

CONNECTABLE

VOL. 5 | DECEMBER 2016

ABILITIES BEYOND LIMITATIONS AND EXPECTATIONS

ABLE Respite Centre

“A Second Home For Me” - Catherine Ho

In March 2014, Mdm Catherine Ho's daughter Christine, in her early 30s, suffered meningitis and two strokes which affected her sleep mode and short term memory. Christine spent four months in hospital. After discharge at home, Mdm Catherine became Christine's primary caregiver. Christine was not able to attend to her own daily needs and was wheelchair bound for over 2 years.

A Senior Consultant at the National Neuroscience Institute (NNI), Singapore, shared ABLE's services and Mdm Ho registered as a Caregiver in the ABLE Respite Centre, while Christine began therapy at the ABLE Rehabilitation Centre. Mdm Ho has found that ABLE's Physiotherapists, Occupational Therapists and Pilates instructors have worked well with Christine. She is happy to see



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.

that her daughter has gained hand strength and even started to walk again with the aid of a quad stick.

“The Respite Centre has become like a second home for me”, says Mdm Ho. Both mum and daughter often spend time relaxing at the lounge area in the Respite Centre, and enjoy using the massage chairs in between Christine's therapy sessions and activities at the Respite Centre.

At the Respite Centre pantry, Christine works with Occupational therapist, Andrea Lin to learn to do simple tasks for herself, such as preparing her own drinks and snacks.

With Christine attending the rehabilitation and respite programmes at ABLE, and with some assistance from her aunt to look out for Christine, Mdm Ho has been able to return to part-time teaching. She is even able to do her work at the centre while Christine rests or plays the piano.



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.

ABLE Transport Services

Easing the transportation challenges faced by persons with physical disabilities with wheelchair accessible vans

Currently ABLE has one van and will expand with 2 more vehicles by early 2017. ABLE's Rehabilitation and Respite Centre beneficiaries can utilise the van to shuttle them to/from home to ABLE to attend the programmes and services. In addition, beneficiaries could also use the van for other needs, e.g. when they have medical appointments or other personal engagements.

To ensure affordability, means testing using the Ministry of Health guidelines is done. Beneficiaries who are eligible, will have their transport charges subsidised by ABLE. For example, a beneficiary who qualifies for 80% subsidy will only have to pay \$10 for a return trip with the ABLE van, for travel ≤ 10km between home to ABLE at Agape Village. The transport service is available for island wide pick-up.



Social Enterprise

“Together let us promote their dignity and their fundamental gifts; if not us, who then?”

ABLE SEAS (ABLE Social Enterprise Accounting Services) is a social enterprise start-up funded by ABLE.



ABLE SEAS seeks to be the Accounting Services provider of choice to the Charities Sector and beyond. The mission is to work alongside disabled and vulnerable people to help them meet their basic needs, improve their lives and promote respect for their dignity and inclusion in a community of their choice.

The services at ABLE SEAS include:

- Accounting Services (Book Keeping, General Ledger, Payables and Payment, Fixed Assets, etc)
- Payroll and Leave Management Services
- Corporate Services (this service is referred to our business partners), including Corporate Secretarial and Incorporation services, GST application and filing, and Immigration applications

ABLE SEAS' clients include charities, private limited companies, and recently 2 churches- Cathedral of the Good Shepherd and Church of the Transfiguration.

If you are a business owner, or if you are in a position to influence operations in your organisation, ABLE SEAS would be happy to share their services with you. Email : info@ableseas.org | Tel : 65-6801 7450

Fundraising Activities

“Sprout with Us in support of ABLE”

ABLE Charity Dinner, 4 November 2016



Toast Box has been ABLE's staunch community partner for the last six years. This year together with Toast Box's staff-volunteers, ABLE staff and beneficiaries packed and assembled the sprouting kits - a portable size cup that comes with soil compost processed from Toast Box's recycled coffee grounds, together with seeds for growing the sprouts.

Support the charity drive, where 100% of all proceeds from the sale of Sprouting Kits (S\$5 each) will be donated to ABLE.



Imperial Treasure has partnered ABLE in the Charity Dinner for a third year in support of fund raising for ABLE's beneficiaries, programmes and services. Guests' were delighted with the specially designed Chinese Menu at Imperial Treasure Restaurant Grand Ballroom. From the dinner, donations, silent auction, and open auction with guests bidding generously in the name of charity, the fund raising target was met. On behalf of our beneficiaries, THANK YOU for all the donations and support for the charity dinner.

Help Us to Make a Difference...

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)

OR BOTH



We wish each and everyone a blessed Christmas and Happy New Year in 2017

ABLE 为肢体残疾人士提供康复护理、培训和就业支持，提高委托者的就职能力，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。

IF YOU KNOW OF SOMEONE WHO NEEDS HELP, PLEASE CALL +65 68017460



Please visit our Facebook page and follow us on Instagram for updates.

7A Lorong 8 Toa Payoh #02-09 Agape Village, Singapore 319264 | enquiries@able-sg.org | www.able-sg.org

You are receiving this e-mail because you have been involved with ABLE in the past. Please unsubscribe if you feel you are receiving this e-mail in error.