



handicaps digest

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1 April 2010



**ComfortDelGro and
Cabbycare Cabbies
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See page 18

Help us in our Fund-Raising Projects Be a Volunteer!



For volunteers, please contact Jason at **6254 3006 Ext.217**

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Apr-Jun 2010

The Handicaps Welfare Association was founded to encourage and foster the ideals of self-help and mutual assistance among the disabled and to promote their welfare. All the members of the Executive Committee are persons with disabilities.

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Dear Readers,

I am delighted to be able to write to all of you again and I wish to convey my best regards to each one of you. My staff and I are working on quite a few things this quarter.

Fund raising activities

We have completed our Charity Car Wash and would like to thank all the volunteers from BNP PARIBAS, GOLDMAN SACHS, ACJC, RJC, MCYS, NUS High School, St Gabriels etc. Our gratitude also goes to the supporters from Mcdonalds, Country City, Tonita, Enjo, Tian Lu, Zack Saravanan and his team etc. HWA staff have also worked hard for this event and we would like to thank them.

Good news! Our annual Wheel, Walk or Jog event will be held on 4 July 2010. Mr George Yeo, Minister for Foreign Affairs has kindly consented to grace this event as our Guest-of-Honor. We would like to appeal for donors and volunteers to participate and assist us. For this event, we hope the able-bodied can experience sitting on a wheel chair and compete with the physically challenged. This would help

them to understand life on a wheel chair as well as to have some fun. So come on and join us!

All Cash Donation Draw 2010

Once again, the Association will be organising its 5th Charity Draw. It will be held on the 28 August 2010. We look forward to your assistance to help, sell or purchase the tickets. Funds raised will be channeled towards funding the various services.

Annual General Meeting

On behalf of HWA's Honorary Secretary, we would like to remind HWA members that this year's Annual General Meeting will be held on 26 June 2010 at HWA's multi-purpose room in Whampoa Drive.

Conclusion

To all of you who have helped us in one way or another, we thank you for your support and kindness. We will continue to work towards satisfying HWA's objectives.

Michael Tan
Executive Director

执行理事长前言

亲爱的会员，志愿者，捐助者和所有的读者，

很高兴再次写信给大家，并借此机会向您们致以我最美好的祝福。接下来的三个月里，我和协会的工作人员们将从以下几个方面展开工作。筹款活动目前我们正在举行慈善洗车活动，我要感谢所有来自BNP PARIBAS, GOLDMAN SACHS, ACJC, RJC, MCYS, NUS High School, St Gabriels等公司,学校及团体的志愿者们，以及那些来自Mcdonalds, Country City, Tonita, Enjo, Tian Lu的支持者和 Zack Saravanan及他的团队成员们，同时也要感谢为此努力的HWA的全体工作人员。

好消息！我们的轮椅，行兼跑活动将于2010年7月4日举行。我们很荣幸地邀请到外交部长杨荣文先生担任活动嘉宾。在此我们呼吁各界捐助者和志愿者们前来参加并协助我们。在这次活动中，我们也欢迎有兴趣的身体健康者来体验一番坐在轮椅上与残疾人士的公

平角逐。让他们在开心活动的同时也能更好地了解残疾人士在轮椅上的生活方式。所以，来吧，请加入我们的行列！

2010捐款全现金大抽奖

协会将于2010年8月28日举行举办第5次慈善筹款抽奖活动。我们期待着您以帮助，出售或购买奖票的形式来支持我们。筹集到的资金将用于资助协会的各种服务。常年大会在此我们代表协会的名誉秘书再次通知协会会员们，今年的常年大会将于2010年6月26日在位于黄埔通道(Whampoa Drive)的协会多功能礼堂举行。

结束语

最后，让我们在此向那些以各种各样方式帮助协会的所有公司，个人及团体致以最衷心的感谢，感谢你们一路来的支持和厚爱。我们将继续努力以达成协会的目标。

Michael Tan

Executive Committee 2009/2011

President

Nancy Chia

Vice President

Desiree Lim Kok Liang

Honorary Secretary

Judy Tan Keng Nghoh

Honorary Assistant Secretary

Michelle Siew Teok See

Honorary Treasurer

Teo Teck Soon

Honorary Assistant Treasurer

Freddy Lim Kah Chin

Committee Members

Wendy Lau Wong Hing

Simon Loh Kien Hoe

Henry Mr Yong Chee Seng

Simon Mr Lim Choon Heng

Edmund Wan

Hui Beng Hong

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Chua Boon Swee
- Muhammad Rashidi Bin Abdul Wahid
- Yusop Bin Ismail
- Johari Bin Awang
- Khin Thida Win
- Teo Boon Chiew
- Lui Heow Wee
- Tan Teck Min
- Teo Poh Khoon Melvin
- Gurchan Singh
- Ong Weiming Vincent
- Muhammad Shukri Bin Aderes
- Ng Tuck Leng
- Ho Kong Meng Adrian
- Chua Eng Hoo
- Ismail Bin Mosly
- Quek Teng Thiam
- Anas Yeo @ Yeo Thien Seng

Associate Member

- Chan Yi Jun Timothy
- Ramadurai Rajaraman
- Karan Kumar S/O Raman Kumar

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Woo Yew Wah Stanley
- Lim Ah Lek
- Tan Meng Jong
- Soh Chee Seong
- Yeo Zhiwei
- Wan Kwok Kwan Paul
- Loh Mui Ker Michael
- Goh Eng Seng

Singapore Computer Society Gives Generously

The Singapore Computer Society (SCS) embarked on 'The industry-wide Infocomm Survey', supported by the Information Management Research Center at Nanyang Technological University was conducted in February 2010.

The objective of the survey was to understand the needs and issues concerning IT professionals and to serve as a guide for SCS, government agencies and employers to shape their IT policies and strategies.

the disabled community, Singapore Computer Society donated S\$2.00 for every survey returned. As their designated charity, HWA was a beneficiary of this donation pledge. SCS donated a total of \$3,528.00 to HWA.

In appreciation of the participation from their members in the survey and the continual commitment of HWA to

President of SCS, Mr Alphonsus Pang signing the cheque



Presentation of cheque to President of HWA, Ms Nancy Chia

The HWA Rehab & Training Centre @ Jurong Point Story...

"Wow!" was the expression made by everyone in our centre followed by a loud applause, while Mr Lai Ah Song, one of the elderly rehab clients walked into our rehab centre for first time, independently without any assistance. Mr Lai beamed from ear to ear with pride, someone who once relied solely on a wheelchair.

This is just one of the success stories from HWA's Rehab & Training Centre @ Jurong Point, which turned one year on 19 January 2010.

Located at Jurong Point shopping centre 1, our rehab centre became well known to the public through the Agency for Integrated Care (AIC) referral system, as well as word of mouth through our regular clients who undergo therapy in our centre.

Currently serving 65 regular rehab clients, we cater services for 3 sectors, ranging from children, adult & the elderly. Warm & caring therapists & rehab staff provide individualised tailor made rehab programmes which create safe, comfortable and efficient therapy programmes for all clients.

With the past year under review, we have seen improvements in almost all of the clients, regardless of their disabilities and duration of their conditions. It creates joy and hope for all.

Two of our adult rehab clients are now working successfully at open employment.

Looking into our children sector; baby Joy Tham Siying, Elizabeth, who was diagnosed with Down



Happy and satisfied clients of our Rehabilitation Centre @ Jurong Point

syndrome being delayed in all aspects of development had started her therapy in our center at 11 months old. At that time she was unable to sit still on her own. Now, 1 year and 6 months old, baby Elizabeth has made much improvement in sitting steadily while playing, crawling, standing and walking with support.

Mr Lai Ah Song's son stated that rehabilitation in our centre has not only improved the physical well being of his father but also improved his father's diabetes from requiring insulin jabs to being able to rely on medication alone now. One client in particular was discharged from our centre and went on to resume his previous job. He mentioned that the atmosphere & therapy services in the centre was like a family gathering, as each and every one encouraged and motivated each other like one big family.

We are glad to say that all our rehab staff, clients & caregivers are very supportive and encouraging to each other, especially so for new clients and their family members. We are one family, working closely to fulfill the successful rehabilitation for all our clients.

发生在HWA康复及训练中心@裕廊坊的故事...

当康复中心的一位年长客户Lai Ah Song先生首次没有依靠任何帮助走进我们的康复中心时，中心的每个人继响亮的掌声之后，不禁发出一声赞叹“哇！”。Lai先生满脸喜色，充满自豪，看不出他曾经完全依靠轮椅。

这仅是康复及训练中心@裕廊坊自2010年1月19日开张一年以来的许多成功故事之一。

通过综合护理代理(AIC)的转诊制度，以及在我们中心接受治疗的固定客户的口耳相传，位于裕廊坊购物中心1的康复中心现已广为人知。

目前，我们为65个定期客户提供复康服务，包括3个部门，从儿童，成人到老人。热心和关怀他人的治疗及康复工作人员提供了个性化的康复计划，为所有客户创建安全，舒适，高效的治疗方案。

回顾过去一年里，我们看到几乎所有的客户大有改善，不论他们的残疾情况和时间长短。这为所有的人带来了喜悦和希望。

我们现正也有两位成人的康复客户成功地在公开市场就业。

看看我们的儿童部，婴儿Joy Tham Siying, Elizabeth, 被诊断出患有唐氏综合征，在各方面发展都落后于常人。她从11个月就已开始在我们中心接受治疗。当时她都无法自己坐稳。现在，Elizabeth已经1岁6个月大，并取得很大进展，在帮助下她可以稳步玩耍，爬行，站立和行走。

Lai Ah Song先生的儿子说，在我们的康复中心，他的父亲的不仅改善了身体健康，而且他的糖尿病也得以改善，从需要胰岛素注射到现在单靠药物治疗。

特别是有一个客户从我们中心出院后就恢复了他原来的职务。他提到，该中心的气氛和治疗服务，就像一个家庭聚会，每一个人相互鼓舞和激励，就像一个大家庭。

我们很高兴地说，我们所有的工作人员，客户及照顾者都非常支持和鼓励对方，特别是对于新客户和他们的家庭成员。我们都是一家人，紧密合作，来帮助所有的客户成功地恢复健康。

Mr Lai walking independently without a walking aid



Clients during therapy session at our centre

Live, Don't Just Exist

Written by Diyanah Lubis,
Designer, MONO-E Pte Ltd

It was the Lunar New Year season. Everyone in the office was either talking about buying new clothes, weekend parties or how they were about to grow fat eating goodies. And then out of the blue, we were talking about charity homes, emailing out requests and finally after a few days of waiting, we received a response from the Handicaps Welfare Association.

We planned to be there just in time for lunch so we could at least interact with the disabled. Come to think of it, we were all pretty stoked about the day because I think the last time all of us had probably visited a charity was during our school years. I did not know what to expect but I was definitely looking forward to bring a smile upon their faces. All of us met early in the morning to buy oranges for them as a token for Chinese New Year which was around the corner. I couldn't wait to see how they would react when they saw us packed with goodies.

Once we arrived, we were explained when and how the Handicaps Welfare Association was set up. We were also explained that they were an independent non-profit organisation and how any form of contribution from the public makes a lot of difference to the Association. We asked about how we should behave so as not to offend them emotionally. We realised these questions were important and relevant because we had to take note that the members were on a different emotional level with us. Personally I had never realised till that point how one simple line could be so sensitive to someone else. After a few more rounds of burning questions, we were all set and ready to mingle with the rest.

Coming from an events company, you may think it would be an easy task for us interacting with people from different walks of life. I must say we were all slightly nervous, not knowing what to expect. The therapists came in with the members one by one and all of us welcomed them cheerfully.

They greeted us back and had smiles plastered all over their faces! While we waited for the lunch that we had ordered earlier to be delivered, each one of us picked someone to interact with. I picked a Malay woman. She was staring and smiling at me for some time so when I was serving their lunch I took the opportunity to speak to her a little in Malay. We spoke about her family, her favourite colour, her favourite shows and basically all of her favourite things in the world. I spoke to her about my favourite movie and how I "dislike" her favourite colour. I looked around and could see all my colleagues having fun interacting with everyone else. It was a pretty sight but unfortunately we did not have a camera with us to snap that moment.

After about an hour and a half or so, we were told that the morning batch of members were done with their therapy sessions and were heading home. Most of them were excited about going home and they diligently packed their bags and boarded the Handicaps Welfare Association's vehicle.

We felt a tinge of sadness because we knew the bond that we had formed so quickly over the past 90 minutes would be somewhat left hanging. We saw them off and as the day ended, we thanked the respective supervisors and said goodbye.

It was definitely a good experience and personally I think it helped us in a way to slow down with our busy schedules and take the time to put a smile on someone's face. It may not be much, but it certainly felt so heart-warming, knowing that each one of us were capable of making someone's day. That's exactly what life should be about. To live it, not just exist.

MONO-E; Formed in 2008, We are an events management company who have produced shows such as Singapore Fashion Festival 08, Zouk Anniversary, Brazillian Amazonia 09, Kronenbourg 09, Fuschia Lane 10 and many more. We've worked closely with regional and international artists like 5566, Andy Lau, Najib Ali. We aim to bring out the Singular Experience in every event or show that we produce.

Insight into *Personal Care Service*

Personal Care Service (PCS) has been established in HWA since 2006. Staffs involved in PCS spend most of their time out of the office performing services in client's homes.

Personal Care Service is headed by PCS Coordinator, Ms Ong E Ling with her team of healthcare assistants and home therapist.

HWA aims to help people with physical disabilities to live with less dependence on family members at home. With this, we aim to incorporate Independent Living Skills into our department.

Some of the services provided by PCS include:

- Bathing & Toileting
- Dressing
- Feeding
- Wound Care
- Bedsores Management
- Maid-Teaching

Most referrals cases come from public enquiry, CDCS medical social workers and referral from

previous clients. Upon acceptance of each case, the healthcare assistants are then assigned to the individual homes. Staffs are given the appropriate training before each case so they are familiar with the history of the client and can take the necessary precautions upon administering of the services to them.

On average, each PCS staff will have to manage between three to five cases per day. Job satisfaction is gained when cases make a noticeable improvement and as we see the service expand gradually by more needy clients requiring help to cut down their financial burdens.

Those interested in Personal Care Services, please contact Ms Angela Zhang at Tel: 6254 3006 ext 226.



Personal Care Service Staff (L-R) - Mya Mya, Sorogon Alma, Ong E Ling, Jeany Ducusin, Louis Gielie Ann, Lee Chee Meng, Sabia Baanu, Mohamad Nizar

Like The Good Old Days

Contributed by
Mr Silas Chong, Social Services Department

“It is great to have friends when one is young, but indeed it is still more so when you are getting old. When we are young, friends are, like everything else, a matter of course. In the old days we know what it means to have them.” - Edvard Grieg

Many will remember the good old days where HWA members took their personal time to visit each other. The current executive committee members certainly still do so and feel that it is good to restart home visitations to all HWA members once again.

Ms Nancy Chia, our President expressed that she wished all HWA members will be visited at least once every year. With that drive from her to show our members that we care for them, the Social Services Department began working on this initiative – **The ‘Home District Leader Scheme.’**

The Department decided to divide up the map of Singapore into several districts and planned to kick start the Home District Leader Scheme with 3 districts first. The 3 districts chosen were Ang Mo Kio, Bishan and Bukit Batok. Phone calls were made to members to see if they were interested to become district leaders to be in charge of visitations of members in the districts they are in charge of. Having called several members to see if they were interested to be district leaders, the Department managed to get favorable answers from Ms Flora Tan, Ms Judy Tan and Ms Wendy Lau to be in charge of the 3 districts respectively.

Staffs from the Social Integration Department were also roped in to help gather volunteers who may pair up with the District leaders and were contacted to see if they were willing to help out in this

meaningful project and there were once again, favorable responses.

Something that the Social Integration Department is already familiar with, such home visitations were kick-started by them several months ago, where volunteers were delegated through the Befrienders scheme to conduct such home-visits.

Members who were visited certainly appreciated the efforts made by HWA and its President to show that their care and concern for them. Some members have indicated that for years, no one from HWA has visited them and how happy and appreciative they are with this initiative.

The Social Service Department will continue to approach more members as they increase the number of districts while keeping up with the visitations. Members are welcome to join with the visitations by expressing their interests when they are contacted by the Social Service Department in the months to come.

We at HWA, look forward to building strong ties with our members and continue to be an encouragement to them is one way or another.

Members and Volunteers who are interested in such visits, please contact the Association at Tel: **6254 3006.**

往日情怀

年轻时的友谊常是细水长流直到年长。朋友是生命中不可或缺的，尤其是在我们进入黄金年华的时候。~ 爱德华 格里格

大家应该都还记得早年的时候很多协会会员们都会常常抽出时间互相拜访，联络感情。而现任的执行委员们至今仍然保留着这个习惯，经常彼此联络。他们觉得应该重新提倡这项良好传统对协会所有会员进行定期家访。协会会长Ms Nancy Chia也同样表示希望协会至少每年探访会员们一次，让他们感受协会对他们的关心，因此福利部正在加紧实行一项新计划 - 分区家访计划。

福利部决定将从新加坡的地图上分区实行这个计划。最先实行的三个区，分别为宏茂桥，碧山，以及武吉巴督。当然实行此计划，必须有家访的团队，因此透过电话联络有兴趣成为家访团队的会员们，经过一番努力，终于有会员们愿意成为他们那一区的家访领队，他们分别是Ms Flora Tan, Ms Judy Tan, 以及Ms Wendy Lau成为这三区的家访领队。

福利部的工作人员也开始集结义工们成为这三区的家访团队。义工们反应热烈，同样鼓舞着大家推行分区家访计划是势在必行。在福利部推行这个计划之前，协会的综合社交部，已经开始分配义工们透过成为朋友计划进行家访。

有接受家访的会员们都很感激协会及会长所付出的努力。曾有一段时间，没有接受家访的会员们，当看到来探访他们的团队，都欣喜若狂，喜出望外莫名的感动。

福利部将继续努力增加实行分区家访计划的区域及探访的次数，呼吁所有有兴趣参与此计划的会员踊跃报名。协会将尽全力建立强而有力的联系网紧紧系住所有会员，不论哪一方面尽全力协助大家。

A Dazzling Holiday In Malaysia



Contributed By
Jason Irwin Rodrigo, Programme Executive

Malaysia – home to spectacular mosques, breath-taking beaches and modern skyscrapers. This dazzling country rich in culture and history was the destination that our members chose to visit in March. Members were fortunate to enjoy a 4D/3Night visit not only to its appealing and vibrant capital, Kuala Lumpur but two other states Malacca and Ipoh.

Day 1: 25 March, Singapore to Kuala Lumpur

The first stop was none other than Kuala Lumpur. Members were intrigued as they made a city tour of the Kuala Lumpur. With a height of 1,453 feet, one of the world's tallest buildings rise above the skyline of Kuala Lumpur.

The tour guide's commentary highlighted the incredible 88-storey two freestanding towers connected by a sky-bridge at



the 41st floor. The Petronas Tower as it is better known left the members awestruck. It also housed the Petronas Philharmonic Hall, the Petronas Art Gallery and Petrosains, an interactive science exhibition centre. Soon it was time for everyone's favourite past-time — Shopping!

Members proceeded to Mega Mall and Chinatown as members eagerly alighted from their coach and proceeded on a bargain-hunting spree located at Petaling Street. Members were seen negotiating assertively for good bargains and deals along this street which overflows with good food amid rich Chinese culture. Among some of the popular buys included birds nest, herbs, Chinese delicacies and souvenirs depicting Malaysian culture. A few members proceeded to the various hawker stalls along the roadside to sample various local delicacies like chicken rice, mee rebus, lor mee and not forgetting the every popular teh-tarik.

2nd Day: 26 March Kuala Lumpur to Ipoh

The following day was filled with two visits to Sam Poh Cave Chinese Buddhist Temple. The Temple was discovered in 1912, within a natural limestone hill. Developed by the Buddhist community and now has become an international tourist spot attracting visitors from all over the world. Among



A group picture!

the main attractions there was a beautifully decorated pavilion in front of the temple and a landscaped garden with a fish pool, which was awarded “The Best Landscaped garden” in Malaysia in 1993.



Another temple that members were so intrigued by was the Kwang Fook Ngan Temple which housed the famous statue of Zhang-Fei: God of Butchers. This eight-foot tall, colorful statue with its panthers face and mad staring eyes was able to intimidate anyone just looking at him. Mr Jackson Cheong our volunteer who helped co-organised this outing proudly shared that he was approached by the

temple committee for a replica of this statue and he agreed to bring it in from China. He did not disclose the amount he has spent to bring the deity but smile that it was huge sum. The temple was built within a lime-stone cave. A temple guide brought us close into the temple and lo and behold, as we moved deeper and deeper into the cave, various shapes of limestone could be seen hanging overhead.

The lime-stone was also shaped into various animals. Surprisingly the natural surrounding air was cooling similar to that of an air-conditioned room.

Soon it was time for dinner as we proceeded to one of the best restaurants in Ipoh. The 8-course dinner consisted of various mouth-watering dishes such as Sharks Fin soup. A dinner celebration is never

A Dazzling Holiday In Malaysia

complete without Karaoke. The moment members arrived at the restaurant, they selected their favorite songs and sang their hearts out. Though some had a natural singing talent however all supported each others' efforts with shouts of "well-done!" and "encore". Soon it was time for the lucky draw as members eagerly held their breath as their numbers were called by the master of ceremony. One by one the members came on stage, shook hands with Mr Jackson Cheong and were happy to be walking home with a gift. Finally the first prize of a 32" LCD TV was won by Ms Irene Lee who burst out laughing as she exclaimed "I am going home with a brand new TV." Everyone was ecstatic as they hugged and congratulated her.

3rd Day 27 March : Ipoh to Malacca

The following morning after breakfast, we continued our journey towards Malacca. After lunch, shopping was at Mahkota



Parade and a charming little place called Jonker Street which is well known for its antiques. The little shops lining this street peddled everything from the nyonya kebaya to toys, beaded slippers to funky clothing, feng shui items to unique art painted by resident artists (both famous and up and coming). There were also great little restaurants and quaint cafes serving up tea, coffee, beer, nyonya food and generally anything you we could think of!

At sunset, Jonker Street came alive with music, bright lights, and performing artists juggling various items as they greeted us as we



were strolling along the streets. Hawkers peddling their wares made earnest pleas to visitors to sample their food and other stuff. Our volunteers and members made their way through the various stalls and occasionally stopped to examine various souvenirs and unusual jewellery. As we walked further into Jonker Street, we were fortunate to witness a martial artist performing his skills in opening coconuts with his thumb. It was amazing as a huge crowd gasped in amazement as the coconut broke opened. It was a fruitful night as members shared with the others the prized bargains and various exotic snacks.

4th Day, 28 March

Home is where the heart is and everyone knew that their little visit and adventure to Malaysia would come to an end. After a sumptuous lunch, members were given biscuits and "otah" to enjoy upon reaching home. This kind gesture was courtesy of Mr Jackson Cheong. In his address to the members on the coach, he thanked everyone for their participation and said he would plan another outing at a later date. Everyone enjoyed the outing and some took a small nap on the way back to Singapore. One satisfied member exclaimed, "Best Holiday I have had so far!"

The Association is grateful to Mr Jackson Cheong, volunteers, co-sponsors and co-organisers for this memorable trip for members.

馬來西亞 精彩之旅

马来西亚 — 一个集合了壮观的庙宇，令人惊叹的海滩，和现代化的摩天大楼的神秘国度。今年三月，协会会员有幸再度游览了这个拥有悠久历史文化的美丽国家。会员们在这4天3夜的旅程中除了见识到活力之都吉隆坡的动人魅力外，也领略了马六甲和怡保的迷人风采。

第一天：3月25日，新加坡到吉隆坡

第一站当然就是首都吉隆坡。在市区观光的行程中，会员们被一座高耸入天的建筑物吸引住了目光。导游向大家介绍了这座世界上最高的大楼—双峰塔，共88层，总高度1453英尺，由两座独立的高楼左右排列组成，并由位于第41层的一座天桥通道连接在一起。著名的双峰塔音乐厅，艺术画廊，和举办互动科学技术展览的科学馆动都集中在这里。会员们惊叹于眼前建筑物的美丽与壮观。接下来，就是大家都喜欢的行程—购物时间。

会员们启程向大型商场和中国城出发。当车子刚在瓷场街停稳，会员们便争先恐后的下车开始了疯狂购物大行动。一些会员们与街边小贩你来我往地杀价购买心仪的商品，像燕窝、中药、中国土产品，和富于马来西亚文化色彩



的纪念品。还有一些会员聚在路边食阁品尝各种当地美食，像鸡饭、马来面、卤面，和最不容错过的大众美食—拉茶。

第二天：3月26日，吉隆坡到怡保

第二天的行程有两个景点，第一个就是三宝洞庙。这座位于石灰岩山中的庙宇起源于1912年，由佛教理事会开发而成为一个



著名的世界级观光景点，每天都吸引大批来自世界各地的游客参观游览。庙宇前有一座装饰华丽的凉亭和一片有鱼池风景园林，这里曾在1993年获得马来西亚“最佳园林奖”。

第二个景点就是Kwang Fook Ngan Temple，供奉着屠夫之神—张飞的神像。这座8英尺高的彩色神像长着暗黑色狰狞的脸，目眦欲裂地瞪视前方，形象逼真得令所有参观者都有些不寒而栗。组织这趟旅行的志愿工作者Jackson Cheong



A visit to the Chocolate Factory



Mr Jackson Cheng helping a member down from the bus

先生自豪地告诉大家，这座庙宇的理事会曾亲自拜访他，希望他帮助寻找这座神像的复制品，他答应了并亲自前往中国购买。他没有透漏购买神像所花费的具体费用，只是笑着承认那是一笔大数目。

庙宇坐落于一个石灰岩山洞中。一个寺庙的导游带着我们游览了整座建筑，山洞越走越深，沿路可以看到各种形状各异的石灰岩石悬吊在洞壁。有些看起来像极了不同种类的动物雕像。令人惊奇的是四周空气温度极低，就像置身于冷气房中一样清爽宜人。

很快到了吃饭时间，我们来到了怡保最出名的一间餐馆。8道菜的套餐包括了很多令人垂涎三尺的美食像鱼翅汤。精彩晚宴必不可少的就是卡拉OK，会员们一抵达餐馆就开始挑选自己拿手的歌曲放声歌唱。不论上台的人唱的好坏，台下的会员们都不吝啬的给与最热情的鼓励“唱得好！”，“再来一个！”很快到了最激动人心的抽奖时刻，会员们情不自禁的住呼吸期待着主持人叫出自己的号码，很快获奖的会员一个接着一个的走上奖台，与Mr Jackson Cheong先生握手并接过自己所中的奖品。最后，Irene Lee小姐赢得了头奖—一台32寸的LCD电视。她开心地笑着说“我要带着一台最新的电视机回家。”每个人都开心的祝贺她。

第三天：3月27日，怡保到马六甲

夕阳下的鸡场街上充满了音乐声，霓虹灯光和各种街头表演者。小贩们簇拥着向游客们兜售他们的商品。会员们和志愿者们一路上浏览着街道两边的商铺，偶尔停下来购买心仪的纪念品和各种不常见到的手



饰珠宝。在鸡场街的深处，我们有幸看到了一个身怀绝技的武术家在表演徒手用拇指敲开坚硬的椰子壳。大批游客与我们一起见证了这神奇的一刻。返回酒店的路上，大家互相分享这一晚的所见所闻及丰收成果。

第四天：3月28日

终于要踏上归程。享用过丰盛午餐后，会员们惊喜地收到来自Jackson Cheong先生的临别赠品—饼干和鸣打。他在旅行车上向全体会员致词，感谢他们参加这次旅行，他会在不久的将来再筹划多一次旅行。每个人脸上都洋溢着疲惫而喜悦的笑容。一个会员说：“这是我有生以来最开心的一次旅行”。

协会衷心感谢给了会员们这次难忘旅程的赞助者及承办者，我们的志愿工作者— Jackson Cheong先生！

Touch A Life!

Have you ever thought that you can make a difference in the lives of people with disabilities?

Now you can. Join our Befriender programme to enrich the lives of our members.

What is Befriender programme?

A programme that seeks volunteers who are keen to develop friendship and rapport with a HWA member

What do I have to do?

- Be able to conduct home-visits once a month
- Provide emotional support and offer a listening ear
- Encourage member to talk and think about his or her hopes for the future and plan the steps needed to get there
- Be able to submit a simple report

What are the criteria?

- Volunteers preferably need to be 20 years old and above
- A passion to help people with disabilities

For more details, please contact **Mr Jason Rodrigo** at **6254 3006**.

ComfortDelGro and Cabbycare Cabbies Donated \$10,000 to HWA

Since she suffered a spinal dislocation three years ago, 64-year-old Mdm Juliana Ng has led the life of a recluse — all because she could not afford to buy or rent herself a wheelchair.

But no more since she received a brand new wheelchair — a gift from ComfortDelGro and its cabbies from the CabbyCare Charity Group on 1 April 2010. Now, Mdm Ng is able to venture out to meet her friends and join them in activities at the Handicaps Welfare Association (HWA) of which she is a member.



Ms Nancy Chia, President of HWA giving a thank you speech in appreciation of the generous donation



Members of Handicaps Welfare Association, Ms Jayalydia d/o Samuel (L) and Mdm Juliana Ng (R) were happy to receive new wheelchairs.

In all, ComfortDelGro and CabbyCare donated 34 new wheelchairs to HWA in support of the association's "Loan of Mobility Equipment" Scheme, which loans wheelchairs to HWA members as well as the general public. Mdm Ng is one such recipient. This comes on top of \$40,000 given to the Movement for the Intellectually Disabled of Singapore, the Singapore Association of the Visually Handicapped, Friends of the Disabled Society and The Singapore Association for the Deaf.

Every year, ComfortDelGro and CabbyCare team up to lend a helping hand to various charities. In the last 10 years, the pair has donated close to \$400,000 to the poor, the needy and the disabled.

Mr Yang Ban Seng, CEO of ComfortDelGro's Taxi Business, commended the cabbies for living up to their motto of share and care. He said: "Despite the economic downturn last year, CabbyCare cabbies continued to forfeit fares for trips they make to deliver unsold bread, meals and library books. As a company, we are proud of them and happy to lend our support."

CabbyCare Chairman, Mr David Sim, feels that helping others is what makes them happy. He said: "As cabbies, we have the flexibility to volunteer our time to help others, and that makes taxi-driving so rewarding. We do what we do because we want to give back to society and because we know what it's like to go through difficult times."

My Caregiver and Constant Companion

Contributed By
Thomas Chua Chee Siong

My name is Thomas Chua Chee Siong. I became paralyzed from the chest down after a fall from the 3rd floor during a Christmas party in 1998. I then needed a full-time caregiver for all my activities of daily living (“ADL”). That person is Fitri, my Indonesian caregiver.

Fitri is 28, fair, of medium build and has shoulder-length hair with a short fringe. She always has a smile on her face. She is friendly, helpful, polite and very even-tempered.

Taking care of me is like looking after a baby. After my accident, it left me as helpless as a newborn baby. I depend solely on Fitri for my ADL; everything from taking a sip of water, eating, showering and getting from one place to another in my wheelchair or even something as simple as scratching an itchy spot on my face.

In addition to these responsibilities, Fitri also my constant companion and confidante. She is always at the frontline of my life where everything happens. More importantly, she is willing to put everything aside to listen and comfort me.

It is often the little things she does that matter the most. She puts my leg splints on for me when I sit up to prevent my legs from becoming crooked. It can often be difficult but she does this relentlessly, sometimes even thrice a day.

Her motto is always “Thomas before everything and anyone else”, including herself.

An invaluable help

I spend most of my time on the computer. But it is Fitri who types and maintains the manuscripts for my school and corporate talks. She does the



Thomas and Fitri together

same for my articles. Often, the writing needs to be re-typed many times. She goes about doing what I ask very patiently.

Fitri helps me to maintain and update the database of the Tetraplegia Workgroup. We volunteered to do it mainly because she wanted to help. We also call the other members when there is an outing, to confirm their attendance or help arrange transport and volunteers.

Domestic help

Fitri's job also covers other areas like taking care of our 4-room flat and my family's needs and other house-hold chores.

On weekends, she whips up a sumptuous lunch and she tries her best to change the menu almost every week. It's no wonder everyone says I am getting fatter!

You can imagine that Fitri has multiple roles — she is a caregiver, housekeeper, cook, cleaner, confidante and friend.

Interesting things about Fitri

Fitri loves to play volleyball. When she was in Indonesia, she was in her kampong's team, Arek Kuburan (Cemetery's Children). That was because their volleyball court was in a cemetery. She was also the choir conductor in her secondary school. I could hardly believe my eyes when she executed some of her routines effortlessly. She made something so complicated look so easy. She tried many times to explain to me what the hand signals mean but I still could not comprehend it.

My chronic pain

The last six years have been very difficult. In 2004, I started to feel pain on the right side of my neck, running down to my right shoulder and back. Sometimes, the pain radiates down to my fingers. Unfortunately for me, this pain developed into a chronic condition.

Because of my chronic pain, I cannot lie on my right shoulder and back for too long. On good days, I can lie down for 30 to 60 minutes. On bad days, I can only do it for ten to fifteen minutes. Fitri has to turn me from side to side at least six to eight times a night!

One time in particular, I was admitted to the hospital for two months because of the pain. When I asked Fitri to stay in the hospital to take care of me, she immediately agreed. At nights, she would 'sleep' on a recliner wheelchair. I can only imagine how uncomfortable that was for her.



Fitri and her friends at HWA

I left the hospital with more painkillers and needed to make changes to my living habits to accommodate the pain.

Fitri has always been patient with me even if I lose my temper at times. I know when it happens that it is wrong of me to use my pain as an excuse for taking it out on her. I have learnt that I need to have more self control and be more conscientious to manage the pain. I will not let the pain control me and my actions.

Conclusion

Fitri has taken care of me selflessly over these years. There is not much I can do to repay her kindness and devotion towards caring for me, but I know for sure, no matter what happens in the future, I will always be grateful to her.

As Singapore gears up for the inaugural Singapore 2010 Youth Olympics, Associate Librarian Felix Ser from the National Library Board shares about the upcoming event, Sports @ Public Libraries: Disability Sports Showcase 2010.

Telling the Singapore Story through Sports

Written By Felix Ser
Associate Librarian,
National Library Board

I still remember the exhilaration that I felt, as I watched President Jacques Rogge of the International Olympics Committee announce that Singapore has won the right to host the inaugural Youth Olympic Games in a live telecast. After the painstaking work of preparing and putting in our proposal, coming out tops against eight other international bidders stirred in me an emotion. It was the immense feeling of national pride.

At that moment, I was a witness of history in the making, Singapore's story in the making: a story to remind ourselves who we are, and what we can achieve as a nation.

Part of the story: Singapore as an Inclusive Society

But what do we aspire to share with the world? While we celebrate with the world the sporting values of Respect, Excellence and Friendship, we can also share with the world how Singapore also believes in respect and inclusiveness as a nation. What better way to spread this message than showing that we have a vibrant sports scene for people with disabilities? After all, people of all abilities can enjoy sports. Sports let us experience human emotions that are universal. The perseverance to improve, the thrill of success, the joy of bonding as a team and the satisfaction of sharing together.

Sports @ Public Libraries: Disability Sports Showcase 2010

Disability Sports Showcase 2010 aims to provide a meaningful and uplifting learning experience for all in the community through the theme of disability sports. This will be an engaging event for people with disabilities and their family members to experience how our library resources can enrich and empower them as part of their lifelong learning. Using the library as a social learning space, the event will also provide opportunities for people in the wider community to gain awareness about disability sports and promote the inclusive message that sports is for people of all abilities.

Participants can expect disability sports demonstrations by Special Olympics Singapore and Handicaps Welfare Association. This will further complement the range of ongoing activities held at the Public Libraries in celebration of the Singapore 2010 Youth Olympic Games. The event will showcase unique forms of sports that people with disabilities can enjoy and excel in. Inspiring individuals who, excel in sporting events, despite their disabilities, will also be present to share their experiences.



Details to the event are as follow:

Date: 3 July 2010 (Saturday)

Time: 10.00am - 3.00pm

Venue: Woodlands Regional Library

Highlights include:

- Disability Sports & Library Services Quiz with attractive lucky draw prizes
- Library Services and Programmes for people with disabilities
- Children Story Telling Session on Inclusiveness for People with Disabilities
- Live Demonstrations and Participation in Disability Sports
- Sharing Session with Ms Hanako Sawayama, International Global Messenger Special Olympics & Gold Medalist Special Olympics World Summer Games Dublin 2003, and family members of other athletes.

Interested participants can register through any of the following avenues from 1 June 2010:

- Library E-Kiosks located within the public libraries
- Go-Library Website at <http://golibrary.nlb.gov.sg>
- Call NLB Contact Centre at 6332 3255

Sharing and Learning Together

Ms Hanako Sawayama with friends

Hanako Sawayama is an athlete of the Special Olympics for 17 years. She won one gold and two silver medals for bowling in the 2003 Special Olympics World Summer Games in Dublin, Ireland. The 33 year old is Special Olympics' International Global Messenger, and travels the world to speak about Special Olympics. Ms Sawayama and family members of other athletes of Special Olympics will be sharing their experiences on disability sports and how reading has made a positive impact on them during Sports @ Public Libraries: Disability Sports Showcase 2010.

Ms Sawayama is currently taking private lessons to improve her English and the library is one place that she seeks out for a learning space. "I enjoy the peace, quiet and spaciousness offered by the public libraries" she says, where she spends time doing her homework.

Spot The Difference Contest



Win a \$20 cash prize simply by spotting 5 differences in the two sets of cartoons below, circle them and mail the completed contest form to us at:

Handicaps Digest Contest (Attn: Editor)
Handicaps Welfare Association
16 Whampoa Drive
Singapore 327725



Contributed by HWA member, Mr Ong Chin Sin



Spot The Difference Contest Form

Full Name (as in NRIC): _____

Contact Number: _____

Address: _____

Membership No.: _____

Rules and Regulations

1. Only HWA members are eligible to participate (staff, Exco members and editorial board are not eligible)
2. Entries must be submitted using the application form on this page.
3. There will be a maximum of 3 winners per contest.
4. In the event that there are more than 3 correct entries, the winners will be decided by ballot.
5. The judges' decision is final.
6. The closing date of this contest is **20 July 2010**. All completed entries should reach HWA no later than this date.
7. The correct answers as well as the winners of this contest will be announced in the next issue of Handicaps Digest.



Did you managed to spot the differences in our "Spot The Difference" contest, Jan-Mar 2010 issue?

Here are the answers, in case you are pulling your hair out searching for them:



Congratulations!

The lucky winners of the "Spot The Difference" contest, Jan - Mar 2010 issue, are:

Norayah Binte Semar
Membership no: 2226N

Ng Yeak Meng
Membership no: 0248N

Nazareth Olivia Isabelle
Membership no: 2931N

Each winner will receive a cash prize of \$20.

Do You Have a Story to Tell?

We are calling out to all HWA members for article contributions to Digest. If your article is published in the Digest, you will receive an incentive of \$40 per article.

Here's what you have to do:

1. Write an original article* of about 800 to 1000 words, either in English or Chinese. You can choose the topic of your article. For example, you can write about your holiday or life experiences, but your article has to be original and never-before published.
2. Send your article to us by email (editor@hwa.org.sg). Please include in your subject heading, "Article Contribution".
3. Watch out for the next issue of Digest! If your article is published, we will contact you shortly for payment.

It's that easy. So start writing now!

* Your story/article should contain no false or unwarranted claims for any product or service and contain no defamatory statements. It should also not infringe the copyright or other right of any person. Published articles will become HWA's property (for both print and/or electronic media) upon payment. You will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.

你有故事要与人分享吗?

我们诚邀所有残疾人士福利协会的会员们为本刊贡献文章。如果你的文章在文摘中出版, 你将收到\$40的稿费。

以下是具体步骤:

1. 写一个大约800到1000个字的文章,英文或华文都可以。你可以选择你的文章的主题。举例来说, 你能写有关你的假日或者生活经验的故事, 但是你的文章必须是真实的并且以前从未出版过。
2. 可以用电子邮件(editor@hwa.org.sg)发送你的文章给我们。请在邮件名称中标明“文章贡献”。
3. 留意下一期文摘的出版! 如果你的文章被刊登, 我们将很快地联络你并且支付稿费。

就是那么容易。现在就开始写作吧!

* 你的故事/文章不应该包含针对任何的产品或者服务的错误的或者无根据的要求, 而且没有包含破坏名誉的陈述。它也应该不破坏版权或任何人的其他权利。付款之后, 出版文章版权将归残疾人士福利协会所有(印刷品及/或电子媒体)。如果违反以上规定, 你必须赔偿残疾人士福利协会有关该出版物的所有主张, 行动, 诉讼, 要求, 损失、费用和开销。

What We Should Know About The Mental Capacity Act (MCA)

- Singaporeans are aging and living longer and as we age we face more health problems, so there is a need to protect us.
- From March 1, 2010 under the MCA, Singaporeans may register the name of a trusted person who will manage their affairs in the event that they lose their mental faculties.
- MCA gives powers to the court to appoint trusted persons to make decisions for children with intellectual disabilities or those already stricken with say, dementia or brain damage.
- If such individuals are neglected or abused by their appointed caretakers, the new Office of the Public Guardian will step in to investigate the situation.
- This law will enable us to plan for our future, when we may be mentally unsound or in poor health.
- The existing Mental Disorder and Treatment Act kicks in only when one is already of 'unsound mind', which is when the court appoints a Committee of Persons to oversee one's affairs.



Lasting Power of Attorney

- An individual who wishes to appoint a trusted person to manage his affairs in the event of future mental illness must make a legal document called the Lasting Power of Attorney and lodge it with the Office of the Public Guardian.
- Applicant must be 21 years or older.
- Registration fees for this document are \$50 for forms which are self-filled and \$200 when the case is complex and needs drafting by a lawyer.
- The appointed caretaker, whose job begins only when a person loses his mental capacity, can decide on personal welfare matters such as where his charge should live, his social activities or issues regarding property and finances.
- The caretaker has no say in his charge's marriage, divorce or abortion, among other things.
- If the caretaker ill-treats or neglects his charge and this results in death, he may be fined up to \$20,000 and jailed up to seven years.

Update on List of “Assistance Schemes for Individuals & Families in Social & Financial Need” provided by National Council of Social Service (NCSS)

The National Council of Social Service (NCSS) regularly updates a list of “Assistance Schemes for Individuals & Families in Social & Financial Need”, which provides information on financial and social schemes that are administered at the national level, regional levels (i.e. CDCs) and also by individual institutions. They are:



S/No.	Scheme Name	Administered By	Scheme Type
1.	Enhanced Open Door Fund	Singapore National Employers Federation	Disability Care
2.	Special Talent Fund	North East CDC	Disability Care
3.	SPD Education Bursary	Society for the Physically Disabled	Disability Care / Educational Assistance
4.	Microsoft Unlimited Potential Professional Certification Training Grant	Infocomm Accessibility Centre, Society for the Physically Disabled	Disability Care / Educational Assistance
5.	Microsoft Unlimited Potential Professional Certification Examination Grant	Infocomm Accessibility Centre, Society for the Physically Disabled	Disability Care / Infocomm Assistance
6.	Handicare Cab Scheme	Handicaps Welfare Association	Disability Care / Transport Assistance
7.	Space Transport Subsidy Scheme	CDAC	Disability Care / Transport Assistance

In The News

Two new initiatives to help disabled

TWO new initiatives are being rolled out to give greater support to the disabled and their families.

A \$300 monthly subsidy will be given later this year to every disabled Singaporean child under the Early Intervention Programme for Infants and Children (EIPIC).

This is on top of the means-tested subsidies already in place for them.

EIPIC, which is meant for children up to six years old who have handicaps or special needs, is designed to increase their growth potential and prevent further deterioration of their conditions.

There are now about 1,300 children on the programme and 11 centres running it.

In announcing the new measure, Community Development, Youth and Sports Minister Vivian Balakrishnan acknowledged that EIPIC was an expensive programme, with monthly fees at about \$1,000 for each child.

Means testing was thus introduced in 2006 so that less well-off families could stand to benefit from more subsidies.

This means-testing subsidy framework will still be applied for families up to the 50th income percentile, or those earning up to about \$4,900.

In all, families in the lowest income tier – or those earning about \$1,200 and below – will be able to get up to \$600 in subsidies per child each month.

Total funding from the Government and Community Chest for EIPIC will also increase to \$14 million this year.

Dr Balakrishnan also announced a new Central Provident Fund (CPF) scheme to allow disabled children to get a monthly payout from the CPF savings of parents once their parents die. Currently, the CPF savings of an individual who dies are distributed to his nominees as a lump sum payout.

"I hope this will help reduce the anxiety of some parents who wonder what happens to their children when they pass on," he said. The scheme will be operational from next year.

CAROLYN QUEK

Bowled over by charity

SINGAPOREBOWLING scored a strike for charity last night, raising \$138,000 in its charity bowl at Safra Mount Faber.

The Straits Times School Pocket Money Fund will get 70 per cent of this, while the rest will go to BOWLlinks, SingaporeBowling's community service programme in which intellectually disabled or handicapped people get to interact with national bowlers like Remy Ong in weekly bowling sessions.

At the charity bowl, donors gave at least \$500 to form a team. Two individuals who wished to remain anonymous donated \$15,000 each – the largest donation of the night.

Straits Times editor Han Fook Kwang said he appreciated that SingaporeBowling remembered The Straits Times' fund for needy children to buy food and stationery in school.

"It has its own charity too, and it's wonderful that it is sharing with us," he said. "Each year, we serve more and more children. We need all the help we can get."

Labour chief Lim Swee Say, who is also Minister in the Prime Minister's Office, was the guest of honour.

Separately, SingaporeBowling president Jessie Phua said it plans to send professional coaches to the special schools and associations that it now partners under its BOWLlinks programme this year.

The aim is to "work with the few who are more gifted and prepare them for the competitive stage", she said.

Some of its beneficiaries have not



Ms May Sim, 24, who is a beneficiary of the BOWLlinks programme, bowled on one of the two VIP teams last night.

just picked up the sport but also gone on to enter competitions. These includes 16-year-old Nixon Fan from the Association for Persons with Special Needs Delta Senior School, who won silver and bronze medals in last year's Special Olympics National Games.

Said Nixon: "Sometimes, when it comes to activities, I feel stressed because I can't be good at them. But I'm very grateful to my school and BOWLlinks because they have given me opportunities."

The charity bowl also kicked off SingaporeBowling's Canon SuperSeries corporate bowling tournament. The tournament is aimed at getting workers to develop a healthy work-life balance while getting to know one another.

SERENE LUO

Handicapped dancing duo are stars of Thong Chai Charity Night. They say people once called them...

The 3+3 PAIR

REPORT: KWOK KAR PENG
karpeng@sph.com.sg

HE LIFTED her up effortlessly and they twirled across the stage. Enraptured, the audience in the MediaCorp TV Theatre showered the couple with applause.

This was no ordinary performance and it wasn't hard to see why. Ms Li, 33, has only one arm and her 26-year-old dance partner Zhai Xiaowei's left leg was amputated mid-thigh.

The Chinese dancers were here over the weekend to perform in Thong Chai Charity Night telecast on Channel 8 last night.

Funds raised will go to the Singapore Thong Chai Medical Institution free clinic. One viewer was very touched by their performance.

Mr Roland Ng, 67, a retiree, told The New Paper: "It's very touching that despite their handicap, they performed with such brilliance. My wife was so touched she cried."

They are no strangers to some Singaporeans. A video clip of them competing in the 4th CCTV national dance competition, in which they won a silver medal, has been circulating widely on YouTube.

The video received 6 million views.

Continued on PAGE 18



MY SAY

Don't marginalise the aged and disabled

Youths suggest ways to help and empower these two groups

Integrate, not isolate, them

"INSTITUTIONALISATION tends to marginalise people by drawing a barrier between the 'normal' people and the 'abnormal' people who are either disabled or aged.

I would address the need for re-socialisation and support policies with intervention programmes and strategies aimed at reducing the feeling of isolation; and increase bonding, friendship and social interaction of the disabled and aged, especially those who live in institutions that provide long-term care.

"We can achieve this through policies such as encouraging each college near an institutionalised facility to adopt the aged home to support the aged and disabled residents as part of the school's social sci-

ence curriculum."

Soh Lisha, 16, Dunman High School

Help in little ways

"AS A student, what can I do to help my grandmother and others like her? I can't build ramps and lifts, or enact anti-ageism laws. But what I can do may touch her life in an intangible, yet no less impactful, way.

Simply taking time out to understand her needs and act upon them - not rush-

ing when she's walking down the stairs from her eighth-floor apartment; helping her lift her legs up when getting out of the car, taking her food so she does not have to walk to the kitchen - can in their own little ways make her life no less enjoyable than mine."

Darren Goh, 17, NUS High School of Mathematics and Science

Don't be afraid to reach out

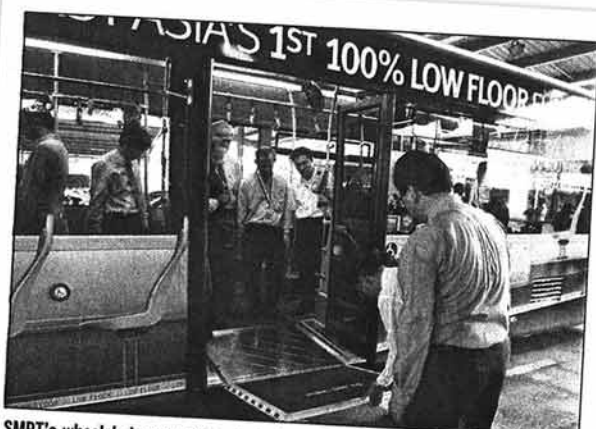
"STUDENTS are often perceived as excel-

lent observers but poor practitioners. This and associated mindsets dissuade many from taking up social initiatives and projects... (but) this should not be a reason to be afraid to actively reach out to the disabled, in whatever capacity we can; to initiate and participate with confidence.

After all, we are not just students, but also members of the community. Perhaps in addition to its main duties and responsibilities, the Centre for Enabled Living could also aid in connecting students with the less able members in their communities."

Gerald Sng, 17, Raffles Institution

These excerpts are from an essay-writing competition organised by the Centre for Enabled Living - a group set up last year as a resource centre for elderly and disabled persons - to engage youths on ageing and disability issues.



SMRT's wheelchair-accessible single-level aisle buses will allow elderly folk to make their way along the length of the vehicle easily. ST PHOTO: LIM SIN THAI

SMRT rolling out more elderly friendly buses from next week

BUS operator SMRT will put more elderly friendly buses on the road in a week.

The buses, to be on trial for a year, will have a single-level aisle stretching from the front to the back, so elderly folk can make their way along the length of the vehicle with ease.

Most of SMRT's current buses require passengers going to the rear to climb up at least two steps which are part of the aisle there - a move elderly people may not be able to make safely.

And because some passengers are afraid of falling, they end up crowding the front part of the bus.

Elderly passengers make up 6 per cent of SMRT's passengers.

The downside of the new bus is that it can take only one wheelchair; the current model can take two.

But this is not a big downside, said SMRT vice-president Kang Huey Ling, because on most days, the buses do not pick up more than one wheelchair user en route. In any case, the space in the new bus can be modified to allow for two wheelchairs if necessary, she added.

A folding seat in the wheelchair area also allows two passengers to sit when the bus is not carrying a wheelchair user.

The new bus will cost about \$432,000, against the current model's cost of \$360,000, but SMRT hopes to make long-term savings from it being lighter and thus more fuel-efficient.

Fourteen per cent of the operator's fleet are now wheelchair-friendly; the other operator, SBS Transit, aims to make half of its fleet so by the year end.

The Transport Ministry wants 40 per cent of public buses to be wheelchair-accessible by the end of this year, and for all buses to be so by 2020.

Passengers may give feedback on SMRT's new buses at www.smrt.com.sg/citaro once they hit the roads next Tuesday.

MARIA ALMENOAR

No steps in new buses

男子头痛发烧 昏迷半月苏醒 从此无法走路

洪筱蕙 报道
agnesang@sph.com.sg
24小时新闻热线:
1800-8227288
MMS传图片: 91918727
摄影/陈思源

林俊杰高中同学,因头痛如雷入便急诊,3年来双腿不能行走。30岁的林俊杰(杂货店老板)双腿残疾,长期由轮椅代步。

步。“我能用拐杖行走几步,但我的双腿还是不够力气支撑自己。”
林俊杰说,2000年,他才20岁,刚服完兵役。有一天,他突然觉得头痛不止,经医生诊断,他脑部被细菌侵入。
“我当时连续发了两天的高烧,接着昏迷半个月才苏醒。”
母亲黄美仪(65岁)说,儿子的病情影响了他的脚部神经肌

肉,所以必须由轮椅代步。医生当时说,他的复原情况可能长达半年,甚至10年。
“儿子在医院治疗将近半年,医药费高达10万元。还好,军警里协助我们还医药费。”
林俊杰说他一度情绪低落,难过自己不能靠正牌人腿走路。
“我一向喜欢看书,看书激励我向上,让我没有放弃自己。”
黄美仪的意志力,林俊杰继续在新加坡管理学院升学,主修英语

他是林俊杰的同学

开杂货店 月赚300元

林俊杰 (左) 和林健文高中时的照片。

和商务科目。
毕业后,林健文尝试找工作,但没有机构愿意聘请他。他开始做补习,但有的家长知道他是残疾人士时,就坚持换补习老师。

“很无奈,但我也只能过一天,算一天。”
林健文透露,他和歌手林俊杰还是高中同学。他们目前通过电话保持联络,他说林俊杰常常鼓励他不要对人生失去希望。

2008年6月,林健文从残疾人福利协会的中小企业资助计划贷款5000元,从而开始在武吉知马第103座经营楼下开杂货店。
“生意还过得去而已,只够还清贷款的数目,我每月才净赚300元过活。”
林健文想把杂货店生意做得有声有色,但他缺乏资金,希望找到赞助商帮忙。

林健文目前担任新加坡5频道主办的服务至上竞赛,他想藉由电视的曝光,让大家知道他的存在,服务态度至上。

有意帮助林健文的人,请电呼jercintoby@hotmail.com找他。

林健文和母亲在杂货店招待顾客。

News

Mr Let FLY



More routes for wheelchair-bound

THERE are now 45 bus routes accessible to wheelchair users. SBS operates 38 and SMRT operates the rest. An SBS spokesman said the company will continue to roll out more of such services in future.

An SMRT spokesman said the company will support the Government's plan to have all public buses wheelchair-accessible by 2020.

She also advised passengers who need to make use of wheelchair-accessible bus services to plan their journey ahead of time.

Those with enquiries about SMRT's services can call its customer relations centre at 1800-336 8900 from 7.30am to 6.30pm or e-mail busfeedback@smrt.com.sg

They can also visit SMRT's e-bus guide on its website (www.smrt.com.sg) to learn more about its wheelchair-accessible routes.

Ms Nancy Chia, president of the Handicaps Welfare Association, said one inconvenience wheelchair users face is having to travel by themselves if their friends are also in wheelchairs.

Wheelchair-enabled buses currently can take only one wheelchair user at a time, so another wheelchair user will have to wait for the next bus.

She said she has forwarded her observations to the bus companies for consideration.

NO NEED FOR SYMPATHY: Mr Patrick Ang approached The New Paper to make his point about respecting other passengers.

'So what if you are disabled?'

Man in wheelchair says disabled should not fish for sympathy

REPORT: BENSON ANG
bang@sph.com.sg

SOME people are simply taking advantage of disability. That is what Mr Patrick Ang (above), 36, who uses a wheelchair, feels.

He approached The New Paper to make his views known after reading about an incident when a family insisted on taking a folded wheelchair onto a non-wheelchair accessible bus.

The report appeared in The New Paper yesterday.

The wheelchair was for the family's grandmother, 90, who had a stroke a month ago. The family caused a five-hour stand-off when the driver refused to move on, and the police were called.

The other passengers – about 10 of them – on board had to alight and wait for the next bus, and the bus company ended up sending the family home in a maxi cab.

Mr Ang felt the family was being "overbearing" and was "trying to get the sympathy" from SBS which runs most of the public buses here.

He said: "It's not a case of bullying the disabled. It's about respecting other passengers. The bus company cannot cater only to the disabled since there are also others on board."

He took issue with the family's justification that there were no signs disallowing wheelchairs on the bus.

He said: "Just because there is no sign forbidding wheelchairs doesn't mean they are allowed."

"Looking at the bus' interior will tell you that there



THIP PICTURES: JONATHAN CHOO

WITH A LITTLE HELP: SMRT bus driver Machap Simakarupm helping Mr Patrick Ang to board the bus at a bus stop in the Bugis area.

aren't safety features, like back rests for wheelchair users."

But the family didn't intend for their grandmother to sit in the wheelchair on the bus, we pointed out.

Mr Ang said: "It doesn't matter. Something might go wrong during the journey, which might necessitate the wheelchair user sitting in the wheelchair."

"How would that be possible on a non-wheelchair accessible bus?"

Mr Ang, who takes wheelchair-friendly about three times a week, thinks that the disabled ought to be patient and wait for SBS and SMRT to come up with

new wheelchair-accessible routes.

Mr Ang, who sells Big Sweep tickets for a living, said he has been using wheelchairs and crutches his whole life because he has cerebral palsy.

He said: "The situation has become much better for wheelchair users compared to the 1990s." (See report above.)

He said that bus drivers hardly turn him away because he knows which buses will accept him.

But as a wheelchair-bound person, he still faces difficulties, like passengers sitting in the space allocated to wheelchair users or use it to put their bags or bulky items.

Sometimes, he can't even get on the bus when it's crowded because people refuse to give way.

He also gets frustrated when people stare or sound their horns because he takes longer to board or alight the bus.

He also gets annoyed when students play with the special bell meant for wheelchair users.

Mr Ang had previously suggested to SBS that motorised wheelchairs be allowed on wheelchair-accessible bus routes.

An SBS spokesman confirmed that as a result of Mr Ang's suggestion, such wheelchairs were allowed from September 2007.

This was following consultation with the Handicaps Welfare Association and the Society for the Physically Disabled.

Mr Ang said: "If you can use the proper channels, then it is possible to make a positive change."

Ms Nancy Chia, president of the Handicaps Welfare Association, felt there was no right or wrong in the matter.

She added that she felt the bus company had a legitimate reason to decline taking the family on board as passengers, since the bus was not wheelchair accessible and their wheelchair could not be secured safely on the bus.

She said she has not encountered disabled people who take advantage of their disability.

"It is more likely that those who are not disabled might be infringing onto the spaces allocated to the handicapped, such as handicap parking lots."

Ms Chia added: "As for the disabled, sometimes, it's how you ask for help that is important."



THE NEW PAPER, 19 JAN

Calendar of Events

for April to June 2010



apr

1 April

Bowlings

Organised by
Singapore Bowling
Federation

7 April

Dinner Invitation

Organised by
Lam Hai Kwan Hock
Tua Temple

11 April

Buffet Lunch

Organised by Church
of St. Theresa

13 April

**Commencement of
Keyboard Classes**

Organised by HWA
Volunteers

17 April

**Trip to Jurong
Bird Park**

Organised by
Tampines Sec School



19 April

**Terence Castillo
"Heart & Soul"
Concert**

Organised by Terence
Castillo

20 April

**"Dialogue in The
Dark"**

Organised by YMCA

22 April

**Trip to Pasir
Ris Park**

Organised by NParks

may

4 May

Bowlings

Organised by
Singapore Bowling
Federation

8 May

**Car Wash
Marathon @ HWA,
Dempsey Hill &
West Coast Park**

Organised by HWA

8 May

**Commencement
of National
Disability League**

Organised by HWA

8 May

**National Track
and Field
Championship**

Organised by HWA

23-23 May

**Car Wash
Marathon @ HWA,
Dempsey Hill &
West Coast Park**

Organised by HWA

23 May

**Care & Share
Day**

Organised by Realm
of Tranquility

jun

19 June

**Annual General
Meeting @ HWA**

Organised by HWA

26 June

**Y-Proms @ The
Park**

Organised by HWA

Wheel, Walk or Jog 2010

It will be the 26th year running Wheel, Walk or Jog; Singapore's only 'walk on wheels' event. WWJ 2010 will be held at West Coast Park on 4th July (Sunday) from 9am to 12 pm.

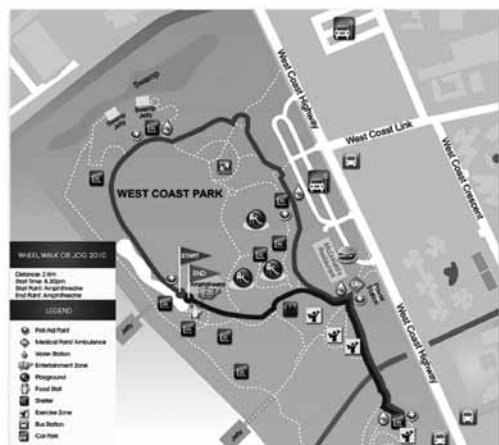


Collaborations with our main partners, support from the National Parks Board and Ministry of Foreign Affairs will most certainly make this event a memorable and exciting one.

With an exciting array of activities, performances, games and lucky draw lined up, we look forward to seeing one and all once again this year.

For any queries, please feel free to contact Bryan Lim or Richard Foo at Tel: 6254 3006 or Email: bryan@hwa.org.sg / richard@hwa.org.sg

Venue: West Coast Park
(near to Mc Donald's Restaurant)
Date of event: Sunday, 4 July 2009,
Registration starts at 8.00am



Are you tired of replacing torn notices, printing out fresh timetables or throwing stained documents in the bin?

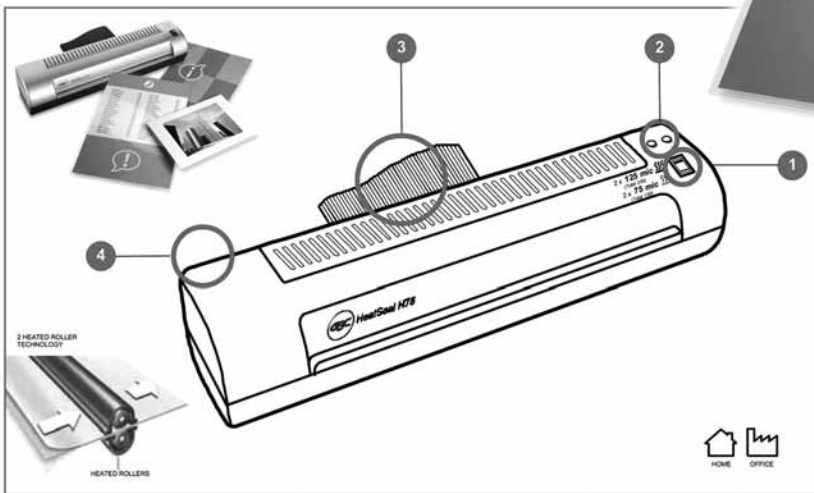
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* Lamination Width is the maximum insert width



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Perfect result for high gloss paper
- 2 **Power on light & ready light:**
Simple to operate
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Keeps the laminated product straight on exit minimising curling and warping
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- 5 **Use High Speed Pouches to increase speed with 30%**

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Speed mm/min.	305	Time to laminate 1 Standard A4 Pouch	1 min.
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Cold Lamination	No	Dimensions	451x108x102
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Rollers	2	Weight	3.0 kg
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Max. pouch thickness	2x75 Mic. (Total 150) and 2x125 Mic. (Total 250)		
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Release Function	Yes		
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Help Us. To Uplift the Lives of People with Disabilities

The Handicaps Welfare Association (HWA) was formed in December 1969. Since then, the Association has grown to over 1,800 members and its membership is increasing every month. As a self-help group, HWA raises funds on its own.

HWA has been serving the needs of people with disabilities from the low socio-economic group for 39 years. It has strenuously made every attempt to help meet their needs through its ever-expanding range of services, which is on-going. The HWA has been able to do this simply because the Singapore public has been more than generous and forthcoming in their monetary contribution.

HWA provides a range of programmes and services for its members and the community – from welfare assistance to education courses, a door-to-door

dedicated transport service, financial assistance and food rations to the needy, driving lessons for the disabled and a befriender service. It also runs Rehabilitation cum Independent Living Centre and Personal Care Service for the disabled people in the community.

Please help us to uplift the lives of the disabled people by making a donation to the Association. No donation is too small for charity. **Thank you for your generosity and kind support.**

To:
HANDICAPS Welfare Association
16 Whampoa Drive
Singapore 327725

I/ We wish to donate \$ _____ to the Handicaps Welfare Association.
Enclosed is my/our cheque /postal /money order No. _____.

The tax-deductible receipt is to be issued to:-

Name: _____ NRIC NO.: _____

Address: _____

Telephone: _____ (H) _____ (O) _____ (HP)

* Tax-deductible receipts (2.5x) will only be issued for donations of S\$50 and above.
For additional information or clarification, please call us at (65) 6254 3006.

Advertisement Rates



If you wish to advertise your products or services in Handicaps Digest, please fill up the form below and mail it back to us at the following address:

Handicaps Welfare Association
16 Whampoa Drive Singapore 327725
Tel : 62543006 / Fax: 62537375
Email: hwa@hwa.org.sg

I / We hereby agree to take up an advertisement space in your HWA Digest magazine.

Name of Organisation: _____
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Contact Person: _____
Telephone / Fax No: _____

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LEOW LYE YEW

TAN SENG HENG

CHIEW WAH HONG

PHUA SIEW MENG



Our Mission

An organisation
committed to enhance
the quality of life of people
with physical disabilities
and integrate them into
mainstream society.