

Daytime Activity Centers for the Mentally Retarded

Growth Toward A Goal



Minnesota Association For Retarded Children, Inc.



MINNESOTA ASSOCIATION FOR RETARDED CHILDREN

GOALS FOR DAYTIME ACTIVITY CENTERS

Until 1961, parents of severely mentally retarded children in Minnesota were faced with the dilemma of keeping their child in the home full time or sending the child to a state institution. This dilemma was the result of a lack of community day care services. Private day care centers for the retarded were available in only seven of the state's 87 counties.

As might be expected, most of the existing centers were in urban areas where financial support was available from private agencies. Even then, the lack of funds tended to limit the extent and quality of the programs offered and the number of individuals that could be served.

The 1961 Minnesota Legislature, acting upon the recommendation of the Legislative Interim Commission on the Problems of the Mentally Retarded, Handicapped and Gifted Children, passed a pilot project daytime activity center statute. The Minnesota Department of Public Welfare was appropriated \$36,000 to reimburse up to 50% of operating costs of pilot project centers selected by the Commissioner. To qualify for consideration of a pilot project, centers were required to provide: (1) Daytime activities for (a) retarded, school-age children who were neither eligible for public school classes or trainable, and (b) pre-school and post-school age retarded who were unable to independently engage in ordinary community activities; and (2) Counseling services to parents of center participants.

Nine pilot projects were established, and a high degree of community interest in the centers was indicated.

Following the demonstrated need and success of the pilot centers, the 1963 session of the legislature provided \$155,000 in state matching funds for the operation of day activity centers throughout the state. Administrative responsibility was assigned to the Department of Welfare which had had the authority to license and set standards for the operation of the centers.

Growth continued during that biennium with the establishment of 21 new centers in the state. In the four years since the program was begun as a pilot project, 35 new centers had started and were operating.

The 1965 legislature took even more significant action by appropriating \$425,000 for the biennium and authorized cities, towns, and counties to levy taxes for matching purposes. While this appropriation was more than double the amount of the last biennium, the increased number of centers and participants depleted the funds by July 1, 1966. The phenomenal early growth of the center program was delayed with only 102 additional children served between 1964 and 1966. The shortage of matching funds also meant that 12 centers which began operation in late 1966 and early 1967 did so without state support. Also, grants to centers had to be limited to the amount they had received the previous year, which is still true by and large.

The \$900,000 appropriated by the 1967 legislature allowed the program to expand further and, between 1966 and 1968, an additional 548 children were served by daytime activity centers. Since the program's inception in 1961, the program has grown from 80 children served to 1,077 in 67 state-aided centers. An additional 10 centers operate independently of state funds.

The daytime activity center program in the state has provided families of mentally retarded children partial relief from the constant personal strain on the family. Furthermore, paying for individual child care during any parental absence, long or short, causes a financial burden in many cases. On the other hand, placing a child in a state institution is almost never the answer to helping that child develop to the limit of his potential. This dilemma has been satisfactorily solved for many by the offering of the services of a day activity center. Retarded persons may remain within the warmth of the family circle while receiving the specialized training which they need and deserve. Cost to the state to assist a child in a day activity center is \$1.37 per day as opposed to the current charge of \$9.00 per day being levied by the Welfare Department for cost of care in a state institution for the retarded.

Still with the excellent progress which has been made in this area of need within our state, there are two areas in which attention is still needed: 1) The establishment of more centers to encompass all the counties of the state, since there are 40 counties that have no such program; and 2) The improvement of the quality of the programs offered.

Many of the centers have programs which do not operate on a full-time schedule and others have split day shifts with children coming in the morning and adults in the afternoon.

The following schedules show the operation of the 77 centers around the state:

Operational Schedule
Day Activity Centers
(67 State Supported; 10 Privately Supported)

1 center operates for 3 months of the year	12 operate for 2 hours per day
1 center operates for 6 months of the year	17 operate for 3 hours per day
1 center operates for 8 months of the year	7 operate for 4 hours per day
38 centers operate for 9 months of the year	16 operate for 5 hours per day
21 centers operate for 10 months of the year	23 operate for 6 hours per day
5 centers operate for 11 months of the year	<u>2</u> operate for 7 hours per day
<u>10</u> centers operate for 12 months of the year	<u>77</u>
<u>77</u>	

50 have programs for a five day week
12 have programs for a four day week
11 have programs for a three day week
4 have programs for a two day week
77

The foregoing serves to emphasize the fact that many of the centers are simply not able to operate at an optimum level because funding is not available. The grants for 1968-69 were only 35.71% of the total budgets of the centers. While state aids supposedly total matching monies, there were not enough funds available to allow for expansion and fund the existing centers at the 50% level.

What has been the significance of the daytime activity center program in the six years of its life? The mentally retarded child this program was designed to serve was one who usually required total care. He was one who had to be fed, dressed, toileted, and cared for constantly. The daytime activity center program has been serving this child, and with remarkable results. The program has enabled the family to keep the child at home instead of

institutional placement which would hamper the child's development and cost the state seven times as much. Because of the daytime activity center, many of these people will remain in the community indefinitely in sheltered workshops, sheltered work situations, living in family or foster homes or in small private residential facilities.

Because of the program, some children who are now pre-schoolers will progress to the level of becoming eligible for trainable classes. In some instances, it was found that children progressed to the level of being able to enter an educable class.

In six years of operation, the daytime activity center program has changed the lives of people . . . for the good. It has relieved families of a burden, making them happier homes in which to live. It has awakened retarded children and adults to the world about them. A pair of twins who had behavioral problems are responding favorably to the center's program which they attend. Children who spoke only in monosyllables three years ago are putting their thoughts into words. For the first time, parents can take their ten-year-old girl with them when they go visiting because her destructive impulses have been channeled into usefulness. A non-ambulatory boy who had lived most of his life in his playpen or crib is standing and walking with self-help around the class room. Adults who had been at home all their lives are now holding jobs in some communities. Some will say this is not too significant, and one can only reply: "It's insignificant only when it isn't your child."

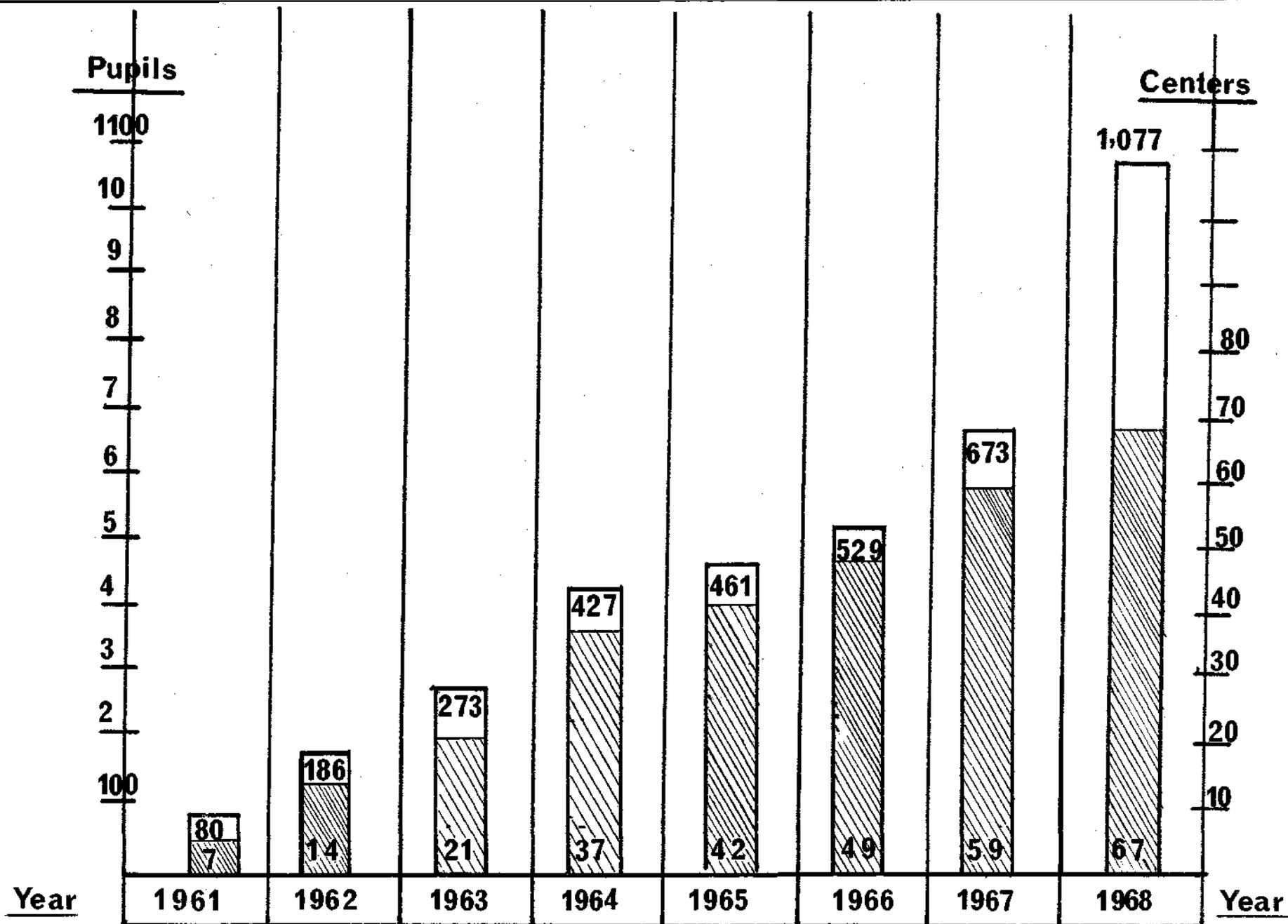
The program, then, needs continued support in the biennium to the level of two and one half million dollars. \$1,247,178 will be needed to finance the existing centers at the 50% level, which was the intention of the legislation establishing the program. Even this figure does not provide for transportation costs which are so desperately needed in every area in which centers operate. It certainly does not provide for rent and amortization of buildings which are needed to house the programs. It most certainly will not allow the forty centers waiting for state support to receive it.

Legislation is needed to appropriate funds which will allow for the orderly, qualitative expansion of the program into every corner of the state, to provide better transportation, and to allow rent and amortization as matching items. Furthermore, nineteen of the less populous counties are handicapped in the amount of aids they can receive because of the 25¢ per capita limit on state support. Legislation is needed to remove this handicap.

The daytime activity center is a community setting for the care, training, and stimulation of mentally retarded persons for whom there are no public school classes or other facilities available due to their age, mental ability, or behavioral traits. The centers have offered a program which was suited to the capabilities and limitations of each person and is structured to his needs and ability to progress. The centers have provided constructive, meaningful use of time helping retarded people adjust within the family and community. They have offered parent counseling, facilitated casefinding, freed parents from the constant care of the retarded, and have given retarded adults and children a place at home. Surely a program with such goals deserves the support and attention of a concerned legislature.

<u>CENTER</u>	<u>GRANT FOR</u> <u>1965-66</u>	<u>GRANT FOR</u> <u>1968-69</u>	<u>TOTAL BUDGET</u> <u>1968-69</u>	<u>ENROLL.</u>	<u>PER CAPITA</u> <u>PUPIL COST</u>	<u>COUNTY</u> <u>POP.</u>
Aitkin Co. DAC	\$ 1,682	\$ 3,000	\$ 6,035	8	\$ 754.37	12,000
Anoka Co. DAC	6,500	11,000	81,300	19	1,647.36	142,000
Austin Activity Center	5,984	7,567	17,370	28	620.35	50,000
Austin C. P. Center	-0-	1,800	7,361	4	1,840.25	50,000
Becker Co. DAC	-0-	2,500	6,000	5	1,200.00	26,400
Beltrami Co. DAC	-0-	2,950	5,900	9	655.55	23,425
Big Stone Co. DAC	-0-	750	6,405	9	711.66	8,600
Canby Activity Center	4,000	5,190	10,890	9	1,210.00	15,523
Carlton Co. DAC	3,570	5,200	15,678	13	1,206.00	29,000
Cerebral Palsy Dev. Center	-0-	6,000	16,430	11	1,493.63	231,588
Chippewa Co. DAC	4,320	4,080	12,220	8	1,525.00	16,320
Duluth DAC	4,810	11,000	24,000	35	685.71	231,588
Dakota Co. DAC	-0-	6,000	21,535	20	1,076.75	113,000
Douglas Co. DAC	2,000	2,550	5,100	6	850.00	21,313
East Range DAC	-0-	7,500	18,150	10	1,210.00	231,588
Faribault Co. DAC	-0-	4,500	12,900	13	992.30	24,000
Fillmore Co. DAC	1,910	1,900	3,826	6	637.66	23,768
Freeborn Co. DAC	5,942	6,695	13,390	11	1,217.27	37,891
Grant Co. DAC	1,060	1,100	3,086	7	440.85	8,878
Hennepin County:						
Exceptional Children	-0-	5,000	16,563	15	1,104.20	842,854
Friendship-Open Door	-0-	4,000	7,920	29	792.00	"
Hennepin Co. DAC	58,445	75,000	199,320	75	2,657.60	"
Holy Nativity	-0-	1,590	3,180	10	318.00	"
Mount Olivet	1,000	2,000	4,540	12	378.33	"
Oppor. Workshop DAC	4,266	14,000	31,600	23	1,373.91	"
School for Soc. Dev.	6,000	15,000	29,509	29	1,017.55	"
United Cerebral Palsy	-0-	9,044	36,176	24	1,507.33	"
Westminster DAC	-0-	12,500	31,465	16	1,966.56	"
Itasca Co. DAC	3,265	9,750	30,080	13	2,313.84	39,000
Kanabec-Pine Co. DAC	-0-	7,000	16,700	20	835.00	9,007
Kandi-Meeker DAC	5,625	6,000	12,035	18	668.61	48,874
Lac Qui Parle Co. DAC	-0-	3,250	10,425	7	1,042.50	13,000
LeSueur Co. DAC	-0-	5,000	16,540	9	1,837.77	20,000
Lyon Co. DAC	5,327	5,200	11,295	14	866.78	22,655
McLeod Co. DAC	1,738	6,900	19,445	18	1,080.27	26,080

<u>CENTER</u>	<u>GRANT FOR 1965-66</u>	<u>GRANT FOR 1968-69</u>	<u>TOTAL BUDGET 1968-69</u>	<u>ENROLL.</u>	<u>PER CAPITA PUPIL COST</u>	<u>COUNTY POP.</u>
Martin Co. DAC	\$ 2,351	\$ 5,000	\$11,970	18	\$ 665.00	26,986
Murray Co. DAC	-0-	1,750	7,025	12	585.41	14,500
Nobles Co. DAC	4,923	6,037	14,240	14	1,017.14	24,150
Northland DAC	-0-	2,500	28,851	4	1,200.62	
Olmsted Co. DAC	11,955	17,560	39,451	34	1,160.32	72,350
Open Arms DAC	4,240	5,272	16,117	40	402.92	48,000
Polk Co. DAC	2,113	6,200	12,645	8	1,580.62	36,182
Ramsey County:						
Laurel Center	-0-	9,100	22,550	13	1,734.61	468,074
Merriam Park DAC	3,200	6,570	14,400	14	1,028.57	"
Merrick DAC	5,545	7,000	15,250	17	897.05	"
Neighborhood House DAC	5,966	9,500	20,467	25	819.04	"
No. St. Paul Chil. Center	-0-	8,220	29,190	29	1,006.55	"
No. Suburban DAC	5,994	10,275	22,765	14	1,626.07	"
St. Paul's Epis.	-0-	6,200	16,536	18	918.66	"
United Cerebral Palsy Group	-0-	6,500	26,012	12	2,167.66	"
Wilder Nursery	10,000	15,000	86,309	36	2,397.47	"
Range I & II	4,000	6,500	15,000	42	1,500.00	231,588
Renville Co. DAC	-0-	4,500	10,180	11	925.45	23,954
Rice Co. DAC	5,267	8,138	16,980	25	679.20	38,988
Rock Co. DAC	-0-	2,966	13,290	6	2,215.00	11,864
Scott Co. DAC	-0-	3,000	13,040	12	1,086.66	25,082
St. Cloud DAC	3,671	4,350	10,002	30	333.40	85,000
Steele Co. DAC	-0-	5,510	11,020	4	2,755.00	26,906
Swan Lake Chil. Center	-0-	7,900	34,365	23	1,494.13	16,166
Swift Co. DAC	4,000	3,725	7,450	3	2,483.33	14,900
Washington Co. DAC	1,700	4,000	8,000	27	296.29	52,432
Watowan Co. DAC	1,700	1,750	4,000	3	1,333.33	14,460
Wilkin Co. DAC	-0-	500	2,290	4	572.50	10,650
Winona Co. DAC	3,100	3,600	8,300	11	754.54	42,000
Wright Co. DAC	3,650	4,100	8,799	5	1,759.80	33,200
TOTALS	\$213,825	\$444,703	\$1,245,169	1077	\$1,156.14 (Average)	
					412.90 (State Per Capita Cost)	



Daytime Activity Centers & Children Served 1961-1968

(THE SHADED AREA REPRESENTS THE NUMBER OF CENTERS)

JOB PLACEMENT

Nine of the day activity center participants were placed in jobs during the past year, according to the center directors. While this does not seem like a very large figure, considering that 148 of the center participants are of an age for work (20 years and over), it must be remembered that the person who attends a center may be severely mentally retarded and also may be physically handicapped. To get the full picture of job placement of retardates, these figures must be combined with those from special education classes, sheltered workshops and the state division of vocational rehabilitation.

RESULTS OF DAY ACTIVITY CENTER PROGRAMS

Long-range results can only be determined when the participants now being served attain adulthood. However, more easily apparent short-range results can be noted.

1. A number of participants have shown remarkable progress in a variety of ways. Individual examples of improvement are cited below.
2. The cost to the state of helping to provide services for a mentally retarded individual in a day activity center may be as little as 24 cents per hour per participant with about 60 cents per hour per participant a more typical cost-to-state figure. The matching amount must come from local financing, of course, and may include tuition.
3. Local financial support to continue to provide matching funds is apparently available. In most cases, county governments have assumed the responsibility for providing local funds.

4. While a number of centers have ideal facilities, many of the centers surveyed have need of additional space or of space with more desirable arrangements (bathrooms adjacent, playgrounds, etc.).
5. Transportation continues to be a problem for the centers, particularly in rural areas where participants live long distances from the facility.
6. Parents' enthusiasm and support continues high.
7. Community concern and support has been a factor in much of the growth of the centers. The Mrs. Jaycees groups and other individual volunteers have made outstanding contributions. In one case, a new center was founded by a group of concerned clergymen.
8. In non-metropolitan areas particularly, day activity centers have served as the focus for comprehensive services for the mentally retarded.

EXAMPLES OF IMPROVEMENT

EXAMPLE A

A pair of twins who have had behavioral problems seem to be responding favorably. They had destructive impulses without much self-control when under stress. They seem interested in learning words and numbers. At least one of them seems to be educable but needs the individual attention provided in our center.

EXAMPLE B

I have two participants who have really been "drawn out" because of the center. One spoke only in monosyllables when he started three years ago. This year he is putting his thoughts into words. Another hardly spoke at all. He now joins in conversation. The center is his whole life.

EXAMPLE C

One girl, age 10, cried constantly--ate everything, even the pictures on the wall. She pestered the other children. Now spends her time happily working on puzzles, coloring, listening to records, etc. For the first time, her parents can take her with them when they go visiting.

EXAMPLE D

One of our non-ambulatory retardates had lived most of his life in his playpen or crib. Outside of nap time, he is standing alone, or walking with self-help around both class and play rooms. His perception has improved beyond our belief, and also his vision. He now notices objects twenty feet away, and then attempts to reach them. The last two weeks he has taken as many as ten steps alone.

EXAMPLE E

One of our students (pre-schooler) was extremely hyperactive and literally "crawled the walls" when he first came into our program. By our insistence for him to remain seated when told, remain lying on his mat, and eat when others did, he eventually became more interested in our materials used in teaching and our toys. He forgot his running around in a chaotic way, and now gives us his complete attention, even though still non-verbal. He is attempting to not only speak, but to participate in other ways now and obviously enjoys the program. He was a fussy eater, but now has learned to like several foods.

RECOMMENDATIONS

We, the Minnesota Association for Retarded Children, recommend to the 1967

Legislature that:

1. the day activity center program be expanded and that \$1,500,000 (estimated) in state funds be appropriated for the next biennium.
2. rent, leasing cost and amortization of loans on space to conduct day activity center programs should be allowed as items eligible for state matching funds.
3. the limitations on state and local support for day activity centers be raised or eliminated.
 - a. The present 25 cents per capita limit on state support in any one county be eliminated.
 - b. The 1/10 mill limit for counties containing cities of the first class and the 1 mill limit for other counties should be removed or raised.

DAY ACTIVITY CENTERS NOT RECEIVING STATE FUNDS

APPENDIX TABLE I

<u>NAME</u>	<u>TOWN</u>
Becker County DAC	Detroit Lakes
Beltrami County DAC	Be midji
Clay County DAC (Harbor Lights)	Moorhead
Dakota County DAC	Rosemount
Duluth Rehabilitation Nursery	Duluth
East Range DAC	Eveleth
Faribault County DAC	Blue Earth
Freeborn Alpha Class	Albert Lea
Holy Nativity DAC	Minneapolis
Morrison County DAC	Little Falls
Mount Olivet DAC	Minneapolis
Open Arms DAC for Adults	Mankato
Open Door DAC	Minneapolis
Renville County DAC	Bird Island
Rock County DAC	Luverne
St. David's DAC	Hopkins
St. Paul Rehabilitation for Handicapped	St. Paul
St. Michael's DAC	Minneapolis
Sibley County DAC	Winthrop
South Washington County DAC	Newport
Swan Lake Children's Center	Delft

DAY ACTIVITY CENTERS IN DEVELOPMENT STAGE

APPENDIX TABLE II

<u>NAME</u>	<u>TOWN</u>
Big Stone-Stevens DAC	Ortonville
Brown County DAC	Sleepy Eye
Jackson County DAC	Jackson
Lac Qui Parle County DAC	Madison
Le Sueur County DAC	Waterville
Murray County DAC	Slayton
North Presbyterian Church DAC	North St. Paul
Otter Tail County DAC	Fergus Falls
St. Andrew's Church DAC	Minneapolis
St. Mark's DAC	North St. Paul
St. Paul's on the Hill DAC	St. Paul
Scott County DAC	Shakopee
Steele County DAC	Owatonna
Wadena County DAC	Wadena
Westminster Presbyterian DAC	Minneapolis

MINNESOTA ASSOCIATION FOR RETARDED CHILDREN, INC.

MEMORANDUM

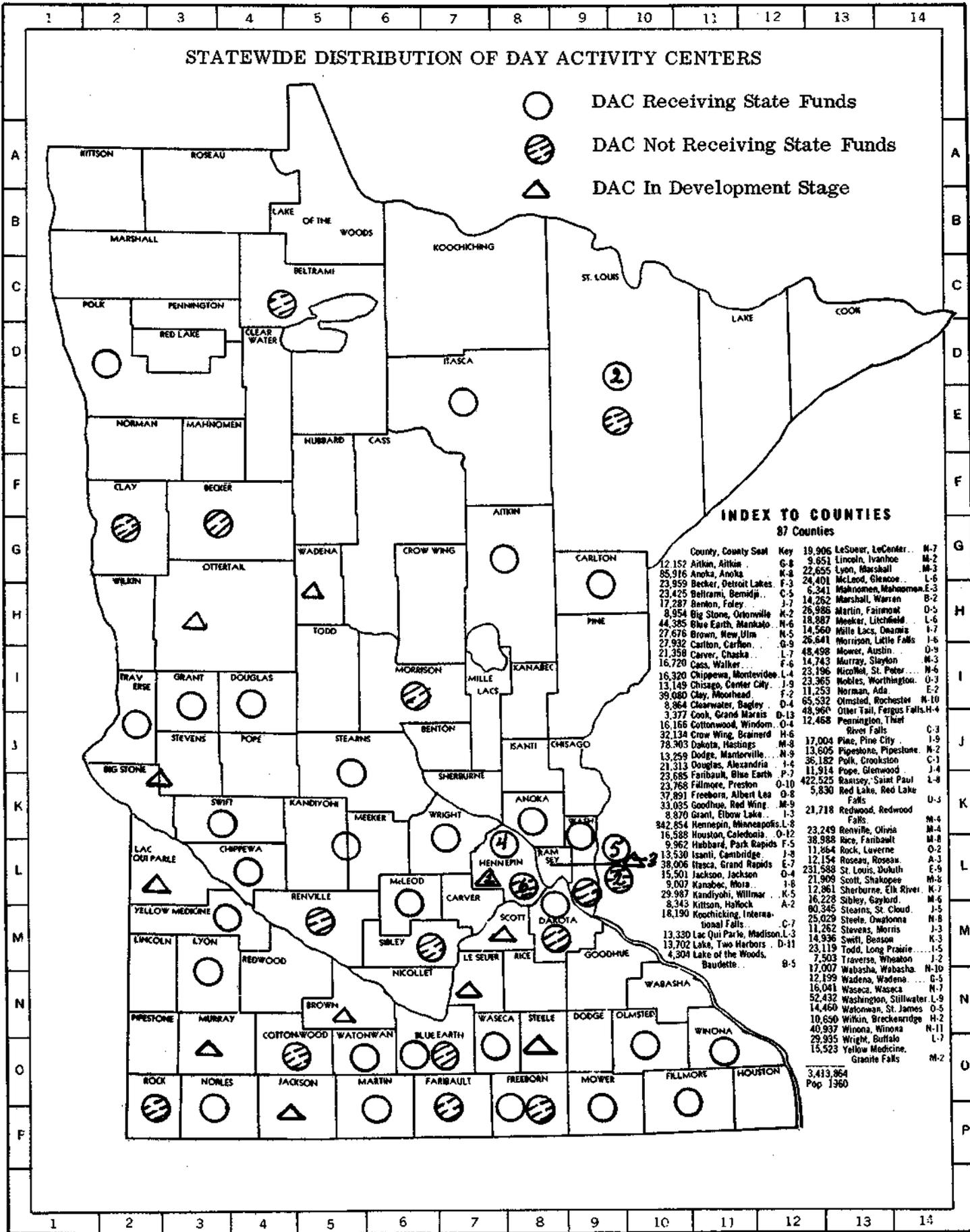
There are several errors and oversights on the following map giving locations of day activity centers for the mentally retarded in Minnesota. We ask that you make these corrections on your copy:

- In Houston County, add a DAC in the development stage.
- In Rice County, add a DAC operating but not receiving state funds.
- In LeSueur County, change the center from being in the development stage to one that is operating without state funds.
- In Redwood County, add a center operating without state funds.
- In Sibley County, change this from a center operating without state funds to a center in the development stage.
- In Ramsey County, reduce the number of centers in the development stage from 3 to 2.
- In Kanabec and Pine counties, add a center in the development stage on the northern half of the boundary dividing these two counties.

Thank you for your cooperation. We apologize for this inconvenience to you.

STATEWIDE DISTRIBUTION OF DAY ACTIVITY CENTERS

- DAC Receiving State Funds
- ◐ DAC Not Receiving State Funds
- △ DAC In Development Stage



INDEX TO COUNTIES 87 Counties

County	County Seat	Key	Population	County	County Seat	Key	Population
12,152	Aitkin, Aitkin	G-8	19,906	LeSueur, LeCenter	M-7		
85,916	Anoka, Anoka	K-8	9,651	Lincoln, Ivanhoe	M-2		
23,959	Becker, Detroit Lakes	F-3	22,655	Lyon, Marshall	M-3		
23,425	Beltrami, Bemidji	C-5	24,401	McLeod, Glenock	L-6		
17,287	Benken, Foley	J-7	6,341	Marathon, Mahanoma	E-3		
8,954	Big Stone, Ottonville	K-2	14,262	Marshall, Warren	D-5		
44,385	Blue Earth, Mankato	N-6	26,986	Martin, Fairmont	O-5		
27,676	Brown, New Ulm	N-5	18,887	Meeker, Litchfield	L-6		
27,932	Carlton, Carlton	G-9	14,560	Wille Lacs, DeSmet	I-7		
21,358	Carver, Chaska	L-7	26,641	Morrison, Little Falls	I-6		
16,720	Cass, Walker	F-6	48,498	Murray, Austin	O-9		
16,320	Chippewa, Montevideo	L-4	14,743	Murray, Slayton	M-3		
13,149	Chisago, Center City	J-3	23,196	Nicollet, St. Peter	N-6		
39,080	Clay, Moorhead	F-2	23,365	Nobles, Worthington	O-3		
3,864	Clearwater, Bagley	D-4	11,253	Norman, Ada	E-2		
3,377	Cook, Grand Marais	D-13	65,532	Olmsted, Rochester	N-10		
16,156	Cottonwood, Windom	O-4	48,960	Other Tail, Fergus Falls	H-4		
32,134	Crow Wing, Brainerd	H-6	12,468	Pennington, Thief River Falls	C-3		
78,303	Dakota, Hastings	M-8	17,004	Pine, Pine City	I-9		
13,259	Dodge, Mantorville	N-9	13,605	Pipestone, Pipestone	M-2		
21,313	Douglas, Alexandria	I-4	36,182	Polk, Crookston	C-1		
23,685	Duluth, Blue Earth	P-7	11,914	Pope, Glenwood	J-4		
23,768	Fillmore, Preston	O-10	422,325	Ransom, Saint Paul	L-8		
37,891	Freeborn, Albert Lea	O-8	5,830	Red Lake, Red Lake Falls	U-3		
33,095	Goodhue, Red Wing	M-9	21,718	Redwood, Redwood Falls	M-4		
8,370	Grant, Elbow Lake	I-3	23,249	Renville, Olivia	M-4		
842,854	Hennepin, Minneapolis	L-8	38,988	Rice, Faribault	M-8		
16,388	Houston, Coaledale	O-12	11,864	Rock, Laverne	O-2		
9,562	Hubbard, Park Rapids	F-5	12,154	Roseau, Roseau	A-3		
13,530	Isanti, Cambridge	I-8	231,588	Scott, Shakopee	M-8		
38,006	Itasca, Grand Rapids	E-7	21,909	Scott, Shakopee	M-8		
15,501	Jackson, Jackson	O-4	12,861	Sherburne, Elk River	K-7		
9,007	Kanabec, Mora	I-8	16,228	Sibley, Gaylord	M-6		
29,987	Kandiyohi, Willmar	K-5	80,345	Stearns, St. Cloud	I-5		
8,343	Kittson, Halfock	A-2	25,029	Stevens, Oattona	N-8		
18,190	Koochiching, International Falls	C-7	11,262	Stevens, Morris	J-3		
13,330	Lac Qui Parle, Madison	L-3	14,936	Sweet, Benson	K-3		
13,702	Lake, Two Harbors	D-11	23,119	Todd, Long Prairie	I-5		
4,304	Lake of the Woods, Baudette	B-5	7,503	Traverse, Wheaton	J-2		
			17,007	Wabasha, Wabasha	N-10		
			12,199	Wadena, Wadena	C-5		
			16,041	Waseca, Waseca	N-7		
			52,432	Washington, Stillwater	L-9		
			14,460	Watsonwan, St. James	O-5		
			10,650	Wilkin, Breckenridge	H-2		
			40,937	Winona, Winona	N-11		
			29,935	Wright, Buffalo	L-7		
			15,523	Yellow Medicine, Granite Falls	M-2		
			3,413,864				
			Pop 1360				