

the Mentally Retarded . . .

working to bring understanding, dignity, and independence to people who are mentally retarded



a message from Mr. M. Bethke

. . . president of Nipigon/Red Rock Association
Mental Retardation means different things to different people. Getting the correct information about mental retardation is important. One task of the Nipigon-Red Rock and District Association for the Mentally Retarded is to help people to get this information. If you have any questions about causes of, care for, or participation with, mentally retarded people, please contact me at 886-2970 or the Nipigon-Red Rock Lifeskills program at 887-2835. We're making it! You can help!

Mental retardation . . . a definition

It's simply a limitation in the capacity to learn. An inadequately developed intelligence which results in difficulty coping with what we think of as everyday situations. The question is not whether retarded people can learn . . . but rather, how much they can learn and how long it will take them.

Retardation affects thousands of Canadians

Knowledgeable experts place the figure at between one and three percent of the population. That means more than 250,000. Some have additional handicaps such as poor eyesight or hearing which could affect their rate of progress if not detected.

There are many characteristics

More than 200 causes of mental retardation have been identified. Traditionally retarded people have been classified according to the severity of their handicap. These groupings have been characterised as mildly, moderately, severely or profoundly retarded. But we realize now that it is wrong to label retarded people . . . just as it is with the rest of us.

I.Q. is only one measurement

While it is sometimes a helpful tool it should not be used to define potential. In fact over the past few years it has become clear that most retarded people are capable of much more than we give them credit for.

The importance of understanding . . .

While the vast majority of mentally retarded people are only slightly handicapped and are capable of leading relatively normal lives, there are some who will always need additional support. But regardless of the extent of the handicap, it is clear now that most retarded people are capable of far more than we usually give them credit for. Mentally retarded people can contribute to society. But until we learn to understand them better they'll never get the chance.

For more information about mental retardation and to get involved . . . call The Nipigon/Red Rock Association.



realize that mental retardation is a problem we all should share . . .

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Moore's of Terrace Bay
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Terrace Bay and Schreiber
G. & G. Hair Fashions
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Ted & Irene Paget
Township of Schreiber
Sun Life of Canada
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Travel Rest Trailer Park
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