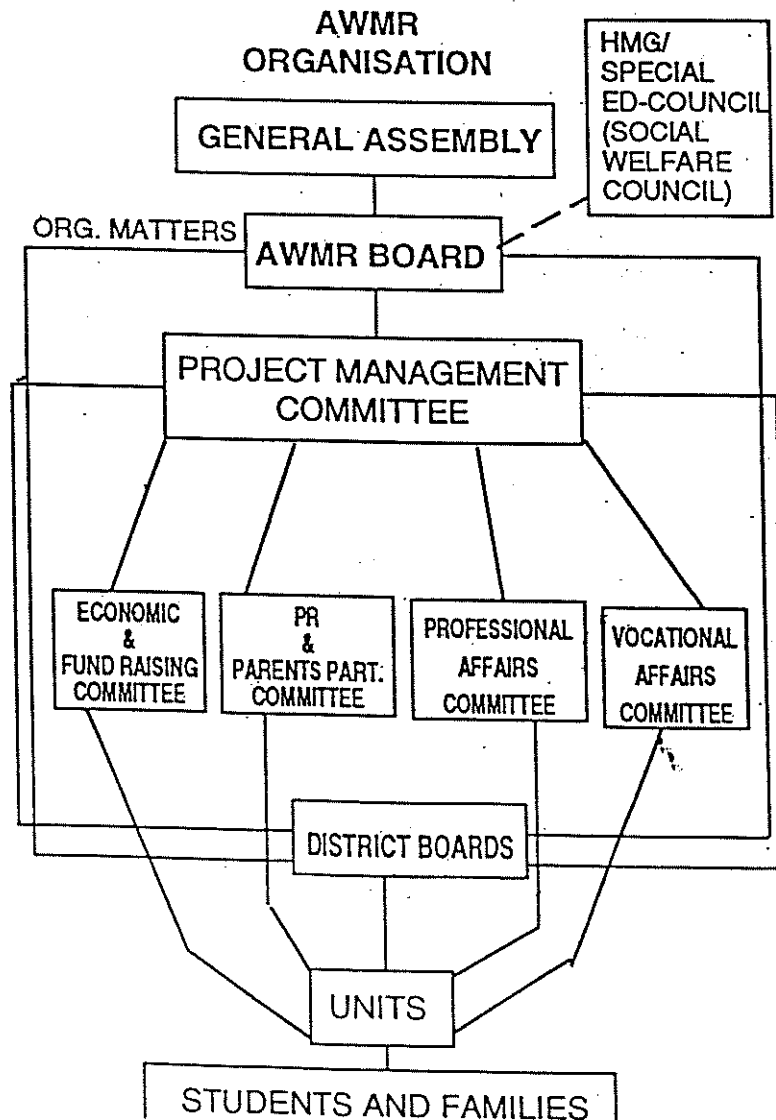


COUNTRY REPORT

1. Name of Training Course : THE GROUP TRAINING COURSE IN MENTAL RETARDATION IN FY 1996
2. Name of Participant : MR. RABINDRA K.C.
3. Name of Country : NEPAL
4. Name of Your Organization: ASSOICATION FOR THE WELFARE OF MENTALLY RETARDED (A WMR)
5. Organization Chart :

ORGANOGRAM



5. Organization Chart:

The major functions of the organisation outlined below:

Association for the Welfare of Mentally Retarded was founded in 1981 during the observance of the International Year of Disabled Persons and was registered in 1985 under the Nepal Social Services National Coordination Council (SSNCC), now Social Welfare Council (SWC), as the government recognized national umbrella agency in Nepal.

An estimated 10% of the population in Nepal have some form of disability of which mental retardation is one prominent disability. The general classification of mental retardation can form the category of EDUCABLE and TRAINABLE but for integration this category should not be followed strictly. OF the estimated 7,20,000 mentally retarded , nearly 40% of them are under 14 years of age.

AIMS AND OBJECTIVES OF AWMR

The following aims and objectives of AWMR have evolved over the years in order to better meet the individual needs of citizens with mental retardation within the complexities of a modern society.

- \* To provide integrated, individualised, uninterrupted and properly adapted special education to individuals with mental retardation.
- \* To provide meaningful employment and other forms of vocational opportunities.
- \* To educate the community on the preventive aspects of mental retardation and to make people conscious of their roles and responsibilities relating to people with mental retardation.
- \* To work as the recognized advocacy organisation for people with mentally retardation and to implement beneficial programmes and activities in collaboration with them and their families.
- \* To identify persons throughout Nepal who have mental retardation and to determine and meet their individual needs.
- \* To advocate for social, economic and legal protection of people with mental retardation.

## THE PROGRAMMES AND FACILITIES OF A WMR

A WMR and its affiliates have done the following :

- + Established a vocational unit for Peanut Butter, Candle & Chalk production, Greeting Card, visiting Card, Envelop products and agro based vocational programmes.
- + Established a Home-Based/Counselling service in the needy area.
- + Developed brochures, posters, video films, articles for news papers, advertisement on T.V, Radio to create public awareness .
- + Established a Physio and Speech therapy clinic.
- + Conducted special games .
- + Formed parents groups in different Districts.
- + Conducted training programmes for teachers/parents/volunteers/ Health workers.

## STRUCTURE OF THE ASSOCIATION

- \* An Executive Committee is elected by the General Assembly every four years. The Districts have their own Elections and are represented in the National General Assembly.
- \* The A WMR is officially registered and recognised as Nepal's national umbrella organisation for the care, education, training and rehabilitation of people with mental retardation.
- \* Parent's groups are established at district and national level to receive training and support so as to advise the policy makers and classroom teachers.
- \* The association's plan of work and financial expenditures are periodically evaluated by Social Welfare Council.

My own job:

At present, I am working as a Senior Administrative Officer (Director) in AWMR, my own job is to be specially responsible for Planning, Supervision, Monitoring, coordinating both welfare services and rehabilitation for people with mental retardation. Besides, I am also responsible for working, together with other similar organisations for the greater benefit of people with mental retardation.

6. The current situation and trends in rehabilitation services.

The following describes the current situation and trends in rehabilitation services in my country.

Education is the basic foundation for all round development of the country. The education system of the country should be such that should integrate all the people whether he/she is normal or abnormal. Before 1981, the education for the mentally retarded was nil, and even people had same understanding on mental retardation and mental insanity. Now, with the establishment of the Association, services for the people with mental retardation throughout the country have been provided through all the target population has not been reached.

<u>Present Status of Education</u>	<u>Persons served</u>	<u>No of Teacher</u>
1. Nirmal Bal Bikash Bidhyalaya, Baneshwor	95	18
2. Nav Jyoti School, Baluwatar	40	5
3. Bal Kalyan Vidhyalaya, Kirtipur	15	3
4. Sustha M. K. Vidhyalaya, Lalitpurpur	18	3
5. Sustha M. K. Vidhyalaya, Bhaktapur	25	3
6. Manab Vidhyagriha Vidhyalaya, Thimi	18	3
7. Aadrash Bal B. Vidhyalaya, Banepa	32	6
8. Family R.C.C , Bagbazar	16	3
9. Susta M. K. Vidhyalaya,	22	3
10. Family R.C.C.	18	2
11. Family R. C. C.	15	2
12. Bal Kalyan Vidhyalaya & Family R.C.C	32	5

13.	Ram Janaki Vidhyalaya & Family R.C.C	25	5
14.	Nava Jivan Bal Bikash Kendra ..	23	3
15.	Shishu B. Kendra	25	3
16.	Baglung Bishesh Bal Kakshya	23	3
17.	Amar Jyoti Vidhyalaya	33	3
18.	Bal Kalyan Vidhyalaya	28	2
19.	Family Counselling Centre	35	4
20.	Family Counselling Centre	18	2
21.	Family Counselling Centre	16	2
22.	Day Care & Family Coun.Center	45	9
23.	Nirmal Nava Jyoti	12	2
24.	Family Counselling (Center)	38	4
25.	Family counselling	12	1
26.	Family counselling	18	2
27.	Family Counselling	22	3
28.	Family Counselling	10	1
29.	Family Counselling	18	2
30.	Sustha M. K. Vidhyalaya	28	3
		775	79

Through the above day care and Family Counselling Centres, we are currently providing special education and training to 775 mentally retarded children & youth. Most of the day care centres are situated in the normal schools for integration purpose.

The government has also positive attitude towards special education because 'Special Education Council was established with a view to provide educational facilities to such children and youth..

**THE GENERAL WELFARE SERVICES PROVIDED BY OUR ASSOCIATION ARE AS FOLLOWS:**

1. Family Counselling and Home Visits
2. Vocational Training and Production Centre
3. Special Olympics Games
4. Public Awareness Programme
5. Training of Staff/ Parents/ Volunteers
6. Group Homes

Medical system :

A WMR is providing medical facility for mentally retarded children. For this, psychiatric doctor services is available. A WMR has also requested every health centre and hospital to provided the check up service of Mentally Retarded children. A WMR is also giving counselling services to the MR parents about primary health care.

Financial aid :

At present, A WMR is receiving funds from the following International agencies/ organisation and HMG/ Nepal for its regular and specific activities.

1. The Norwegian Association for the Mentally Retarded (NFPU,Norway)
2. Maryknoll Fathers and Brothers (USA)
3. Special Education Council,HMG/Nepal
4. Local funds

Voluntary activities :

Qualified Danish and British Volunteers are working in A WMR and A WMR is also trying to get Japanese Volunteer from JICA office Nepal. Parents are also doing voluntarily in A WMR.

7. Participants are requested to state their own philosophy on rehabilitation services for people with mental retardation and problems to solve when making the philosophy an actuality.

My own philosophy on rehabilitation services for these people and problems to solve when translating this into actuality are as following.

Philosophy :

1. A mentally retarded has the same human rights, and the same human needs, as has any other person.
2. There is basically nothing wrong with a Mentally Retarded. She or he has only some difficulties adjusting to our complex society.
3. You can not, even if you try your hardest, train a Mentally Retarded so that she or he is no longer a Mentally Retarded.

4. As it is not possible to change a Mentally Retarded into someone she or he is not, we must adjust the system of society so that the Mentally Retarded can obtain her or his human rights within the society.

We can do this by:

- Adjusting the school system so that Mentally Retarded may get an education according to her or his needs, and as an integrated part of the ordinary school system.
- Adjusting the vocational training system so that Mentally Retarded may get job-training according to her or his needs.
- Adjusting the local environment so that Mentally Retarded may participate in any cultural or social activity.
- Adjusting the system of society so that Mentally Retarded may have the right to choose where to live and where to work as a full member of any family or society.
- Teaching every true believer in human right: about the rights of Mentally Retarded, about their abilities and their possibilities.

Family Counselling :

It is essential for any kind of training of Mentally Retarded that the training starts as early as possible. I have the feeling that early detection should be one of the main concerns for the future work. It will be necessary in force, and to get information from, all sources dealing with young children. Key persons will be all health personnel working throughout the country. The counselling unit will be asked to work out a plan accordingly.

Family Counselling should be an integrated part of all the schools' work. It is essential that future training of staff will include this matter.

Our own school , units and other suitable locations should , if possible, be open for counselling on days when schools are closed. Counselling in it self is an important source of information to the public. An information is still one of the most essential part of the work.

### Vocational Training system :

In vocational training , as in all special teaching, I think learning for life for the future is essential. It means all training should lead to some kind of productive work, preferably integration in the community, which is our basic goal. Our focus therefore, is on:

1. Self help skills so that mother becomes free to do other things.
2. Looking after the animals.
3. Looking after smaller children.
4. Going to the market.
5. Looking after the vegetable garden.
6. Becoming productive by doing small cottage industry work like envelope making, candle making, and chalk making.

### Problems to solve :

1. To identify persons throughout the country who have mental retardation and to determine and meet their individual needs.
2. The main fields for their initiatives are in Awareness, parent participation and government participation.
3. To educate the community on the preventive aspects of mental retardation and to make people conscious of their roles and responsibilities relating to people with mental retardation.
4. To open parents Cells at the local level and provide training to the parents on parenting skills.
5. Initiate Community Based Rehabilitation Programmes for the rehabilitation of people with mental retardation.
6. To encourage vocational activities based on community.



8. Participants are requested to describe community-based programmes provided for people with mental retardation in their countries, if any.

The following briefly describes the community based rehabilitation programmes provided for people with mental retardation in my country.

Association for the Welfare of Mentally Retarded gives emphasis on the CBR programmes to utilize the existing resources within the community and establish network of these resources so as to reduce the operational cost of delivering rehabilitation services.

#### CENTER LEVEL SERVICES:

- \* Home Visit program as per the direction given by the Central Management Committee.
- \* Conducts parent/Teacher, Volunteer training programmes.
- \* Conducts job and market survey for Vocational training and employment.
- \* Forms selfhelp groups and community support services.
- \* Organization of recreational, cultural and sports activities.
- \* Liaise with NGO, INGO, HMG and other Governmental and non-Governmental functionaries for rehabilitation programmes.

#### DISTRICT LEVEL SERVICES

- \* Awareness programmes among the community.
- \* Training of community level workers for detection of people with mental retardation by using quick screening methods.
- \* Mobility training, Physio and speech therapy.
- \* Vocational training and job placement.
- \* Liaison with Local Development Authorities, Health Center, Local NGO and District Education Office which can help in the rehabilitation of people with mental retardation.

9. Service delivery system and relevant laws and regulations

Participants are requested to draw an organisation chart or flow chart (starting from sections at the lowest level) for every agency in their country which is responsible for service delivery systems.

The following is a flow chart for my organisation that is engaged in delivering the services for the people with mental retardation.

The service delivery system for the mentally retarded people has the following chain of operation.

**STUDENTS AND FAMILIES**

**UNITS**

**LOCAL MANAGEMENT COMMITTEE**

**DISTRICT BOARDS**

**DISTRICT GENERAL ASSEMBLY**

**PROJECT MANAGEMENT COMMITTEE**

**CENTRAL EXECUTIVE BOARD**

**GENERAL ASSEMBLY**

**SOCIAL WELFARE COUNCIL**

**MINISTRY OF WOMEN AND SOCIAL WELFARE**

Relevant laws and Regulation :

We have disabled welfare and protection act 1982 in our country. The new constitution 1990 has recognized the responsibility of the state in providing welfare activities to disabled people. AWMR has advocated for social, economic and legal protection of people with mental retardation. The regulations of the Act were developed in 1992 and are now being implemented gradually