

Countryside residents learn about independence

Concentrating on positives

It's 4:30 p.m. on a bright Thursday afternoon and four adults in a chalet-like building outside Hornby are making pizza.



JACKIE MARTIN

All over Halton Hills, other households are settling into cooking the evening's dinner too. But at Countryside, the North Halton Association for the Mentally Retarded's rural residence for adult "clients", this kind of activity is a major lesson of everyday life.

For some it's one step in a slow but patient process which could lead to independent living. There's room for 16 adults at Countryside, Jackie Martin, program co-ordinator and director of residential services for the NHAMR told The Herald in a recent interview. And the place is always filled to capacity.

Here, mentally-handicapped adults learn personal hygiene, eat properly, dress neatly and even how to behave with other residents and neighbors in the community.

At Countryside, they learn to overcome simple problems, build self-confidence and a basis from which they can pick up other skills.

With paycheques from nearby Arc Industries in their pockets, clients look forward to Fridays when most of them will head into Georgetown or Milton to shop and do their banking.

While simple and necessary chores for the rest of us, they represent great strides in development for the mentally-handicapped and highlight what a hard-working and caring staff can achieve. They participate in Countryside's "political" life, holding house meetings and "beef" sessions. And last summer, they

vacationed together in Northern Ontario, renting a lodge after accumulating vacation time from Arc.

MANY GOALS
Countryside residents once had a housekeeper cook for them and help out with the cleaning, but the position was closed when it was decided residents should cook and clean for themselves.

"It's hard for them to learn if someone is doing things for them," Ms. Martin said. "As far as the recreational activities go, they don't have to participate in some things if they don't want to. Our programs provide individual attention and instruction time."

Training at Countryside and in the other NHAMR programs has a "number of ends," Ms. Martin said. "Some of the people who come here (over the age of 18) may move on to more independent living," she explained, "while some may continue to need the programs we offer here."

Clients who learn their skills well at Countryside may move into the NHAMR's apartment program in Georgetown. While still under the umbrella of the Association, clients live very independent lives in an apartment setting where they are expected to take care of their cooking and household needs.

They still actively participate in NHAMR events and programs but the opportunity to live on their own is an unbeatable educational experience, Ms. Martin maintained.

lately learn because they have a whole community of non-handicapped role models."

Residents and staff at Countryside are both looking forward to moving into either Georgetown or Milton if group homes are eventually established in North Halton's urban areas.

Closer to many services they must now wait to use while out at Countryside, group home residents, Ms. Martin expects, have many of the same learning opportunities clients in apartments now enjoy.

A final and remarkable achievement (and there have been a few in Halton Hills) follows a staff assessment which concludes that a client is ready for totally independent living.

ONOWN
At this point, the ties with the NHAMR aren't needed for support, although clients may continue to participate in NHAMR recreational programs.

Life skills lessons to keep the client's knowledge refreshed is passed on to a special program run by Sheridan College. "Domestic development" at this point also becomes more enriched and mentally-handicapped adults learn to make decisions on values, religious life and even sexuality.

No one is forced to take these sessions with a highly-professional counsellor, Ms. Martin said, "but they add lessons which are as necessary in the lives of clients as they

are in the lives of non-mentally-handicapped people.

Through a series of patiently-handled and gradual steps, the outside world for the mentally-handicapped becomes less forbidding.

When clients are ready to branch out on their own, the NHAMR makes plans for them three months in advance, helping them find a place to stay and organizing visits from people with the Sheridan program. Skills lessons on "making do in the outside world", Ms. Martin explained, are intensified.

Instead of concentrating on IQs, the assessment concentrates on strengths built by the client over the period of a year. Needs which show up in the assessment are prioritized and new goals are set for the client each year.

When clients arrive at Countryside for the first time, "one of the hardest things to do," Ms. Martin said, "is to motivate them into using their skills". "Society tends to underestimate the mentally-handicapped. Faced with that, they aren't motivated to use their skills to a maximum."

But the Countryside staff, plus the one full-time counsellor and one part-time person in the apartment program, prefer not to push development, opting to take a sensitive approach "to facilitate growth".

Staff here spend a lot of time talking about what the clients are doing, not

what they aren't doing," Ms. Martin said. "Counsellors form a great team

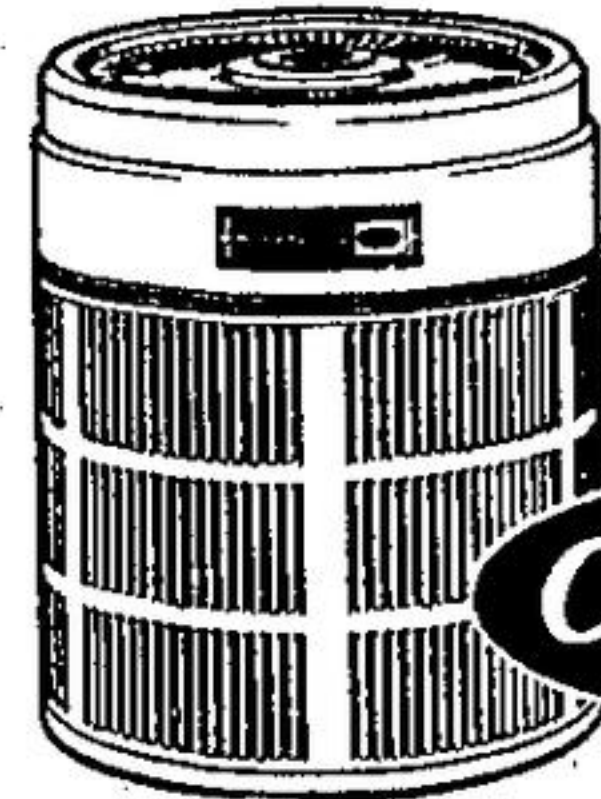
- we're all very supportive of each other and the clients."



Johnathon Ritchie is one of 18 residents at Countryside, a residence for mentally-handicapped adults run by the North Halton Association for the Mentally Retarded. Here, skills which non-handicapped people take for granted, like setting the table, are major successes in residents' training.

Get Efficient Air Conditioning—

THIS TIME 'ROUND!



Carrier

Come in and see a heat pump in operation.

THE NO.1 MAKER OF HEAT PUMPS AND AIR CONDITIONERS.

MILTON APPLIANCE REFRIGERATION COOLING & HEATING

785 Main Street East Milton, Ont. (Across From GO Station) 876-1138

UP TO \$300 REBATE

Until June 30th/83

Call for details now!

The Carrier Deluxe Round One—quality air conditioning to save you money.

- Exclusive Carrier E Coil for high efficiency that stays high.
- Built-in Protection against improper refrigerant pressures, cold starting wear, rapid cycling, and brownouts.
- Heavy Sound Insulation for quiet operation.
- Quality Construction throughout! Efficiency, Performance, Quality, and Value. No wonder more people choose Carrier. CALL TODAY FOR A FREE ESTIMATE—see how much you can save!



Be A Friend

The NHAMR's "Be A Friend" program is almost two years old and quite a success among volunteers and clients.

After a screening session, volunteers and mentally-handicapped clients are matched and the volunteer becomes part of the clients ongoing educative process.

Friends and clients do things together - go to movies, the bank or just sit down for a coffee and chat.

It's often especially helpful after clients leave the "buffered" environment of Countryside to have a friend who can help ease them into a lifestyle with the non-handicapped community.

If you think the program is an interesting challenge for you, call the NHAMR for more information. 877-5657.

"Our clients just blossom when they move into the apartment program," she said. "They immedi-



BEAVER LUMBER



THIS WEEK'S SPECIAL KINGSFORD

CHARCOAL BRIQUETS
9 Kg. (20 Lbs) BAG

\$7.19
9 Kg.

BUILDING A HOUSE OR PLANNING A MAJOR RENOVATION ?

ASK US ABOUT "VOLUME PRICING" ON LUMBER AND BUILDING SUPPLIES

SIZE	PRESSURE TREATED	CEDAR	SPRUCE
1"x6'	32¢	39¢	21¢
2"x4'	38¢	45¢	26¢
2"x6'	60¢	72¢	42¢
2"x8'	81¢	95¢	62¢
4"x4'	81¢	97¢	NOT AVAILABLE

4'x8' GIS FIR PLYWOOD		
4'x8'x9mm	4'x8'x11mm	4'x8'x17mm
15.75	19.95	27.95

4'x8' STANDARD SPRUCE			
4'x8'x9.5 mm	4'x8'x12.5 mm	4'x8'x15.5 mm	4'x8'x18.5 mm
10.45	15.00	18.50	21.00

4'x8' GYPROC	INSULATION FIBREGLASS PINK	ASPENITE
3/8"	R12 - 90 Sq. Ft.	1/4"
4.99	17.95	5.55
1/2"	R20 - 50 Sq. Ft.	7/16"
5.09	16.95	8.85

SPRUCE LUMBER

1"x2"x8' ...	48¢	1"x3"x8' ...	69¢
2"x2"x8' ...	88¢	2"x4"x8' ECONOMY	1.35
2"x4"x8' STUD ...	1.99	SHINGLES	8.95



KEN SMITH - FRANCHISE DEALER
316 Guelph St. 877-2234

STORE HOURS
Mon., Tues., Wed. 8 a.m. - 6 p.m.
Thurs., Fri. 8 a.m. - 9 p.m.
Saturday 8:30 a.m. - 5:30 p.m.

More Beautiful Ways to Save Noritake Showcase of Values!

UNTIL MAY 31st, 1983

SAVE 30%

Biggest selection ever of Noritake Formal China, Casual Dinnerware

Save Now on Open Stock, Place Settings and Sets!

For yourself and for gift giving, choose now from a tremendous selection seldom offered. You can SAVE on famous Noritake Formal China and Casual Dinnerware.

Save Now on Gifts for Bridal, Wedding, Anniversary

Delacour's

227 MAIN ST. E. MILTON • 878-0050

Fine Dinnerware, Crystal, Flatware, Gift Items and Bridal Registry

MON. TUES. SAT. 9 am - 6 pm
THURS. & FRI. 9 am - 7 pm