

**People with mental & physical disabilities
can lead productive lives**



Employment for the Mental Handicap

With correct stimulation and training people with Mental and Physical handicaps can find employment in varying fields such as :-

- Packing
- Filing
- Handyman
- Laundry
- Mail
- Painting
- Copy
- Sorting

Contact your nearest Mental Health Clinic for assessment, advice and support

Possible risk factors of having a child with a Mental or Physical handicap

- One or both parents in their late thirties or older
- 2 or more unexplained miscarriages
- A previous child with mental handicap or other birth defect
- History of mental handicap in the family

Help prevent having children with Mental or Physical handicaps

- Stop contraception 3 months before falling pregnant
- Before pregnancy, seek advice on immunization to prevent infectious diseases that are harmful to the baby
- Seek genetic counselling if you suspect you have a higher risk of having a mentally or physically handicapped child
- Ask advice about screening testing
- Avoid alcohol, smoking, unprescribed medicine or street drugs during pregnancy
- Advise your doctor of your pregnancy if any Xrays are recommended

Opportunities and Facilities for Prevention

- If your pregnancy or your family, is at high risk then you qualify for prenatal testing
- If a serious abnormality is detected in the fetus before birth you can choose to have you pregnancy legally terminated
- Certain vaccinations eg. German Measles are provided free of charge by most community health services
- Prenatal screening tests for neural tube defects and screening tests for hypothyroidism in newborns are available in certain centres

Who to approach if you need advice

If you have any suspicions that you are at risk or if you need any advice on this matter, either before you fall pregnant or if you are already pregnant, feel free to contact the nearest clinic in your region. They will see to it that you receive genetic counseling and will also arrange for the appropriate test to be done if necessary.

If you already have a mentally handicapped child and need support or advice contact your nearest mental health clinic for a consultation

THEIR FUTURE IS IN YOUR HANDS

