

# Enabling People Changing Lives

able

## THE ABLE STORY

Established in 2010, **ABLE** is an Institution of a Public Character (IPC) certified. ABLE has empowered more than 500 clients to lead independent lives and provides a holistic suite of integrated services and programmes, including the **4Rs** (Rehabilitation, Reintegration, Return-to-Work, and Respite), for our physically challenged clients and their family caregivers.

## VISION

A world where all persons with physical challenges have equal opportunities, full inclusion, and are empowered to thrive without barriers or limitations.

## MISSION

To enable the physically challenged to live with dignity and have a productive, meaningful and independent life.



### Rehabilitation

Comprehensive rehabilitation through a holistic approach, which includes Case Management, Occupational Therapy, Physiotherapy, and Speech & Language Therapy.



### Reintegration

Weekly activities, such as swimming, cooking, adaptive sports, and many other programmes, help support clients in their recovery, social skills development, and potential employment opportunities.



### Return-to-Work

Tailored support to help individuals with acquired physical disability re-enter the workforce, including guidance from job coaches and targeted training for sustainable employment.



### Respite

Designed for family caregivers who are at risk of burn out. Offering retreats, support groups, and monthly programmes to provide support and empowerment.

# REINTEGRATION PROGRAMMES

## DAILY ACTIVITIES



### SWIMMING

**Mondays**

1.00pm - 2.00pm or  
2.00pm - 3.00pm

### DANCE PROGRAMME

**Tuesdays**

10.30am - 11.30am



### CHATTERBOX

**Tuesdays**

2.00pm - 3.30pm



### ABLE BAKE

**Wednesdays**

10.30am - 12.00pm



### CIRCUIT EXERCISE

**Wednesdays**

2.00pm - 3.30pm



For more details, feel free to reach out at [enquiries@able-sg.org](mailto:enquiries@able-sg.org) or give us a call at 6801 7460.

# REINTEGRATION PROGRAMMES

## DAILY ACTIVITIES



### ART PROGRAMME

Thursdays  
10.30am -12.00pm

### GROUP P2P

Thursdays  
2.00pm - 3.30pm



### ABLE CHEF

Fridays  
10.30am -12.00pm



### ADAPTIVE SPORTS

Fridays  
2.00pm - 3.30pm



### GROUP OUTINGS

Once a Month - Last Friday of Every Month



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