

FINAL REPORT

THE GROUP TRAINING COURSE

ON

MENTAL RETARDATION

FOR

JAPAN LEAGUE FOR THE MENTALLY RETARDED

(12.06.89 TO 13.12.89)

KAMALIAH BT HAJI ISMAIL
FROM MALAYSIA.
07.12.89.

1. Principles, knowledges and skill acquired in the Group Training, which are thought to be helpful for work the Mentally retarded in your country.
2. Any item on Principles, knowledges and skills which your want to deepen mere in future.
3. Mention the priority of means which should be taken to develop the welfare services for the mentally retarded in your country.
4. Coments on the Group Training at large.

During this six month Group Training Course that is from 12/06/89 to 13/12/89, I have acquired a lot of knowledge, skill and principal for the mentally retarded in Japan. Further more this course covers five aspects, such as Education, Welfare, Medical, Employment and Financial Aid. It cannot be denied that the mentally retarded need basic facilities like accommodation, food and drink, other facilities and jobs if necessary to their ability so that they would be independent in society.

This course was conducted in three stages that is, lectures, observation and practicals, during which I have gained various knowledge, skill and the policies taken by the Japanese government for the mentally retarded in two aspects of preventing and rehabilitating. In the field of prevention and rehabilitation various programmes were carried out for the mentally retarded, and I was given the chance to observe and do practicals with the mentally retarded. Besides these lectures in four important aspects were also given. The four aspects were Welfare, Education, Medical and Social/Vocational Rehabilitation services.

Similarly during the observations, I was allowed to visit places related to the mentally retarded such as special school, institutions, hospital home, day care center, restaurant for mentally retarded, vocational training center, private company where the mentally retarded did the jobs. Further more I allowed to visit the sheltered workshop and rehabilitation center for the mentally retarded.

After the observation I achieved knowledge and skill more closely and saw the various programmes and policies taken by the Japanese government. From the practicals, I saw and did myself what was taught for the mentally retarded who included three groups that is, most severely retarded (IQ below 20-25), severely retarded (IQ from 20 or 25-50), and moderately retarded (IQ 50-75).

During my practicals in Osima Colony and Asahigawaso, I saw more closely the different training and rehabilitation programmes given to the mentally retarded in Japan. From my observation I can understand more deeply the new skills, which I did not know earlier.

Some of the programmes carried out here has not been practised yet in my country, especially in the vocational rehabilitation services in which the equipments used are of high modern techniques.

In this course, I have gained a lot of knowledge which would be useful in my daily duties in the institution of the mentally retarded children. I am aware of the administration of the institution of the mentally retarded children in Japan and this will be a guide for me in the future. I have learned how to control children of behavior modification, also came to know how the IQ tests are conducted in order to assess the thinking ability of the mentally retarded. I got to see the occupational therapy, speech therapy, music therapy, movement therapy, physical therapy conducted on these mentally retarded children. Besides all these, I saw how the daily living activities were conducted in the institutions. In the field of skill training, I carried out practicals and learnt simple vocational training techniques. However, I would train the inmates of the vocational training in my work place, so that they could follow even though we do not have equipments of modern techniques.

MEDICAL

In Japan health and medical care programmes for persons with mentally retarded are classified into prevention, early detection and intervention and multidisciplinary care for persons with severe disabilities.

Prevention of mentally retarded is one of the most important objectives of maternal and child health services. Health examination and guidance for pregnant women, monitoring of the condition of the foetus, and safe delivery in the hospital have been encouraged. These policies have resulted in decreasing numbers of low-birth-babies and decreasing mortality, as well as fewer children disabled by cerebral palsy.

1. Maternal Care - The hospital, obstetrician clinic, local health center and visiting guidance. (Health examination and advice, blood and urine examination, guidance for mothers at risk,

prenatal diagnosis if necessary).

2. Perinatal Care - Hospital, obstetrician clinic, maternal child health center. (Monitoring of foetal condition, safeguard of delivery, transfer to neonatal ICU if necessary).
3. Infant health service - Local health center, local government, hospital doctor's clinic, visiting guidance (Evaluation of growth and development, visiting guidance for premature babies (refer to special clinics or hospital if necessary)).

EDUCATION

Special education in Japan is provided in special schools and special classes held in ordinary elementary and lower secondary schools.

1. Special schools -

There are three types of special schools; Schools for blind children, schools for deaf children and schools for children with disabilities.

2. Special classes -

Special classes are set up mainly for children with mild disabilities. They are divided into seven types of classes, those for children with mental retarded, physical disabilities, health impairments or weaknesses, partial sight, hearing difficulties, speech impairments, and emotional disturbances.

The educational placement of children with disabilities, as provided under the Order for Enforcement of the school education Law. Mentally retarded have three degrees of disability such as Most severely retarded, Severely retarded and Moderately retarded. They go to schools for the mentally retarded except the moderately retarded children go to special classes.

WELFARE SERVICES

In welfare services measures for people with mental disabilities include;

a) Prevention of birth of children with mental disabilities and promotion of the study of prevention.

b) Promotion of rehabilitation at residential facilities, so that people with disabilities can alleviate those disabilities and can manage to live ordinary lives and be happy.

c) Various assistance to people with disabilities who are cared for at home.

Various welfare programmes in many fields for the mentally retarded are important so that they would lead moderate and happy lives. In my country we have welfare services for the mentally retarded, but it is at a moderate level. Various new programmes and ideas which are useful and helpful for the mentally retarded, have been carried out or in the trial stage. However in the future, various steps would be taken for the development of the welfare services for the mentally retarded in my country, though it would take a long time as mentioned below;

1. Prevention and early treatment.

The welfare measures for the mentally retarded place its emphasis on prevention, early detection and early treatment. The policy of early diagnosis and treatment methods has been encouraged and also provided by the government for medical treatment.

2. Services for mentally retarded persons.

a) Counselling and guidance.- There are both governmental and private programs supported by the government. Governmental services are conducted at child guidance centers, welfare offices and consultation center for the mentally retarded. Child guidance center offers services for mentally retarded children and their parents such as testing, evaluation, guidance and referral to appropriate institutions. In welfare offices, welfare officers for mentally retarded persons are appointed to give counselling and guidance to mentally retarded persons. Volunteer counsellors for mentally retarded persons are appointed from experienced guardians or parents of retarded persons.

Besides, the government assists financially various counselling and guidance programmes of voluntary organizations. Mentally retarded handbooks are distributed to help them obtain various services.

b) Educational treatment - The government provides subsidies to municipal governments for day care center for mentally retarded children and also supports educational camping programs of voluntary organization.

c) Home care - Home helpers are available to families with severely mentally disabled children or adults. The home helpers work includes chore services and attendant care. Articles for daily living are also distributed or lent to them. Severely mentally retarded persons who stay at home have been visited by doctors and health nurses for medical evaluation and guidance,

d) Financial assistance - Family who have a severely or moderately mentally retarded children under the age of 20 are provided with a special child rearing allowance following a rate in my country.

3. Institution.

a) Home for mentally retarded children and mentally retarded children day-care center.- Orphaned and abused mentally retarded children under 18 years of age are encouraged to be institutionalized and get protection, education, and vocational rehabilitation. Mentally retarded children's day-care centers are institutions where mentally retarded children attend daily to receive protective care as well as training.

b) Rehabilitation center and sheltered workshop for the mentally retarded.- These two types of institutions are available to mentally retarded persons, such as rehabilitation center and sheltered workshop.

c) Services for the severely retarded - Mentally retarded children is for severely retarded children who require more skilled professional care and training. Training of for the mentally retarded has been carried out in this school.

4. Measure for social rehabilitation.

a) Vocational guidance custody system- The governors of prefecture, designate custodians place mentally retarded persons in their custody for a certain period of time. The custodians are to give the retarded persons guidance for daily living and vocational training while they are staying.

b) Halfway house for mentally retarded persons.

There are many cases of mentally retarded persons who find it more comfortable to be in an institution where suitable protection and guidance are provided. They are not able to adjust to social life outside institution and return there after they get a job in the community.

Besides the aspects mentioned above, the mentally retarded people are given vocational training before they are offered jobs outside, but few companies employ mentally retarded persons.

CONCLUSION

From the above, I can conclude that during the six months training in Japan I have acquired a lot of knowledge, skill and principles related to the care of the mentally retarded persons in a wide range of fields. In this course, four aspects have given importance that is Medical Services, Education Services, Welfare Services and Social/Vocational Rehabilitation Services. Three methods have been used in the course, such as lectures, observation and practicals. I wish to thank to the Japan International Cooperation Agency, Japan League for the Mentally Retarded for giving me this golden opportunity to attend this ^{course} in Japan. Also I wish to thank all organizations and peoples, who have worked very hard to make this Group Training Course as beneficial as possible. The experience, knowledge and skill gained here would benefit me and my staff in the Welfare Department in my country, so that the objective of helping the mentally retarded persons would be achieved though it would take a long time in the future.

Coments on the Group Training at large.

1. I wish to thank Japan League for the Mentally Retarded for giving me the opportunity to attend this course in Japan and had practical experience, which will be a guidance to me in my daily tasks for the mentally retarded people.
2. I suggest that in the future all the participants must be from the same field for example all from the ministry of education or all from welfare service, in order to make the lecture beneficial to the daily job and benefit to the department.
3. Even though materials/notes has been given to the participants for advance reference for better if slide, video and transparencies are used during the lecture time.
4. I suggest that in the future all notes from the special school, institutions and so on be given in the English language.
5. Thank you to JLMR for giving the opportunity to us to have observation and study tour in Guma, Kyoto, and practicals to Osima Colony and Asahigawaso, which was exciting and interesting. Anyway the schedule for the trip and practical was very tight. If JLMR can kindly extend the duration of the trip and also to other places, so that we will know more and better about Japan.
6. Congratulations once again to JLMR because the observation trip which had been arranged were good because I understood better about the activities and functions for the mentally retarded persons in Japan.

REPORT ON PRACTICUM ON SPECIFIC FIELD

AT

ASAHIGAWASO IN OKAYAMA

(9.11.89 TO 29.11.89)

KAMALIAH BT HAJI ISMAIL
FROM MALAYSIA.

3.11.89.

Thank you to Japan International Cooperation Agency, Japan League for the Mentally Retarded, and Asahigawaso Comprehensive social welfare facilities and medical services institution for giving me the priceless opportunity to observe and experience what Japan does for the handicapped people especially for the mentally retarded. I wish to thank the social welfare in Okayama prefecture for inviting us to have our practical in Asahigawaso for the mentally handicapped people and also I wish to thank all the staff for their help, and cooperation during our practical from 9.11.89 to 29.11.89.

Asahigawaso was founded to realize a society in which all people from children to old people are to be loved and respected. Founded in April of 1957, the purpose is to be a comprehensive social welfare organization considering especially the medical aspect of social welfare.

Asahigawaso having 22 different institutions, is providing 5 different kinds of services that is,

1. Institution for the physically handicapped.
2. Residential institutions for the mentally retarded.
3. Day care for the mentally retarded.
4. Nursing Home.
5. School and Institution.

The Asahigawaso in a special situation is to be a private organization, has to solve many tasks. Responding to the needs of the society, it will try to fulfill its roles on the social, medical, education and labor aspects of the social welfare in the society.

In my opinion this place is the most suitable center for the mentally handicapped people to live for a meaningful life because it has various facilities designed for various handicapped people.

While in Asahigawaso I chose the following 5 facilities for my practical.

1. Asahigawa Jidoin.
2. Bambi no Ie.
3. Asahigawa Gakuen.

4. Asahigawa Ryoikuen.

5. Izumi Ryo.

1. Asahigawa Jidoin.

(Hospital home for profoundly mentally and physically handicapped)

This institution has not only the function of institution but also has the function of a hospital. It is an institution for profoundly mentally and physically handicapped children and adults. To give medical services for the inpatients and outpatients. The main aim is the maintenance of health of the handicapped and also to help them as much as possible to develop and to prevent degeneration.

In medical care, an intensive nursing care and different kinds of rehabilitation are provided. These kinds of medical care are also provided for the still homebound handicapped of this kind. Even though rehabilitation is very important for the profoundly mentally and physically handicapped such as physical therapy, occupational therapy, sensory motor training are provided as well as the play therapy to treat the behaviour problems of the handicapped. Activities daily living will be taught individually or in groups. Many activities, some of them outdoors are also provided.

In comparison with other institution, this institution is different because medical care services for both inpatients and outpatients are given. In my opinion this is important because direct methods are to encourage volunteers from outside coming here in groups or individual to help such as folding diapers, changing sheets and so on.

Similarly, inpatients are given training such as IQ tests and occupational therapy. While observing I noticed very clearly how the IQ test were carried out in stages for the children as well as the adults to access their ability. In relation to occupational therapy, they were trained in fingers movements such as handicraft which would be useful in their daily lives in the future.

2. Bambi no Ie

(Day care center for mentally or physically handicapped preschool children)

Most of the children coming here are children with behavioral problems, autistic children, or mentally handicapped children going to kindergartens in the city or staying at home. They will come sometimes here for a week to receive special care or to receive some sessions of different therapies.

The different therapies available here are speech therapy, sensory motor training, music therapy, movement therapy, activities of daily living and this is done in groups or individual. From my observation I noticed quite closely how the children were trained in therapy such as mentioned above. They were trained in stages either in groups or as individuals.

3. Asahigawa Gakuen.

(Residential institution for mentally handicapped children)

This institution has to protect and to give this mentally handicapped children training and education to prepare them for an independent life in future. Therefore, upon their age and each type and grade of handicap, education programs are provided. Music, flowers and the green environment, a cultural environment will have a very important psychological effect on their future life.

From my observation, I was given the chance to mix around with children of behaviour modification and I saw that they preferred outside activities because they moved freely and enjoyed the natural environment.

4. Asahigawa Ryoikuen.

(Institution for physically handicapped children)

This institution has also the function as hospital. Children with cerebral palsy or with different diseases of the nerves who need long time medical care or rehabilitation are in this institution. They will be trained or educated to live in the future as independently as possible in the society. This intensive medical care is provided not only for the hospitalized handicapped children but such services are also provided for the still homebound handicapped children through visits to this hospital or through homevisits of the medical staff of this hospital home.

In therapy, to develop the still dormant possibilities, and to provide them an independent life as much as possible. Also different kinds of therapies are available.

From my view, this place is very important in giving assistance to the physically handicapped people in the medical and rehabilitation fields, so that they would be independent in the society as much as they could in the future although this would take a long time.

5. Izumi Ryo.

(Welfare institution for mentally handicapped adults).

This institution was established for mentally handicapped of more than 18 years old. Next to protect them, the main aim of this institution is to train and prepare them to for an independent life in the society. Therefore they still receive training on the activities of daily living and also a vocational training, such as gardening woodmaking, handicrafts, and so on. Besides these activities, cultural activities such as sports, listening to music and different kinds of group activities are also provided to make it possible for them to live on their own in the society in the future.

Besides the places where I had my practicals, I was also given the chance to visit the National Rehabilitation Center, Sheltered Workshop and private Company. Here I found how the handicapped people worked diligently and energetically and they carried out the vocational training with full concentration before they got a job outside.

Conclusion.

From here I could conclude that the various programmes for rehabilitation for the mentally handicapped people includes medical services, welfare services and educational gained here would be very useful to me especially in my daily duties in the field of the mentally handicapped children once when I return to my country.

REPORT OF OSHIMA COLONY

I wish to thank the social welfare department in Hokkaido for inviting us to have our practical in Oshima Colony for people with mentally handicapped and I also wish to thank all the staff of Oshima Colony for their help and cooperation during our practical from 21st. August 1989 until 31st. August 1989.

Oshima Colony is very suitable for the mentally handicapped people because it is located far away from the city, with plenty of fertile land for cultivation. In my opinion this is the most suitable centre for the mentally handicapped people to live for a meaningful life because it has various facilities designed for various handicapped people.

While in Oshima Colony I choose the following six facilities for my practical;

- 1) Yuaiso
- 2) Yuai Special High School and Dormitory.
- 3) Meisein.
- 4) Tsukushimbo Gakkyu
- 5) Hakodate Seinenryo.
- 6) Oshima Gakuen.

I have gained various experience after the five days practical and observation. Here I have the chance to observe in detail the administration and the processing system with modern facilities. From this place I got to see how to separate blemish level so as to create various facilities according to ability, physical strength and age level.

From Handiwork group practical I got to see how the old mentally handicapped people cooperate and respect each other and they are well disciplined just like what I observed in Yuaiso.

Various ability that they make in Vocational training can be seen from Hakodate Seinenryō and Meisein. Although the people are mentally handicapped but with the guidance from teacher who has special training in helping the mentally handicapped people. They are living just like in a big family. They always help each other with their work and they do not have misunderstanding among each other.

Eventhough they are living in different dormitory they are given opportunity to communicate with each other without limit. They are able to make use of local material in their handicraft work for example a doll which made from corn skin at the Meisein.

In Tsukushimobo Gakkyū, very young mentally handicapped children were trained every day. This centre provides ^{from} training for the parents, so that they know how to train their handicapped children at home.

When the training is provided at the early age, they will be able to cope with life better in later stage.

When I go back to my country, I will try to apply what I learned here. But I foresee some problem because at present, Malaysia is lacks if modern facilities, trained personnel on various skills. However I will recommend to my Ministry of Social Welfare Services Malaysia to implement what I have learned here.

CONCLUSION:

In general, practical at the Oshima Colony is very good and profitable for me and also to all participants. I think that the practical is not enough. I recommend in future more time should be provided for practical so that the objective to help the mentally Handicapped are achieved.