

NCPD Programme Insights

Continuing our programme insights segment, NCPD would like to highlight the Beauty Culture programme. Overall, it is a two-year programme where trainees are taught both theory and the practical behind creating beautiful hair, skin and nails. Moreover, they are taught to practice the highest hygiene and safety techniques in the beauty culture business. Notably, each of these aspects of the curriculum is geared towards preparing

them for the National Examination Council (NEC) Exam.

Due to the pandemic, the virtual approach has been adapted for students to successfully continue their classes. This term, the twelve enrolled students are focusing on facials and draping. Notably, this topic consists of learning proper hygiene protocols, skincare, different skin types, tones and the correct moisturiser

for each type. Moreover, they are taught how to do facials, draping and section control.



Our Vision

A country in which every PWD enjoys equal access to the rights, privileges and opportunities afforded to all citizens.

Our Mission

To be the leading organization that is renowned for educating and training PWDs to contribute to a disability inclusive society.

Introducing NCPD's Personalized Jewellery Box

As the festive season of Christmas quickly approaches, it is never too early to start shopping for gifts for your loved ones and friends. This month, NCPD would like to showcase our Personalized Jewellery Box which is one of the many creations made at the centre.

The Personalized Jewellery Box is made out of teak and lined with velvet on the inside. Moreover, it is the perfect box to place rings and earrings in as the dimensions are 4" x 4" x 3". Additionally, to add a personal touch for that special someone, personalized engravings can be done at an additional cost of \$25.00.

Notably, NCPD focuses on advocating the vocational and rehabilitation service provided for Persons with Disabilities. Thus, your purchase or contribution can make a difference, while supporting the capabilities and contributions of Persons with Disabilities to society.



Price per unit (1)- \$85.00

Twelve (12) and more- \$80.00

**Personalized engraving at an
additional cost of \$25.00**

Here's what to know about Epilepsy

November is recognized as National Epilepsy Awareness Month to bring recognition and educate the public about the condition and seizures. Epilepsy is a common neurological disorder that affects the central nervous system. Persons with this condition experience seizures due to the brain's overactive electrical signals misfiring. This leads to the disruption of the brain's normal activity, therefore, resulting in nerve cells having a temporary communication problem.

According to the Pan American Health Organization (PAHO), epilepsy affects over five million persons in the Latin American and Caribbean regions. Moreover, they estimate that close to 70% of persons with the condition can live normal lives once proper care is received.

Types of seizures

There are two categories seizures can fall differentiated by:

- **Partial or focal seizures**
In this category, partial seizures begin in one part of the brain and move to other parts of the brain. A person experiencing this would display symptoms such as twitching throughout the body, feeling a tingling sensation throughout one side of the body, and having slurred or abnormal speech. Notably, a person's experience of these symptoms varies based on the location of abnormal electrical activity in the brain.
- **Generalized seizures**
Overall, there are different types of generalized seizures, however, they usually involve simultaneous abnormal electrical activities throughout the brain. Moreover, three types of generalized seizures are absence seizures, tonic-clonic seizures and myoclonic seizures.
 - **Absence seizures**
When this type of seizure occurs, the person would appear as if they are day-dreaming for around fifteen seconds. After the seizure, the person is able to return to their normal level of activity.
 - **Tonic-clonic seizures**
During this type of seizure, the person displays physical symptoms such as eyes rolling back, stiffened muscles, sudden jerking motions and in some instances, becoming limp and losing control of their bowel movements.
 - **Myoclonic seizures**
This type of seizure is known to have brief, shock-like jerks of the muscles. Notably, these seizures last for a few seconds and can occur in clusters during a short period of time.

How to help someone having a seizure?

According to the Seizure Awareness Foundation of Trinidad and Tobago (SAFTT), one should remember the acronym A.C.T.I.O.N.

A - Assess.

- Assess the situation
- Move them away from danger/ harm.

C - Cushion

- Cushion the person's head to prevent head injury

T - Time

- Check the time.
- If jerking lasts for more than five minutes, an ambulance should be called.

I - Identify

- Look to see if the person has an ID card or medical bracelet as it would give you advice.

O - Over

- Once the jerking has stopped, you should place the person in the recovery position. In order to get the person in this position, turn them onto their left side. Further details would be provided in the next subsection.
- Stay with them to provide them reassurance.

N - Never

- Never restrain or put anything into the person's mouth during a seizure.
- Do not give them anything to eat or drink.

How to place someone that had a seizure in the recovery position?

Below are four steps with diagrams explaining how to put someone in the recovery position.

1.

Lay the victim on their back and place the left hand next to their head



2.

Place the right hand on the left cheek



3.

Hold the right shoulder and right leg and pull the body towards you, rolling the patient onto their left side



4.

Rest the patient as shown, and move the head backward slightly



Global Usability Day

November 11th, 2021 is designated as Global Usability Day to create awareness and celebrate the strides made in creating usable products. Essentially, on this day events would be held around the world uniting communities of professional, industrial, educational, citizen, and government groups for the common goal of ensuring services and products are accessible and easier to use.

How does usability relate to persons with disabilities in Trinidad and Tobago?

Usability is important for persons with disabilities as it ensures inclusion in products and services, and that both are met to their standards. The last recorded Population and Housing Census was in 2011 which reported approximately 52,244 persons in our country living with a disability. Notably, from 2011 to 2021, this rate would have increased therefore emphasising the need to provide accessibility and usability for persons with disabilities.

Trinidad and Tobago have made progress in providing services and products geared for persons with disabilities' usability and accessibility. Moreover, this was seen in 2015 when the government ratified article one of the United Nations Convention on the Rights of Persons with Disabilities. This article states that every country should “promote, protect and enable the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity.”

Some notable changes made to ensure usability in Trinidad and Tobago:

- **Guidelines for persons constructing or refurbishing buildings to ensure usability by persons with disabilities.**

The Trinidad and Tobago Bureau of Standards collaborated with organizations and the community of persons with disabilities to develop the accessibility standards guideline titled “Accessible and Usable Buildings and Facilities.” This guideline provides the necessary information for persons constructing or refurbishing buildings and the areas which grant access to these buildings. Notably, this guideline is not enforced and is used by persons on a voluntary basis.

- **Installation of buzzers and bells at traffic signals**

From 2017 to 2018, there was the installation of Accessible Pedestrian Signal traffic lights at

fifteen (15) locations throughout Trinidad and Tobago. This ensured usability for persons with visual impairment as the lights are equipped with audible warnings and touch signals to ensure a safe environment

- **Access to information**

At the National Library Service (NALIS), persons with disabilities are provided with technological access through the implementation of assistive devices and screen reading software.

- **Creation of parking spaces at private and public facilities.**

At these facilities, parking accommodation is created to ensure usability by persons with wheelchairs.

- **Construction of ramps in buildings**

The government has implemented ramps in several public spaces to ensure persons with disabilities mobility and accessibility.

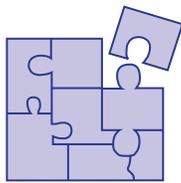
- **Usability of transportation services**

To ensure persons with disabilities are able to use transportation in Trinidad and Tobago, the Elderly and Differently Abled Mobile Service (ELDAMO) was created. This consists of special busses that are specifically to be used by persons with disabilities.

Continued Recognition of Basic Communication in Sign Language

NCPD continues to advocate for a disability-inclusive society by continuing to educate persons on the basic sign language used in everyday interactions.

Compass Points			
<i>English</i>	<i>Sign</i>	<i>English</i>	<i>Sign</i>
NORTH		SOUTH	
EAST		WEST	
LEFT		RIGHT	



**NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES**

**7-21 New Street San Fernando, Trinidad, W.I.
Tel./Fax: (868) 652-4880 (Whatsapp)
E-mail: ncpdtrinidad@gmail.com
Website: <https://ncpd.charity.tt/ability/>
Facebook: www.facebook.com/ncpdtrinidad**

SCAN ME!

