# BRIDGE THE GAP

In chronic conditions, doctors and healthcare providers play a crucial role. Spina Bifida (SB) individuals and doctors are attached to the hip.

SASHA can act as a crucial bridge between doctors and patients by addressing gaps in communication and awareness. We can provide accurate information about potential roadblocks, outcomes, and coping strategies, enabling patients to navigate medical and emotional challenges more effectively.

SASHA wishes to work closely with doctors to encourage better understanding, empathy, and thorough guidance, ensuring a more patient-centered approach to care. Join us on our journey to make a positive impact and empower the lives of SB individuals and their families.





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# SPINA BIFIDA AFFLICTED FOR STRENGTH, HALENESS AND AWARENESS FOUNDATION



# OUR MISSION

We believe in fostering a community where everyone with Spina Bifida (SB) feels empowered to live their best lives, regardless of the challenges they may face. Through our various programs and resources, we aim to create a world where SB is not a limitation but a source of resilience and inspiration.

Our mission is to raise awareness, promote strength, and advocate for the health and well-being of those living with SB. We want to create an enabling environment to ensure equal opportunities, equity, social justice, and empowerment for persons with SB. Additionally, we work to remove obstacles that individuals with disabilities like SB encounter daily. Our aim is to create an inclusive society where individuals with disabilities have equal access to education, employment, and social participation.







# ABOUT US

Spina Bifida Afflicted for Strength, Haleness, and Awareness (SASHA) Foundation is a dedicated non-profit organisation in India that helps and empowers individuals and families navigating the challenges of Spina Bifida (SB). Proudly bearing License Number 162653, we are a legally registered Section 8 Company under the Companies Act, 2013.

At SASHA, we unite individuals and families impacted by SB. Our goal is to provide unwavering support, valuable resources, and a strong community. We assist those impacted by SB by offering information, care, emotional support, practical help, and medical assistance. At SASHA Foundation, hope meets action, and challenges transform into opportunities for growth, connection, and positive change.

# OUR SERVICES

### Catheter Training
We teach Clean Intermittent Self Catheterization (CISC)

### Bowel Management
We teach Bowel Irrigation or TAI and Digital Evacuation

### Surgery Guidance
We guide on important surgical options and realistic outcomes

### Chronic Pain Management
We guide on chronic pain management treatments

### Mobility Support Guidance
We guide on AFO, KAFO & wheelchairs

### Support Groups
Our support groups are a safe space to connect and share

### Family Resources
Information and guidance to help families navigate SB

### Awareness Campaign
Educate, advocate, and raise public understanding of SB