
FINAL REPORT

BY...MS.PANIDA RATANAPAIROJ

(THAILAND)

FINAL REPORT

About 3 months I have got very good chance to learn services for people with mental retardation from infant to aged provided in Japan. I have gained a lot of new knowledge and experience and there are many things, I wish, I can promptly apply them in my country after making some modification as follows:

1. Training children with very severely mental retarded or training mental retarded children with hearing impaired so that they can communicate with other people as much as possible for instance, communicating by using pictures or simple symbols etc. If they could not communicate with others, of course, they would lose their chances to learn about new things which are very beneficial to themselves and it is almost impossible for them to survive in this world with happiness.

2. Training Autistic Children by emphasizing on Visual Stimulation and Communication, for example, by using various kinds of pictures as media to tell the children what they should do. As these children have rather good visual function, once or twice they see the things, they can easily remember those things.

3. Training group activities such as

- Folding paper: fish, bird or giraffe and so on
- Drawing: fish, rabbit, lion etc.
- Making corn doll
- Singing (Children's song)

There are many other things which cannot be done by myself, but I have to propose them to my supervisor or Director such as:

1. Preparation of Residential Institution - To make it look

like home which includes:-

- bedrooms, 2 children for one room

- living room and dinning room

- each institution should have its own kitchen, the foods are not necessary to be only from the main kitchen. This will be very convenient to plan appropriated menu for the residents.

Recently, we cannot arrange these things owing to:

- structure, size and figure of the old building

- lack of financial support for new building and facilities

- insufficient staff

2. Establishment of Residential Institution for Elderly Mental Retarded people

There is no such institution in Thailand now. I think this should be last stage service for mental retarded people. Such an institution did not exist yet because we lack sufficient staff and subsidiary.

3. Day Care Center in every province for

- Severe and profound mental retarded children and adult

- pre-school children who have development problem

Nowadays, the service for MR people in Thailand does not cover the whole country. Just the residents in urban area could get the service. On the other hand, the residents in rural area have not any opportunity to be served.

This plan is very difficult to be achieved because:-

- Thai Government does not pay much attention on this matter

- Lack of financial support
- Insufficient staff

4. Special School in all every province

This plan is also not complete yet because :-

- staff, especially, special teacher are very few
- lack of financial support
- Thai Government does not pay much attention on

this matter

5. Provide facilities such as sheltered workshop, welfare factory, half-way house, shop home for MR people so that they can have independent lives

We cannot fulfill this idea because we still lack of staff and financial support.

There are still some more ideas that I cannot agree with, namely, upon visit normal school with special class, I have seen that all the program for MR children in special class is absolutely separated from normal children, for example, class room, canteen, toilet, playing ground, and curriculum. For my idea, some should be integrated such as lunch, toilet, music, sport, and so on.

This is just one of the parts that would help the MR children to have a chance to spend their lives with normal people in the social. This will make the normal people think about the MR children positively, not the strangers or the discriminated people any more.

The service system I would like to establish or add

1. Respite care services

Sometimes the parents need help when they want to be far away for holidays or some member in the family gets sick and needs intensive care or the parent themselves get sick. During this period no one would take care of these MR children but they will be taken care by the hospital for 6-7 days.

2. Short Term Stay

This is a training program for the children who have some manner problem such as aggressive, cannot coordinate with friends, egoistic etc. The duration of the program may be 3 months, 6 months, 1 year or 2 years but not more than 3 years depends upon the problem.

3. Home Visit for In-patient

In case, the parent looks after their children by overprotecting their children, the parents never co-operate with staff to train the children at home or the children are often absent from school etc., home visit program will be a good general data-collection which is very useful to solve all the problem, in addition it will help to create the mutual understanding and cooperation between parents and staff.

4. Parent Group

is divided in to 2 categories

1. Mother or father joins the group every year
2. Mother or father joins the group every six months

The main purposes of the parent group are:-

- the parents of the children could have a chance to meet and share their ideas.
- they may solve the problem by themselves
- staff can receive the problem from the parent in taking care of their MR children
- the parents may have some solutions from the staff

Comment on this course in general

1. The duration of this training course is reasonable
2. Program for lecture or place visit is good
3. For practical period
 - the duration is appropriate
 - the practical places with good cooperation and kind staff I recommend are Oshima Colony, Taiyo-no-sono and the interesting place is Unsen Colony
 - Program Co-ordinator for practical places should speak English influentially and well cooperate

PRACTICAL REPORT

BY...MS.PANIDA RATANAPAIROJ

(THAILAND)

ASAHIGAWA-JIDOIN

I have a chance to visit Asahigawa-Jidoin from October 25,- November 5, 1993. This hospital renders services for severe mentally and physically handicapped people. I am very interested in 3 sections as follows:-

1. Nursing Section I have observed at Satsuki Ward. This ward is for taking care of the most severely patients in Asahigawa-Jidoin. No patient from the total of 45 people can take care of themselves. They have to lay down waiting for the nurse to give them nursing care or the caretaker to take care of them. The activities for the staff in this ward are Activities Daily Living (ADL) such as taking bath, tooth brushing, clothes changing, diapers changing³ and feeding etc. In addition, some patients are on tracheostomy tube for breathing or on Naso-gastric for feeding, some sleep in the bed, like they are in a coma. The active and patient staff of this hospital do impress me. They enjoy working and give all the best to the patients. Meanwhile other people may think that this job is boring and sorrowful.

2. Therapy Department The job concerns with training program. There are diversified therapists such as S.T., O.T., P.T., Psychological Assessment, Sensory Motor Training and the most interesting is Speech Therapist who trains the patient who shows pretty good intelligence. Meanwhile, severely physical patient uses word processor to communicate with others. This is very difficult because the patient has to recognize alphabets, characters or words and understand the pictures first before

using the finger to press the keyboard.

3. Community Services I do not have a chance to actually observe this program but all the information is presented by the staff at Asahigawa-Jidoin. There are many interesting services such as:-

- Home Visit in Okayama City
- Day Care Center for Adult which means the severer mentally and physically handicapped patient who are graduated from junior high school and has nowhere to go can come to this place.

- Respite Care to frequently help the parents. In case the parents are sick, or have to take care of other sick persons in the family or they have to go somewhere else, no one can take care of the patient. Asahigawa-Jidoin will temporarily admit these patient to take care.

Because most of the patients in Asahigawa-Jidoin cannot even take care of themselves. The staff whose duty is to lift the patient to or from the wheel-chair or do some other activities may got some problem with their muscle or skeleton in the near future because the way they lift the patient is one man to one man basis. In addition, it is necessary to recruit very good staff. Without kind staff who are active, good attitude to the handicapped people, these handicaps would lack sufficient help and lose the opportunity to happily survive in this world. Furthermore, the staff should be appreciated and rewarded too. To make morale and cheerfulness, the staff should receive :-

- incentive, at least 20% of the salary

- upgrade by attending special training, seminar, conference, exhibition or study mission to other concerning organizations.

OSHIMA COLONY

I have a chance to visit Oshima Colony from November 8,-19, 1993. Oshima colony is quite a big institution which renders many services to mental retarded people from infant to aged. There are a lot of things that impress me, namely :-

- Residential Institution
- Community Life Support Center
- Community Based Rehabilitation Program (CBR)
- Staffs

1. Residential Institution

It is quite good. The most interesting place is Oshima Gakuen which is a residential institution for children below 18. The interior design make it look like home. Its bedrooms, dining hall or common room make me feel relax and comfortable. This is a good reference, in case, we plan to set up a new residential institution.

The other place is Dai-2-Oshima Gakuen which is a residential institution for autistic children. They also provide training program for severe behavior children. In addition, I have experience of how to train autistic children. The lecture by the Director of Dai-2-Oshima Gakuen, inclusive of his own experience is very beneficial to me.

2. Community Life Support Center

This center renders the assistance to mental retarded people who live in halfway house or group home of Oshima Colony. Whenever M.R. people have problems, the center will help to solve the problems by counseling well as medical or financial

supporting. This is very excellent because M.R. People could become independent life provided that they are fully supported much more than the normal people would be. The appropriated assistance for M.R. people would help them survive in the social and can live happily with other people.

3. Community Based Rehabilitation Program

There are many CBR programs in Oshima Colony that I am very interested in such as:-

- Community care center which is a day care center rendering diversified areas of services such as medical treatment, rehabilitation, home visit. In addition, they also provide Mother and Child Care Training Program to emphasize on the relation between mothers and their children.

- M.R. people from Oshima Colony can work in the community. I have visited Noodles Restaurant where 2 M.R. people working there, in the kitchen. They are from group home. Both of them enjoy working there and their colleagues who are normal never show any bias against them.

- Special Class In normal elementary school, there are some things integrated such as, P.E. lesson, free play, and lunch etc.

- Oshima Colony Shop at Daiei Hypermart This is the biggest department store in Hakodate City. The goods are all produced from the work shop in Oshima Colony such as biscuit, canned food, ham, ceramics, corn doll etc. 2 staff from Oshima Colony and 4 M.R. people work together. This is very impressive that Oshima Colony can participate and be accepted in the community.

4. Staffs

Besides, services and programs rendered by Oshima Colony, staffs of Oshima Colony also do impress me. Everyone is diligent, active and has good human relation. During visit each place, they give us warm hospitality by giving us very imformative presentation, clarifying all the problems, providing lunch, share-discussing by the Director of each place etc. Without the good cooperation by the staffs, I would have not gained a lot of knowledge or good experience from Oshima Colony.

TAIYO-NO-SONO

From November 22-December 3, 1993, I have visited Taiyo-No-Sono. The programs provided for JICA participants here are all CBR programs. The programs of my interests are :-

1. social Independent System of Residence

This system is for training the M.R. people until they become independent lives. It is a training in residential institution before graduation from Taiyo-No-Sono and move to community.

The training is divided in to 3 sessions as follows:-

- 1.1 ADL guidance training in living unit
- 1.2 ADL practice on campus
- 1.3 ADL practice in community

I absolutely agree with this system as M.R. people usually cannot well adapt to environment, or people. If they are well trained beforehand, it will help them to live happily in the community.

2. Community Life Support Center

This center provides assistances for M.R. people after their graduation from Taiyo-No-Sono and living in community. It is a good idea to have such a support center because to live in community even though they have already well trained may frequently cause unexpected problems. Good and appropriated supports will help the M.R. people live as normal people. Furthermore, this center also renders cooperation for social welfare net work such as, cooperation with the owner of company,

--

cooperation with people who are handicapped, etc.

3. Separation of Working Place and Living Place

There are workshops located both in Taiyo-No-Sono and community. The unemployed M.R. people living in community such as group home are allowed to work in the work shop in Taiyo-No-Sono. On the other hand, M.R. people living in residential institution will be allowed to work in the work shop located in the community. This is a very excellent idea because the M.R. people will have a chance to experience new circumstance and meet many strangers which will help them to adapt their way of life.

4. Center for Development and Support

This center renders consultation, evaluation, training for M.R. people as well as trains the staffs who work in the related areas. There are many interesting programs such as:-

- Mother and Child Training Program

This is and short term admission, just 5 days training in the dormitory

- Living Ability Training

For the M.R. people whose ages are more than 15 and live with their family. The training includes basic training in group living and working because some may encounter problems of living with others.

- Out Reach Program

This is an detection and early intervention in various cities and towns throughout Hokkaido. In addition, there are traveling consultation services to renders advice to staffs working with M.R. people in central area of Hokkaido as well. This program is very good and useful. It shows the cooperation

among the concerning organizations in rendering the services to the people all over Hokkaido.

5. For M.R. People Who Can Get Job in Open Employment

I have a chance to visit many places that M.R. people working there for instance, soybean-curd factory, beef steak factory, laundry company, metal factory, etc. It is unbelievable that many M.R. people (compared with the population of Date City) working in such places. Furthermore, I see M.R. people among the normal people in many places, such as supermarket, restaurant, bus stop, etc. without any discrimination. It means the people in Date City have a very good attitude to the M.R. people. Other words, independent life of the M.R. people in Date City is very successful.