

- ❖ Have positive attitude towards your child
- ❖ Encourage your child

SPECIAL LAWS FOR PERSONS WITH MENTAL RETARDATION

- ❖ All persons in the country are entitled to equal rights and equal protection under article 21 of the constitution of India. This also applies to Persons with Mental Retardation.
- ❖ In exercise of the right, at any time a person with Mental Retardation can approach the court if he/she faces any unreasonable/ arbitrary discrimination based on this ability.

THE SPECIAL LAWS FOR THE MENTALLY RETARDED ARE

- ❖ The Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995.
- ❖ The National Trust for welfare of Persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities Act, 1999.
- ❖ Rehabilitation Council of India Act 1992.
- ❖ Mental Health Act 1987.

USEFUL WEBSITES ON MENTAL RETARDATION

www.ccdisabilities.nic.in
www.dnis.org
www.ncpdep.org
 (National Centre for promotion of employment for disabled persons)
www.nhfdc.nic.in
www.nimhindia.org
www.rehabcouncil.nic.in
www.socialjustice.nic.in
www.thenationaltrust.in
www.punarbhava.in



USEFUL NEWSLETTER

- ❖ Ability News
- ❖ Disabled News and Information Services - DNIS
- ❖ Empower - NIEPMD Newsletter
- ❖ Enabling - National Trust Newsletter
- ❖ NIMH - Newsletter
- ❖ Parivaar News

USEFUL JOURNALS

- ❖ Disabilities and Impairment Journal
- ❖ Journal of Disability Management & Special Education
- ❖ Indian Journal of Social Work



For Further Details Contact

THE DIRECTOR

**NATIONAL INSTITUTE FOR EMPOWERMENT OF
PERSONS WITH MULTIPLE DISABILITIES**

(Dept. of Empowerment of Persons with Disabilities
Ministry of Social Justice & Empowerment, Govt. of India)

East Coast Road, Muttukadu, Kovalam (P.O).

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Mental Retardation



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Working Hours

Monday to Friday 9.00 a.m. to 5.30 p.m.

Holidays

Saturday, Sunday & All Central Government Holidays

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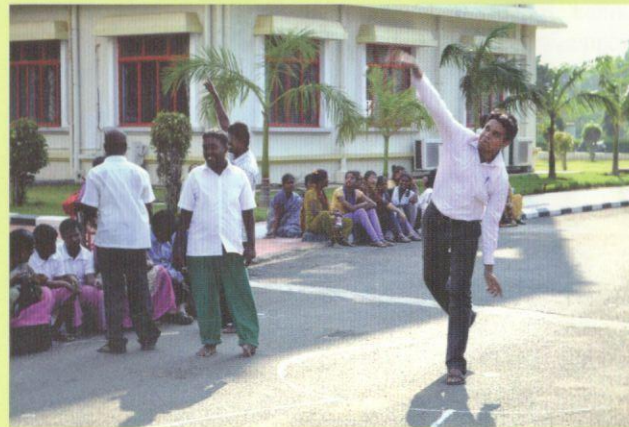


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सत्यमेव जयते

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INTRODUCTION

Children with Mental Retardation are considered as clumsy, drooling and helpless during olden days. Today we know this is simply not true. There had been evolution in the concept and its understand. Much of the change in the attitude has come from changes in the definition of Mental Retardation.

DEFINITION

Mental retardation is a disability characterized by significant limitations both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social and practical adaptive skill areas. The disability originates before the age 18 years. (AAMR 2003)

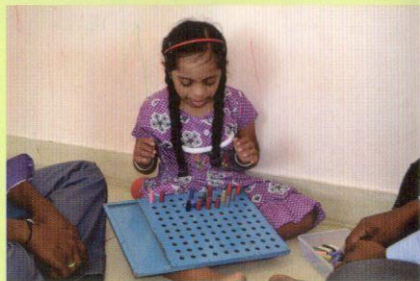
- ❖ Limitations in intellectual functioning refers to the difficulty in learning and performing certain daily life skills; the IQ score 70 or below on one or more individually administered general intelligence tests.
- ❖ Adaptive functioning refers to how effectively individuals cope with common life demands and how well they meet the standards of personal independence, expected of someone in their particular age-group, socio-cultural background and community setting.

PREVALENCE

The prevalence of Mental Retardation is estimated at about 2 to 3 percent of the general population. It has been estimated that in India, there are about 20 million persons who are mentally retarded. The prevalence of mental retardation in India varies from 0.22 to 32.7 per thousand populations. As per the census of India 2011, the prevalence is 5.6% per populations and amongst 5.8% males and 5.4% Females.

CAUSES

Mental retardation may occur due to interplay of several biological, psychological and social factors. Many a time, it is difficult to find a single etiological factor and many are idiopathic. The etiology is divided into three :



Prenatal causes : Maternal factors : Metabolic factors; Chromosomal disorders; Developmental and maturation defects; Cretinism; Maternalfetal blood incompatibilities; Chronic maternal illness; Teratogens (alcohol, tobacco, drug, abuse, radiation);

Perinatal / Natal Causes : Difficult delivery; Premature rupture of membranes; Pre-term & Post-term delivery; Low birth weight; Sepsis during delivery; Prolonged labour; Arrested labor; Abnormal presentation (breech, shoulder); Conditions causing hypoxia or anoxia; Cord round the neck; Severe jaundice; Toxemia of pregnancy with high blood pressure and fits.

Postnatal Causes : Malnutrition during postnatal period : Head injuries due to blow to the head or by accidents; Encephalitis; Paediatric AIDS; Childhood diseases like Whooping Cough, Chicken pox and German measles : Lead/mercury poisoning; Seizures, Brain tumors; Meningitis; Phenketonuria (PKU); Tay-Sachs disease-a progressive brain damage..

CHARACTERISTICS TO IDENTIFY PERSONS WITH MENTAL RETARDATION

- ❖ Delay in neck control/sitting/crawling/standing/walking
- ❖ Language developmental delay
- ❖ Attention deficits
- ❖ Poor Memory
- ❖ Poor Academic Achievement
- ❖ Lack of motivation
- ❖ Limited individual differences
- ❖ Difficulty to understand social rules
- ❖ Poor problem solving skills
- ❖ Self adjustment problems
- ❖ Poor in decision making / logical thinking
- ❖ Indifferent to their surrounding and not responding
- ❖ Behavioral problems
- ❖ Delay in learning task
- ❖ Scholastics backwardness
- ❖ Associated condition such as Blindness, Deafness, Cerebral Palsy and Autism
- ❖ Associated problems such as Epilepsy, Nutritional disorders, Hyperkinesis and Psychiatric disturbances.

If one / more features are present in the child, professional help must be sought immediately.

SKILLS THAT CAN IMPROVE CHILDREN WITH MR

- ❖ Self help skills (eating, dressing, bathing, toileting)

- ❖ Fine motor and gross motor skills
- ❖ Language development / communication skills
- ❖ Social skills
- ❖ Reading, writing and basic arithmetic skills
- ❖ Health and safety skills
- ❖ House hold activity / domestic skills
- ❖ Recreational & Creative expression skill training
- ❖ Work habits & Independent Living skills.

PROFESSIONAL INVOLVED IN INTERVENTION

- ❖ Medical Officers
- ❖ Psychologist
- ❖ Physiotherapist
- ❖ Occupational Therapist
- ❖ Speech Therapist
- ❖ Special Teacher
- ❖ Vocational Instructor
- ❖ Yoga Therapist

SERVICES OFFERED FOR PERSONS WITH MENTAL RETARDATION AT NIEPMD

- ❖ Comprehensive Assessment, Diagnosis and Programming
- ❖ Early Intervention
- ❖ Early Childhood Special Education
- ❖ Individualized Special Education Services
- ❖ Vocational Guidance & Counselling
- ❖ Psychological assessment and Behaviour modification
- ❖ Parent Training
- ❖ Medical Intervention
- ❖ Therapeutics service comprising or (Physiotherapy, Occupational therapy, Speech & Language therapy and Sensory Integration)

TIPS FOR PARENT'S / GUARDIAN

- ❖ Try to understand the needs of your child
- ❖ Do not compare your child with other children
- ❖ Be happy about your child development
- ❖ Accept your child as it is
- ❖ Involve your child for all house hold activities and provide opportunities

