

NCPD Connection

Vol.9 September 2018

Message from the Chief Executive Officer



It gives me great pleasure to extend a warm welcome to all returning as well as new trainees, apprentices, members of staff and even our volunteers at the National Centre for Persons with Disabilities. It has been a very exciting, fulfilling, productive and successful year as we have embarked on a number of new initiatives, including the CSEC examinations in the year 2019. Indeed, I am delighted as we usher in the new term, bringing more academic exposure to trainees and apprentices.

For many years, our trainees have been taking the Level 1 NEC exams. In July, 28 trainees were provided the opportunities to write the level 2 exam in various skill areas. We are swollen with immense pride, as this year we saw 24 young men and women cross the graduation stage on July 13th.

As a vocational training agency for Persons with Disabilities (PWDs) we continue our mandate to provide high quality skills training that will meet industry requirements and produce responsible, respectful and well-rounded citizens of Trinidad and Tobago.

Again, I say **'WELCOME'** to each and everyone who play a major role and form part of the NCPD family. This academic year (Sept2018/ July2019) promises to be one of increased excellence, productivity and success.

In closing, let us be reminded that Persons with Disabilities are people like you and I, 'see the ability, not the disability'.

A handwritten signature in black ink that reads "Beverly Beckles, PhD".

Beverly Beckles, PhD
Chief Executive Officer

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Editor's Note

According to research from the World Health Organization (WHO), one in four persons experience mental health issues and require “special” treatment at some point in his/her life. Mental Illness, for example, Depression is of high prevalence amongst citizens in Trinidad and Tobago at present. It is a current and major issue affecting the lives of thousands of people, frequently broadcasted in our daily news.

Specific content based on “Mental Health” is included with the main intent to increase levels of awareness and attention amongst readers. It is seen as critical to gain greater insights and understanding on this very relevant and pressing issue. Valuable information is provided for the purpose of empowering all persons to take greater care of their mental-wellbeing and also to assist those around us who struggle with mental battles.

Additionally, the topic of “Mental Health, Mental Wellness” will continue to be a major theme in future newsletters. Therefore you can look forward to an ongoing series article entitled “Confessions of a Secret Mind” for all to look forward to.

“Confessions of A Secret Mind”

Mental illness, for example, depression, anxiety and schizophrenia are all global phenomena in which sadly, very little attention is placed on these “hidden disabilities”. Suicides have increased, leaving families devastated, hopeless and scarred from emotional wounds. There is a whirlwind of misconceptions, lack of awareness, stigmatisation, hostility and volatile discrimination surrounding persons who experience these challenges which only perpetuate the bitter reality they face in coping with their struggles.

Today, mental illness is highly prevalent in Trinidad and Tobago with depression and anxiety being at the top of the list. Traditionally, people did not consider various types of mental illnesses such as depression, anxiety, schizophrenia, bipolar disorder and others, to be a “disability”. Disability meant some kind of “physical impediment” for conservative thinkers. However, these views have been replaced and challenged in some instances where mental illness is now commonly referred to as “hidden disabilities”, by mental health officials and researchers in more recent times. In a Newsday article

dated August 5th 2017, it was reported that 11,000 persons were admitted to psychiatric outpatient’s clinics in the South-West region, while 100 persons were receiving services at the San Fernando General Hospital, Mental Health Department. Further research from the Global Burden of Disease Study (2017) suggested that it is expected to be number two in 2020 and number one in 2030. If we were to put our lives on “pause” for a moment, taking some time to analyze, we will all discover that depression is consuming the lives of millions around the world, so detrimental and alarming that by the time we press “play”, almost one third of our people will be overwhelmed by this “monster” of destruction. The year 2016 was a catastrophic year for a young twenty-two year old girl. Anxiety, panic attacks, nightmares, hallucinations and desolation overpowered her mind and by extension, her life. After university, she had been diagnosed with Clinical Depression as a result of facing unemployment for approximately eighteen months. In her mind, she felt useless, unproductive and worthless. A nervous breakdown followed shortly afterward as she struggled

to accept the massive losses of six loved ones that very same year. Her mind journeyed like an emotional roller-coaster not just jagged, but waiting to collapse. This was the onset to something dark, something atrocious, so deadly that morbid thoughts of confusion and chaos replaced her positive thinking. She had become a stranger to herself in her own mind. She had become lost, like a plastic bag floating through the cold, windy atmosphere with utmost uncertainty and senseless direction. Her mind was out of touch with reality so drastic to the point she completely lost it. She sought psychiatric treatment that year and fortuitously, her family, as well as her friends, became her support system. The bigger picture is, have you ever wondered what life would be like if you were to lose your mind? What would happen to your family, your friends, your colleagues? What would they think of you? Not everyone is fortunate as others. Sometimes, people experience loneliness because they hold the belief that there is no one to turn to. Who do we really lean on in our down times? Who can guarantee us a better life? The three most

powerful words are; Love, Hope and Faith. We must firstly love ourselves as well as others, hope for better days and have faith that betterment will come. But God! God is there for us and we ought to seek His glory. Depression and mental illness can happen to anyone. It is frowned upon to look at someone and judge their story. Who are we to judge? The sad reality is in today's society, we do not actually listen to others. We do not hear their stories, we think we do. Far too often we become judges in our own mind that we do not value the differences in other people's lives.

In the recent past, our nation mourned the loss of a very young university Engineering student and footballer, Matthew Caesar, who committed suicide due to feelings of insecurity, uncertainty and anxiety, as those were related to his social and academic life. Similarly, a young Law student and former Youth Parliamentarian, Kimberly Teelucksingh, made the decision to take her own life a day before her college graduation. What was problematic and more so, unfortunate about these two stories was that, they both left subtle messages but no one really paid full attention, leading both Matthew and Kimberly to their ultimate ill-fated destiny.

Mental illness can affect any person regardless of race, religion, ethnicity, status or background. At

the National Centre for Persons with Disabilities (NCPD), it is embedded in all persons to look at the positives and not the negatives. In today's stressful society, a person with a disability may experience mental health challenges as it becomes difficult and tedious to cope or deal with their everyday struggles. Furthermore, because of the person's specific disability and the implications presented upon a person's life, feelings of depression can occur simultaneously. There are cases where persons with disabilities acquire mental illness in the form of depression because of their disability. Hence, there are counselling services made available to those persons who experience mental trauma and internal suffering. There are social workers who are committed to providing talk-therapy, as well as, monitoring "play-attention" sessions geared toward increasing mental focus. This allows for psychological relaxation.

NCPD plays a major role in ensuring mental wellness by facilitating these services. We should not put a label to a person who suffers mentally. Culturally, stigmatisation against mentally-ill persons happens, but it is unacceptable. There are biological chemicals in the brain that causes it to function and if for any reason those chemicals go unbalanced, it can trigger a mental reaction. The serotonin (chemical) imbalance in

the brain can trigger hallucinations, delusions and abnormal visions. There is more occurring within the brain that goes on which we don't actually know or see. This may alter someone's behaviour, causing the person to react very differently so we ought to stop the stigmatisation NOW!

Quit making fun of that person you see vulnerable or in need of help. Your contribution is beyond crucial to create a better space and environment for persons who suffer emotionally, mentally and internally. Create safer and friendlier circles in your life and encourage others to do the same. You can even try lending a helpful ear to someone, start by practicing active listening and make a greater effort to understand their vulnerabilities. Words have powers, use them for the greater good and add value to someone's life. We have to challenge all feelings of depression, confusion and chaos before it can overcome us. We have to be the true masters of our mind, not just winners, but conquerors!

Let's Talk Mental Health

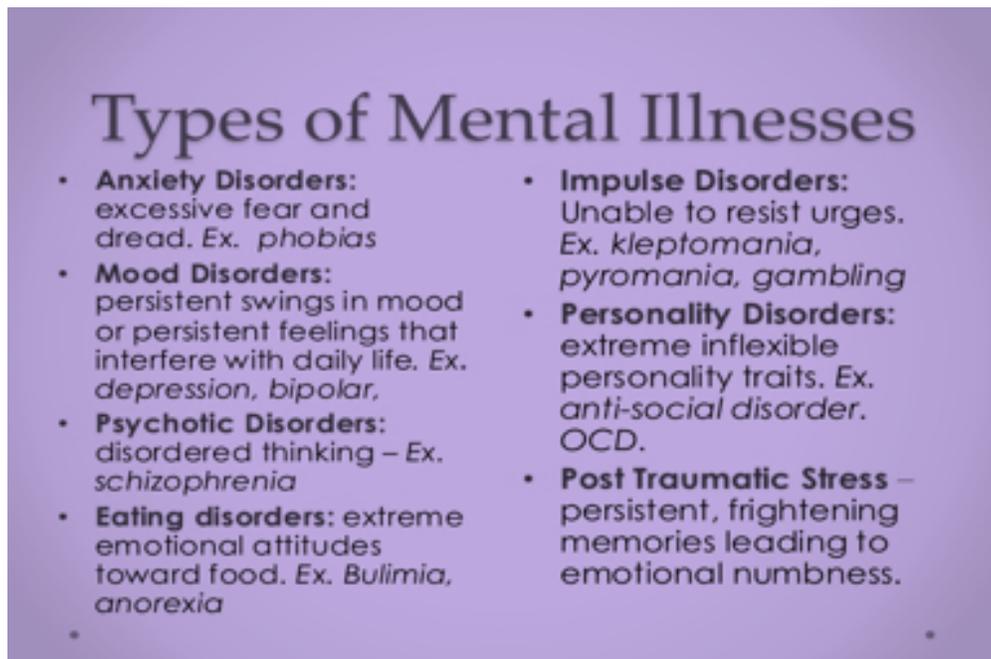
What is Mental Health?

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. The World Health Organisation (WHO) also suggests that one in every four persons experiences mental health problems.

What is Mental Illness?

Mental illness or psychiatric disorder is a behavioural or mental pattern that causes significant distress or impairment of personal functioning. Mental disorders are usually defined by a combination of how a person behaves, feels, perceives, or thinks.

A mental disorder is “a clinically significant behavioural or psychological syndrome or psychological pattern that occurs in an individual that is associated with present disability or with a significantly increased risk of suffering, death, pain, disability, or an important loss of freedom.



Types of Mental Illnesses

- **Anxiety Disorders:** excessive fear and dread. Ex. *phobias*
- **Mood Disorders:** persistent swings in mood or persistent feelings that interfere with daily life. Ex. *depression, bipolar,*
- **Psychotic Disorders:** disordered thinking – Ex. *schizophrenia*
- **Eating disorders:** extreme emotional attitudes toward food. Ex. *Bulimia, anorexia*
- **Impulse Disorders:** Unable to resist urges. Ex. *kleptomania, pyromania, gambling*
- **Personality Disorders:** extreme inflexible personality traits. Ex. *anti-social disorder, OCD.*
- **Post Traumatic Stress** – persistent, frightening memories leading to emotional numbness.

Deaf Awareness Week

Deaf Awareness Week also called International Week of the Deaf (IWD) is celebrated annually the last full week (Monday – Sunday) of September and ends with International Day of the Deaf on the last Sunday of September.

This year's theme is:

With Sign Language, Everyone is included”

FAMILY RELATIONSHIP



mother

Right hand in 5 shape, palm facing left. Tap tip of thumb on chin.



father

Right hand in 5 shape, palm facing left, fingers pointing up. Tap tip of thumb on center of forehead.



husband

Right hand in A shape, palm facing left. Left hand open in front of body, palm up, fingers pointing right. Place right A above right eye. Then move right hand down and clasp left hand.



wife

Right hand in A shape, palm facing left, thumb up. Left hand open in front of body, palm up, fingers pointing right. Draw right thumb down right cheek. Then move right hand down while opening it and clasp left hand.

sister

Right hand in A shape, palm facing left. Left hand in ONE shape in front of chest, palm down, index finger pointing out. Draw right thumb tip down and off right cheek, ending with right index finger extended, palm down, beside left index finger.



brother

Left hand in ONE shape in front of chest, palm down, index finger pointing out. Right hand in A shape. Place right hand above right eye. Then bring right hand down while changing to ONE shape, ending with both index fingers side by side.



son

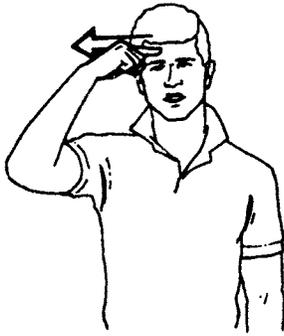
Right hand in B shape, palm out. Left arm bent with left hand in front of waist, palm up. Put right index finger against forehead. Then move right hand to crook of left arm, ending with palm up.

daughter

Right hand in A shape, palm facing left. Left hand open in front of waist, palm up, fingers pointing right. Move right thumb along right cheek and chin and down to left arm, ending with open right hand, palm up, in crook of left arm.



COLOURS



black

Right hand in ONE shape, palm down. Draw finger across forehead above eyebrows from left to right.



red

Right hand in ONE shape, palm in, index finger pointing up. Draw index fingertip down and across lips twice.

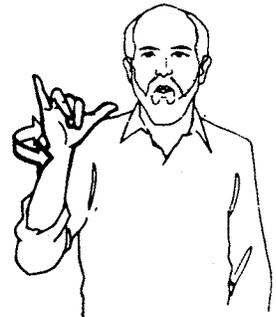


white

Right hand in 5 shape, palm in, fingers pointing left. Place tips of thumb and fingers on chest. Then move hand out while closing to AND shape.

yellow

Right hand in Y shape, palm out. Twist hand back and forth a few times.



brown

Right hand in B shape, palm out, fingers pointing up. Rub edge of index finger down right cheek and repeat.

orange

Right hand in S shape. Open and close hand in squeezing motion two or three times in front of mouth.



color

Right hand in 5 shape, palm in, fingers pointing up. Wiggle fingertips in front of chin.

blue

Right hand in B shape, palm facing left, fingers pointing up. Wave hand back and forth by twisting wrist.



green

Right hand in G shape in front of chest. Shake G several times.

In Trinidad and Tobago, there are over 5000 Deaf persons. At NCPD, we have both staff and trainees who are Deaf in various skilled areas.

We pay tribute to some of our Deaf trainees and staff.



New Faces at NCPD



Mr. Surindra Basdeo

The National Centre for Persons with disabilities is pleased to welcome a new member of staff, Mr. Surindra Basdeo who is a paraplegic into the NCPD family. Mr. Basdeo joined NCPD on July 2nd, 2018 as the Health and Safety Officer. He was awarded a Bachelor's of Science degree in Occupational Health and Safety from the Cipriani College of Labour and Co-operative Studies and he has completed his Master of Science degree in Occupational and Environmental Safety and Health at the University of the West Indies. Mr. Basdeo has ten years experience in Occupational and Environmental Safety and Health. In addition, he is well trained in the physical, psychological, biological, chemical, mechanical and environmental aspects of Occupational and Environmental Safety and Health development. Mr. Basdeo identifies himself as capable, qualified and prepared to undertake the job and gives his assurance that he will fulfil all his duties and responsibilities without hesitation. He is committed and driven and he has never allowed anything to deter him from achieving his goals. His mission is to ensure the overall safety and security of all persons to the best of his ability as well as develop, conduct and maintain safety checks and procedures in and around the NCPD compound. In future, he intends to further his studies and pursue the PhD level to his field of expertise.



Ms. Elizabeth Aguilera

The National Centre for Persons with Disabilities would like to extend a warm welcome to Miss Elizabeth Aguilera as she joins the NCPD family. Ms Aguilera is the newly appointed Office Administration Instructor and she started her first day of work on September 3rd. She is the holder of an AAS in Business Administration and a BBA in Marketing. Ms. Aguilera wants to be an exemplary instructor and trendsetter to her students. She intends to maximise on their capabilities and increase creativity in the classroom. She also hopes to achieve the personal satisfaction of developing independent and responsible students who would be well equipped to enter the workforce.



Ms. Rhonda Lewis

We wish to extend warm welcome to Ms. Rhonda Lewis; one of our latest staff members who is rich in her experience of children with learning and other disabilities. She is fresh out of an MA in Educational Psychology with an emphasis in special education, but has been working with students with difficulties since her study in Barbados (2001-2005) which foregrounded spiritual theatre as a way of reaching children emotionally and helping them to change their behaviour. She uses music, vocalization and drama to soothe and stimulate, in preparation for learning and is always in search of giftedness in every student. Ms Lewis is a Special Education Facilitator and will be working two days at the centre and the other three at the unit.

Ms. Alanna Browne



It gives us great pleasure to warmly welcome Ms. Alanna Browne, our new Accounting Assistant, currently reporting directly to the CEO within her duties in the finance department. Ms. Browne joined our team on September 10th, 2018 after an enriching experience that spans over nineteen (19) years and it was immediately apparent to her that she had stepped inside a very unique organisation. This is her first time working with an NGO and she has already found the experience somewhat rewarding and believes that this new experience will further enhance her abilities and supplement the process of our finance department and organisation as a whole.

Alanna has attained ACCA Advanced Diploma in Accounting and Business and continues to pursue ACCA Qualification and Membership which she intends to complete in 2019. Ms. Browne has volunteered to tutor the participants of our mathematics class. This class consists of a group of extraordinary trainees, despite their challenges, have expressed the ability to pursue the Caribbean Secondary Examination Council exams in this subject area. Ms. Browne's capabilities and effort to help others will truly motivate and promote confidence amongst the students to sit the CSEC examinations in June 2020. She is indeed humbled by her role in tutoring.



Ms. Chevanese Philip

NCPD is delighted to welcome Ms. Chevanese Justine Maria Philip as the new Accounting Clerk. Ms. Philip is fondly called, Chevy by everyone who knows her. She is 21 years old and joined the NCPD family on the 25th of September 2018. Her love for Accounting stems from her Alma Mater, St. Joseph's Convent San-Fernando. She was a business graduate at the I PACE University in Manhattan, NY from 2015-2016.

Her mission/goal is to become a successful and internationally established certified Forensic Accountant managing her own independent practice. On her journey to achieving this goal, her desire at this time is to make a positive contribution to the overall success of NCPD and more specifically its financial growth. Also, as an aspiring forensic accountant, she specified that it is her duty to be honest, trustworthy and fair, with a strong belief in instilling these values within the NCPD organization for the betterment of its people. She humbly looks forward to being a strong member of the NCPD family and she strongly believes in being kind to all persons.

Meet NCPD's Board Members

Mr. GERARD BAPTISTE Clinical Psychologist	CHAIRMAN
Mrs. SHEREEN BAKSH Retired Manager	VICE CHAIRPERSON
Mrs. FRANCES M. L. GUIDE-ATHERLY Manager – Administration & Finance	SECRETARY
Mr. HAYDEN LOVELL Accountant	TREASURER
Mrs. JANICE KOYLASS ABRAHAM Retired Attorney-at-Law	DIRECTOR
Dr. NATALIE DICK Specialist Paediatrician & Specialist Developmental-Behavioural Paediatrician	DIRECTOR
Mr. SUBERT GILBERT Consultant	DIRECTOR
Ms. JOY CREESE Retired Public Officer	DIRECTOR
Dr. BEVERLY BECKLES Chief Executive Officer	CHIEF EXECUTIVE OFFICER

Meet Abdel

From Monday to Friday, he makes the journey from Maracas Valley to the National Centre for Persons with Disabilities (NCPD) and back to Maracas Valley at the end of each training day. He does it with ease and the minute he walks through the doors before 7am, he is wearing a huge smile that warms one's heart.

Abdel Rampersad began his journey at NCPD in 2016. Looking at him, one can never tell that this is a young man with a disability. He has not allowed his disability to dampen or take away from who he is. He is a committed, dedicated, determined, hardworking, friendly and helpful young man.



He is not only a lover of sports but since his enrollment at NCPD, he has represented the Centre at various sporting events in the sporting disciplines of Track and Field, Swimming and Cricket. He is also a member of the Trinidad and Tobago, National Special Olympics Swimming team and is expected to represent our country at the upcoming international games in Abu Dhabi.

Since becoming a trainee at NCPD, Abdel has maintained his title as Lip Sync Champion at the annual Carnival Lip Sync and Parade of the Bands competition. He is known as NCPD's 'Kes' as he always performs his song and has a great love for the artiste and his music. Abdel is also a member of the NCPD Ensemble.

One can see that this young man is a true exemplary trainee and it is definitely clear why he became 2018 Trainee of the Year.

We say to Abdel, Congratulations and 'Let your memories take you back and your dreams take you forward'. You have shown that disability is not inability as you have successfully graduated from the Bookbinding skilled area and move forward into further enhancing your skills in the area as an apprentice.

NCPD's Activities July - September 2018

Graduation 2018

'Our memories takes us back, our dreams takes us forward', this was the theme for the 2018 graduation ceremony of the National Centre for Persons with Disabilities (NCPD), held on July 13th at the San Fernando City Hall Auditorium.

Twenty young men and women who wrote the NEC exams, level 1 crossed the stage dressed in their graduation gowns to receive their certificates. It was definitely a day where memories were made as many of them were recognised for their outstanding work in their various skill areas and received Special Awards such as Sportsman/Sportswoman, Outstanding Physically Challenged trainee and Outstanding Hearing Impaired trainee, just naming a few.

This year, Abdel Rampersad, an exemplary trainee from the Bookbinding skill area received the Trainee of the Year Award.

And for the first time, there was a Chef Executive Officer Award which was awarded to Isaiah St. John, a Food Preparation trainee who has demonstrated what it is to 'triumph over trials', a true champion.

Christy DeSouza, self advocate and member of the Down Syndrome Family Network was the featured speaker at the graduation ceremony. Ms. DeSouza who has Down Syndrome empowered the graduates, urging them to never allow fear to discourage them from achieving their goals. She used her life story to encourage them to be the best that they can be and that they can achieve anything in this world.

This memorable day was shared with Honouree Member/Former First lady Mrs. Zalayhar Hassanali, NCPD Board Members, parents, staff and specially invited guest.



Entering New Grounds

As part of the 2017/2018 Academic Year, National Centre for Persons with Disabilities entered into 'New Ground' as fourteen students were prepared and took the National Primary School Leaving Examination on June 26th and 27th 2018.

This year for the first time, apprentices in the Food Preparation skill area undertook the Level II NEC exam which comprised of Communication, Food Theory and Practical. The exams took place during the month of June 2018.

Yet again for the first time, one apprentice in the Beauty Culture skill area took the Level II NEC exam which comprised of Communication, Theory and Practical.

As we look towards the new academic year, 2018/2019, our first batch of students will undertake exams in Caribbean Vocational Qualification in three areas; Food Preparation Welding and Wood Work. Also a group of students will write CXC Mathematics and English A.

At NCPD, we understand the need to ensure that our young people are competent and qualified to meet the demanding work environment.

Quote Corner

“If you're always trying to be normal, you will never know how amazing you can be”

-Maya Angelo

U-Report Trinidad and Tobago

UNICEF's U-Report Trinidad and Tobago was officially launched on July 6th 2018 at Courtyard at Marriot, Port-of-Spain.

U-Report is a global social messaging platform through which the youth population, between the ages of 13 – 29 years can speak out on issues they care about and have positive change in their communities anywhere in the world.

The platform allows for youths to amplify their voices through local and national media and sends alerts to key stakeholders about the issues their communities are facing.

Trinidad and Tobago became the second Caribbean country followed by Jamaica which launched a few months ago to become part of this initiative.

Information Technology Instructor, Ms. Candice B. John attended the event who is one of the faces in a U-Report video highlighting issues affecting persons with disabilities.



NEC Exams

Every year National Centre for Persons with Disabilities have trainees do the NEC exam in various vocational skill areas and this year was no different as twenty young men and woman took exams in Agriculture, Beauty Culture, Bookbinding, Food Preparation, Office Administration, Wood Work and Welding. The exams took place on July 7th on the Centre's Compound. Examiners were very impressed as trainees demonstrated their competencies in their respective skill area.



5K Glow Run/Walk and Rave

On July 7th 2018, the Skinners Park situated in San Fernando came alive with the Illuminate 5K Glow Run/Walk and Rave.

The event commenced with a Fair where patrons got the opportunity to enjoy free treats and at the same time get their blood pressure and sugar tested, height/weight and given free advice on maintaining healthy life styles.

NCPD also hosted a booth and participants got opportunity to learn about the Centre and sensitized on disability.

At the end of the Fair at around 7pm, the whistle went off and patrons took to the streets to part take in the 5K. For some persons, it was serious business and for others it was simply fun. At the end of the 5K, participants enjoyed a Rave which featured DJ music. Both trainees and staff from NCPD attended the event and had a wonderful time. The event was well attended.



Visit

On July 2018, a group of campers from the Atlantic Leadership Development Camp 2018 visited the Centre to gain a full understanding of what NCPD offers and to be sensitized on disability. Program Manager Ms. Kahaya Sooklalsingh and Job Placement Officer, Mr. Ricardo Rampaul gave the group a full tour of the facilities.

The visitors were very impressed and the tour was very interactive as they not only asked questions but also participated in various activities.



Digital Citizenship Programme

On August 27th 2018, NCPD received seven (7) computer systems from “Restore a Sense of I Can’ (RSC) Digital Citizenship Programme in partnership with Digicel Foundation.

These computer systems will be used to assist in building trainees skills in Mathematics and also towards the start of a TECH Club where participants would learn how to repair computers amongst other things.



Staff Retreat

On August 30th 2018 was a day of fun, rejuvenation and relaxation as staff members along with members of the NCPD board retreated to Point Coco at a private family estate.

Staff members got an opportunity to be updated on the new Strategic Plan of the organisation and when that was completed, the rest of the day was spent enjoying the beach and 'liming'.



Adaptive Equipment

In an intimate ceremony held at the Centre on September 14th 2018, the Henry Viscardi School in Albertson, New York in collaboration with Jet Blue Airlines donated twelve (12) pieces of adaptive equipment. These equipment will benefit the lives of many.



Parent Workshop

On September 15th 2018, the Down Syndrome Family Network held its annual Parent Workshop which was held this year at the University of Trinidad and Tobago, Valsayn Campus. This year's focus was to encourage parents not to give up on their children.

NCPD was invited to make a presentation which was done by Program Manager, Ms Kahaya Sooklalsingh and Instructor Ms. Candice John. The Information was well received.

During the opening of the workshop, Founder of the NGO, Mr. Glen Niles was presented with the Point of Light award from the Queen of England which was presented by the British High Commissioner on behalf of the Queen. We at NCPD extend Congratulations to Mr. Niles and the Down Syndrome Family Network on receiving such a distinguished award and recognition.



Aquaponics Workshop

National Centre for Persons with Disabilities and other beneficiaries of the Digicel Foundation Aquaponics Programme attended a workshop entitled; Aquaponics Networking and Sensitization on September 19th 2018 at the Ministry of Agriculture, Land and Fisheries Aquaponics Demonstration in Valsayn.

Supervisor-Horticulture/Agriculture Mr. Felix Ford represented NCPD at the event.

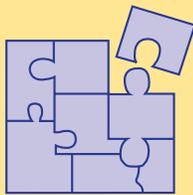


Wellness Tip

Taking Care of your Ears

Your ears are delicate organs, so you must take care of them. If you do, you can probably prevent hearing loss caused by excessive noise or intrusion by foreign objects.

- Be aware of noise in your workplace. The sound level must not exceed 85 dB. If it does, reduce the noise level or wear ear protectors.
- Wear headphones if you use noisy equipment such as drills, lawn mowers, etc.
- Do not use cotton wool. It may push wax down onto your eardrum and can increase the production of wax and/or damage the eardrum.
- Unclean water can cause ear infections which may result in hearing impairment
- Ask your primary care physician to incorporate hearing screenings into your regular checkups. Because hearing loss develops gradually, it's also recommended that you have annual hearing consultations with a hearing healthcare professional.



**NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES**

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Our Vision

To be a World Class Social Enterprise promoting social inclusion for persons with disabilities.

Our Mission

To enhance the quality of life of persons with disabilities, towards achieving an inclusive society.