**FAQs about NMMC ‘etc’ center**

1. **What is NMMC ‘etc’ center?**

‘etc’ Education, Training and Service Center for Persons With Disabilities is a project initiated and comprehensively implemented by Navi Mumbai Municipal Corporation since 2007. NMMC ‘etc’ Center facilitates services from prevention to rehabilitation and so etc stands for, “all disability, all age group, all services, all under one roof.”

1. **Who can avail services at ‘etc’ center?**

Any PWD, CWD or parent of CWD who is residing in the area of Navi Mumbai Municipal Corporation, can avail the services at NMMC ‘etc’ center.

1. **Are these services offered at NMMC ‘etc’ center paid or chargeable?**

NO! All the services provided by NMMC ‘etc’ center are totally free of cost.

1. **How can I reach at NMMC ‘etc’ center?**

NMMC ‘etc’ center is located at a prime location in Vashi, Navi Mumbai. The postal address is –

NMMC ‘etc’ center,

Plot no. 3D, sector – 30A,

Near Vashi Railway Station,

Opp. Exit gate of Raghuleela mall,

Vashi, Navi Mumbai – 400703.

Web – [www.nmmconline.com](http://www.nmmconline.com)

e-mail ID – etc@nmmconline.com

nmmc.etc@gmail.com

Contact no. +9122-27812962/72

+91-9029417418

1. What disabilities are covered at NMMC ‘etc’ center?

NMMC ‘etc’ center provides services to all disabilities like Hearing Impairment, Intellectual Disability, Autism, Multiple Disability, Visual Impairment, Learning Disability, Slow Learner, Physically Handicap, etc.

1. I have a special child aged between 0 to 18 years, when can I visit the NMMC ‘etc’ center?

You can visit the center on any working day between 10 am to 5 pm BUT the preferable timing to visit is every working Tuesday between 11 am to 1.30 pm.

**FAQs about Disability**

1. **What is Impairment?**

Impairment is any loss or abnormality of psychological, physiological or anatomical structure or function.

(Provided by the World Health Organization (1980) in *The International Classification of Impairments, Disabilities, and Handicaps*)

1. **What is Disability?**

Disability is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.

(Provided by the World Health Organization (1980) in *The International Classification of Impairments, Disabilities, and Handicaps*)

1. **What is Handicap?**

Handicap is a disadvantage for a given individual that limits or prevents the fulfillment of a role that is normal.

(Provided by the World Health Organization (1980) in *The International Classification of Impairments, Disabilities, and Handicaps*)

1. **What is the definition of intellectual disability?**

**Intellectual disability** is a **disability** characterized by significant limitations both in**intellectual** functioning (reasoning, learning, problem solving) and in adaptive behavior, which covers a range of everyday social and practical skills. This **disability**originates before the age of 18.

1. [**Are there any specific signs by which we can know that the child is mentally retarded?**](http://www.nimhindia.gov.in/faq.php#01)

Children with mental retardation do not form a uniform group. The nature of mental retardation, its severity, and the   child's ability to cope with the problem all influence how this disability is visible to an observer. However there are some specific signs and symptoms which can help in early identification of delayed development in a child (WHO, 1989):

* The person does not learn new activities as easily as other people,
* The child may have difficulty sitting up, using his or her hands, or moving from place to place,
* The person may be slow to respond to what others say and to what happens around him or her,
* The person may not understand as well as other people what he or she sees, hears, touches, smells, and tastes,
* The person may not be able to express his or her needs or feelings in a way that other people understand,
* The person may not be able to think clearly. For example, the person may not be able to compare people or things.
* The person may not be able to understand the difference between here or there, now or later, or more or less.
* The person may not know the meaning of where, when, what, how much, and why,
* The person may remember only for a short time what he or she has been told or what has happened in the past. Or the person may not remember these things at all,
* The person may or may not be able to pay attention to one person or to one activity for long,
* The person may have difficulty controlling his or her feelings,
* The person may have difficulty making decisions. He or she may not know what to do, to say, to wear, and so on.
1. **Are there any drugs that can cure brain damage?**

Mental retardation is an irreversible condition. The damage caused to the brain is permanent. With available knowledge and techniques for management and treatment of mental retardation, no drugs have been found to repair the damage occurred to the brain.

1. **What are the chances of producing a child with disability if one marries within close relations?**

Consanguineous marriages i.e. marriage between uncle-niece, nephew-aunt, first cousins or related cousins have greater chances of producing a child with generic disorders. In case there is already a child with disability, the parents should seek genetic counseling before planning to have another child.

1. **Is it true that the age of the mother/father/or both at the time of conception is crucial for producing a normal or a retarded baby?**

Age of the mother is very important for producing a normal baby.

* Mothers over the age of 35 face higher risks for: **chromosomal abnormalities, prematurity, complication during pregnancy, and congenital abnormalities in the offspring**.
* Very young mothers below 15 years of age. Whose reproductive systems are still immature and whose bodies are still growing, also face greater risks of producing an abnormal baby.
* Highest risks for mental retardation are reported among children from mothers who have borne three children before the age of 20, and children from mothers having first pregnancy over an age of 35.
* Genetic defects also increase significantly with maternal age. For example, incidence figures on
Down’s syndrome are 1 in every 2,000 births for 20 year old mothers, and 1 in every 50 births for mothers over 45.
* As far as father's age is concerned, the chances of having a mentally retarded baby are higher when the age of the father is over 50 years.
1. **If mental retardation basically means below average intellectual functioning, are there any drugs to increase the individual's intelligence?**

There are no proved drugs so far which have stood the scientific security and claim producing increase in intelligence. If it was so, mentally retarded individuals would cease to exist in the world which is not presently so. If there were drugs available to increase intelligence the world that we live in would be quite different, filled in only by super intellectual human beings.

1. **Would a special diet consisting of almonds, milk, pure ghee, butter improve the mental abilities of the child?**

Feeding a child especially in the first two years of life on a balanced and nutritious diet which includes proteins, carbohydrates, fats, mineral salts, vitamins etc. is essential and can influence the mental as well as physical growth of the child. However, over emphasis on feeding a child only with almonds, pure ghee, butter or mild could rather prove harmful to the child.

1. **What is Down’s syndrome?**

Down’s syndrome is a chromosomal disorder that is caused by the presence of an extra chromosome at pair no 21. The incidence in the general population is 1 in 800 live births but the incidence increase as the age of the mother increases (1 to 50 for mothers over 45 years of age). Affected children have slanting eyes, flat noses and large tongues. Congenital heart defects and gastrointestinal malformations are common. Most of the children with Down’s syndrome have mild to moderate mental retardation.

1. **What is autism?**

Autism is a rare disorder that occurs in about 4 in 10,000 children. In a child with autism, thinking, language, and behavior are all affected. The disorder is about two to four times more common in males than females. In general, autistic children have the following characteristics:

* Language disorder: language is both delayed and deviant
* Strange behavior like ritualistic hand movements or repetitive behaviors
* Social isolation: they don't enjoy being held or cuddled, and may neither respond nor appreciate feelings of others

Some of the children have isolated skills e.g. they may be able to assemble complex puzzles, multiply as quickly as pocket calculators, and read the newspaper with expression but not understanding.

1. **Can we detect during pregnancy if there is something wrong with the baby?**

Several methods are now in use with pregnant mothers to obtain information about the presence or absence of abnormality in their unborn baby. These include

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| **Name** | **Description** | **Diagnosis of** | **Safety** |
| 1. Amniocentesis2.Ultrasonography3. Chorion Villus Sampling4. Fetoscopy5. Fetal blood sampling | Drawing of amniotic fuid under local anasthesia and ultra-sonography which is subject to analysis ideal time: 12-16 weeks of pregnancy  Echoes generated by ultra- Sound waves ideal time: 8-15 weeks of pregnancy A small amount of chorionic tissue is suctioned by a hollow instrument and analysed ideal time: 8-10 weeks of pregnancyInsertion of fetoscope in the amniotic cavity ideal time: 18-22 weeks of pregnancyBlood drawn from the root of umbilical cordideal time: 18 weeks | \*Foetal Sex\*Trisomic child\*Inborn errors of \*metabolism\*X-linked disorders\*anecephaly\*microcephalycongenital heart disease\*intra uterine growth retardation\*spina bifida\*trisomic child\*X-linked disorders\*malformation of limbs, face, genitalia and spine\*thalasaemia\*Sickle cell disease | Abortion 1-15% riskRepeat amniocentes is 9% risk of abortionNilMiscarriage10/10005 to 10% risk of abortionRisk of including abortion is upto 10% |