

CONNECTable

VOL. 8 | FEBRUARY 2018

A NEWSLETTER OF ABILITIES BEYOND LIMITATIONS AND EXPECTATIONS

ABLE'S RETURN-TO-WORK (RTW) PROGRAMME

ABLE offers an array of services for the physically challenged and their family caregivers. A key programme is the RTW programme under ABLE's Rehabilitation services. The programme supports the vocational goals of clients between ages 18 and 67, and facilitates opportunities for suitable and sustainable employment.

The programme is an individualised and client-centric intervention programme that is created in consultation with the client. **40% of ABLE's RTW clients have successfully returned to their existing employer or were placed in new jobs.**

These are the stories of Mr Muhammad Aminullah Bin Abdul Aziz (Amin) and Mr Lim Lian Hua who were involved in traffic accidents before engaging in ABLE's Rehabilitation services.

Amin sustained a traumatic brain injury, extensive nerve damage in his left shoulder, and facial fractures which did not allow him to directly return to his job as a maintenance technician at Mega Adventure. However, ABLE's therapists and RTW coordinator worked with his employer to understand his duties and working environment. This has enabled joint goal-setting and the set-up of a simulated work station at Amin's workplace.

Mr Lim on the other hand suffered a spinal cord injury and underwent a considerable period of rehabilitation before starting rehabilitation at ABLE. He was able to undergo a work trial at Vegriculture with the help of ABLE's therapists and RTW coordinator. They also helped apply for an appropriate replacement for his powered wheelchair and reached out to HDB to install ramps to allow Mr Lim to use the sheltered pathways at his workplace.

We consider ourselves blessed to work with supportive employers. It is only through close partnerships with supportive employers that ABLE may fulfil its social mission - to enable the physically challenged to live with dignity and to have a productive, meaningful and independent life.



Amin, with ABLE Physiotherapist Nicola Ying, and Occupational Therapist Cheng Shuet Fong at his job site.

"My supervisors and colleagues have been very supportive, and I feel blessed to have a stable job to return to. Even though I am returning to the same workplace, my new job scope will be slightly different from what I used to do. I am very excited to return to work and to learn new things". **Amin**

"I have learnt many new things so far while working at Vegriculture. My employer and colleagues are very supportive towards me. I am always open to trying new things at work, and I never say no to challenging tasks." **Mr Lim Lian Hua**



Mr Lim, peeling spring onions at his workplace.

If you are an employer or influence employment opportunities in your organisation, ABLE would be happy to explore employment opportunities with you for our clients on the RTW programme.

TRANSPORT



ABLE provides transport services to ease challenges faced by the physically challenged with our wheelchair accessible vans. In addition to serving our Rehabilitation and Respite centre clients, the vans are also available for private hire.

ABLE's transportation service has been a blessing for Mdm Nabizah, a family caregiver. Her son Zahir suffers from Charcot Marie Tooth syndrome, a neuromuscular condition. She now has peace of mind when he travels to ABLE for his Rehabilitation and Respite programmes, as well as for his other hospital appointments using the ABLE transport.

To ensure affordability, means testing using the Ministry of Health guidelines are carried out. Clients who are eligible will have their transport charges subsidised by ABLE.

Charges before subsidy for clients / for public hire:

| | Weekdays (8:30am to 5:30pm) | After operating hours & Saturdays | Sundays & public holidays |
|----------|-----------------------------|-----------------------------------|---------------------------|
| Per Trip | \$40 | - | - |
| 4 hours | \$140 | \$180 | \$240 |
| 8 hours | \$280 | \$360 | \$480 |

*\$5 charge for ERP where applicable.

Wishing everyone a happy and prosperous Chinese New Year!

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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