

# TUNAGRAHITA BERAT

Karakteristik dan program  
intervensinya

# KARAKTERISTIK TUNAGRAHITA BERAT

1. KARAKTERISTIK FISIK: JASMANI LEMAH, ALAT PENCERNAAN KURANG BERFUNGSI, KEMAMPUAN BERJALAN DICAPAI DALAM WAKTU YANG LAMA DAN JIKA MAMPU JALANNYA TIDAK TERATUR, BANYAK YANG DIJUMPAI CACAT GANDA
2. KARAKTERISTIK PSIKIS: PERSEVARASI, PENGHAYATAN TERHADAP SEKITAR TIDAK TERATUR, DAN KETIDAKTEPATAN DALAM MENGIKUTI PETUNJUK.
3. KARAKTERISTIK SOSIAL: KADANG TIDAK BEREAKSI DALAM PROSES KOMUNIKASI.

# KUNCI POKOK PROGRAM PENDIDIKAN BAGI TUNAGRAHITA KATEGORI BERAT

**MENGOPTIMALKAN FUNGSI INDERA DAN FISIK  
AGAR SUPAYA MAMPU MERAWAT DIRI DAN  
BAHAGIA SECARA MANUSIAWI.**

**PROGRAM MELIPUTI 5 POKOK GARIS BESAR:**

- 1. SENSORIMOTOR**
- 2. OPTIMALISASI FISIK**
- 3. MERAWAT DIRI SENDIRI**
- 4. BAHASA**
- 5. HUBUNGAN INTERPERSONAL**

# GARIS BESAR TAHAPAN 5 POKOK PROGRAM

1. TAHAP PRASEKOLAH: Sensorimotor stimulation, physical development, pre-self care, language stimulation, interpersonal response.
2. TAHAP SEKOLAH: sensorimotor development, physical mobility dan coordination, self-care development, language development, social behavior.
3. DEWASA: Sensorimotor Integration, physical dexterity and recreation, self-care, language and speech development, self-direction and work.

# PROGRAM PRASEKOLAH I

## SENSORIMOTOR STIMULATION

- ◉ **Stimulating sight, hearing, touch, smell, and muscular response.**
- ◉ **Enriching environment and encouraging exploration of interesting and attractive surroundings.**

# PROGRAM PRASEKOLAH II

## PHYSICAL DEVELOPMENT

- ① **1. Body potioning**
- ② **2. Passive exercising**
- ③ **3. Rolling, creeping, and crawling**
- ④ **4. Balancing head and trunk.**
- ⑤ **5. Using hands purpose fully**
- ⑥ **6. Standing practice**
- ⑦ **7. Training for mobility**

# *PROGRAM PRASEKOLAH III*

## *PRE-SELF CARE*

- 1. Taking nourishment from bottle and spoon; drinking from cup and finger feeding.
- 2. Passive dressing; accommodating body to dressing; partially removing clothing.
- 3. Passive bathing; handing soap and washcloth; participating in drying.
- 4. Passive placement on toilet; toilet regulating.

# *PROGRAM PRASEKOLAH IV*

## *LANGUAGE STIMULATION*

- ① **1. Increasing attention to sounds.**
- ② **2. Encouraging vocalization.**
- ③ **3. Responding to verbal and nonverbal requests.**
- ④ **4. Identifying objects.**



# *PROGRAM PRASEKOLAH V*

## *INTERPERSONAL RESPONSE*

- ① **1. Recognizing familiar persons.**
- ② **2. Requesting attention from others.**
- ③ **3. Occupying self for brief periods.**
- ④ **4. Manipulating toys or other objects.**

# MASA SEKOLAH I

## *SENSORIMOTOR DEVELOPMENT*

- a. Identifying shapes, colors, sizes, locations, and distances.
- b. Identifying sound, patterns, locations, tonal qualities, rhythms.
- c. Identifying textures, weights, shapes, sizes, temperature.
- d. Identifying familiar aversive and pleasant odors.

# *MASA SEKOLAH: PHYSICAL II*

## *MOBILITY AND COORDINATION*

- a. 1. Practicing ambulation**
- b. 2. Overcoming obstacles; walking on ramps and stairs, running, skipping, jumping, balancing, climbing.**
- c. 3. Using playground equipment.**
- d. 4. participating in track and field events.**

# MASA SEKOLAH III

## *SELF-CARE DEVELOPMENT*

- a. Self-feeding with spoon and cup; eating varied diet; behaving appropriately while dining
- b. Removing garment; dressing and undressing with supervision; buttoning, zipping, and snapping.
- c. Drying hands and face; partially bathing.
- d. Toilet scheduling; indicating need to eliminate; using toilet with supervision.

# MASA SEKOLAH IV

## LANGUAGE DEVELOPMENT

- a. Recognizing own name; names of familiar objects, and body parts.**
- b. Responding to simple commands.**
- c. Initiating speech and gestures.**
- d. Using gestures, words, or phrases.**

# MASA SEKOLAH V

## SOCIAL BEHAVIOR

- a. **Requesting personal attention.**
- b. **Playing individually along side other residents.**
- c. **Using basic self-protective skills.**
- d. **Playing cooperative with others resident.**

# DEWASA I

## SENSORIMOTOR INTEGRATION

- a. Sorting, transferring, inserting, pulling, folding,**
- b. Responding to music activities, signals, warnings.**
- c. Making personal choice and selections.**
- d. Decriminating sizes, weights, colors, distance, locations, odors, temperature.**

# DEWASA II PHYSICAL DEXTERITY AND RECREATION

- a. Riding vehicles; participating in gymnastic-like activities and track and field events.**
- b. Marking with pencil; cutting with scissors; stringing, beads; pasting; and assembling.**
- c. Swimming and water play.**
- d. Using community parks and other recreational resources.**



## DEWASA III

### SELF-CARE

- a. Eating varied diet in family dining situation; using eating utensils; selecting foods.**
- b. Dressing with partial assistance or supervision.**
- c. 3. Bathing with partial assistance or supervision.**
- d. 4. Using toilet independently with occasional supervision.**

# DEWASA IV LANGUAGE AND SPEECH DEVELOPMENT

- a. **Listening to speaker**
- b. **Using gestures, words, or phrases.**
- c. **Following uncomplicated direction.**

# DEWASA V SELF-DIRECTION AND WORK

- a. Using protective skills.**
- b. Sharing, taking turns, waiting for instructions.**
- c. Traveling with supervision**
- d. Completing assigned tasks**
- e. Participating in work activity center programs.**