



NCPD PROGRESSION

Vol.2 • October 2021

As we move forward and closer to the end of the year, National Centre for Persons with Disabilities (NCPD) focuses on raising public awareness of Persons with Disabilities (PWDs) for their rights, freedom, equity, and contributions to society without discrimination.

NCPD takes the opportunity to highlight the National Policy on Persons with Disabilities (2018) in Trinidad and Tobago. The policy recognizes the importance and the contributions that PWDs can provide to society at large and the uplifting and protection of human rights and freedom of PWD. Some important areas to note in the policy that continues to be a challenge for PWDs are work and employment, education, accessibility and access to justice.

Work and Employment

To raise awareness of the contributions of PWDs in society and the need for

strategies to employ such persons.

NCPD as an accredited vocational and rehabilitation centre continues to advocate for equal rights to work in organizations since they develop adequate knowledge and skills that can contribute to society.

Education

PWDs have all rights to receive an education without discrimination, ensuring that the process for placement in schools are fair and that all opportunities are available to students. The schools are also required to have the appropriate staff, equipment, and trained personnel to accommodate such persons.

At NCPD all staff are dedicated to providing quality service to PWDs such as vocational skills and rehabilitation programmes that contribute to their development within society.

Access to Justice

All Persons with Disabilities

have the right to equal opportunities, where they are procedures and practices implemented to ensure a non-discriminatory environment. The services are also to be enhanced and there should be technologies in place to encourage such persons for independence in society.

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.

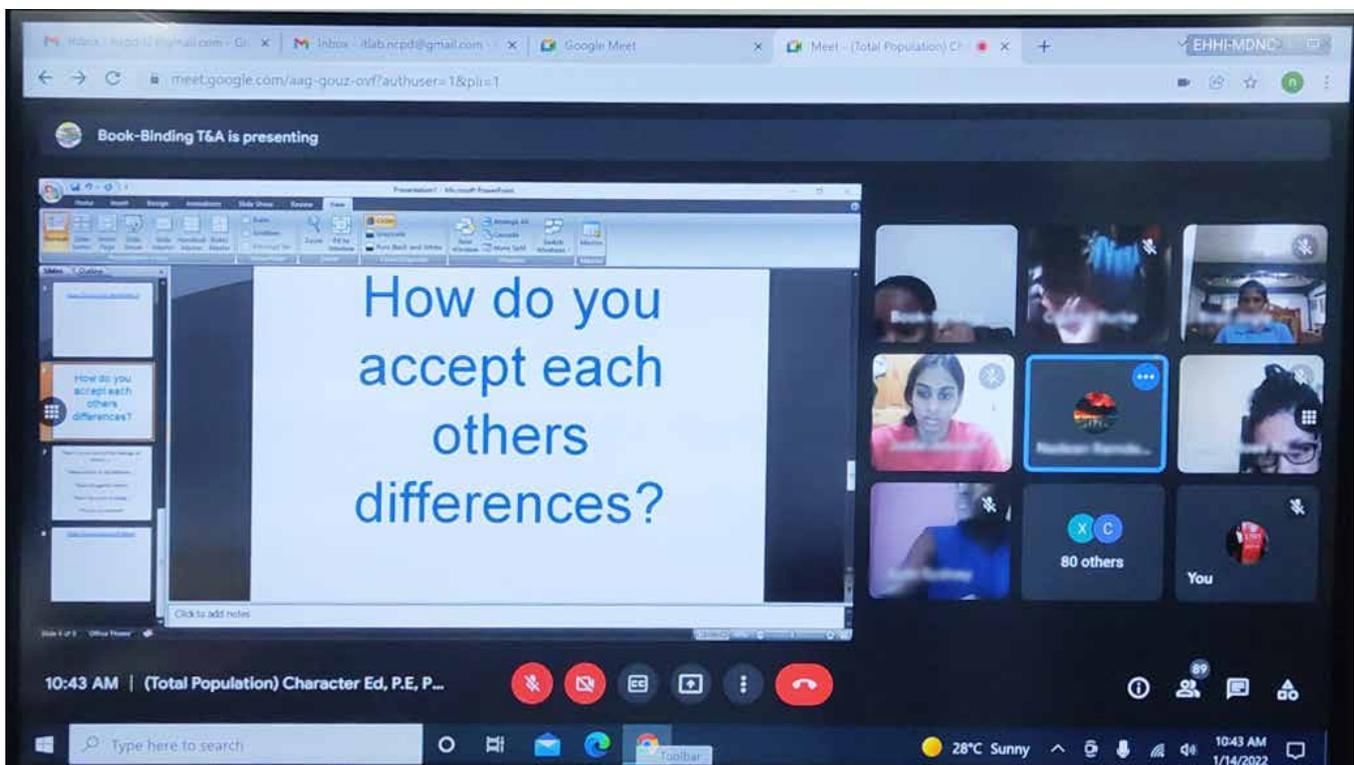
NCPD Programme Insights

Entering the second month in the new term, NCPD continues to adapt to the virtual approach where all programmes are organized to be completed successfully in the online setting provided. Highlighting the Garment Construction programme, a total of thirteen students are enrolled this term. Overall, this programme comprises of two sections, training and production. Before starting the training

classes, students are assessed and then placed into orientation for one week.

Upon starting their classes, their curriculum consists of three sections, pattern drafting, garment construction, and theory practice. Notably, this is a two-year programme that prepares students for the NEC exam and therefore receives the NEC assistant craftsman certificate upon completion. This term,

training students have started learning about half-scale and quarter scale measurements, skirts and skirt variation, bodice (basic front and back), dart manipulation, and facing.

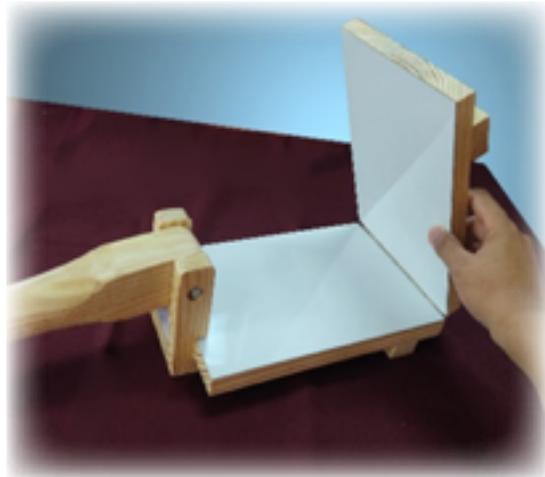


Introducing NCPD's Pastelle Press

As we are approaching the festive season of Christmas counting down the 100 days, it's never too early to be prepared to make the most famous dish of the season, Pastelles!

Here at NCPD, the wooden Pastelle Press is one of the many creations made out of mahogany that is designed for making large amounts of pastelles in minutes. It can be purchased at NCPD for any reason of choice such as for a catering venture, as a gift to a loved one, or to add to your utensil collection at home.

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): \$160.00
Twelve (12) and more: \$155.00

Here's what to know about ADHD - Attention Deficit Hyperactivity Disorder

ADHD is a neurodevelopmental disorder developed in childhood that lasts into adulthood, which affects learning abilities, intellectual abilities, attention spans and controlled behaviors (Centers for Disease Control and Prevention, 2021). ADHD in children is often detected and visible in a school setting where there are interactions among teachers and other children.

Symptoms of ADHD

According to the National Health Service (NHS) (2001) in England, parents need to determine the ADHD disorder at the earliest stage of childhood where several signs and symptoms can be detected such as:

- the child cannot recall situations or where they place things
- talks too much and interrupt conversations rather than waiting for a turn to talk
- often makes errors and takes unnecessary risks
- they are unfocused and cannot complete a task since they tend to stray or daydream often
- lack of focus can be caused due to fidgeting and easy distractions

Causes of ADHD

To this date, there is no medical reason for the cause of ADHD although it is the most common disorder that is prevalent in persons. However, scientists discovered there are some possible causes and risk factors such as brain injuries due to accidents or birth, the use of alcohol or tobacco during pregnancy or what is known as a reduction in dopamine which is an important chemical that helps move signals from one nerve to the other in the brain.

Treatment of ADHD

The NHS noted that there is no permanent cure for ADHD, however, there are some medications that can be used to help persons with their concentration, calmness and be less impulsive, which can help with their intellectual skills. Therapies can also be used for ADHD in children, teenagers and adults such as:

- Psychoeducation where children can discuss their problems and clarifications so they can better cope with the condition.
- Behaviour therapy is a support system for children with ADHD where they can be accompanied by their parents or teachers. Behaviour therapy involves ways to manage behaviours such as table manners followed by reward systems to motivate the child.
- Parent training and education programmes can be used to enlighten parents on how to manage a child with ADHD.
- Social Skills training allows the child to take part in activities that involve interactions with other children for social development.

Play Attention

At NCPD, the Play Attention learning system has been utilised for both diagnosed and undiagnosed students with ADHD. Notably, this learning system is the world's indisputable #1 learning system to improve attention, behavior, and cognitive function for ADHD children and adults.



How does Play Attention work?

When you are actively engaged or paying attention, the brain emits a signal – an attention signature. The Body Wave armband used in Play Attention monitors this signal through the body and transmits it wirelessly to the computer. This allows students to control our computer exercises by mind alone!

Students can activate our great cognitive games by applying full attention to get started. Then using this same technology, they can actually move game characters by mind/ attention alone. Moreover, if their attention is gone, the game will stop until they fully apply themselves again. Therefore, cognitive games together with Play Attention's attention monitor lead to huge improvements in students success.

International Down Syndrome Awareness Month

October is designated as International Down Syndrome Awareness month to create awareness and celebrate persons with down syndrome. It is one of the most common intellectual disabilities where a person is born with an extra full or partial copy of the 21st chromosome.

Types of Down Syndrome

According to the National Down Syndrome Society (2021), there are three types of Down syndrome. The three types are specified below:

- The first type of Down syndrome is referred to as Trisomy 21 or Nondisjunction. Usually, an embryo contains two copies of chromosome 21, however, trisomy 21 causes the embryo to have three copies of chromosome 21. Notably, this occurs due to a pair of 21st chromosomes in either the sperm or the egg not separating. As the embryo continues to develop, the extra 21st chromosome replicates in every cell of the body.
- The second type called Mosaicism or Mosaic Down syndrome occurs due to the mixture of two types of cells, those with 46 chromosomes and some with 47 chromosomes which has the extra 21st chromosome.
- The third type is termed Translocation where the usual 46 chromosomes are found in the cells, however, an additional full or partial copy of the 21st chromosome becomes attached to another chromosome. In many cases, the extra chromosome attaches to the 14th chromosome.

Symptoms

The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) (2017), states that the extra copy of the 21st chromosome changes the development of a baby's body and brain. This leads to physical and mental differences which are explained below:

Physical symptoms:

- A flattened facial profile
- Small head, ears, and mouth
- Short neck, with excess skin at the back of the neck
- Decreased muscle tone or loose joints

Mental symptoms:

- Slow learning
- Short attention span
- Delayed language and speech development

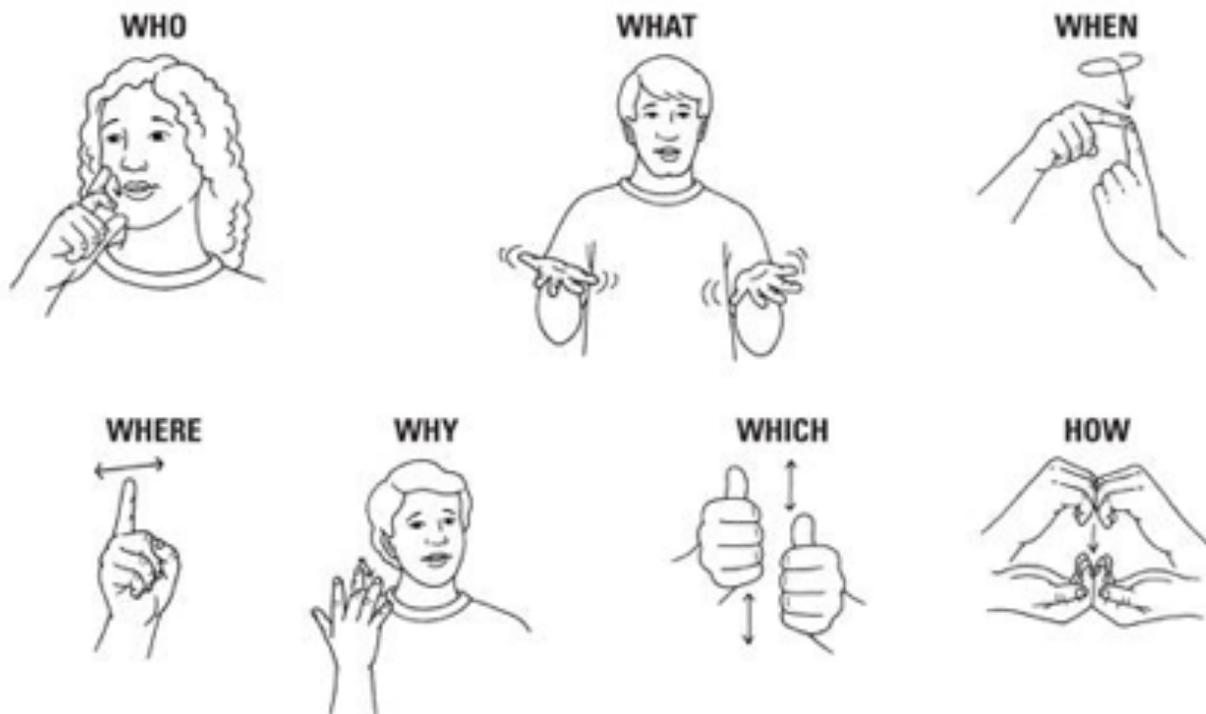
How to participate in Down Syndrome Awareness Month?

Two main ways of participating in Down Syndrome Awareness Month are by:

- Volunteering at a Down syndrome advocacy group such as Down Syndrome Family Network.
- Spreading awareness of Down syndrome through social media or by telling your friends and family.

Continued Recognition of Basic Communication in Sign Language

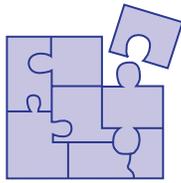
NCPD continues to advocate for a disability-inclusive society by continuing to educate persons on the basic sign language used in everyday interactions.



NCPD's Delight Box Fundraiser

In our efforts to continue fundraising activities despite the pandemic for NCPD's day-to-day operations, the Delight Box was selected for the month of October, 2021. The box included a Mini Veggie Roti, Shaeena, Pholourie, Baigane, Sugarcake, Khurma and Pawpaw candy, which was successfully sold to the public.





**NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES**

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SCAN ME!

