

UCOPE
[United Constellation Of Parent Empowerment]

Parents of a child with autism face chronic hardship and shudder to think 'what is the plight of my child after me'

Effective response to crisis is a challenge we face in managing the rising numbers of autism. Research output generated is so huge it will in principle never be comprehensively modelled. Constant search for the 'Perfect' becomes the enemy of 'Good' and limitation to the perfection by itself. To seek and utilize the 'Good enough' findings in this enormous output is much more practical than grasping for ever elusive perfection.

Social skills and communication require a complex coordination between many functional areas of the brain. Large body of research evidence indicates inflammation as the common denominator behind the decreased brain/neuronal connectivity resulting in impaired social and communication skills. The 'Gut brain axis' hypothesis proposes that dietary or environmental triggers, affecting the gut microbiome produce systemic inflammatory cytokines on a chronic basis. This downstream inflammation could signal upstream molecular unrest, ultimately affecting synaptic connectivity in susceptible individuals.

Since the reduction of gut imbalance in itself is beneficial, this 'Good enough' hypothesis opened up a safe enough treatment-window. Thus, as it effectively treats the downstream gut inflammatory pathology, it can initiate reestablishment of upstream brain molecular order in the brain. Molecular order restored could activate the dormant neuronal pools, improve connectivity, communication and restore functional integration.

'DOAST Integrated Therapy' is the transitional treatment protocol we have conceptualized and practiced based on this treatment window since 2004. DOAST's novel protocol uses dietary regulations with chosen techniques and medicines from millennia-old traditional Indian medicinal techniques of Yoga, Ayurveda and Siddha. Our therapeutic goal is to clinically aim at effective toxin elimination, promote – rejuvenation and regeneration. This traditional concept is in complete synergy with the present day scientific understanding of chronic diseases as cellular stress, molecular disorder, cytokine imbalance and signal triggers between body and brain.

Through this clinical approach, children consistently achieve cognitive and behavioural improvements with significantly shortened gestation time. Many have blossomed into full-fledged semi-independent teens. Consistent replication of observed phenotypic data on individuals thus treated lends validity for our biomedical approach towards autism

- Now the families who have achieved cognitive/behavioural coherence through the 'DOAST Integrated Therapy' platform have come together to create a united initiative called UCOPE.
- Their intention is to further enhance the obtained cognitive/behavioural coherence in their children, towards academic and vocational excellence.
- The main objective of this UCOPE trust is to create a "One stop" facility/township. It will be a value added therapeutic facility - for the present ever expanding group of children and also to take care of the future generations.
- UCOPE aims at taking care of a child with Autism in totality, for life.
- The mission of 'UCOPE' Trust is to convert 'Family confined responsibility' to 'Collective Parental Responsibility', to move together towards peace and confidence to handle.
- UCOPE aims to lessen the anxiety of the parents, by converting the statement 'my Child' into 'our Children' in at this ONE STOP institution