

## RETURN-TO-WORK (RTW) PROGRAMME, FEATURING NEW SPEECH AND LANGUAGE THERAPY SERVICE

"My name is Marcus Sim. I am a stroke survivor."

49 years old Marcus suffered a stroke to the left side of his brain in 2015. The stroke affected the use of his right dominant arm, and led to difficulties in communicating with his family and friends.

Marcus suffers from a condition called aphasia, an impairment in language processing which afflicts about 30% of all stroke survivors. He also has verbal apraxia which is a motor speech disorder that makes it hard for him to articulate sounds and words accurately.

Marcus used to work in sales, and subsequently ran his own company where he communicated extensively with his customers and contractors.

Following his stroke, Marcus's communication issues caused him much frustration and greatly affected his self-confidence. He suffered from low moods, communicated less with his family and lost the motivation to meet his friends and became socially isolated.

Marcus came to ABLE in October 2017 through a referral from National University Hospital. Dedicated members of our multidisciplinary team have been working with Marcus to address his functional concerns:

- Occupational Therapist to improve his upper limb function
- Speech and Language Therapist on his communication issues
- RTW Coordinator to explore training and job options

Today, Marcus is a different man after months of rehabilitation. "It is hard," he says about the challenges he faces since his stroke. Yet, he aspires to return to work and works hard on his therapy and homework assignments. He is learning to use his non-dominant hand to write. More importantly, he now has a more positive outlook on life, and looks forward to having a friends' night-out.



Marcus, during a therapy session, with Speech & Language Therapist, Evelyn

Our RTW programme is the only community rehabilitation service which has a comprehensive suite of rehabilitation services:

- Physiotherapy
- Occupational Therapy
- Speech and Language Therapy
- Pilates Rehabilitation

ABLE's RTW Programme aims to support the vocational goals of the physically challenged aged between 18 and 67, with the aim of community reintegration and gainful employment. It is an individualised and client-centric intervention programme created in consultation with the client.

The multidisciplinary team adopts a holistic and transdisciplinary approach towards the client's RTW journey. Interventions are prioritised to enable client's early return to work with an existing employer, or if for job placement, to improve client's employability.

Partnering to build a more inclusive society - If you are an employer or influence employment opportunities in your organisation, ABLE would love to explore employment opportunities with YOU, for our clients.

## RESPIRE SERVICES FOR FAMILY CAREGIVERS AND CARE RECIPIENTS

Eric Chang, aged 81 years old, is a family caregiver supported by the Home-based Respite programme. In December 2017, his wife, Theresa, was diagnosed with Parkinson's disease, a long-term degenerative disorder of the central nervous system which mainly affects the motor system.

Initially, Eric was the sole caregiver for his wife. He struggled to cope on his own and was grateful when his sister-in-law introduced him to the Home-based Respite service at ABLE.

For the last few months, he was happy when ABLE staff nurse, Cindy, visited their home about three times a week to help in taking care of his wife. Cindy's visits not only gave him respite; she was also a source of companionship for the couple who live on their own. Eric shares that "Cindy gets on well with my wife," and helps in attending to her feeding and exercises to stimulate movement in her upper limbs.

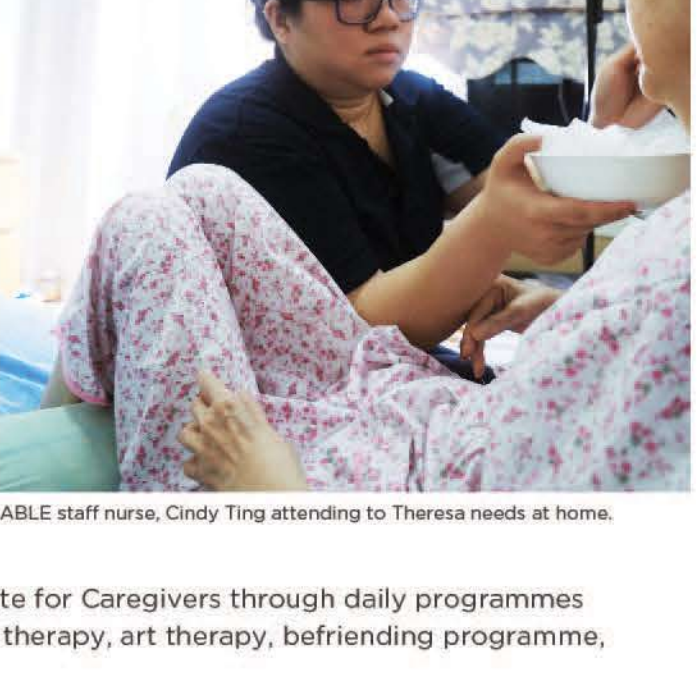
Recently, Eric has engaged a full-time domestic helper to help him care for his wife. Nevertheless, the couple still engage ABLE's Respite service to help care for his wife on Sundays. This has enabled their helper to attend upgrading classes during her off days. In this way, Eric says, "I can look after my helper, who looks after my wife".

Eric is also thankful that ABLE provides the Home-based Respite service at a highly subsidised rate, without which, he would not be able to afford the service. When asked how he copes, Eric says without hesitation "Trusted in God fully, God gives me strength".

ABLE's Respite services aim to support the critical role of family caregivers of the physically challenged, through a family-centric approach. Both Centre-based and Home-based Respite services are offered for the family caregivers.

Home-based Respite service aims to reach out to family caregivers at home, extending the help with the additional pair of trained hands of our nurse, assisting with the activities of daily living for the care recipients. This respite service is also much needed during an emergency situation where the family caregiver is suddenly taken ill or hospitalised.

"God gives me strength", Eric Chang, Family Caregiver



ABLE staff nurse, Cindy Ting attending to Theresa's needs at home.

Centre-based Respite service aims to provide daily respite for Caregivers through daily programmes conducted for their Care Recipients which include music therapy, art therapy, befriending programme, cooking, baking, fun art and outings.

A new initiative called sociABLE, was started in April 2018. sociABLE is a Social Day Centre for the Physically Challenged that aims to provide a conducive social environment for persons with physical challenges aged between 16 to 65 years old.

sociABLE aims to provide a conducive environment for persons with physical challenges between the ages of 16 and 65 years old with daily programmes which promote social interactions

Call or Walk-in To Our Centre For More Details

7A Lorong 8 Toa Payoh #02-09 Singapore 319264  
6801 7460 | www.able-sg.org

Help us spread the word - If you know family, friends or colleagues who are family caregivers of the physically challenged, do share and encourage them to contact us for more information.

## RECENT ACTIVITIES

Chinese New Year 2018 @ ABLE with ITE College East, 2 March 2018



Our clients and family caregivers were treated to an afternoon of fabulous entertainment - acting, singing and dance, fun games followed by tea. The afternoon's programme was organised by the students and lecturers from ITE, College East Community Care and Social Services, School of Applied and Health Sciences.

Volunteer Information Sharing & Wine Tasting Session, 27 April 2018



It was a Friday afternoon of sharing on volunteer opportunities at ABLE, together with an engaging dialogue on volunteer experience at ABLE. This was followed by a Wine Tasting session by wine sommelier, Timothy, who is a Volunteer board committee member. Wonderful nuggets on wine appreciation were shared.

Knowing Me, Knowing You - Lunch with Clients and Family Caregivers, 21 March 2018 & 4 July 2018



Sharing a meal, ABLE Board members, clients and family caregivers spent some time getting to know each other. It was also an opportunity to gather feedback on the programmes and services.

Toast Box BreadTalk Mother's Day Celebration, 9 May 2018



Great 'Kopi' and 'Teh', buns and cakes, craft activities and fun photos! It was a wonderful Mother's Day celebration dedicated to our family caregivers, organised by BreadTalk® Singapore and Toast Box Singapore.

Family Caregiver & Care Recipient Retreat, 23 & 24 June 2018



Family caregivers got some time to recharge during the weekend staycation and attended a self-care workshop.



At the same time, the Care Recipients enjoyed fun-filled activities, organised by Mega Adventure Singapore.

Financial Literacy Workshop by Citibank Singapore, 29 June 2018



In support of President's Challenge 2018, Citibank Singapore arranged the workshop which included an interactive board game which challenged participants to think about financial decisions to build and protect their wealth under various scenarios.

## RECENT CHARITY DRIVES

Our thanks to our CSR partners for the various charity drives organised in support of fundraising for ABLE's various programmes and services!

**BangkokJam**  
March 2018 to April 2018

**BANGKOKJAM GIVES BACK**

With every hot lunch ordered, \$2 will be donated to ABLE. Spread the joy of giving back when you order our Creative Set Lunch (S\$14.90\*), completed with a stroke of Ice Cream and Iced Lemon Tea!

Participating Outlets:  
• Be a Volunteer - share your time and talents  
• Make a Donation - Online via Giving.sg or  
• By cheque made out to 'ABLE Ltd' (Please indicate your name, NRIC / UEN & address / email to facilitate tax exemption)

**The Horses' Mouth**  
April 2018

**RAMEN FOR A CAUSE!**

\$2 WILL BE DONATED TO ABLE (Abilities Beyond Limitations and Expectations) FOR EVERY BOWL OF RAMEN SOLD FROM 1 - 30 APRIL 2018!

UMMA USA IS 100% AGED-FOOD FRIENDLY. We are committed to providing a safe and healthy dining experience for all our customers. We are also committed to providing a safe and healthy dining experience for all our customers.

**The Moving Body**  
6 May 2018

**INTERNATIONAL PILATES DAY**

Bring your friends to Capella Singapore for a mass open workout by The Moving Body!

**Optic Point**  
July 2018 to August 2018

**3000 ways to do your part for ABLE**

For every pair of Eyeshield UVBlue spectacle lenses sold from now to August 2018, Optic Point will donate \$5 to ABLE. Help us achieve our target of \$3000 for this cause!

Optic Point Eyeshield UVBlue  
Orchard: 410 Orchard Road, #01-01, Singapore 238877  
Clementi: 410 Clementi Road, #01-01, Singapore 120117  
Toa Payoh: 100 Toa Payoh Road, #01-01, Singapore 310007

ABLE is a charity organisation for persons with physical challenges. We are committed to providing a safe and healthy dining experience for all our customers.