

About Matt, My Twin Brother

By Jennifer Viox

The Voice, Summer 2013

My name is Jennifer Viox. I am 37 years old and my twin, Matthew Capps, is a resident at Mount Aloysius ("Mt. Al") in New Lexington, Ohio.

My brother Matt has been living at Mt. Al for nearly twenty years. Without the help of the wonderful, fully trained personnel of places like Mt. Al, my family would have nowhere to turn to for help with my brother. Being severely handicapped is a challenge on its own; trying to live outside his Mt. Al home would not be beneficial to him.



Jennifer and Matt

When I was a little girl, I remember how hard it was on my parents. Both were working full-time and raising their three kids, plus the challenges that come with having a child with multiple disabilities. Matthew has severe intellectual disabilities ("mental retardation"), Autism, ADHD, cerebral palsy, and behavioral issues. He cannot speak, other than with mostly unknown sounds, which occasionally, along with body language, conveys a thought. He does use simple signs, thanks to the help of his therapists. In a home like Mount Al, he is able to keep to a schedule, which is imperative for people like him. He also gets bussed to and from work (a sheltered workshop). This makes him feel important and needed. We all need that in our lives, don't we? He sees his therapists, who work with him to keep his mind going, and he gets to go to church every Sunday and sings to his heart's content and as loud as he wants with no one judging him. They just continue to praise God. He needs a high fiber diet because of some internal issues he has, and the dietician is there to make that happen. He takes medicine that he needs on a very regular basis, and the nurses are there to make it happen. He gets to go swimming, and blows bubbles. For these outings and for everyday things, like getting ready for bed, showering, brushing his teeth, and shaving ... and he needs help guiding him on what to do.



Matt with his mom and dad, Fran and Harris Capps, and his older brother, Daniel.

When I was younger I would get embarrassed when people would look and whisper about him. Why? Because I was young. Why would people do this? Because they were uneducated. Why did I always care how I felt? How about how Matt felt? Because he is full of love and doesn't understand why everyone doesn't love his hugs. He is completely accepted where he now lives.

Matt is my twin and I would sometimes feel guilty that he is the way he is. Why did it happen to him and not me? Then I mentioned that one day to my mom. She told me something I will never forget. He is happy with who he is, he is happy with where he is, and we would never want to change him. My twin brother, Matt Capps, is the most loving, kind soul. Anyone would be blessed to know him. For people like him to lose the place that gives him the most important things in life... the place they can call home, would be absolutely tragic.