

What is CTRC?

The Cochrane Temiskaming Resource Centre is a regional service provider committed to providing support, services, programs and resources to children and adults with developmental disabilities, as well as support to their families, schools and other agencies.

CTRC also sponsors the Infant and Child Development Program which provides services for infants at risk from ages 0 to school entry. CTRC is mandated to serve the large geographic districts of Cochrane and Temiskaming.

What is Developmental Disability?

Developmental disability encompasses a broad range of conditions that result from impairment in physical, cognitive, learning, language, or behavioural development. Developmental disabilities begin in childhood and may impact an individual's functioning in one or more areas, and last throughout a person's lifetime.

What is Intellectual Disability (ID)?

ID is a type of developmental disability. A person who has Intellectual Disability has a slower rate of general intellectual development and significant difficulties with adaptive behaviours all occurring before age 18.

- Intellectual functioning, also known as IQ, refers to a person's ability to learn, reason, make decisions, think abstractly and solve problems.
- Adaptive behaviors are skills necessary for day-to-day life, such as being able to communicate effectively, interact with others, and take care of oneself.

CTRC's Professional Resource Team

Our Services

Community Support Services:

- Advocacy
- Case management
- Linking to other services
- Linking to DSO for Adult Services
- Help with applications for funding

Psychological Services

- Assessment and intervention
- Community in-services and workshops
- Coordination of psychiatric consultation
- Counselling
- ABA Therapy (Applied Behaviour Analysis)
- Staff teaching and training
- Crisis prevention planning

Speech and Language Services

- Individualized assessments
- Individual and group therapy sessions
- Communication development for the individual and their communication partners
- Community in-services and workshops

CONTACT US

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Psychological Services CTRC

Cochrane Temiskaming
Resource Centre

WEB

<https://www.ctrc.on.ca/>

What Causes ID?

In many cases, the cause of Intellectual Disability is not known. Most developmental disabilities, including intellectual disability, can occur due to any condition or complex mix of factors that impair the brain's development before birth, during birth, or in childhood. Potential causes include:

- Down syndrome
- Fragile X syndrome
- Prenatal exposure to toxins such as drugs and alcohol / FASD
- Infections during pregnancy
- Head injuries (prior to age 18)
- Lead poisoning, etc.

There are varying levels of severity of impairment including mild, moderate, severe and profound. Special supports, programs, and resources can help individuals develop their abilities to live more independent lives.

What are signs of Intellectual Disability?

- Sit up, crawl, or walk later than other children
- Slow to master things like potty training, dressing, and feeding themselves
- Learn to talk later, or have trouble speaking
- Find it hard to remember things
- Academic difficulties
- Have trouble understanding social rules
- Behaviour problems such as explosive tantrums
- Have trouble seeing the results of their actions
- Difficulty solving problems
- Poor judgement and goal-setting skills



The Five F Words in Disability

FUNCTION

1

Increase participation or involvement in meaningful life situations. Performance improves with practice. Encourage the development and practice of function without focusing on how “nicely” this is achieved.

FAMILY

2

Collaboration with family improves outcomes. Let's work together to identify goals, resources and services required.

FITNESS

3

Health promotion and focus on the need for more and better recreational opportunities

FUN & FRIENDS

4

Social development is an important part of growth. Consider social opportunities to develop and nurture meaningful relationships. What do you enjoy doing? How can we increase participation in meaningful life activities that you enjoy doing?

FUTURE

5

Thinking about and planning for the future (e.g., Person Centred Planning involves putting individuals and their families at the centre of decisions and seeing them as experts about their own lives, while working alongside professionals to get the best outcome).



What can I do to help?

- **Learn about the disability.** The more you know, the better advocate you can be.
- **Encourage independence and responsibility.** Provide guidance when it's needed and give positive feedback when a new skill is attempted, done well or mastered.
- Look for opportunities in your community for **social, recreational and sports activities.**
- **Stay involved.** Keep in touch with support people within the individual's circle of care (e.g., teachers, doctors, community support workers, etc.).
- **Be patient.** Learning may come at a slower pace.
- **Be Understanding.** People with Intellectual Disability are often aware of their limitation, but they have the same needs and emotions as anyone else.
- **Be Clear.** Communicating in a clear and caring way is very important. Be attentive to the person's ability to understand the words you choose and the way you present information. It may be helpful to use simpler words and sentences or break down information into smaller pieces.
- **Be Respectful.** Always treat people who have Intellectual Disability with respect and dignity.