

Final Report

Group Training Course in Mental Retardation

Presented by Rabindra K.C., Nepal.

My own philosophy on rehabilitation for these people are as follows:

People with mental retardation has the same human right and the same human needs as has any other person.

There is no basically nothing wrong with a person with mentally retarded she or he has only some difficulties adjusting to our complex society.

We must adjust the system of our society so that people with mentally retarded can obtain her or his human right and legal right within the society.

WE have to educate the community on to preventive aspects of mental retardation and to make people conscious of the roles and responsibilities relating to peoples with mental retardation.

WE have to provide integrated individualized uninterrupted and properly adapted special education to individual with mental retardation.

We have to identify persons who have mental retardation and to determine and meet their individual needs.

People with mental retarded must receive meaningful employment and other rooms of vocational opportunities .

For the protection of social economic and legal right of mentally retarded parent association should work as a pressure group and advocacy body.

We have to give emphasis on the CBR program to utilize the existing resources within the community and establish network of these resources so as to reduce the operational cost of delivery rehabilitation services.

Equalization of opportunity and full participation :

Health Care Services:

We have to develop and fully use their ability talents and skills.

2. State how you can make your philosophy and actuality by utilising resources in your country in your environment.

Adjusting the Day Care Centre System according to the environment so that mentally retarded may get an education according to her or his needs and as an integrated part of the ordinary school system.

It is essential any kind of training of mentally retarded that the training starts as early as possible. I have the feeling that early detections should be one of the main concerns for the future work. It will be necessary in force and to get information from all the sources dealing with young children. Key persons will be all health personnel working throughout the country.

Teaching every true believer in human rights about the right of the mentally retarded about their abilities and possibilities.

Adjusting the local environment so that mentally retarded may take part in any cultural or social activities.

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

Liaison with NGO , INGO industry and other governmental and non-governmental functionaries for rehabilitation programs.

Training of community level workers for the detection of people with mental retardation by using quick screening method by utilising available resources.

Establishing shelter workshop for production besides paper bag making, candle production, vocational training and income generating activities like incense

manufacturing, chalk making, envelope making, bicycle repairing and agricultural works from the major bulk of professional activities for people with mental retardation.

Parent association can act as a pressure group and advocacy body so that they can demand more services from the government. For vocational employment they can also start shelter workshop themselves.

Organise regular schedule competency base training and seminars for teachers , parents, social workers and volunteers.

Establishment of group home in different region of the country taking the help from local government, community and parents association.

Arrange fund raising programs in various level for self sustainability.

To create public awareness and foster positive attitude and actions by preparing brochures, posters, TV programs, documentary films, advertisement slides and video shows etc.

Initiate community based rehabilitation programs for the habilitation of people with mentally retarded .

Organise parents group throughout the country

We have to establish self advocacy group .

To open parent cells at local level and provide training to the parents on parenting skills.

3. You are requested to comment on service in Japan in general and / or to describe your own view on some of the services you are most impressed .

In general services provided for people with mentally retarded in Japan is best and systematic. We observed various kind of services for the mentally retarded. It has covered all area of rehabilitation works like health and medical care, education, welfare services, employment and financial assistance for this they are getting the help from government and private sector. In the constitution of Japan there is a provision of legal rights and rehabilitation activities for mentally retarded individuals. For the protection of legal rights and human rights of mentally retarded individuals Tokyo Advocacy Center for senior citizen and

mentally retarded is helping them and organization like Japan League for Mentally Retarded, Japanese Association for Care and Training of Mentally Retarded , Japan Teachers Association for the Mentally Retarded, Japanese Parent Association for mentally retarded, Japanese association for the study of Developmental disabilities are actively working in the field of rehabilitation's work for people with mental retardation. For the special education and training program, teaching materials and equipment are also available for them.

During my training course I got the chance to learn, observe and discuss about services for mental retardation including autistic people in Japan and to know about educational, community level program, employment, welfare, advocacy and medical services likes health Center, Hospital, Day Care Center, Special Education School, Facilities for Severely Mentally Retarded, Resource room, Segregated and Integrated Center, Residential Facilities, Vocational Training Promotion of employment, Shelter Employment, Half Way House, Group Home, Tokyo Advocacy Center for senior Citizen and mentally retarded, National Institute of Special Education, Kurihama School for Severe and Multiple Handicapped Children, Transactional Program between mentally retarded children and non-handicapped children, Integrated Classes, Kindergarten, Experience of CBR Programs in Indonesia and finally individual training.

My view on some of the services I impress are as follows:

Integration programs

In my individual training course I got the opportunity to visit integrated classes in elementary school resource room in elementary school, Kindergarten, transactional program between MR children and non handicapped children which was my first experience after visiting those center I observed that the normal children are cooperating to mentally retarded children. They are participating together in school activities. Normal teachers and special education teachers are working together and they have regular meeting with each other about the programs and activities. Normal parents also cooperating and I also found good communications and reporting system between normal teachers, resource teachers, special education teachers and parents. Resource teachers also do home visit to observe activities of children and meeting with parents.

Elementary Schools

During my individual training course program I observe the programs of elementary schools which was my new experience and it was quite useful for me.

In my country in elementary level we don't have regular program like physical training, health checkup, traffic knowledge, practical cooking training, marketing, excursion tour and daily individual activity reporting between teachers and parents. It is like a two way communication from which it helps to development and progress of children. Teachers working in the elementary class were dedicated and creative. They make some teaching materials themselves also. The most important thing I found was teacher never get angry with children and the whole management of the school was working in team work with cooperative feeling and regular contact with parent.

Parents Association

In Japan I found the parents association is working actively. They are working as a pressure group and advocacy body. During our training program when I visited to Okashiyapallet Shelter Employment Cookery Bakery was established by the parents. Keyaki Comprehensive facilities for Autistic people/ Nakayamu Aiken Shelter Workshop is also run by parents. Parents have supported the another school called Asahide School . From these activities we can learn parents are actively taking part for the betterment and rehabilitation of their children.

Self Advocacy Group

During our training period we also got opportunity to meet with the members of the self advocacy group which was new topics for me. After meeting with them I learnt that it is the group of mentally retarded individual advocating their rights themselves and to decide themselves for the betterment of their lives.

Group Homes and Half Way House

We also visited Group Homes and Half Way House which was residential training for the people with mental retardation. It was a nice program and this kind of program help to promote social independence of the people with mental retardation throughout training on daily living and counseling for stable working life.

Vocational Rehabilitation

Vocational training is one of the most important programs in the field of mental retardation rehabilitation. In our training program we visited different centers where we observed different kind of vocational programs like prevocational, vocational, shelter workshop and factories where mentally retarded adult are working and we have talked with the factory owner about the employment . They told they are happy to giving job for mentally retarded and we also asked to the factory owner by giving the job to the mentally retarded if they are getting any privilege in tax exemption . They told us yes, but they are not applying for that. We also visited Tokyo vocational Rehabilitation Center for disabled which provide job, counseling and guidance, conduct aptitude test an offer appropriate vocational rehabilitation programs, counseling for progress and adaptability after being employed, guidance and assistance for expanding employment opportunity in cooperation with relative business firm, assessment and qualification requirement of mentally retarded persons and enhancement of their employment opportunities while keeping in close relationship within the public employment security office and they also sent counselors instructors to various meetings and courses for the employment of the disabled persons which was an effective programs.

a) Did you find any services applicable in your country ? If you did please let us know about, how do you apply it ? With it how you can change situation in your country?

These are some services applicable for my country.

Elementary school program

In my individual training program I observed elementary classes where I found useful program like regular physical exercise, practical cooking training, regular health checkup, self-help skills, traffic education, daily reporting system between parent and teachers, marketing class, excursion tours, which we don't have in our elementary class. When I return to my country I will call the meeting of teacher and parents and brief them about the above program for implementation. This kind of program help the development and progress of mentally retarded children.

Integrated Program

Another important subject I have learnt from the individual training course was integrated program in kindergarten, mentally retarded children in integrated class, transactional program between MR children and non-handicapped children which we don't have this kind of program in our country. This sort of program play the

vital role for development and progress of mentally retarded children and the running cost of the program will also be cheaper and it helps to reduce the discrimination between normal and abnormal. When I return to my country I will suggest to my executive board and parent association to give pressure to Ministry of Education to include this kind of system in special education national policy which is going to be introduced very soon in our country. Before that I will also request kindergarten and elementary school head masters to run integrated program in school.

Employment

During our training program we visited some factories providing job for mentally retarded. We also talked about the employment with factory owner, they were positive. Eventhough they are getting tax facilities from government they are not applying for in this case. In our country we haven't tried for the job placement for mentally retarded. When I return back to my country I will suggest to executive board and call meeting with factory owner and chamber of commerce to discuss employment issues. I will suggest parents to establish shelter workshop so that MR can get job.

Advocacy Center

We also visited Tokyo Advocacy Center for Senior Citizen and Mentally Retarded which is playing active role to protect legal right and human right of mentally retarded people. They are also conducting awareness programs by observing this programs it gave me idea to establish advocacy center in our country also. For this I will suggest to the parent association to take necessary actions to form advocacy center taking help with Nepal Bar Association.

Group Home

I also observed group home facilities in Japan which was well managed and care taker are doing extremely good job in group home. In our country we have just started one group home for orphans. when I return back to my country I will suggest my executive board and parent association to establish group home in different region by taking help from local government and community.

4. Comment on the training course on mental retardation.

Before commenting on the group training course on mental retardation I would like to thank JICA and JLMR for providing seat for group training course in

mental retardation. During the training course in mental retardation I got the opportunity to learn and observe welfare services system and various institution for the mentally retarded in Japan and also meeting with distinguished professional and intellectual persons working in the field of mental retardation.

We the participants from eight countries exchanged our experience and ideas with each other. We also discussed various topics and came to the conclusion which was very useful for us. During my individual training course I got the golden opportunity to have practical observation with lovely children and dedicated teachers of elementary schools which was an unforgettable experience. I think in future we have to focus more in individual training so that participants can learn according to his or her country needs.

This training program is very much important for those who are working in the field of MR. It gives us complete new vision and new ideas. I would like to request JICA and JLMR to provide such kind of group training course and professional cooperation in future.

Finally I would like to express my sincere gratitude to Prof. Takeshi Kaneko, Ms Chiyoko Numata, secretary general of JLMR, coordinator Ms Ando and other distinguished concerned ladies and gentlemen and TIC members for providing me homely atmosphere during my stay in Japan.