

CONNECTable

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A NEWSLETTER OF ABILITIES BEYOND LIMITATIONS AND EXPECTATIONS



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

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

In 2015, 49-year-old Marcus Sim suffered a stroke in the left side of his brain. Besides impacting the use of his dominant arm, the incident afflicted him with aphasia (an impairment in language processing) which affects about 30% of all stroke survivors and verbal apraxia (a motor speech disorder). This difficulty in communicating, in particular, frustrated Marcus, affected his confidence and mood, and eventually led him to give up his business.

In 2017, through a hospital referral, Marcus came to ABLE and our multi-disciplinary team are working with him to address his functional concerns:

- Speech and Language Therapist to enhance his ability to communicate
- Occupational Therapist to improve his upper limb function
- RTW Coordinator to explore training and job options

Today, Marcus has a sense of empowerment and a renewed confidence. He is looking forward to socialising more and to interviewing for jobs soon.

ABLE's RTW Programme supports physically-challenged clients like Marcus, aged between 18 and 67, with the aim of community reintegration and gainful employment.

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.



ABLE staff nurse, Cindy, during a home visit with the couple

HOME-BASED RESPITE SERVICE FOR FAMILY CAREGIVERS AND CARE RECIPIENTS

81-year-old Eric Chang was struggling to cope as the sole caregiver of his wife Theresa, who was diagnosed with Parkinson's disease, a long-term degenerative disorder.

When his sister-in-law introduced him to the Home-Based Respite service at ABLE, a great weight was lifted off his shoulders thanks to the thrice-weekly visits of ABLE staff nurse Cindy. Not only did Cindy help to take care of Theresa by way of her feeding and exercises, Cindy's affable nature helped her to get along well with Theresa and she became a source of companionship for the elderly couple who live on their own.

Recently, Eric engaged a full-time domestic helper to help him care for his wife. Nevertheless, the couple still rely on ABLE's highly subsidised Home-based Respite service to help care for his wife on Sundays, allowing their helper to attend upgrading classes during her off days.

ABLE's Centre- Based and Home-Based Respite services seek to support the critical role of family caregivers of the physically challenged.

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

9 May 2018 ToastBox BreadTalk Mother's Day celebrations



Our Family Caregivers enjoyed great 'Kopi', 'Teh', buns, cakes and activities.

23 & 24 June 2018 Family Caregiver and Care Recipient retreat



Care Recipients enjoyed fun-filled activities at Mega Adventure.



Family Caregivers attended a self-care workshop.

HELP US MAKE A DIFFERENCE

- 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)

ENABLING PEOPLE. CHANGING LIVES.

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