ACTION PLAN AND SUGGESTIONS FOR FURTHER STUDY

PREVENTION OF CAUSATIVE FACTORS
IDENTIFICATION AND TREATMENT
AWARENESS PROGRAMME AND EDUCATIONAL MEASURES
REHABILITATION PROGRAMMES
SUGGESTIONS FOR FURTHER STUDY

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**CHAPTER - VI**

**ACTION PLAN AND SUGGESTIONS FOR FURTHER STUDY**

- **ACTION PLAN**
  
  On the basis of findings an attempt is made to suggest a guideline for future course of action that can be taken for the welfare and education of mentally retarded person. The Action plan includes the following areas of mental retardation:

  - **PREVENTION OF CAUSATIVE FACTORS**
  - **IDENTIFICATION AND TREATMENT**
  - **AWARENESS PROGRAMME AND EDUCATIONAL MEASURES**
  - **REHABILITATION PROGRAMMES**

  **PREVENTION OF CAUSATIVE FACTORS**

  A massive programme on maternal and child health care may be developed at different levels with joint responsibility of the state and central government. The NGO's should also be involved in this programme to reduce the prenatal, neonatal and post natal causes of mental retardation.
Over aged pregnancy may cause mental retardation among newborn baby. Mother should not be conceived after 34 years of age. It will help to reduce the probable risk of mental retardation. Genetic and pregnancy counselling may be available for all women to help in this regard.

Consanguine marriage is getting popularity in the North-East. The research findings indicated that marriage among blood relatives caused genetic and chromosomal abnormalites among the child. It resulted in mental retardation. Consanguine marriage should be discouraged and inter caste marriage should be encouraged.

It is observed that expectant mother who experienced mental shock and hypertension due to some reason may give birth to mentally retarded child. They should be free from any kind of mental shock and nervous tension to avoid the problem of mental retardation among children.

The changing attitude of the women towards job and the financial need of the middle class family compel both the parents to work in office. The child is looked after by the care takers. Mother has no time to feed the breast milk and as a result the child is bottle fitted. The growth of bottle fed children are lower than the normal children. This may cause mental retardation among them. The public health centre and mass media can play a significant role to popularise the concept of breast feeding instead of bottle feeding.

Premature birth may cause mental retardation among children. The expectant mother should be vigilant to the problem of mental retardation and other diseases. Mother should go to health centre for regular checkup.

Sometimes newborn babies are deprived of oxygen during birth and get breathing difficulty. It caused brain damage and the baby become mentally retarded. In such cases the babies should be given oxygen immediately to prevent birth asphyxia and brain damage.
• IDENTIFICATION AND TREATMENT

Multidisciplinary expert team consisting clinical psychologist, should undertake different diagnostic measures in each district level hospitals of the states.

Children suffering from epileptic fit in infancy or early childhood may cause mental retardation. The parents should consult the doctors immediately. Epilepsy can be identified early and can be treated in time.

Children attacked by post-natal jundice and para-typhoid during infancy or early childhood may cause mental retardation among them. Para-typhoid and jundice can be identified soon and proper treatment may be given to the child.

Delayed development and low I. Q. may cause mental retardation. Parents can observe it through the daily life adjustment of their children. Psychiatrist should be consulted immediately to develop the growth rate and I. Q. level.

• AWARENESS PROGRAMMES AND EDUCATIONAL MEASURES:

NGO’s and state government may launch special awareness programme on mental retardation. Mass media can also be involved in this regard to remove misconception and discrimination towards mentally retarded. Statewise essay competition, drawing and painting exhibition can be arranged by the state Directorate of social welfare.

Government can establish information and documentation centre in each state of the North-East for handicapped children including mental retardation. These centres can distribute pamphlets, audio-visual aids and posters for this purpose.

Special schools of the North-East are lacking proper infrastructure including school building, residential facilities, water supply, sanitation, play ground
and health service. The state or central government may donate land or land can be allotted in concessional rate. Health and education department can sanction building grant to develop the infrastructure of the school.

Number of special schools in the North-east are inadequate to the needs of mentally retarded children. All special schools are located in the capital cities. These schools can be established in rural areas for the proper coverage of rural M. R. Children. Special education and integrated educational programme should run simultaneously. All normal schools must have a provision of admission for Mild M.R. Children. Educational programmes should be especially arranged to the needs of students.

Stagnation was found as a major problem for M.R. Children in special schools. The expert committee may assess and scrutinise the educational services regularly. It can check the sub-standard causes of education in Special Schools.

A national institute for mentally retarded can be established in the North-East with research and training facilities. The curriculum for the special schools may be developed by this institute in collaboration with the SCERT of the concerned states.

Each university of the North-East may open a special education department to undertake various programmes on handicapped including mental retardation.

Special transportation facilities should be given to handicapped children. Bus and train fair concession may be given to them. The government may ensure books, stationeries and other educational aids and equipments to M.R. Children in free of cost.

The institutes that are lacking supporting services like guidance and counselling and parents teacher association, may take necessary action in this
Rehabilitation is a big issue for M.R. Children in the North-East. Mentally retarded cannot work like a normal person. They need special arrangement to compensate their abilities. Each special school may have one sheltered workshop with vocational training facilities for the rehabilitation of mentally retarded.

Reservation provision for mentally retarded person is not available in the Disabled 1995 (Act 1 of 1996). Mentally retarded person cannot compete for the open post. The deficiencies of the Disabled Act of 1996 should be removed and at least 1% of job can be reserved for mentally retarded. The state governments of the North-East can also take necessary steps in this regard.

The Integrated Rural Development Programme can be flexible for the mentally retarded person in the North-East. It can give better scope for the self-employment of mentally retarded person.

The central government should establish District Rehabilitation centers (DRC) in the North-East like other part of the country. Community Based Rehabilitation (CBR) programme may also be started in the North-East to meet up the problem of rehabilitation.

Special employment exchange may be set up in district and state level for registration of mentally retarded person for suitable job.

Special schools and vocational training centre may be empowered to certify that mentally retarded individual is fit for a particular job though he may

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**REHABILITATION PROGRAMME**

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Special schools and vocational training centre may be empowered to certify that mentally retarded individual is fit for a particular job though he may
not have minimum educational qualification required for the post.

District and state level cell centres may be set up for marketing products prepared by mentally retarded. Sale tax may be exempted from it.

State and central government may introduce scholarship for mentally retarded students. This is a constitutional obligation of the government to take necessary action for the welfare of the weaker section people.

- **SUGGESTIONS FOR FURTHER STUDY**

  The following areas are suggested for further studies.
  - Studies on the problems related to implementation of National Policy for mentally handicap
  - Studies with the coverage of all group of disabilities.
  - Comparision on the effectiveness of integrated education and special education programme.
  - Co-relational studies on mental retardation and other associated handicapness.
  - Studies on supporting services related to the welfare of mentally retarded.
  - Studies on the evaluation of different welfare scheme for M.R. Children.
  - Comparative studies on the services of government and NGS,s relating to education and rehabilitation of Mentally retarded.
  - Studies on the impact of mentally retarded persons on the family.
  - Studies on effectiveness of preventive measures to arrest mental retardation.
  - Studies on the practices of yoga for mentally retarded persons.
  - Studies to develop effective remedial measures for mental retardation.
  - A nation wide survey on the prevalence of various kinds of disabilities among children.
  - Studies to identify the suitable jobs for mentally retarded.