scholar, may do so by paying appropriate corpus deposit and yearly educational fees.

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Possible Living Arrangements for the Autists

(within & Outside Lotus CFA)

(Please note that all Autists will be attending the day centre)

1. Autists and parents/ legal guardian living in their apartment, while the Autists are required to spend a few days/ week periodically in their assigned assisted living suite at a cost chargeable for caregiving, food, etc.
2. Autists living in their apartment along with a temporary legal guardian (appointed by the parents/ legal guardian) who is also a trained caregiver. Subject to supervision by The Lotus Foundation management at a cost chargeable to the parents/ legal guardian. These Autists are required to spend a few days/ week periodically in their assigned assisted living suite at a cost chargeable for caregiving, food, etc.
3. Autists living in assisted living suite room along with his/ her suite mates and parents/ legal guardian living in their apartment within the community.
4. Autists living in assisted living suite room along with his/ her suite mates and parents/ legal guardian living elsewhere other than the community or are deceased.
5. Autists and parents/ legal guardian living in Tindivanam or nearby location + Autists attending school
6. Autists living along with known family of another autist within the community or in Tindivanam or a nearby location + Autists attending school

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Caregiving and Educational Plan for The Autists (living with the parents/ legal guardians in the community apartments):

- The day centre will run from June to end April.
- A calendar of national holidays, festival holidays and weekends will be made well in advance for the whole year.
- The day centre will be closed for all festivals and important national holidays. Care giving services will be offered, if desperately required, during this period (chargeable extra to be determined closer to the commencement of operations).
- There will be no structured program for 2 periods during the academic year as follows I term holidays during December to include Christmas & New Year and II term/ summer vacation in May. Care giving services will be offered, if desperately required, during this period (chargeable extra to be determined closer to the commencement of operations).
- The children/ adults will attend the day centre Mon-Sat (Monthly fees will be payable for all 12 months. Preferred to be paid on a yearly payment. Does not include food)
- There will be no structured program from Saturday 3 pm to Monday 9.30 am. Care giving services will be offered if desperately required during this period (chargeable extra to be determined closer to the commencement of operations).
- Any time, be it for a few hours, overnight, weekend, a few days, few weeks or few months due to any unavoidable contingency, caregiving services will be made available for the children/ adults. Prior notice will be preferred but due consideration shall be offered for emergency situation that arises for the parents and for those parents who need care-giving services, Lotus CFA assures to provide the same for the Autists. (chargeable extra to be determined closer to the commencement of operations)
- Food/ beverages can be provided to the children/ adults if required. Additional charges will be applicable.
- The day centre is a vegetarian environment. Adjustments and accommodations will be made for any dietary requirements of the child/ adult such as GFCE, Diabetic or any other medically directed requirement.
- Each Autist will spend a day and night of the week at his hostel room. The children/ adults will take turns in occupying their suite along with a caregiver. 6 children/ adults will live in 2 of the hostel suites on a given

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day to optimize the use of caregivers. In this manner all 33 children/ adults get a chance to experience living in their hostel room by rotation. The modality of this process will be worked out closer to the commencement of operations.

- In the event of the parent(s) inability to care for the child/ adult or if the parents have passed on, he/ she can move into the hostel room with immediate effect. Lotus CFA will provide for a caregiver. In this situation, the child/ adult will come under the care as given in Page 16 of this document.

Caregiving and Educational Plan for The Autists (living in the assisted living facility, whose parents/ legal guardians are alive and are able to care for the child/ adult)

- The children/ adults will live in suite clusters of 3 bath attached rooms with a shared caregiver living in the same suite in the common area. The caregiver has access to his/ her own separate bath and toilet. A/C facility will be optional and if opted for will be provided in the children/ adult's rooms at extra cost and electricity will chargeable.
- The recurring fees for assisted living is to be paid yearly for 12 months mandatorily. The charges are being worked out and will become more clearer closer to the commencement of operations. This recurring fees will include school charges, room charges, food and beverages, caregiving, medical contingency fund and the stipulated day centre fees.
- We plan to build a roster of caregivers and train them as per our requirements. These caregivers are the backbone of our caregiving service for the children/ adults. Hence they will be treated with utmost respect, given good salaries, and encouraged to engage with the community rather than be isolated in their jobs.
- The Autists living in the assisted living facility will attend the day centre just the same as the Autists living with their parents. The day centre shall service the hosteliars the same manner in which children living with parents in their apartments will be served.
- A calender of national holidays, festival holidays and weekends will be made well in advance for the whole year.
- Parents of children/ adults living in the assisted living facility are required to note the dates and plan their year in such a way that they can visit their wards at Lotus CFA or take them out on those days for short stays at nearby Pondichery or Chennai or elsewhere.
- During the weekends and festival holidays, the children/ adults can continue to stay in the assisted living facility as usual. Caregiving will be provided round the clock on a shared caregiving basis. They may choose to visit their friends families within the campus to their apartments. In this situation adjustments to caregiving for the hours that the child/ adult will visit will be done to optimize caregiving services for all the three children in the suite. Meaning, for eg, if one child needs to go, the family inviting the child can

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voluneteer to care for the child for that period without disturbing the caregiver for the other two children/ adults in the suite.

- It is mandatory that the children/ adults visit with their families during the I and II term vacations. In contingency circumstances, if the children are required to live in the assisted living facility on campus, caregiving will be provided chargeable extra to be determined closer to operation. Adequate prior intimation very much appreciated except for real last minute emergencies. In this situation Lotus assures of caregiving that will not leave the child or the families in a lurch.
- The assisted living facility will be a vegetarian environment. Adjustments and accomodations will be made for any dietary requirements of the child/ adult such as GFCE, diabetic or any other medically directed requirement.
- Nutricious and healthy food and beverages will be made available to the child/ adult as may be required prepared hygienically and with love.

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Caregiving and Educational Plan for The Autists

(living in the assisted living facility, whose parents are deceased or unable to care for the child/ adult)

This is for the children living in the assisted living facility after the demise of their parents or if their parents are not in a state to care for them, then the child/ adult shall remain at Lotus CFA 24X7, 365 days a year. Lotus CFA will provide basic engaging activities during the days that there is no structured activity at our day centre.

- The children/ adults will live in suite clusters of 3 bath attached rooms with a shared caregiver living in the same suite in the common area. The caregiver has access to his/ her own separate bath and toilet. A/C facility will be optional and if opted for will be provided in the children/ adult's rooms at extra cost and electricity will chargeable.
- The recurring fees for assisted living is to be paid yearly for 12 months mandatorily. The charges are being worked out and will become more clearer closer to the commencement of operations. This recurring fees will include school charges, room charges, food and beverages, caregiving, medical contingency fund and the stipulated day centre fees.
- We plan to build a roster of caregivers and train them as per our requirements. These caregivers are the backbone of our caregiving service for the children/ adults. Hence they will be treated with utmost respect, given good salaries, and encouraged to engage with the community rather than be isolated in their jobs.
- The Autists living in the assisted living facility will attend the day centre just the same as the Autists living with their parents. The day centre shall service the hostellers the same manner in which children living with parents in their apartments will be served.
- During the weekends and festival holidays, the children/ adults will continue to stay in the assisted living facility as usual. Caregiving will be provided round the clock on a shared caregiving basis. They may choose to visit their friends families within the campus to their apartments. In this situation adjustments to caregiving for the hours that the child/ adult will visit will be done to optimize caregiving services for all the three children in the suite. Meaning, for eg, if one child needs to go, the family inviting the child can

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voluneteer to care for the child for that period without disturbing the caregiver for the other two children/ adults in the suite.

- The assisted living facility will be a vegetarian environment. Adjustments and accomodations will be made for any dietary requirements of the child/ adult such as GFCF, diabetic or any other medically directed requirement.
- Nutricious and healthy food and beverages will be made available to the child/ adult as may be required prepared hygienically and with love.

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Educational Plan for The Autists (living outside Lotus CFA):

- The day centre will run from June to end April.
- A calendar of national holidays, festival holidays and weekends will be made well in advance for the whole year.
- The day centre will be closed for all festivals and important national holidays.
- There will be no structured program for 2 periods during the academic year as follows I term holidays during December to include Christmas & New Year and II term/ summer vacation from 2nd week of May to when the day centre reopens in June.
- The children/ adults will attend the day centre Mon-Fri 9.30 am to 4 pm. (Monthly fees payable for all 12 months. Preferred to be paid on a yearly payment. Does not include food)
- The children/ adults will have the option to attend extra curricular activities between 4pm to 6 pm such as walking, jogging, sports, gym, fitness training, arts, music, computer skills, weaving, cooking, baking and other areas of interest as it may evolve (Monthly fees payable which will be determined closer to operations. Option to pay as a monthly payment or term fees shall be given)
- Lotus CFA will offer a Saturday program 10 am to 3 pm (chargeable extra fees to be determined closer to operations and to be paid as per actuals payable beginning of the next month.
- There will be no structured program from Saturday 3 pm to Monday 9.30 am.
- Food/ beverages can be provided to the children/ adults if required. Additional charges will be applicable.
- The day centre is a vegetarian environment. Adjustments and accommodations will be made for any dietary requirements of the child/ adult such as GF/CF, Diabetic or any other medically directed requirement.
- Nutritious and healthy food and beverages will be made available to the child/ adult as may be required prepared hygienically and with love.

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Lotus CFA Apartment Living Community Model

Area includes the following:

1. UDS to the apartment chosen
 2. The chosen apartment
 3. Assured hostel room allotment for life of child/ adult which is to be furnished by the parents/ legal guardians of the Autists as per the requirement of their ward.
 4. GST for construction, materials and labour
 5. Covered car park
 6. EB connections
 7. School building corpus fund donation
 8. Hostel building corpus fund donation
 9. Construction contract includes: grills, fans, anti skid tiling, teak doors, glass windows, electric fixtures, toilet fixtures.
 10. Park area
 11. Play ground area
- (10 & 11 will be created and maintained by the parents association)

On the demise of the parents, the apartment has to be compulsorily sold to another family with child/ adult on the Autism spectrum by the inheritors/ descendents and it cannot be passed on to any legal heirs or any third party except in a situation in which the said legal heir or third party also has a child/ adult in Autism Spectrum, if this is so bequeathed in the LAST TESTAMENT AND WILL of the last surviving parent . Lotus CFA is bound to

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allot another room in such a situation for the new family coming into Lotus CFA because the already allotted room rightfully belong to the child/ adult for his/ her lifetime.

On the demise of the Autist, the amount available in the Individual Beneficiary Trust will be paid off to the beneficiaries as per the Last WILL and Testament of the last surviving parent. The assisted living suite room would then be returned to Lotus CFA to be made available to another parent wishing to invest in a dwelling in the said community or to a parent os a child/ adult seeking assisted living facility.

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Legal and Economic Model for Autists Living in Assisted Living Facility at Lotus CFA

1. The lifetime care of the Autists will be managed and administered by Lotus CFA (A Unit of The Lotus Foundation). Lifetime care and support will be provided in the following areas:
 - Medical care
 - Caregiver support
 - Engagement plan
2. An Individual Beneficiary Trust will be formed by the parents/ legal guardians of the Autist.
3. The Trust will have a bank account with adequate funds to provide lifetime quality care for the children/ adults including medical expenses, medicines, insurance coverage and contingency fund. Parents/ legal guardians/ familial well-wishers will be required to provide for adequate funds that will allow the required amount to flow into Lotus CFA. The principal amount, if any may be willed and passed on to any relative or friend as per each person's individual choice.
4. Maximum coverage medical insurance will have to be bought and adequate funds to meet the yearly premium will be arranged and made available in the trust fund to be preferably renewed in April or May, before the beginning of the academic year.
5. Parents/ legal guardians will write a will to their exact wish to care for their wards during the child's/ adult's lifetime and for the after-life care with adequate financial planning done for same. Lotus CFA and the Apex body The Lotus Foundation is honor bound to carry out the wishes.
6. At the time of moving in the following documents must be made available to Lotus CFA by the parents/ legal guardians of the Autists.

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- I. Identity proof - Aadhaar Card, Passport, or any other document that states the full name and date of birth with photograph
- II. Address proof - The current address proof - If the identity proof contains the address then a separate address proof is not required.
- III. Disability Certificate - A certificate issued by the government that states the nature of the disability and its severity.
- IV. Medical Insurance policy - In case of family insurance, the name of the child/ adult must be included in the policy document. Medical insurance should be one of maximum coverage.
- V. Copies of Medical reports - that provide the diagnosis and recommended medications - including any diseases and surgeries happened during his / her lifetime.
- VI. List of all medications that are currently being administered along with the dosage. Doctor's contact details to be provided in full.
- VII. Beneficiary Trust deed in the name of the child/adult
- VIII. List of financial assets currently held in the name of the child/ adult (Bank accounts, investments, immovable property, etc.) and the names of the joint account holders or guardians who operate the financial assets on behalf of the child/ adult.
- IX. Financial Planning for the child/ adult made by the parents/ legal guardians.
- X. WILL by the parents/ legal guardians of the child/ adult in a sealed envelope.
- XI. Report from the parents / guardian about the child/ adult about:
 - a. His / her strengths

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- b. His / her interests
 - c. His / her challenges
 - d. Daily living skills that the child/ adult can independently execute
 - e. Daily living skills that the child/ adult needs to be supported with
 - f. Any specific behaviour of the child/ adult that the community needs to be made aware of and the behaviour management strategies currently being used.
- XII. There will be a few legal documents, formalities and procedures to be followed and duly signed and registered before the child/ adult formally moves in within the assisted living facility.

Health and Medical Model for Autists Living in Assisted Living Facility at Lotus CFA

The physical health and the mental well being of the Autists are of paramount concern and assume great importance during their lifetime. It is to be understood that like any ageing individual, the child/ adult will also be affected by various health concerns that will warrant good medical care.

Therefore, we need to have comprehensive guidelines with regard to monitoring health of the child/ adult and providing medical care that may be necessary at all times. This is one of the primary responsibilities of the Trustees and Executive Managers of Lotus CFA since they take the role of the parents of the child/ adult.

Lotus CFA is aware of the need to work simultaneously on two tasks

- One, to remove or alleviate any disease; and
- The second is to establish a state of balance, within oneself and in relation with their environment.

Thus health care, involves the promotion of health in an active way, addressing the scales of values of individuals and communities to ensure that health is placed higher on those scales.

In the context of the health of the Autists, it is all the more challenging since:

- The child/ adult may already be under a series of medications
- The onset of any disease would demand the awareness of such medications / therapeutic treatments, before administering any additional medication.

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However, the goal of health care still remains to establish a state of balance while alleviating the disease. In order to, prevent the onset of any disease, or to help alleviate the disease, all Autists in the community will be administered “Routine & Periodical tests” under the supervision of a qualified medical practitioner and para-medical staff.

Some of the tests are:

- Laboratory tests
- Dental checkup
- Eye tests
- X-ray (when required)
- Annual Medical Check Up including Blood, Urine, Stool tests
- Any Other Test recommended by Medical Doctor for whatever is the nature of ailment.

The results of such tests would be maintained in the case file of the individual CHILD/ ADULT, and will be used for analysis and interpretation of the individual’s health. Confidentiality will be ensured.

Costs of Tests, Medicines & Treatment:

The cost of tests and medicines will be recovered from the parent of the child/ adults during their lifetime from the parents/ legal guardian and from the Individual Beneficiary Trust after the parents’s demise.

Health Contingencies and Medical Emergencies (for both Autists living in apartments with parents and assisted living facility):

- Lotus CFA will have a 4 bed mini clinic that can care for the Autists in campus if necessary. We will have a partnership arrangement with a local hospital to provide medical care and nursing care when the need arises. The cost of using this facility will be borne by the parents/ legal guardians of the Autist. Lotus CFA

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will monitor the progress of the child and work in tandem with the hospital and parents/ legal guardians to provide best possible care for the children/ adults in an environment that they are most comfortable in, recovering with people that he/ she are familiar with.

- It is mandatory to have maximum coverage medical insurance for each child. Parents/ legal guardians will provide adequate funds to pay the yearly premium in the Trust set up for the child/ adult.
- Besides that the parents/ legal guardians are required to set aside a considerable amount for the medical care, if it arises for the life time care of the children/ adults.
- Additionally, Lotus CFA will initiate and co-manage a medical emergency fund, to be invoked only under dire circumstances if the child/ adult needs extra funds. This act will be brought about by depositing a small amount into the fund by each child/ adult's family. This is made so that the parents/ legal guardians can be assured that their ward will not be left in the lurch and all possible efforts will be made to provide medical assistance. Funds from this fund will be used at the discretion of a committee manned by representatives from Lotus CFA, parents and legal guardians. Application for funding will be carefully scrutinized for validity through a multiple point checklist to be formulated closer to the commencement of operations.

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ASSESSMENT OF CARE EXPENSES

All care expenses, directly or indirectly spent for the Autist will be assessed on actual spend. The assessment will be done on a monthly / quarterly / yearly basis, and will be communicated to the parents/ guardians/ Individual Beneficiary Trust Trustees of the child/ adult.

Based on the assessed expenditure for the monthly expenses of the child/ adult, including that of the caregiver, nursing assistance, catering, maintenance charges, routine medical expenses and any other incidental expenses like upkeep of the hostel room, outings, picnics, tours, travels etc organised by the Lotus CFA or the residents of the parents community will be paid by the child's/ adult's Individual Beneficiary Trust after the demise of the parents.

Lotus CFA recognizes a variety of scenarios that may arise in resulting in the child/ adult move into his/ her assisted living facilitated room.

Scenario 1

Circumstances may arise when parent/ parents are unable to care for the child/ adult due to a variety of reasons such as illness, accidents, old age and many other unlisted reasons.

Scenario 2

One parent passes on and the other is unable to care for the child/ adult.

Scenario 3

Both parents pass on.

In all the above cases, the child's/ adult's Individual Beneficiary Trust will be invoked to access funds to begin caring right away.

Lotus CFA recognises also the next **Scenario 4** - the Autist passes on before the parents. In this case the following options remain with the parent/s.

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- The parent(s) can choose to continue to live in the residential community and transfer the assisted living suite room to either Lotus CFA or to any other Autist. The parents can continue to live in the premises until their demise and the property will be disposed off as per their WILL, as in the case of other owners. The property cannot be bequeathed to another inheritor or descendent who do not have a child/ adult with Autism.
- The parents may decide to move out of the premises. They can sell the property to another family with a child/ adult on the Autism Spectrum or give it on rent to another family with a child/ adult on the Autism Spectrum.

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Governance Model

The Governance Model is the backbone of any integrated community such as Lotus CFA. Through this model, the lifelong care of the Autist in the community will be systemitised, established and institutionalised. The model establishes the physical and financial security of the child/ adult within the integrated community framework.

Three distinct entities, 2 of them Trusts and 1 Parents Association of Lotus CFA Tindivanam will be engaged in the day to day operations of the organization as well as in the policy decision making regarding the care of the Autists. The Apex body is already incorporated, while the Association and Individual Beneficiary Trust will be incorporated before the actual moving in within the community campus.

The Trustees of the Individual Beneficiary Trust, along with authorised employees of Lotus CFA will oversee the establishment and implementation of the welfare of the child/ adult.

The Lotus Foundation

The Lotus foundation is a public welfare trust created in 2009. A copy of the trust deed will be made available to anyone who wishes to examine the document.

Individual Beneficiary Trust

The Individual Beneficiary Trust is a Private Trust, created solely for the benefit of the individual child/ adult. This trust is created by the Parents of the Autist to ensure that adequate funds are available for the child/ adult after their demise. It is therefore imperative, that each child/ adult residing in the community has an Individual Beneficiary Trust created for his or her benefit. Since, the Beneficiary Trust is a private trust, parents can be rest assured that the money bequeathed to their ward, would be solely used for their benefit. It is the parent's task to make sure the secified amount of funds are made available to the child/ adult in the bank account associated with the Individual Beneficiary Trust. The responsibility to provide for the care of the child/ adult solely lies with the parents and they should make sure that the child's/adult's care requirement is not affected for want of funds.

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The first trustees of the beneficiary trust will be the parents or guardian or any organisation that the parents nominate to be the trustees. Hence, Parents of the child/ adult will need to ensure that they nominate trustees, who would out live them to manage and administer the affairs of the beneficiary trust. It is advisable that either a sibling of the Autist or any trusted relative of the child/ adult be appointed as a trustee in addition to the parents of the Trust, during their lifetime.

Since the income received in the beneficiary trust will be primarily utilized for the Autist residing in the assisted living facility, appointing The Lotus Foundation as a Trustee of the beneficiary trust is mandated for the execution of this governance model. The Lotus Foundation will co-hold the trusteeship along with the other trustees, in the beneficiary trust. Parents are therefore requested to include in their WILL that The Lotus Foundation will be appointed as a Trustee of the Beneficiary Trust and will act in a fiduciary capacity. An authorized signatories of the The Lotus Foundation, whose names will be intimated the parents while forming thr Individual Beneficiary Trust, will execute the financial affairs of each child/ adult through his/her Individual Beneficiary Trust.

Necessary documentation with the concerned bank(s)/financial institution, where the beneficiary trust funds are kept, will be given to The Lotus Foundation.

During their lifetime, parents/ legal guardians will be responsible for the expenses of the Autist. However, should the physical or mental condition of the parent or guardian prevent him or her from operating bank account, The Lotus Foundation will take over such of the responsibilities.

All expenses incurred for the child/ adult in the community will be recovered from the Individual Beneficiary Trust, after the demise of the parents. Parents are advised to create a financial plan so that adequate funds are available in the Individual Beneficiary Trust after their demise. During the lifetime of the parents, The Lotus Foundation and The Parents Association with the help of the parents of the child/ adult, will assess the care requirements and the expenses for daily living of the child/ adult, including routine medical and medical emergencies. This will be documented for each child/ adult, as this would help in forecasting the expenses to be incurred during his or her lifetime. Of course, it will not be possible to forecast the expenses accurately. However, data from such assessments will serve as a guideline for the parents and the other parents within the community in the Association of Parents on the financial outlay for the child's/ adult's care, for his or her

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lifetime. The Lotus Foundation and The Association of Parents of Lotus CFA, on a yearly basis, will carry out such assessments and forecasts, in order to avoid surprises.

The Lotus Foundation and The Association of Parents of Lotus CFA can assist in appointing advisors or fund managers who can guide the parents in forecasting the financial outlay, which would help The Lotus Foundation in the execution of its responsibilities towards the child/ adult. The endeavour is to ensure that the child/ adult is financially protected during his/her lifetime.

Guidelines To The Authorised Signatories and Executives Of The Lotus Foundation In The Management Of Finances Of The Autist

All moneys in the individual CHILD/ ADULT beneficiary trust will be primarily treated as the corpus of the trust for that beneficiary only and the income thus accrued after the demise of the parents of the CHILD/ ADULT, will be used for the care of the CHILD/ ADULT in the community.

The expenses should be paid for only from the interest earned from the investments of the Individual Beneficiary Trust.

The saving instruments (like Mutual Funds, Company Fixed deposits, Shares etc) where the money is to be deposited or invested will be decided during the life time of the parents and the document will be in the safe custody in the office of The Lotus Foundation.

After the demise of the parents of the CHILD/ ADULT, or their incapacitation, The Lotus Foundation will manage and monitor the funds in the Individual Beneficiary Trust.

The broad nature of expenditure that is likely to be incurred on the CHILD/ ADULT will be listed and updated on a yearly basis. A copy of the same will be given to The Association of Parents of Lotus CFA.

In case the interest accrued in the Beneficiary Account, is insufficient to meet the expenses for the child/ adult, the legal guardian of the Autist would provide the balance as required.

It is very essential to note and understand that whatever be the circumstance, the CHILD/ ADULT care will never be found wanting.

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In case the situation warrants, after the demise of the parents, the corpus amount in the Individual Beneficiary Trust is required for any reason whatsoever, the trustees of the Individual Beneficiary Trust may do so only with the written consent of The Lotus Foundation and The Association of Parents of Lotus CFA.

On the demise of the CHILD/ ADULT, the balance amount in the individual CHILD/ ADULT Beneficiary Trust would be disbursed as spelt out by the parents in their WILL.

Role Responsibilities and Relationship Between The Lotus Foundation and The Individual Beneficiary Trust

Respective Individual Beneficiary Trust will be treated as the financial supporter of the child/ adult after the demise of his / her parents / legal guardian. The Lotus Foundation will be a Trustee of the respective Individual Beneficiary Trust and will be entitled to recover all expenses incurred for the care of the child/ adult from his/her individual Beneficiary Trust.

As a minimum requirement, The Lotus Foundation, as a trustee should be authorized to withdraw funds for the payment of care expenses of the child/ adult in the assisted living facility. The Lotus Foundation shall maintain accounts for each child/ adult and provide the details to the trustees of the Individual Beneficiary trust on a yearly basis.

In case there is a dispute or ambiguity in the Individual Beneficiary Trust, the matter will be referred to the Association of Parents of Lotus CFA will intervene to resolve the dispute. The endeavor will be to resolve all disputes in an amicable manner without compromising for the care and well being of the child/ adult concerned.

On the demise of the PWD or when the PWD discontinues to reside in the community, the relationship between The Lotus Foundation and the respective Individual Beneficiary Trust would cease to exist.

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Organisational Succession Model

Lotus CFA will be run by the management and executives of The Lotus Foundation headed by Mrs. Nandini Santhanam for the first three years of operations.

Subsequently the running of the school and assisted living facility will each be managed by a rotating council and board consisting of members/ employees of The Lotus Foundation, members of the Association of Parents of Lotus CFA and any other professionals/ individuals who has been invited to the council unainimously.

This succession plan will be laid out clearly and precisely well before the end of the three year teething period.

These two councils will be faithful to the core essence of The Lotus Foundation and will function as gatekeepers to the well-being of the children and the community.

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