

CONNECTABLE

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ABILITIES BEYOND LIMITATIONS AND EXPECTATIONS

Sharing their stories

Since beginning operations in November 2015, ABLE has had the privilege to work with various clients and caregivers. We thank them for sharing some of their stories of how ABLE's programmes and services have brought them hope and made a difference in their lives.

"JUST BEING ABLE TO DO NORMAL THINGS"
- AUDREY YEO

In March 2014, Audrey suffered a hemorrhagic stroke. She spent three months in hospital, and initially was unable to speak, had to be tube fed and was wheelchair bound.

After mass one evening in November 2015, her mum and primary caregiver, Lucy, heard about ABLE from Fr Romeo Yu Chang, ABLE's Spiritual Advisor.

Working with ABLE's Occupational Therapist, Cheng Shuet Fong, she has gained hand strength and dexterity, and even started to use her right hand to write again. **"Just being able to do normal things" - taking walks with mum and playing the guitar again, these are precious to her.**

Audrey loves music & hopes to be able to play the guitar again.



"I HOPE TO BE ABLE TO WALK COMFORTABLY AGAIN"
- MDM NG SIEW HUA

A tragic lift accident in May 2014 resulted in Mdm Ng's left leg amputation and weakness in her left arm. She underwent multiple operations and still experiences pain.

From a family friend, she came to know about ABLE's Rehabilitation Centre at Agape Village.

After assessment by the multidisciplinary team comprising occupational therapists, physiotherapists, and a case manager, Mdm Ng started rehabilitation in March 2016. She has occupational therapy to maximize her upper limb functionality, and pilates rehabilitation to help build a strong core.



Mdm Ng hopes the rehabilitation at ABLE will help her to learn to walk comfortably again with her prosthetic leg, which would help her to regain her mobility and independence.

"AS A MOTHER, I HAVE TO TRY TO GIVE HER EVERY OPPORTUNITY SHE NEEDS"
- MDM HO GEK LAIN

9 May 2010, it was Mother's Day and her birthday when Mdm Ho received the call from the hospital A&E - "Yvonne has suffered a left brain stroke and needs immediate surgery."

Her daughter Yvonne, aged 24, was on home-break from her overseas study in psychiatry. Mdm Ho gave up her business to care for Yvonne, her only daughter. Mdm Ho believes that "as a mother, I have to try to give her every opportunity she needs".

In addition to rehabilitation, Yvonne attends the Person-to-Person (P2P) programme at the Respite Centre, where she meets weekly with volunteer Elizabeth Koh for an individualized plan curriculum including reading.



Mdm Ho at the Respite centre

Mdm Ho has seen improvements - the simple act of seeing Yvonne feed herself - and this gives her confidence to return to her work as a businesswoman.

"THESE HOME MODIFICATIONS HAVE REALLY HELPED US TREMENDOUSLY"
- MDM JOLENE BUN

Their only son Joel was born with genetic and neurological conditions. Now in his 20s, Joel is wheelchair bound due to the stiffening of his limb muscles.

From a referral through ABLE's Board Chairman, Mr Raymundo Yu, a home visit was arranged.

Sharon Woo, Deputy Centre manager, was quick to identify areas of help to the family. She approached HDB and helped the family apply for the EASE (Enhancement for Active Seniors) programme.



Within a short period of time, their house was installed with the ramps for Joel's wheelchair, hand rails and treatment to prevent slippery floors. **"These home modifications have really helped us tremendously in our daily activities".**

Open House in Conjunction with Disability Awareness Day

On 16 July 2016, ABLE opened our Rehabilitation and Respite centres to the public. Through various interactive activities, visitors experienced a glimpse of some of the challenges faced by the physically disabled in their everyday activities.

Visitors trying out the wheelchair challenge.



Using the lifts .



Getting a cup of water.

Visitors also learnt about ABLE's programmes and services.



Demonstration by volunteer Pilates instructor, Nancy Yu.



Programme Coordinator, Yap Siew Ling shares on Respite services for caregivers.

HELP US SHARE THE MESSAGE



If you know of someone who may benefit from our Rehabilitation and Respite programmes, please help us to tell them about **ABLE**.

Contact us at:
T: 6801 7460
E: enquiries@able-sg.org

Abilities Beyond Limitations and Expectations (ABLE) provides rehabilitation therapy, training and job support to enable beneficiaries to return to suitable and sustainable employment.

ABLE also offers respite services to family caregivers and their physically challenged care recipients.

Help us to make a difference ...

Through the generous support of our benefactors and using the Ministry of Health household means testing, ABLE can keep our programmes and services affordable for the physically challenged and their family caregivers.

BE A VOLUNTEER

Share your time and talents to contribute to the social reintegration of our clients and caregivers of the physically challenged

MAKE A DONATION

✓ Online via Giving.sg ✓ By cheque made out to 'ABLE Ltd'

Please indicate your name, NRIC/UEN number and mailing address/email on the reverse side, to facilitate tax exemption.

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To enable the physically challenged to live with dignity and to have a productive, meaningful and independent life, Abilities Beyond Limitations and Expectations (ABLE) provides rehabilitation therapy, training and job support to enable beneficiaries to return to suitable and sustainable employment. ABLE also offers respite services to family caregivers and their physically challenged care recipients.

For more info:
www.able-sg.org
enquiries@able-sg.org
www.FB.com/ABLESingapore

UMA UMA CHARITY DRIVE

Now till 10th September

- Dine at Uma Uma and support the charity drive for ABLE.

ABLE 为肢体残疾人士提供康复治疗、培训和就业支持，提高委托者的就业能力，帮助他们寻找适合及可持续就业的工作机会。 ABLE 也为家庭看护者及肢体残疾人士提供喘息看护服务。

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