

Any condition which impairs the development of the brain before birth, during birth or in the childhood years. Intellectual Disability is a condition which impairs the development of the brain before birth, during birth or in the childhood years. Intellectual Disability can be caused by any condition which impairs the development of the brain before birth, during birth or in the childhood years. Intellectual Disability can be caused by any condition which impairs the development of the brain before birth, during birth or in the childhood years.



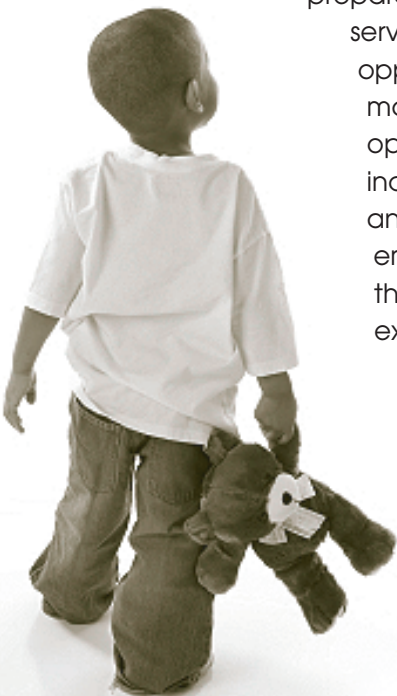
Sports, Social, and Recreational Activities

Participation in sports is beneficial for weight management, development of physical coordination and improvement of self image.

Parents should be an integral part of the planning and teaching team.

Adults with mental retardation need the same basic services that all people need for community living.

These include; vocational preparation, health services, recreational opportunities, and many more opportunities for independent living and competitive employment to the maximum extent possible.



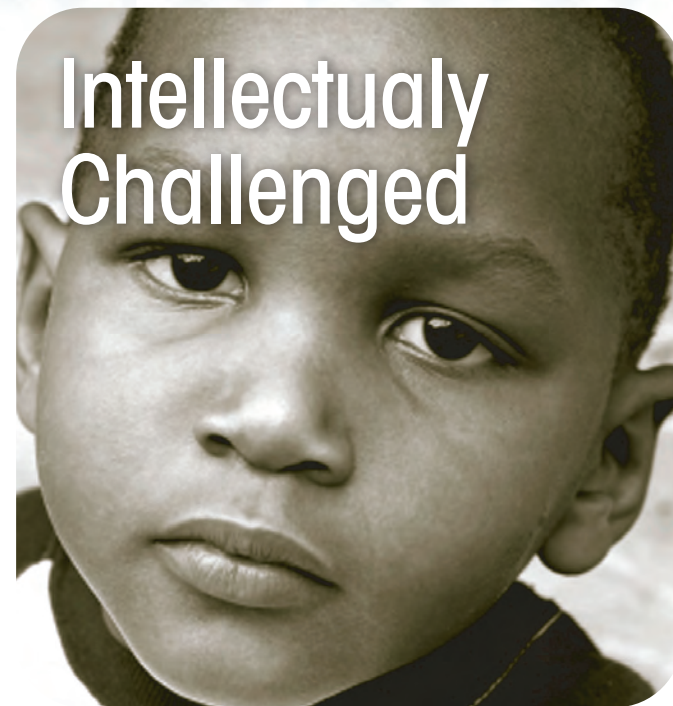
The Barbados Council for the Disabled is a national grouping of all organizations for and of persons with disabilities, dedicated to the health and well-being of its members and all other persons with disabilities in our society.

For additional information, contact:
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Intellectually Challenged





Definition

An individual is considered to have an intellectual challenge based on the following three criteria:-

- intellectual functioning - level (IQ) is below 70-75;
- significant limitations in two or more adaptive skill areas;
- communication, self care, home living, social/interpersonal skills, work, leisure, health safety, use of community resources, self direction and functional academic skills;
- the condition is present from childhood (defined as age 18 or less).

Some authors will further breakdown these challenges into:-

- Mild, IQ 50-70 (sometimes referred to as educable)
- Moderate, IQ 35/40 - 50/55 (referred to as trainable)
- Severe, IQ 20/25 -35/45
- Profound, IQ < 20/25

Having an intellectual challenge is not a disease, nor should it be confused with mental illness.

Children with intellectual challenges become adults; they do not remain “eternal children.” They learn, slowly, and with difficulty.

Incidence

Some studies suggest that approximately 2% of the general population has mental retardation (when both intelligence and adaptive behavior measures are used).

Causes

Any condition which impairs the development of the brain before birth, during birth or in the childhood years can cause a child to be intellectually challenged. Several hundred causes have been discovered.

In about one-third of the people affected, the cause remains unknown.

Some of the causes are:

- 1 **Biomedical. These include ; Down syndrome, foetal alcohol syndrome, fragile X, CNS infections.**
- 2 **Social. Parental substance abuse, trauma, inadequate stimulation.**

Associated Deficits

Having a mild intellectual challenge is usually an isolated condition. However, when severe it is often accompanied by associated deficits such as:

- **cerebral palsy**
- **visual deficits,**
- **seizures**
- **communication deficits**
- **feeding problems**
- **attention deficit and hyperactivity disorder**
- **psychiatric or pervasive developmental disorder**

Management

Persons with intellectual challenges have the capacity to learn, to develop, and to grow. The great majority of these citizens can become productive and full participants in society.

Appropriate educational services that begin in infancy and continue throughout the developmental period and beyond will enable children to develop to their fullest potential.

Modifying instruction to meet individual needs is the starting point for successful learning.

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