

A Publication Printed By
The Society for the Physically Disabled

extrapage



▲ Haji Zulkarnain shares with the guests the difficulties he faces after his accident as well as his hopes in undergoing rehabilitation.

A Rehabilitation Centre for All Ages

Over 200 guests from corporations and healthcare institutions witnessed the official opening of the SPD-Singapore Power Rehabilitation Centre by Dr Balaji Sadasivan, Minister of State, Ministry of Health and Ministry of Transport, on 29 August.

In April 2002, Haji Zulkarnain bin Solman met with an accident that was to change his life. Formerly a technician with an electronics firm, he suffered head injuries that rendered him paralysed in the left side of his body. Haji Zulkarnain has not worked since.

In the 10 months following his accident, Haji Zulkarnain underwent a few operations. He is now among 100 clients seeking rehabilitation with the SPD-Singapore Power Rehabilitation Centre.

The Centre helps those just discharged from acute care in hospitals and who are physically disabled after an illness, sustaining a serious injury or from complex medical and surgical conditions. It offers family and caregiver education and training on top of physio and occupational therapy. Speech therapy can also be arranged if required.

The Centre's opening is in line with the government's plans to move non-acute care to community-based organisations and the private sector so that more help can be offered to the clients. It provides affordable day rehabilitation services after acute care treatment at hospitals and provides follow-up rehabilitation and support for clients in order to maximize their potential to work and live independently.

At present, most programmes offered by other rehabilitation centres cater to the elderly. The SPD-Singapore Power

Rehabilitation Centre serves the moderately to severely disabled of all ages, as long as they are medically and surgically stable. The programme includes social and vocational elements in order to provide total rehabilitation. This would help equip patients to join the workforce once again. The Centre is therefore a welcome addition for younger people just discharged from hospital and who still require rehabilitation.

Fees are kept affordable and subsidies are given based on the clients' affordability and household income. On top of this, clients are also eligible for the other services offered by SPD. Where necessary, the Centre provides transport using the Society's fleet of specially-adapted vehicles.

The Centre is managed by SPD and boasts a wide range of rehabilitation equipment sponsored by Singapore Pools (Private) Limited. The operating cost for the first three years will be sponsored by Singapore Power Ltd which has also just launched a volunteer programme involving its staff to provide help to SPD. The staff will be participating in ad hoc and regular programmes that will see them assuming the roles of therapy aides and training assistants.

"We are very happy to be able to make our contribution to the disadvantaged in our community through our adopted charity SPD,"

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are not necessarily that of SPD's.

COVER STORIES A REHABILITATION CENTRE FOR ALL AGES



▲ Guest-of-Honour Dr Balaji Sadasivan congratulates SPD on the opening of the Rehabilitation Centre.



▲ Beneficiary Ho Chee Siong demonstrates the use of the Follo Help Arm complete with the elbow and wrist/hand suspension slings.

said RAdm (Ret) Kwek Siew Jin, President of Singapore Power Ltd. "Besides sponsoring the operating cost of the Rehabilitation Centre, we encourage all our staff to volunteer their services there. In that way everyone within the organisation is able to give a part of themselves and therefore feel more meaningfully as a member of an organisation that cares."

Added Mr Koh Nai Teck, President of SPD, "The Society's objective is to help people like Zulkarnain resume a normal life as soon as possible. Clients at the rehabilitation centre can access other complementary programmes available at SPD to speed up their

integration into society again."

The therapy staff at the Rehabilitation Centre is currently working towards having Haji Zulkarnain rejoin the workforce, if not in open employment then at least in sheltered employment. He has also taken on vocational training and has enrolled for the National IT Literacy Programme (NITLP) at SPD.

"I would like to tell others who have the same condition that they should never give up on themselves," Haji Zulkarnain said. "There is help for them here." 🍷

National Day Celebrations 2003

SPD's beneficiaries from the various programmes band together at the roof terrace on 8 August to celebrate the nation's birthday in their own unique way.

WHAT was clearly abundant that day were the piles of food the families and friends of the beneficiaries contributed - that and the bright smiles on the faces of all present, beneficiaries and staff alike.

There were songs, dances, games and performances, all necessary ingredients to guarantee a fun-filled celebration of Singapore's 38th birthday. Wong Kai Foo from the Day Activity Centre (DAC) and the Work Activity Centre's (WAC) Fong Chee Kit and Ivy Tan won the Statue Dance competition while Ernest Wong, Lokman Nur Hakim and Bernard Teo from the DAC won the hearts of all that day with their musical performances.

Celebrations ended with everyone lending their voices in a rousing rendition of 'Majulah Singapura'.

"I enjoyed the party very much," said Bernard. "Very interesting, the food and the entertainment were good," Lee Seng Ngiap of WAC added.

And there you have it, SPD's very own way of saying, "Happy 38th Birthday, Singapore!"

SPD takes this opportunity to thank the families and friends of all the beneficiaries for your generous contributions. You certainly made the day a unique and memorable one for all.



▲ Ernest Wong wows the crowd with his rendition of the Mandarin song 'Story of a Small Town' on his harmonica.



▲ Contenders of the Statue Dance competition together with MC for the day, David Ng (extreme right).

2nd National Disability Games

Participating for the first time, SPD's street soccer team shone at the 2nd National Disability Games.

SOME might call it beginners luck but not so the team of five from SPD who won the day with their 11-6 score. They were pitting their skills in a street soccer match played against Team B from the SIA-MINDS Employment Development Centre.

The game was one of a variety of sports events under the 2nd National Disability Games 2003 held from 23 August to 6 September. Organised by the Singapore Disability Sports Council, the games aimed at promoting disability sports, nurturing healthy lifestyle amongst the disabled and providing a challenging environment for the disabled who wish to pit themselves against others.

SPD's beneficiaries from the Work

Activity Centre took part in the street soccer game and the basketball tournament.

The basketball tournament was a tough fight with the SPD team losing out to The Lions. They may not have carted home the trophy but nonetheless, they brought home plenty of smiles for the fun they had that day!

SPD congratulates the participants on their achievements at the games. You have certainly done us proud! 🍷



▲ SPD's proud winners of the street soccer match: (From left) Trainer and staff Tan Lee Huan (kneeling), Tan Sok Hoon, Norhissam bin Kasaemi, trainer and staff Karen Yeong (standing), Nguan Lock Yen, Wong Chee Kong and Tan Kim Yan.

IDA'S NEU PC Programme Makes Eric's Life Easier

IDA's NEU PC Programme launched this year offers its participants the option of owning a brand new PC at only a fraction of the cost. This has made it possible for former SPD Education Awards recipient Eric Loo to obtain a new PC for use at home and with it, overcome the hassle of having to leave the home to access a computer.

UNDER the NEU PC Programme, a brand new personal computer complete with 20GB hard disk, 128MB RAM and 56K modem goes for as little as \$250. This low cost has made it easier for Eric Loo to obtain a new PC of his own.

The 19-year-old with Duchenne Muscular Dystrophy applied and received his new PC through the programme in June this year. Since then, life has been easier for him and his two siblings who previously had to stay back after school in order to be able to use a computer to complete their school work and do research on the Internet.

Eric uses a motorized wheelchair for mobility. With limited hand movement, stepping out of the house would mean having to face many obstacles. Travel for him is restricted to specially-adapted vehicles or the London cab, so needless to say, transport cost is very high.

Eric welcomes the convenience the new PC affords him as well as the unlimited access to the computer. So great is his passion in computers that he has even peaked the interest of his parents. He has completed his Diploma in Internet Computing from Temasek Polytechnic in May this year and an internship with UBS in September. He hopes to secure a full-time computer-related job. 🍷

For enquiries and application of the NEU PC, please call Janice at 62366376 or email Janice_SEAH@spd.org.sg.



▲ Eric enjoys the easy access to his passion and interest - the computer.

SPD Conducts Its First IT Literacy Class In Mandarin

Mandarin-speaking beneficiaries learn the basics in computer in the first of SPD's Mandarin NITLP course

HELD on 30 June and 1 July at the SPD Computer Lab, the class was a hit with the 16 trainees from the WAC and PWS.

The classes conducted by Edu-Prime Training Centre taught the participants how to turn on the computer, as well as introduced them to the hardware and to basic programmes like Microsoft Word. At the class, the participants also

discovered the wonders of the Internet and email.

For Chong Kuei Moi of the WAC, the computer is no longer a formidable object. She can now use it to type in different fonts, sizes and colours. A small step this may seem for many, but it was a definite headway for the physically disabled participants that day. ☺



▲ Participants pay rapt attention in SPD's first Mandarin IT Literacy class.

A Field Day at Sungei Buloh Nature Park

Beneficiaries of the DAC literally had a field day when they trooped to Singapore's only wetland nature park on 5 August with students from the NUS.

THIS was organised by the NUS Medical Society Rag & Flag Committee which got together a team of volunteers from the NUS to help at the event. The Committee also arranged for transport to ferry the beneficiaries there and back.

The outing is in line with SPD's direction to integrate its physically disabled beneficiaries into the community and to give them the opportunity to appreciate the beauty and diversity of the wildlife. The educational session also gave those

who attended the opportunity to learn more about the park which is habitat to some 500 species of flora and fauna.

To prepare for the outing, the volunteers first paid a visit to the SPD Ability Centre to acquaint themselves with the beneficiaries and to familiarise themselves with how to manoeuvre a wheelchair. On that day, beneficiaries and friends hiked along the board walk, watched a show at the theatre and sang songs to the accompaniment of a guitar played by a volunteer.

Further to this, SPD was also a beneficiary of the Committee's charity bazaar held at the Youth Park on 6 September.

SPD takes this opportunity to thank the members of the NUS Medical Society Rag and Flag Committee and all the volunteers who brightened up that day for the beneficiaries. ☺



▲ Beneficiaries like James Poh looks forward to the trip to the outdoors.



▲ Lim Chin Buay poses with a newfound friend from NUS.

Singing Their Hearts Out for A New Bus

Vocaluptuous has just launched a CD compilation of Christmas carols in support of the Rotary Club of Singapore West's community service to raise funds to replace one of SPD's vehicles.

NEEED ideas for a Christmas gift? There is now no need to search far and hunt for one. You can now celebrate Christmas in a meaningful way by buying a charity CD for your loved ones, friends and associates. The CD features 10 Christmas carols sung a cappella style by Singapore's very own Vocaluptuous. Costing \$20 a piece, the proceeds raised from the 5,000 pieces of CD will be donated to SPD to purchase a new bus to replace one due for scrapping by May 2004.

Vocaluptuous is a musically adventurous, funky and refreshing a cappella group known for its lush contemporary interpretation of an eclectic mix of music styles ranging from traditional to pop, from soul to jazz. The group has established itself on the Christmas caroling circuit and also won rave reviews for its very own full-length a cappella musical-cum-concert (*We Don't Dance*) in 2000. Other accolades include a nomination for Best Holiday Song in 2002 by the international Contemporary A Cappella Recording Awards and an

award for Contribution to the Performing Arts.

President Tay Wei Lien of Rotary Club of Singapore West said that partnering Vocaluptuous was very timely. The Club was finalizing its fundraising programme for SPD and coincidentally, Vocaluptuous had wanted to record an album of Christmas songs. In the spirit of Christmas, the group wanted to share something with charity. The two then decided to work together on the Charity Christmas CD. Added Simone Khoo, President of the group, "Singing is our passion and we are happy that we could put our love for singing to a very good cause."

The group has also sung their way into the heart of British High Commissioner, Mr Alan Collins. Mr Collins hosted the soft launch of the CD at his residence on 1 September and will officially launch it on 29 October as well as invite the British community to support the CD. 🎵



▲ Start this Christmas on a special note with Vocaluptuous Christmas CD and do your bit for charity.

The CD is available for sale at the SPD Ability Centre as well as Orangedot Productions at 65344828. For a sample of the songs, please visit the SPD website at www.spd.org.sg or the Rotary Club of Singapore West website at www.rotarysingaporewest.org.

Discounts for Bulk Purchases

No. of Copies	Normal Price	Discount for Bulk Purchases	Early Bird Discount 5% (if purchased before 15 Nov 2003)
50 to 99 copies	\$20	5% (\$19)	\$18
100 to 499 copies	\$20	10% (\$18)	\$17
500 copies and more	\$20	10% (\$18)	\$17

Vocaluptuous will do a complimentary half hour closed-door performance subject to availability of the performers. Not available on the eve of public holidays and public holidays. All technical requirements to be provided by the purchaser.

For more information, please contact Orangedot Productions Jeremiah Choy (jeremiah@odp.com.sg) or Alfred Tang (alfred@odp.com.sg) or Tel: 6534-4828

Organisations Help Raise Funds for the Beneficiaries of SPD

Whether it was a sit-down annual dinner and dance celebration or a supercross biking event, various organisations had incorporated a fundraising element in their events to benefit the physically disabled of SPD.

- **G**UESTS at Tien Wah Press (Pte) Ltd's annual dinner and dance in July were treated to a sumptuous dinner and an evening of entertainment in song and dance. In return, they responded by generously donating close to \$45,000 for the Day Activity Centre's wellness programme.



▲ Tien Wah Press' annual dinner and dance this year raises \$45,000 for the DAC's wellness programme.

- From June to August, staff members of Times Vision Marketing faced unpredictable weather and difficult customers but all the same, they

turned on their persuasive charms and helped to raise over \$30,000. They were selling an assortment of merchandise from stationery sets, handphone accessories to digital watches on the streets at \$10 each.

- The FIM Asian SuperCross Championship 2003 came to Singapore for the first time when Singapore Petroleum Co Ltd sponsored the event. Held at the Singapore Turf City from 5 to 7 September, the petroleum company organised some sure-win games as part of the fringe activities for the event. To be eligible for the games, participants had to simply make a contribution to SPD.
- Collect discount cards from forty card stands placed at major shopping centres and help charity too. Holders of the cards are entitled to discounts at various restaurants, cafes and retail shops. For a year beginning 1 September, card



▲ Staff of Singapore Petroleum Co help to man the donation boxes and encourage more contributions from the participants.

collectors are encouraged to make a contribution at the donation boxes on the card stands for the discount cards they pick up. The proceeds go to the physically disabled of SPD.

To ensure good response in this Charity Cards Promotion, organiser Cassign Communications has engaged promoters to give out the cards and goodwill candies on selected weekends. Going further, the company will also provide job opportunities for SPD's beneficiaries by engaging them as promoters. 🍪

Make a Change with Your Loose Change

In partnership with Caltex International Pte Ltd, the SPD Donation Box project has expanded to include 10 Caltex service stations.

CUSTOMERS checking out of Caltex service stations will now be greeted not just with smiles from the service staff but with SPD donation boxes too. Yet another community service project by Caltex International, the oil company has expanded its base of supporters for SPD to include car owners and customers to its STAR mart.

Ms Yan Wong, Caltex's Brand Manager said that the company hopes that more motorists and customers would be able to participate in charity work throughout the year with the introduction of the donation boxes at its 10 service stations. For the past two years, Caltex has organised the Golfers With Heart Charity Drive that raised more than \$160,000 for the SPD Education Programme.

Besides Caltex petrol service stations, members of the public can also donate their loose change when they check out at Shop N Save and NTUC FairPrice supermarkets.

A little loose change can go a long way to help make a change in the lives of people with physical disabilities. 🍪

Holiday Getaway 2003

Social Worker Felix Ser recounts SPD's first ever one-day holiday enrichment programme organised for secondary school students in SPD's Education Programme.

"TO those who can dream there is no such place as faraway." – Anonymous

Nine youth recipients of this year's SPD Education Programme Awards from secondary schools together with student volunteers from Swiss Cottage Secondary School participated in a one-day event entitled Holiday Getaway 2003 held on 19 June at SPD. The aim of the event was to let the students have a true holiday experience, to be relieved temporarily from the monotony of school work, and more importantly, to get in touch with their dreams, aspirations and of course, each other.

They played a few rounds of ice-breaking games, then Mr Philip Ang, a staff of SPD with a physical disability, shared with them his experience of pursuing his dream life. Thereafter, they took part in a visualisation exercise guided by Social Worker Alan Poon where they were directed to imagine an ideal future that they

wanted to achieve. A competition was then held to see who had the best designed "dream board" – cardboard-sized presentations of their individual aspirations using words and pictures cut out from magazines.

After a sumptuous lunch, the youth then participated in a workshop conducted by the staff of Fei Yue Family Service Centre on how to uplift self-esteem. A cartoon was screened and everybody discussed the importance of self-awareness through the examples of the characters in the cartoon. At the session, everybody also learned of real life examples of people with physical disabilities who have made achievements despite their physical limitations - people like Christopher Reeves, Stephen Hawking and Dr William Tan Kian Meng whose life achievements are undeniable. In spite of their physical disabilities, they were defined by the power of their determination.

Everyone should have their own

version of a Holiday Getaway from time to time. The following might be the invitation for every one of us:

Live your dream, become all you can be, come as you are and fulfill the ultimate purpose of your life.

Event: Live Your Dream
Dress Code: Come as you are
Time and Venue: Right here. Right now.

R.S.V.P, A.S.A.P. ☺



▲ The tourists on SPD's Holiday Getaway 2003

Sexual Awareness Course II

"Sexual harrassment is not your fault. You don't have to feel the stigma. You should not tolerate it or dismiss it. You have to deal with it squarely and courageously."

THIS was the underlying message woven into the various components making up part two of the series on Sexual Awareness conducted by SPD's Social Service Department.

The sessions held an hour every fortnight for beneficiaries from the Work Activity Centre is largely a revision of what the participants learnt the first round, with the exception of two additional components – incest and verbal harrassment. Since then, the participants selected by the Training Officers and Social Workers

have had time to digest what they learnt and to put them into practice where necessary. The current sessions are thereby enriched with more open and productive sharing buoyed by the relationships forged in the last round.

The sessions have already proven its effectiveness. A participant shared with all a recent encounter she had with a molester and how she promptly reported the matter as she was taught to do in the first round.

"Constant reminders are necessary so that the important points sink in,"

says Angela Chung, SPD's Social Worker and facilitator of the sessions, when asked why the need for a second round. "This is a particularly sensitive topic and it is essential that the beneficiaries know what is right and wrong and how to deal with it."

The sessions provide a conducive and secure environment for the participants to share their experiences openly and to seek mutual support. ☺

A Tribute to our Volunteers

July being Volunteer Month, SPD took the time to honour our volunteers who have given us their time and energies in the past year. In this article, Volunteer Co-ordinator Ho Siew Sam recounts the Society's efforts at brightening one night of the volunteers in appreciation for their brightening the lives of our beneficiaries.

“EVERYBODY can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love.” - Martin Luther King, Jr.

Indeed, our dedicated volunteers are great people with their hearts full of grace and their souls generated by love. They make a difference in the lives of our beneficiaries by giving and sharing selflessly. To show our appreciation, SPD organised a party in conjunction with the Volunteers' Month in July to thank them for their invaluable contributions and support.

Volunteers' Thank You Party 2003 was held on the Friday evening of 25 July. Despite the heavy downpour, many of our registered volunteers, board members and representatives from our group volunteering organisations such as the Singapore Kennel Club and Lloyd Leas Centre

turned up and gave their full support for the event.

As a token of appreciation, each participant was presented with a door gift – miniature notebooks specially handcrafted by the beneficiaries. Two beneficiaries, Juraimi from the Work Activity Centre and Evelyn How, recipient of the SPD Education Programme, were also present to give short speeches to express their heartfelt thanks to the volunteers.

The highlight of the event was a motivational talk on the “Power of Positive Paradigm” presented by guest speaker Mrs Alison Lim. The inspiring nature of the talk together with Mrs Lim's sense of humour and ice-breaking games certainly drummed up the party atmosphere!

For those unable to join us, we would like to say a big “THANK YOU” to you for your support. SPD will continue to work with volunteers and provide support to make your

participation and effort a memorable and meaningful experience with people with physical disabilities. The challenge now is to forge long-term partnerships with volunteers and allow all volunteers to participate in or create activities themselves that meet both the volunteers' and SPD's objectives. 🍷



President of SPD Mr Koh Nai Teck thanks all volunteers for their support and assistance in the past year.

A Hot New Set of Wheels for Kelvin

The Singapore Investment Fund Awards first started in 1996 to recognise the top-performing funds in Singapore's asset management industry and to serve as a platform to raise funds for charity. This year, part of the funds raised went to buying something much greater than its nominal value – freedom for Kelvin Ang from the SPD Web Design Team.

KELVIN has always had difficulty with walking. When he turned 11, he underwent a surgery and has since been using a wheelchair.

For one with Spinal Muscular Atrophy, the wheelchair might offer some measure of movement. However with the weakness in his arms, Kelvin is unable to get far fast without help from others around him.

When the Investment Fund Committee heard about his situation, they

promptly doled out the \$6,000 necessary for him to buy a motorised wheelchair which allows him to move around with minimal to no assistance at all.

Today, the 21-year-old web designer enjoys the independence the wheelchair brings him. Christmas surely comes early for some! 🍷



▲ Mr Ho Toon Bah of Standard Chartered Bank represents the Investment Fund Committee in meeting Kelvin.

Congratulations...



SPD congratulates our President Koh Nai Teck on being conferred the much-deserved title of Pingat Bakti Masyarakat (PBM) by the President of the Republic of Singapore. Mr Koh was given the award on the occasion of Singapore's National Day 2003 for his long years of dedicated service given to SPD and our beneficiaries.

A driving force in shaping the policies and programmes of SPD, Mr Koh has contributed much to the growth of the Society. He joined the Board of Management Committee as Member in 1990 and was elected President in 2000.

Mr Koh played a critical role in the conceptualization, planning and implementation of the building of the SPD Ability Centre. Since becoming President, he has set the direction for SPD to apply assistive technology to help people with disabilities become more independent. Under his leadership, SPD implemented the Assistive Technology Centre in 2001.

More recently, Mr Koh was instrumental in the decision to extend SPD by adding one floor to enable the Centre to widen and deepen its programmes to meet the changing needs of people with disabilities. This has resulted in a new Rehabilitation Centre set up to serve the long term rehabilitative care of people with physical disabilities.

On his award, Mr Koh said, "I first started volunteering in 1987 and have never looked back since. It has been a very fulfilling and enriching experience for me. I learn just as much and benefit in so many other ways as I make my contribution. The Public Service Medal is a bonus and encouragement to me and I would not have been able to achieve this without the support of my family, friends, colleagues and staff members of SPD. I would definitely recommend volunteering as a way to a healthy lifestyle."

and Welcome

We bid a warm welcome to Dr Ow Chee Chung on his appointment as SPD's Executive Director.

Dr Ow graduated in 1993 with a MBBS with the National University of Singapore. He spent two years in clinical work before moving on to administration functions with the Ministry of Health, KK Hospital and National Cancer Centre.

Prior to joining SPD, Dr Ow was Director, Corporate Services, with the Ministry of Community Development and Sports. In this management role, Dr Ow was responsible for the Human Resource, Finance, Development and Emergency Planning functions of the Ministry.

With his experience in MCDS and familiarity with the social service sector, we look forward to accomplishing the mission of the Society and scale greater heights under his leadership. 🙌



▲ Dr Ow introduces himself to the staff on his first day of work.

From the Diary of a Social Worker

In this caregiver series, Social Worker Angela Chung shares her thoughts and admiration for two teenagers who have the reverse role of being caregiver to their bedridden mother.

In my several years' experience as a social worker, I had dealt with numerous cases of adult caregivers juggling between the multiple duties of housekeeping and simultaneously looking after their children and dependent elderly who required assistance for their needs. My heart aches whenever I hear from these caregivers, mainly housewives in their 40s and 50s, as they pour their hearts out over their struggles. These stories are often laced with much tears. Such stories resurfaced when I began visiting families with physically disabled parents. This time round, the caregiving struggles were experienced not by adults but teenagers whose parents are incapacitated.

Smugly assuming that the several years of social work in various social service settings would have adequately exposed me to a full repertoire of human struggles and social issues, I was unprepared to hear about the struggles of teenaged caregivers which opened up a new chapter of learning for me. Their problems strike a chord in my heart and makes me ponder over what could be done to help them.

One family that I interviewed comprises a severely handicapped mother in her 40s and two teenaged sons. Mdm Lim* is completely bedridden and cannot move her limbs. Her range of motion is restricted to the occasional twitching of her stiffened fingers. She has been estranged from her husband for a long time – he neither cares for her nor the sons. Hence, the care of this lady falls squarely on the shoulders of her two boys.

Every morning, her younger son John* buys food for her and slowly feeds her. He helps in little tasks like picking up the telephone for her to answer her calls. Then off he goes to school. Mdm Lim would then be left

unattended for about three hours until noontime when her elder son Simon* returns home from school.

Simon does not have the privilege of a tidy home and warm food served on the table. Instead, he has to attend to the needs of his beloved mother. His duties include changing her diapers, cleaning her body with a damp towel, giving her a few sips of water when her lips are dry, and the ultimate unpleasant task of changing her soiled sanitary towels. Some of us may experience nausea at the sight of stools and soiled sanitary pads, but these have become part and parcel of Simon and John's lives.

Do the boys become frustrated with the caregiving, you may ask. I was curious and concerned over the same matter. After all, they are humans and furthermore, teenagers. Teenage is a time of freedom and exploration. It is in this time that teenagers are supposed to be slowly cutting themselves off from their mothers' apron strings. However, these teenaged caregivers still have to rally their lives around their mother. Sometimes when their patience run thin, they candidly complain, "Whenever I go out, I cannot stay longer with my friends because I have to rush home to look after you!" Who can fault them? It is a manifestation of their caregiving stress!

Whereas adult caregivers have their caregivers support group in which to ventilate their stress, who can Simon and John turn to? Often, they are reluctant to let their peers know about their family background. They are afraid that their friends may jeer or despise them. The boys' support may ironically be limited to each other. On one occasion, one of the boys told Mdm Lim, "Sometimes, I am afraid to bring my friends home because I don't want them to see that I have an ugly-

looking and sick mum." Don't be too quick to cast stones at him. My heart sank when I heard those comments related to me by their mother.

But I saw the need reflected in his curt words. Undeniably, the social worker in me sprang into action. I orchestrated certain intervention plans for Mdm Lim's family. One was to arrange for short-term care for her in a community hospital during the school holidays in order to allow Simon and John a period of respite. Much as the pair love and care for their handicapped mother, their love tanks need filling up too. Sadly, their father had shirked his responsibility to the family. Perhaps the community, the school and other concerned individuals can help to fill the void. 🍷

*Names have been changed.

SPD aims to provide a one-stop service for all physically disabled people and their caregivers. The Society collaborates with other VWOs, CDCs, government agencies, schools and community organisations to provide holistic service to people with physical disabilities. SPD's Social Service Department will continue to support the teenaged caregivers and mother to ensure that the family receives the help they need. The two boys will also be put on the SPD Education Programme from 2004 to help lessen the family's financial burden.

Season's Greeting Cards

THIS year, we bring you our Spring Collection of greeting cards featuring paintings done by artists with disabilities. Besides showcasing the artists and their talents, it creates jobs for people with disabilities. Every card you buy brings special meaning to this season of joy and giving.

Each card costs only \$1.10 and you can have the option of having your organizations' logos printed on the cards.

We also offer the following discounts for bulk orders:

For orders of 5,000 to 9,999 cards, we will give:

- complimentary delivery (otherwise \$25 per destination, \$20 for below 500 cards.)
- free one-colour overprinting, eg, logo printing
- 10% discount

For orders of 10,000 cards and above, we will give:

- complimentary delivery (otherwise \$25 per destination, \$20 for below 500 cards.)
- free one-colour overprinting, eg, logo printing
- 40% discount for the first year of order
- 50% discount for subsequent years of order of the same quantity as the first year

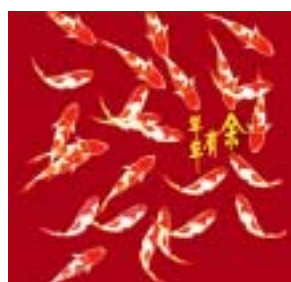
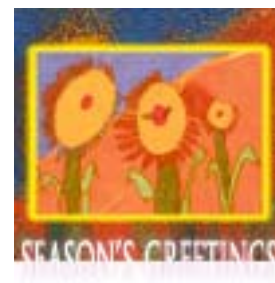
Price List:

Specifications	Minimum Charges	1 to 1,500	1,501 to 4,999	5,000 to 9,999	10,000 to 19,999	20,000 & above
Card cost	-	\$1.10/pc	\$1.10/pc	\$0.99/pc	\$0.66/pc	\$0.66/pc
Additional 1-colour overprinting	\$80	\$0.20/pc	\$0.15/pc	FOC	FOC	FOC
Additional 2-colour overprinting	\$100	\$0.25/pc	\$0.20/pc	\$0.15/pc	\$0.10/pc	\$0.08/pc
Additional 3-colour overprinting	\$180	\$0.35/pc	\$0.30/pc	\$0.20/pc	\$0.15/pc	\$0.13/pc
Additional 4-colour overprinting	\$220	\$0.45/pc	\$0.40/pc	\$0.30/pc	\$0.20/pc	\$0.15/pc
Additional hotstamping	\$150	\$0.35/pc	\$0.30/pc	\$0.25/pc	\$0.20/pc	\$0.15/pc
Electronic card	A specially prepared quotation will be provided upon request					

Customised cards and e-cards can also be specially designed for you and your company.

For a complete view of our seasons' greeting cards range, please visit our website at www.spd.org.sg.

For further enquiries or orders, please contact Tommy at Tel: 6236 6360 or Ruby at Tel: 6236 6382, Fax: 6236 6396, or email sales@spd.org.sg.



We welcome contributions and feedback. Also, if you would like to make a donation or know more about SPD, kindly get in touch with us.

The Editor, **extrapage**

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