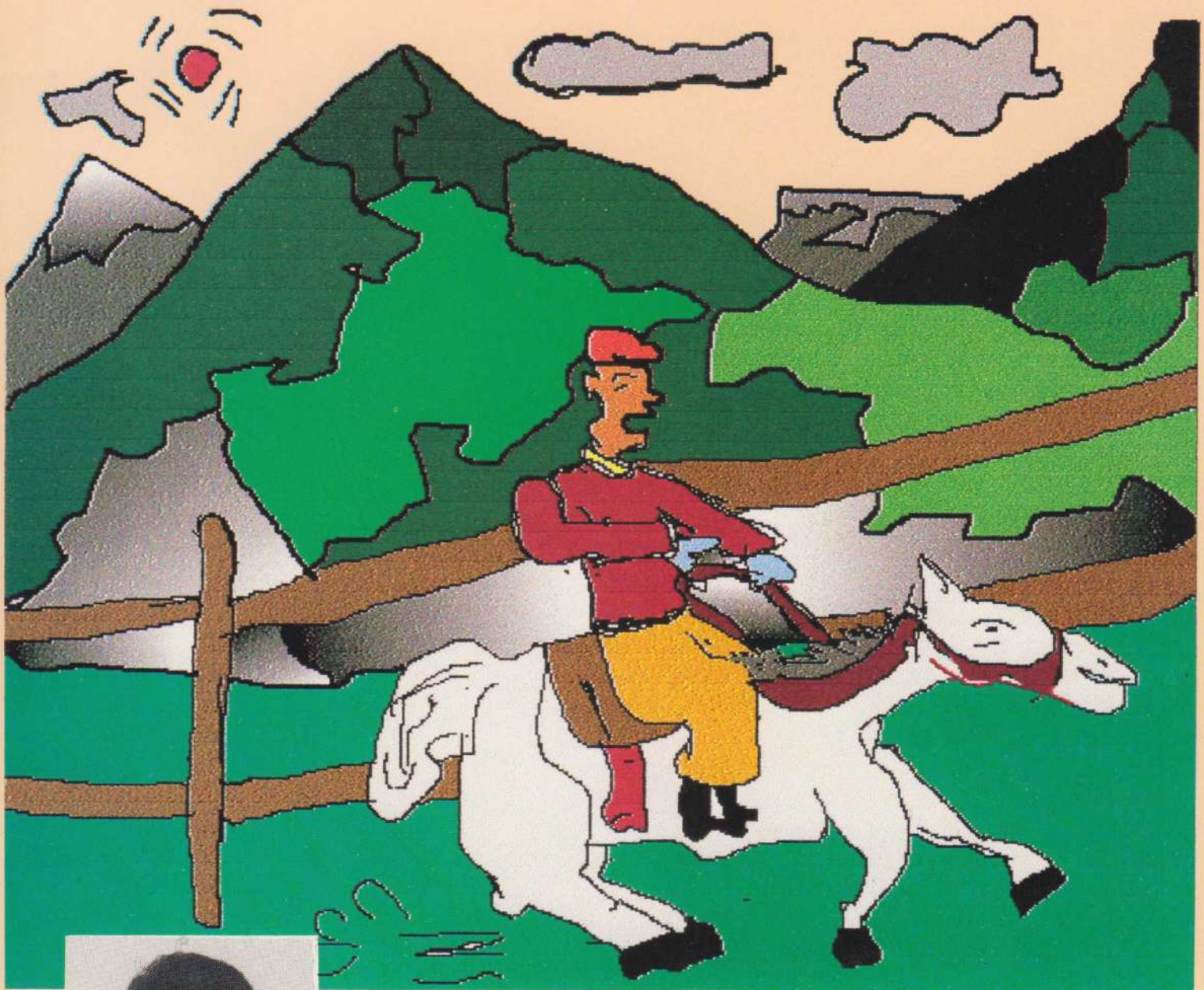




Persatuan Kanak-Kanak Cerebral Palsy, Pulau Pinang
(The Cerebral Palsy Children's Association of Penang)

Penaung : T.Y.T. Yang Di Pertua Negeri Pulau Pinang

425, Jalan Mesjid Negeri, 11600 Pulau Pinang, Malaysia.
Tel: 04-6570160 Fax: 04-6563066



"Horse-riding" by Sharil Yusmar

**LAPURAN
TAHUNAN
— 1994 —
ANNUAL
REPORT**

OUR



PATRON



Tuan Yang Terutama

TUN DATO' SERI (DR.) HAJI HAMDAN BIN SHEIKH TAHIR
SMN., PSM., DUPN., DP., DMPN., KMN.

Yang Di Pertua Negeri Pulau Pinang.

MANAGEMENT COMMITTEE



Dr. Denis Mark Lee
PJK, JP
President



Mr. V.S. Bastion
PJK
V. President (Deceased)



Mr. Saw Hock Eng
PJM
V. President



Mr. Khoo Yeoh Gan Hong
PPN, PKT, PJK, PJM
V. President



**Puan Latiffa
Abdul Rahman**
V. President



Mr. Foong See Yoke
PJK, PJM, PPN, PK
Hon. Secretary



Mr. Law Joo Keun
AMN, PKT, PJK
Hon Treasurer



Mrs. Chan Kok Swee
PJK
Imm. Past. President

COMMITTEE MEMBERS



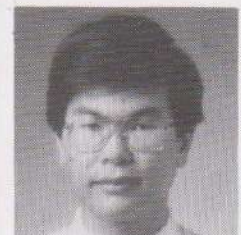
**Ms. Jenny
Kam Phaik Har**
PJM



Mr. Cheah Keat Kok



**Ir. Vincent
Tan Hwei Meng**
PJK



Mr. Law Hock Chye
PJK



Ms. Linda Goh



Mr. Tan Leong Theng



Mr. Ng Fook On

Honorary Auditor
Mr. K.C. Liang
Liang & Co.



Mrs. Valliammal Ramamurthy
Centre Administrator

TRUSTEES



**Tan Sri Dato'
Loh Boon Siew**
DMPN, DSPN, DJN, JSM,
KMN, PJK (Deceased)



Datin Ong Kim Seng



Dato' Tan Ewe Aik
DSPN, JP



Mrs. Chan Kok Swee
PJK

HONORARY ADVISERS



**Tan Sri Dato'
Loh Boon Siew**
DMPN, DSPN, DJN, JSM,
KMN, PJK, (Deceased)



Mr. Law Joo Keun
AMN, PKT, PJK
General Adviser



Mr. Mayilvaganam Pillai
Pengaruh Kebajikan
Masyarakat Negeri
Pulau Pinang



**Mr. Haji Mohd. Ismail
Bin Othman BCK**
Pengaruh Pendidikan
Negeri Pulau Pinang



Mr. Cecil Rajendra
Legal Adviser



Dato' Dr. Tan Ewe Aik
DSPN, JP
Medical Adviser



Dr. Alex Lim Kheng Seng
Medical Adviser



Dr. Yee Thiam Sun
PJM, PKT
Medical Adviser



Dr. Dan Giap Liang
Paediatrician

HONORARY CONSULTANTS



Dr. Lim Huck Boon
JP
Ophthalmic



Dr. Santokh Singh
Ear, Nose & Throat



Dr. Daljit Singh Nagreh
Dermatologist



Dr. Foong Kheng Phoy
PJK, AMP
Orthodontist



Dr. Tan Chee Khuan
PKT, PJK
Psychiatrist



Dr. Adele Tan
Paediatrician



Dr. Samuel Easaw
Neurologist



Mr. Dennis Y.S. Liew
Chartered Architect



**Dr. Jamaludin B.
Mohamad**
Orthopaedic



Ir. Vincent Tan Huel Meng
PJK
Engineer



Dr. Lim Huat Bee
PJK
Dermatologist

PRESIDENT'S REPORT 1994



Dear patrons, trustees, panel members, advisors, committee members, staff, students, ex-students, parents, foster parents, donors, volunteers, friends and supporters of SCAP:

It gives me great pleasure to once again present to you the Association's Annual Report for the year 1994. I am pleased to say that the Association enjoyed another busy and successful year. The children were invited to numerous parties and events, many of which were organised by the Foster Parents.

Quality Award By The Prime Minister

I am proud to inform you that our association, The Spastic Children's Association Of Penang, was awarded the Prime Minister's Quality Award Certificate for 1994. This was indeed quite an achievement and as such, the committee, staff and students of the Centre deserve to be congratulated for their fine performance. I hope that this will spur everyone to achieve even higher standards of excellence in the future.

Building Extension Project

The Building extension plans were recently approved by the M.P.P.P. (Penang Municipal Council). In view of this, a call for public tenders will be made shortly. It is envisaged that the building extension will enable SCAP to cope with the expected increase in enrolment for the next five years.

Upgrading Service Quality

The association employed the following members of staff as part of continued efforts to upgrade the quality of services provided at the centre.

- Mr. U Kyaw Myint, physiotherapist, from Burma.
- Mrs. Johanna Wong, speech therapist, from Sydney University, Australia.
- Mrs. Kim Nathan, special needs teacher.

Two sophisticated electronic communication devices, the Zygo Communications Unit and the Alpha Talker, were purchased to give children with speech and language disabilities the opportunity to benefit from the latest available technology.

Investment In Human Resources

The Association continues to sponsor Mr. Manoharan Ramasamy who is pursuing a two year course in speech therapy at Kasturba Medical College, Karnataka, India. On completion of the course Mr. Manoharan will return to work at the Centre. This is the first time the Association has undertaken such an investment in human resources and I hope to see more staff being nominated for local courses in the future.

Fundraising

In view of the Building Extension Project at the Spastic Centre of Penang, a Spastic Charity Dinner was held on the 24th of June, 1994. This was organised by sub-committee chairman, Mr. Vincent Tan Huei Meng. The Spastic Charity Dinner, held at the Equatorial Hotel was a great success and raised a sum of RM 200,000. On behalf of the management committee, I would like to congratulate Mr. Vincent Tan for his efforts in making the Charity Dinner a successful and memorable one.

Centre Finances

I am glad to report that the financial position of the Association remains sound. The year 1994 ended on a satisfactory note with income exceeding expenditure. This was, as in previous years, largely due to continued generous support from the public and corporations in Penang. Many of these contributions were made through the Foster Parents Appeal due to the commendable fund-raising efforts of our late vice-president Mr. V.S. Bastion.

Staff

Although the Centre experienced some turnover of staff throughout the year, sufficient new staff were recruited for our needs.

Bereavements

I am sad to record here the loss of our beloved vice-president Mr. V.S. Bastion who passed away on the 13th of February 1995 after a short illness. Our respected trustee Tan Sri Datuk Loh Boon Siew also passed away suddenly, on the 17th of February. Their deaths are indeed a great loss to the Spastic Children's Association of Penang and, on behalf of the Association, I extend our heartfelt condolences to their families.

Future Directions

The Spastic Children's Association of Penang will continue to strive to upgrade its facilities and services for children with cerebral palsy. Areas such as education, therapy and quality of human resources will be emphasised consistent with the aims of the expansion programme. With regard to staff training, it is envisaged that further sponsorship will be arranged for deserving staff to obtain professional training in physiotherapy and occupational therapy, either locally or abroad. Another objective of the Association is to make every effort to utilise the latest computers and communication/teaching aids in the Centre.

It must be noted that to support all these improvements in the Centre more specially trained and qualified staff will need to be recruited in the future. A sports teacher will be required to coach children for the Paralympics in 1996. A salary review has also been carried out to help attract suitably qualified people to serve at the Centre.

In Appreciation

I would like to express the Association's appreciation to our Patron, Tuan Yang Di Pertua Negeri Pulau Pinang, Tun Dato' Sri Dr. Haji Hamdan bin Sheik Tahir,

SMN, PSM, DUPN, DP, DMPN, KMN, and to his consort Yang Amat Berbahagia Toh Puan Datin Seri Hajjah Siti Zainab binti Haji Baharuddin, AMN, PJK for gracing our functions throughout the year. Their presence has always been a source of encouragement and inspiration to the students, staff and members of the Association.

I would also like to extend our sincere thanks to the Honorable Dato' Napsiah Omar, DSNS, Minister of National Unity & Social Development, for her support in obtaining financial assistance for the Building Extension Project.

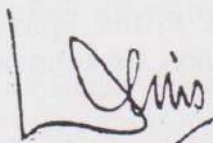
Birthday Honours 1994

The Association congratulates the following committee member on being conferred an award by His Excellency, The Governor of Penang on his birthday:

Miss Jenny Kam Phaik Har - Pingat Jasa Masyarakat (PJM)

Finally, I would like to express my appreciation to the Centre's management committee, sub-committee members, staff and volunteers, who gave their time so unselfishly to ensure another year of achievement and success for the Centre. To our team of advisors, consultants, auditors, donors, foster parents, service clubs, the media and all our supporters who have contributed in so many ways;

" Thank you and God bless you for bringing so much happiness to our cerebral palsied students."



Dr. Denis Mark Lee JP, PJK.
President
Spastic Children's Association of Penang.

MEMBERS OF THE SCHOOL BOARD



Sitting from left:

En. Ismail bin Arifin (Welfare Rep), En. Md. Shahr bin Saad (Educ. Rep.) Mr Khoo Yeoh Gan Hong, Pn. Latiffa Abdul Rahman, Mr. Law Joo Keun.

Standing from left:

Mr Foong See Yoke, Mr Yeoh Beng Chai, Mrs Valliammal Ramamurthy, Mr V.P. Kanniah.

Absent with appologies: Mr A. Thanabalan.

STAFF OF THE SPASTIC CENTRE AND SCHOOL



Seated left to right:

Mrs Helen Rajoo, Mrs Kim Nathan, Mrs Johanna Wong, Mrs Grace Low, Mrs Valliammal Ramamurthy, Mrs Maria Joseph, Mrs Diana Leong, Mrs Wayne Perera, Mrs Anita Muthu.

Standing Left to right:

Miss Pretha Thiruvengandam, Mdm Ho Lee Mei, Mrs Lim Yit Man, Mdm Pechee @ Sarimah Bte Abdullah, Mdm Ang Cheng See, Mrs Uma Sasithran, Cik Roziah Ali, Pn Azlina, Mrs Saraswathy Govindasamy, Ms K. Raneesathia Sheela, Ms Norjan Osman, Miss S. K. Jothi Lakshimi, Cik Aidamurni Arshad, Mrs Sakthivandan, Cik Norisma Ismail, Ms N. Rajaeswary, Mdm Anne Sucilah.

Standing back row left to right:

Mr Lim Eow Beng, Mr U Kyaw Mynt, Mr M. Santhramogen, Mr Abdul Aziz Arumugam, Mr Abdul Mukhtar, Mr R. Mahendran, Mr M. Doraisamy, Mr Joseph Pragasam, Mr Anuar Pawanchik, Mr Chew Sun Chooi, Mr Ong Hong Tiang.

Absent:

Ms M. Kalawathi, Mr M. Mathavan, Mr Awatarr Singh, Mr Chow Chee Keong, Ms Shanthi Jeganathan.

OBITUARY

The late Tan Sri Datuk Loh Boon Siew was elected Vice President on 28th December 1965. At that time the Spastic Children's Association of Penang was looking for a piece of land on which to build the Spastic Centre. Tan Sri Datuk Loh was instrumental in helping the Association to acquire the present site at 425, Jalan Mesjid Negeri, Penang for the Spastic Centre.

Besides being elected as Vice-President, the late Tan Sri Datuk Loh also served as Adviser and Trustee to the Association until the time of his death.

Tan Sri Datuk Loh had great compassion for his fellowmen especially for the old and the disabled. He contributed generously to help the poor and the unfortunate in both cash and kind. His generosity was well known in Penang and this quality won him many accolades. In spite of his wealth Tan Sri Datuk Loh displayed a sense of humility in his dealings with everyone. He never failed to help the poor or to listen to the needy.

His sudden demise on the 17th February 1995 came as a shock to all the people in Penang, especially those who had benefited from his compassion and generosity. His death was a great loss to the Spastic Children's Association of Penang. Our hearts go out to the bereaved family. We pray that God will comfort them in the days that lie ahead. May his soul rest in peace.



OBITUARY

Mr. V.S. Bastion first joined the Spastic Children's Association, Penang on 11th May 1973 as a Committee member. By dint of hard work and his interest in disabled children he rose to be Vice President of the Association in 1987.

His great love for cerebral palsied children made him many friends in the diplomatic community of Penang as well as senior government officials and important members in the private sector from whom he was able to receive donations for disabled children.

By early 1974, Vivian was appointed Chairman of the Foster Parents Appeal Scheme in which capacity he spared no effort to obtain financial assistance from the caring community of Penang to help our cerebral palsied children.

In recognition of all the good work that he had done for the Spastic Children's Association of Penang he was awarded the Pingat Jasa Masyarakat on 16.7.1979 by His Excellency the Governor of Penang.

Vivian passed away on 13th February 1995 after a short illness. His death was a great loss to the Spastic Children's Association of Penang. Our hearts go out to the bereaved family, especially his wife Catherine who was a source of strength to him. We pray that with the passage of time God will comfort them, filling their days with peace, courage and divine love.



CENTRE ADMINISTRATOR'S REPORT '94

The year under review has been a particularly busy one. Throughout the year, both children and staff were involved in numerous activities and functions which took place not only inside but also outside the Centre.

The Special Needs Unit was expanded to comprise three classes. In addition, a new Outreach Programme of home-based therapy under the SNU for children who are unable to attend the centre has been well received by parents.

In August, a team of ex-students took part in the National Sports for the Disabled held in Johore Baru. Syahril Yusmar and Tan Soon Beng, our champion swimmers, brought home two gold medals. Soon Beng also won the Best Sportsman of the Year title. Syabas to them both!

Another of our students, Nor Fadzilah, did us proud in being awarded Best Student of the Year (Spastic Category) for the state of Penang. Fadzilah was presented with a trophy and cash prize and represented Penang at the National Award Ceremony.

A medical/team assessment procedure for new referrals was set up this year. The team is made up of a paediatrician and occupational therapist from General Hospital in addition to our own therapists and teachers. The aim of the Team Assessment is to diagnose and fully assess newly referred children. By working together with GH in this way, we are now able to admit much younger children for therapy and early intervention.

I would like to thank the Medical Superintendent of Penang General Hospital, Dr. Lim Chie Kean AMN, paediatrician Dr. Dan Giap Liang, and Mrs. Ooi and her team of occupational therapists for their willing support and cooperation in the medical/team assessments throughout the year.

At the beginning of the year we welcomed Mrs. Johanna Wong (speech therapist), Mr. U Kyaw Myint (physiotherapist) and Mrs. Kim Nathan (special needs teacher) to the Centre. Mr. Joseph Pragasam was transferred back to the Centre by the Education Department. The Centre also employed retired teacher Madam Ang Cheng See, along with centre assistants Cik Roziah bt. Ali, Cik Pretha Thiruvengadam, En. Mukhtar Abdul Ghafur (who is an ex-pupil), En. Mahendran Ramalingam, Cik Norisma bt. Ismail and Pn. Ho Li Mei.

It was a sad goodbye to our physiotherapist Mrs. Rajeswari Raj Kumar, who had served the Centre for sixteen years. I take this opportunity to once again wish her all the best in her new venture and thank her for all her services rendered over the years. Thank you Raji.

This year SCAP Staff Awards For Excellence went to Mrs. Uma Sasitharan, Mrs. Cheng Perera and Cik Norjan bt. Othman. Well done team - and keep up the good work!

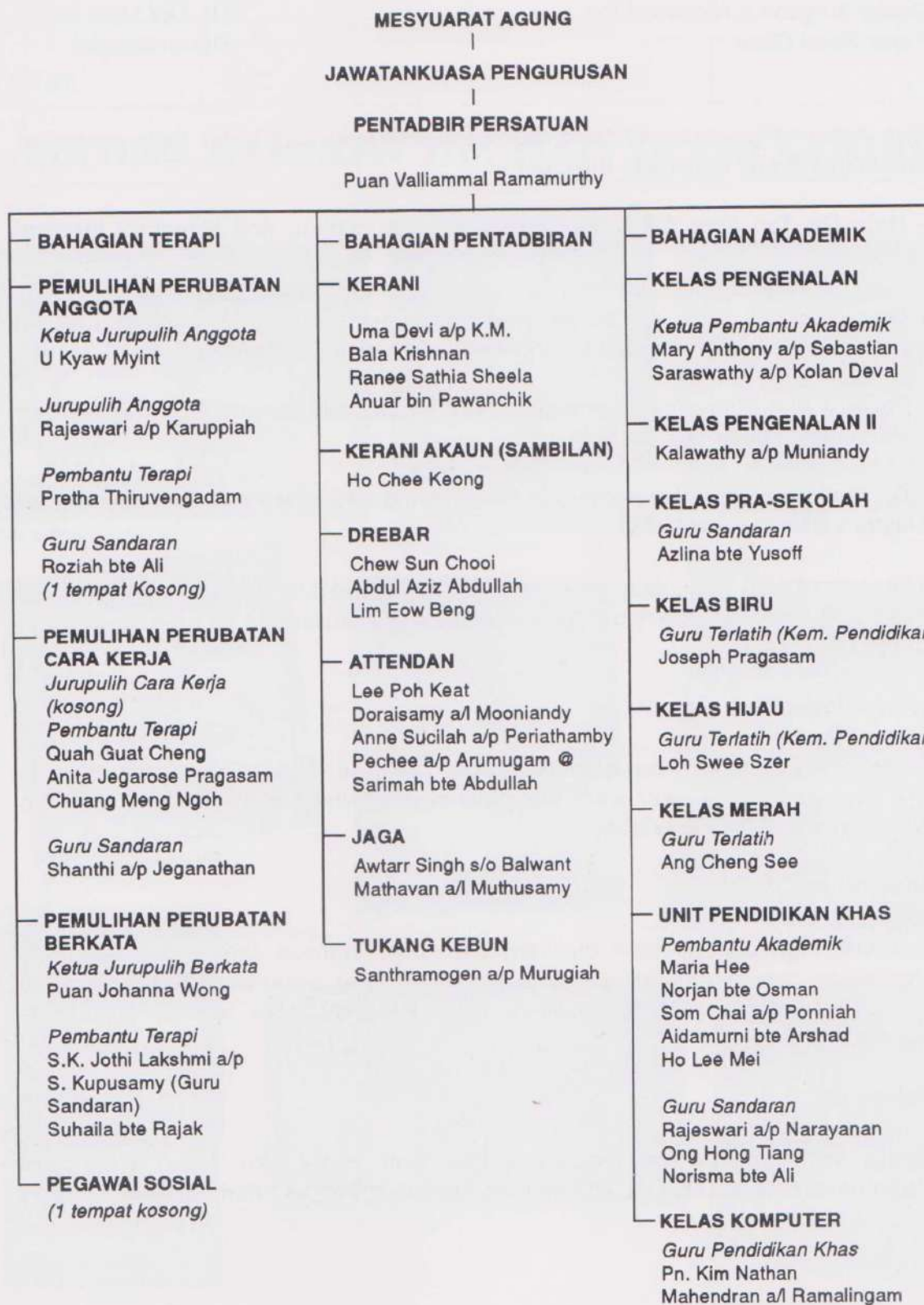
I would also like to mention here that ex-pupils who came to interact at the Centre once a month were given sports training during the year by Mr. Joseph, our teacher/sports master.

My sincere appreciation goes to all the staff for their contributions towards the continued development and success of the Centre. Your tireless efforts and

dedication are commendable.

Finally, gratitude is also due to the many foster parents, companies and generous individuals who have demonstrated their support for the Centre through donations and children's parties in 1994. Such contributions are not only necessary for the maintenance of the Centre, but also bring much happiness into the lives of the children.

In conclusion, it has been another busy but productive year and I would like to thank all who contributed in one way or another to the success of the centre in 1994.



MEDICAL

The Association is grateful to the following medical professionals who make up SCAP's panel of Honorary Consultants:

Dr. Samuel Easaw Neurologist	Dr. Fong Kheng Poh Orthodontist	Dr. Lim Huck Boon Ophthalmologist
Dr. Daljit Singh Nagreh Dermatologist	Dr. Santokh Singh ENT Surgeon	Dr. Adele Tan Paediatrician
Dr. Tan Chee Khuan Psychiatrist	Dr. Jamaludin Mohammed Orthopaedic Surgeon	Dr. Dan Giap Liang Paediatrician
Dental Surgeon & Nurses of the Perak Road Clinic		Dr. Lim Huat Bee Dermatologist

The Association also wishes to thank the following people for their continued commitment and service to the Centre:

- Dato Dr. Tan Ewe Aik a Trustee of the Association, and Honorary Medical Advisor.
- Mrs. Ong Kim Chye our nurse, who volunteers her time to maintain first-aid supplies and to look after health and safety issues at the Centre.
- Dr. Alex Lim Kheng Seng who provides free medical treatment for the children and medical check-ups for new staff.
- Dr. Yee Thiam Sun who provides free hearing assessments and treatment for children with ear problems.

The Association especially welcomes Dr. Dan Giap Liang (paediatrician), who has kindly agreed to carry out the initial medical assessment for all new referrals to the Centre.

New Admissions

Twenty new children were admitted to the Centre in 1994. Those who came in the later part of the year were fortunate in being the first to have a full Team Assessment upon admission.

Discharges

A total of eight children were discharged in 1994. Of these, three left on attaining the maximum age, one left at the request of a parent, three were discharged due to non-attendance and two children were integrated into special classes in normal schools.

Deceased

Sadly, two children passed away this year, Gary Wu Meng Huat and Sarveesvaree a/p Kaneran. Our sincere condolences go to their families.

As of 31/12/94 there were 125 children registered at the Centre as follows:

	MALE	FEMALE	TOTAL
MALAY	20	14	34
CHINESE	22	30	52
INDIAN	9	8	17
<hr/>			
THERAPY CLIENTS	11	11	22
<hr/>			
TOTAL	62	63	125

GETTING TO KNOW THE STAFF OF THE CENTRE



Special Needs Unit staff.



Preschool staff.



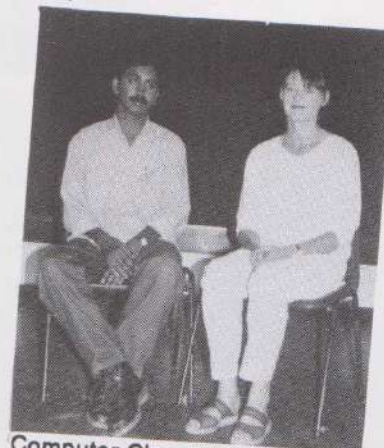
Occupational Therapy Department staff.



School Section staff.



Administrative staff.



Computer Class staff.



Speech Therapy staff.

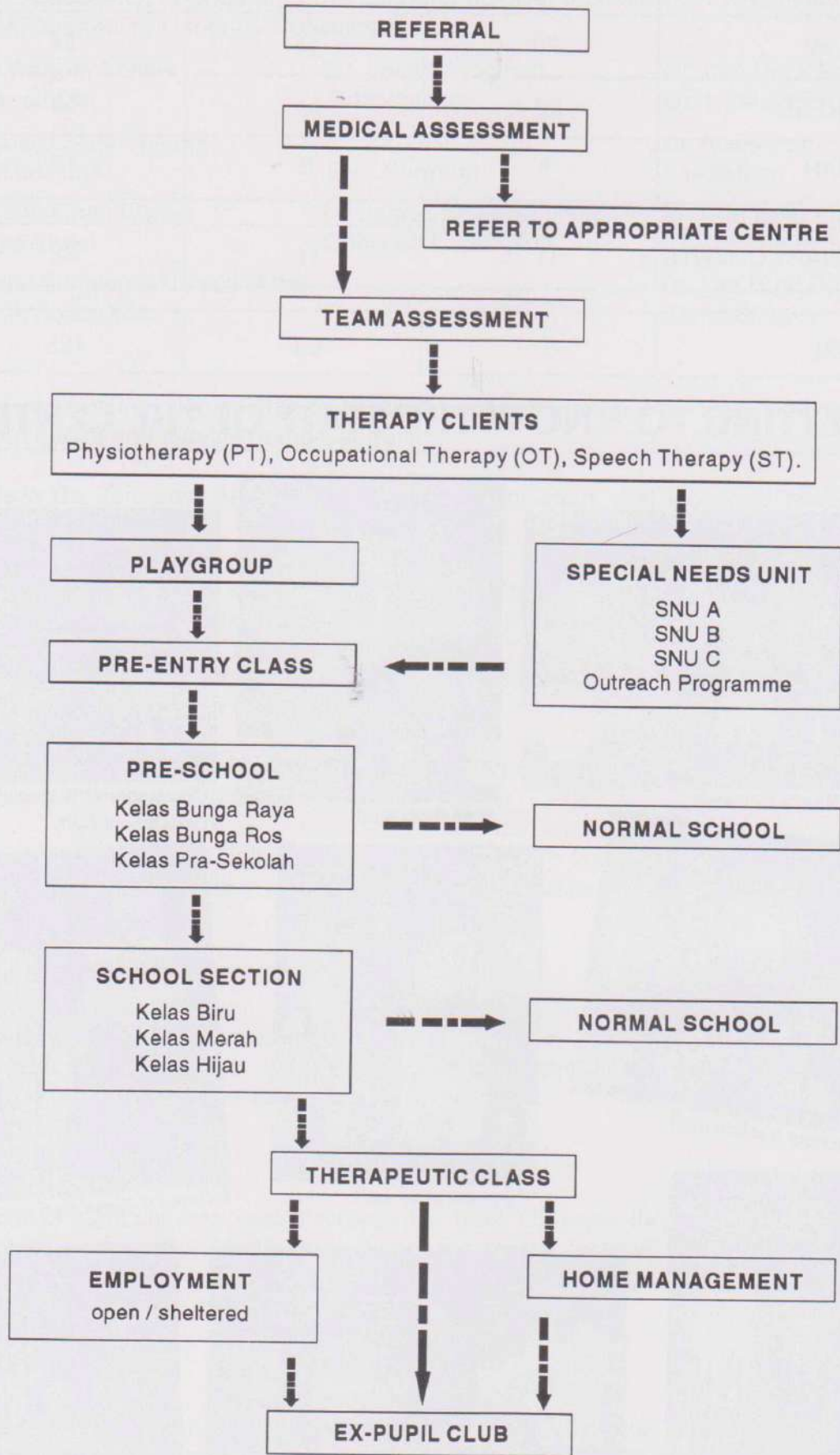


Centre Attendants.



Physiotherapy staff.

PROGRESS CHART



SCHOOL SECTION

There are fourteen students and they are divided into three classes. The main subjects taught are Bahasa Malaysia, English and Mathematics. Additional subjects include music, art and activities of daily living.

1/ Biru Class

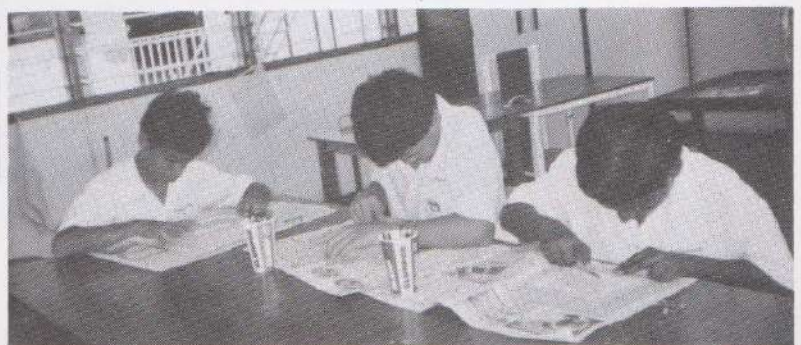
Consists of 4 students who are studying towards the UPSR examination.

2/ Hijau Class

Besides academic studies, activities of daily living are concentrated on. For example, cooking, personal hygiene and grooming, gardening and environmental awareness skills are taught.

3/ Merah Class

Students in this class follow the KBSR curriculum. They will be future candidates for the UPSR examination.



PRE-SCHOOL

Class Bunga Raya

This class caters for six children aged between four and six. Various activities are carried out and children are encouraged to learn through play and practical experience. There is a play house in the classroom which the children use for pretend play. Basic concepts of colour, shape and number are taught along with classroom learning skills.

Class Bunga Ros

In this class more advanced activities are carried out and academic tasks relating to reading, writing and mathematics are introduced. A normal kindergarten syllabus is followed in which the children learn to write the letters and numbers and to match words with pictures. There are eight children in this class aged between 6 and 10 years.

Pre-School

Subject teaching is introduced at this level and includes Bahasa Malaysia, English, Writing and Mathematics. Children are prepared either to integrate into normal schools or go to the School section. Children are encouraged to be independent through the teaching of self-help skills.

In all these classes individual programmes are done to meet the needs of each child. Special equipment, such as chairs and tables, are designed and provided when necessary. Children who are unable to write are taught to use electric typewriters. Teachers arrange for hearing and vision tests and home visits are made when necessary. Educational visits to supermarkets, wet markets, parks and other places of interest help to increase the children's awareness of the world around them.



PRE-SCHOOL AFTERNOON SESSIONS

Children attending afternoon sessions are divided into two groups depending on their abilities. They attend either Pre-Entry Class or Special Class which are held on alternate afternoons from Monday to Thursday.

Pre-Entry Class:

Children in Pre-Entry are taught skills necessary for their smooth transition later into the full time morning programme. Initially, areas such as concentration and attention are emphasised and teachers gradually introduce basic academic work as the term progresses. The teacher to child ratio is 1:2 ensuring individualised attention.

Children who require additional therapy are taken for individual physiotherapy, occupational therapy and/or speech therapy sessions. Multidisciplinary team reviews are carried out on an individual basis when necessary.

Special Class:

Special Class is made up of children with more severe disabilities, both physical and/or learning related. These children are taught skills appropriate to their needs and abilities on a one-to-one basis. Special Class also caters for several children with challenging behaviours.

Toy Library

Our toy library was revived this year with children from the three preschool classes sharing the toys available. The aims of the toy library are to encourage children to play with their able-bodied siblings and peers at home, and to provide developmentally appropriate educational toys.

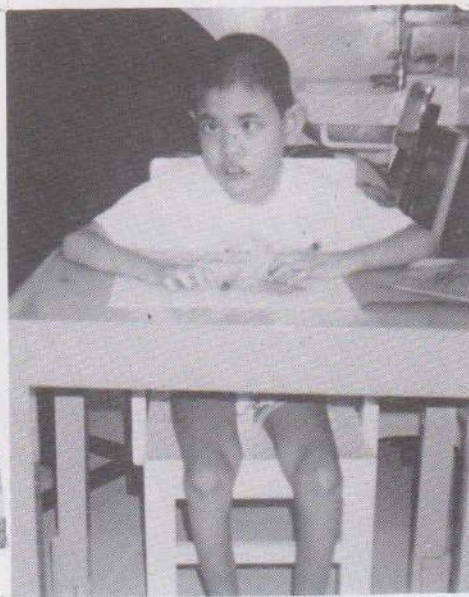


SPECIAL NEEDS UNIT (SNU)

The Special Needs Unit consists of three classes which cater for forty-five children with severe physical and/or learning disabilities, and an Outreach Programme for children who are unable to attend the Centre.

SNU classes A and B cater for younger children, while SNU C caters for those between eleven and eighteen years of age. The Outreach programme provides support and therapy to seven children through regular home visits.

Each of the SNU programmes aims to encourage children's awareness of and responsiveness to their environment through sensory stimulation activities. Children are also helped to acquire basic self-help skills. Most teaching is carried out on a one-to-one basis. The focus is on helping each child to achieve his/her maximum potential and several children have been able to move on to the Pre-School section from SNU.



THERAPEUTIC CLASS

Eight adolescents received training in the Therapeutic class. The aim of this class is to prepare the students for adult life emotionally, socially and physically and to develop independent living skills.

The emphasis has been on teaching vocational skills and taking in contract work which will help the students to find open or sheltered employment on leaving school. Practical skills are taught such as, sewing, basketry and domestic science.

This year there was more emphasis on teaching home management skills. These include cooking & baking, marketing, and household tasks, as well as personal skills such as dressing & grooming.

Once a week the students are given the opportunity to go to the Job Link workshop to interact with the employees there and to be introduced to contract work.

During mid-term a gardening session was introduced for the students. They planted a variety of fruits and vegetables which included papaya, tapioca, chilli, lady's finger, tomatoes and groundnuts. Students carried out the care and maintenance of the garden themselves including preparing the soil and weeding regularly, as well as taking part in the eagerly awaited harvest !



SPEECH THERAPY

Speech therapy is divided into five areas:

- Pre-verbal Skills.
- Receptive and Expressive language.
- Articulation.
- Augmentative Communication.
- Feeding Skills.

This year the Speech Therapy Department focused on the theme:

'Communication For All'

As a result of this, each student now has the form of communication best suited to his/her needs. Besides speech, other possible forms of communication include hand signs, object/picture boards, and electronic devices with voice output.

End of term speech and language assessments indicated that the majority of students achieved their speech and language goals for 1994. This was made possible only through teamwork between the parents and teachers involved and the Speech Therapy department.

The Speech Therapy department provided services for a total of sixty-one students during the year. This number comprised sixteen from the morning school, eleven from afternoon classes, seventeen from SNU and seventeen Therapy Clients.

The Speech Therapy department is grateful to Dr. Yee Thiam Sun of Choong Dispensary and to Mr. Derrick Chan of the Top Hearing Centre for their continued assistance through assessments and management of hearing aids respectively.

PHYSIOTHERAPY

A total of one hundred and seven students received physiotherapy throughout the year. From the School section there were twenty-seven in the morning and eleven in the afternoon. From SNU classes twenty-five came in the morning and thirteen in the afternoon. A total of twenty-four children were seen as Therapy Clients and seven were seen in their homes as part of the Outreach Programme (SNU).

This year SCAP employed an additional qualified physiotherapist along with two more assistants. This made the services provided by the Physiotherapy department more effective. The Outreach programme commenced at the beginning of the year and ran very smoothly despite the shortage of physiotherapists. Children on the Outreach programme were seen by the physiotherapist fortnightly.

Hydrotherapy was also introduced to SNU students twice a week. Nine children from the school section attended weekly swimming sessions at the USM pool. Among these students, one showed significant progress and was selected to participate in the 7th National Sports for the Disabled.

On 30/9/94, staff of the Physiotherapy department attended a seminar on wheelchair seating sponsored by Jay Medical Centre. Speakers at the seminar demonstrated ways to improve the seating posture of children with Cerebral Palsy.

Two new training aids were ordered this year, the first being the Tumble Form Feeder Seats and the second being the PST (Proximal Stabilisation Technique) Vest.

OCCUPATIONAL THERAPY



There were no changes in staff this year with Mdm. Cheng and Miss Shanti, continuing to give their best for the children at the Centre.

Children attending the morning pre-school sessions at the Centre are given individual Occupational Therapy for thirty minutes once or twice a week, depending on their needs. In addition, Miss Shanti takes the children for hydrotherapy in the pool once a week.

Group activities are carried out with SNU children to encourage social interaction. The Occupational Therapy department also caters for Pre-Entry children and Therapy Clients who attend afternoon sessions at the Centre. Parents of Therapy Clients are encouraged to participate during therapy sessions where they are shown appropriate exercises and play activities for use at home.

Our themes for the Occupational Therapy department during 1994 have been '*Independence*' and '*Posture Seating For All*'.

GIRL GUIDES

There are six students in the pack at present with one taking on the duties of the Leader. The Pack meets weekly on Tuesday afternoons from 2:00 - 3:45 pm. The Girl Guides undertake various activities including:

- Gardening ; hoeing and planting vegetables.
- Outings ; a visit to the Eden Centre.
- Craftwork ; sewing.
- Social Interaction ; dancing, singing and games around the campfire.
- Cooking ; simple meals and drinks.
- First Aid ; bandaging.
- Girl Guide Rules and Regulations.



SCOUTS

There are seven boys in the troop this year. They take part in all the regular activities such as:

- basic drills and marching.
- learning scout laws and promises.
- outdoor games.
- first aid knowledge.

We have opportunities to interact with able-bodied scout groups from other schools on occasions such as the annual campfire, and other similar events.



CUBS

This years pack consists of five boys. They are all aged twelve to fourteen years and one is in a wheelchair. Besides their regular activities the boys go on outings. This is to expose them to the surrounding environment. Our aim is to guide the boys into becoming good citizens who will be able to look after themselves when they grow up.



THE SCAP TEAM ASSESSMENT

This year saw the introduction of SCAP Team Assessments for new referrals to the Centre. The Team Assessments ensures a thorough evaluation of the strengths and needs of each new child so that he/she can be placed appropriately.

The team itself consists of staff (paediatrician and occupational therapists) from Penang General Hospital, as well as the head of each department within the Centre. Team members work together with the parents to assess the child across all areas of his/her development.

A Medical Assessment is carried out by the paediatrician prior to the Team Assessment. The aims of the Medical Assessment are to establish the diagnosis of CP, to obtain a medical history of the child and to ascertain his/her present medical status including the need for follow-up tests and/or treatment.

Team Assessments are held on alternate Fridays at 12:30pm and the procedure is as follows:

- The child is assessed by each therapist in turn, while the other team members and the parents look on.
- Following this, each team member's observations and recommendations are discussed with the parents. The results of the assessment are summed up and the parents are given a date for their child's first therapy appointment.
- Team members write up the Team Assessment summary together and make recommendations for placement of the child and any other necessary action to be taken.
- Team members then write up their own observations and make recommendations pertaining to their area of specialty eg, speech therapy. When the written assessment has been completed parents are also given a copy.

We are finding that as a result of the Team Assessments, children are being referred to the Centre at a younger age. This is an encouraging sign as early intervention is vital if children with CP are to have the opportunity to develop as 'normally' as possible.

THE NEGATIVE EFFECTS OF BEDREST

It is always assumed that the first thing to do in all illnesses is to put the patient to bed. The severity of an illness is then measured by the length of time spent in bed. In fact, bed rest is essential in the management of many illnesses. Doctors prescribe bed rest as part of their medical treatment. However, as with any other type of medication, we should be wary of overdose. The aim of this article is to show the possible results of too much bedrest and its negative effects on the patient.

As far as the rehabilitation of a disabled person is concerned, success or failure largely depends on the type of management the patient is given at home. This is because the amount of time he/she spends in therapy each day, either in a rehabilitation centre or in hospital, is only one or two hours, whereas the remaining twenty-two or twenty-three hours are spent at home.

Let us take cerebral palsy as an example: cerebral palsy is a non-progressive motor disability caused by damage to the brain. Although the damage is non-progressive, the clinical picture changes over time as the nervous system develops and the child matures. The main factors that contribute to the worsening condition of the child are, abnormal movements, incorrect postures and other related problems. Such problems will be intensified if the child is immobilised, i.e. put to bed, for long periods at a time.

Here are some of the possible negative side-effects of excessive bedrest:

Contractures and Deformities

A *Contracture* is a shortened muscle which prevents the full range of movement from being carried out at a joint. Over time, the muscles that keep a limb bent become shortened, so that the limb cannot straighten even when the muscles relax, and when this happens a *deformity* occurs. Therefore, a *deformity* is an abnormal position of the joint. One of the cause of *contractures* and *deformities* is too little movement or spending too much time in bed in one position.

Bedsore or Pressure Sores

The frequency and dangers of bedsores are well known. If a helpless patient is confined to bed for a long period there will be almost continuous pressure on bony points and it is here that the greatest risk of a bed sore developing lies. A large bed sore in a heavy patient, especially an incontinent one (i.e. unable to control the discharge of urine or faeces), is a major worry both to the family and to the patient himself.

Effect On The Muscular System

Muscle weakness, wasting and atrophy, are the main features of immobility. Certain muscles waste very quickly during a period of inactivity. This applies particularly to large, coarse-fibred muscles, for example, those around the buttock and front of the thigh. Sometimes the patient may have suffered a long and debilitating illness and the general musculature may be poor and weak. Some patients may have very tight muscles and they will be disinclined to move them. These muscles will soon suffer from disuse atrophy.

Effect On The Respiratory System

The maintenance of one position allows bronchial secretions to collect and stagnate in the base of the lungs. This in turn encourages the development of hypostatic pneumonia. Furthermore, a lack of exercise and diminished respiratory functioning, both the result of bedrest, prevent the re-expansion of collapsed or diseased lung tissue.

Effect On Bones

When bones are not used, the calcium drains from them and this degenerative process is known as 'disuse osteoporosis'. This can be a serious matter, especially in the elderly. Fractures (the breaking of a bone) are liable to occur and may take longer to heal. The absence of weight-bearing activity is another factor in this delay in the healing of the bone.

Effect On The Urinary Tract

The draining of calcium from the bones, as mentioned above, also causes an increased risk for the formation of urinary stones. Both kidney and bladder stones are sometimes due, in part, to bedrest. Much more common than this is retention of urine.

Effect On Blood Vessels

Thrombosis and thromboembolism, i.e., the formation and detachment of blood clots in the blood vessels which block blood vessels at many other places, are one of the most disabling effects of bedrest for middle-aged and elderly patients. The absence of leg movements means that venous blood, i.e., blood that is returning from the organs of the body, lacks the help from the muscles which normally aids its flow.

Effect On The Stomach-Bowel Tract

This area too is not immune to the negative effects of staying in bed. After a few days of minor dyspepsias, i.e., indigestion or an upset stomach, the appetite is often lost. Almost invariably constipation occurs. The causes are, firstly, the lack of muscular movement; secondly, if the patient is hospitalised, the change of environment; and thirdly and most importantly, the difficulties of discharging the bowel using a hospital bedpan.

Psychological Effects

I have already outlined some of the changes that can take place anatomically and physiologically as a result of extended bedrest. Besides these physical changes, prolonged inactivity causes a deterioration in morale. In other words we could call this the demoralising effect of staying in bed. At the start it may produce fussiness, pettiness and irritability. The patient may develop an exaggerated idea of the seriousness of his illness and think, "Surely I must be very ill if I am kept in bed?". At a later stage lethargy overcomes the patient. He may lose the desire to get up, and even resent the efforts of others to rouse him.

Insomnia and restlessness at night are also not uncommon in these patients; especially if they are in hospital. They lie in bed with nothing much to do and tend to take frequent short naps. Too much sleep during the day means too little sleep at night. I am sure that the many hours spent dozing on and off encourages mental confusion and is far less beneficial to the patient than a few hours of deep sleep.

These are only the more common side effects of prolonged bedrest, there are many that have been omitted. I have not mentioned aspects such as children missing out on their education while bedridden, or the potentially hazardous dust from bedmaking etc.

My objective has been to indicate some of the negative effects of prolonged bedrest. Think of a patient lying in bed for an extended period. What a pathetic picture he makes if we allow the above side effects to occur. We should find ways and means to prevent and alleviate these effects as far as possible. This can be achieved by placing more emphasis on physiotherapy, occupational therapy, speech therapy and special education to prevent these complications from arising.

KYAW MYINT
(Physiotherapist)

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ANUGERAH TOKOH WARGATUA DAERAH TIMUR LAUT, PULAU PINANG

Nama : Encik Law Joo Keun *AMN, PKT, PJK.*
 Tarikh Lahir : 18.12. 1922
 Tempat Lahir : Georgetown, Pulau Pinang.
 Pendidikan : Senior School Certificate
 Pekerjaan : Ahli Perniagaan



Latar Belakang Keluarga:

Encik Law Joo Keun adalah merupakan anak tempatan Pulau Pinang yang kini telah berusia 72 tahun. Mendirikan rumahtangga dengan Puan Cheah Gan Suat pada 5.6.1948 dan berkekalan hinggalah sekarang. Hasil perkahwinan ini beliau memperolehi 3 orang anak, 2 perempuan dan seorang lelaki. Anak sulung beliau kini menetap di New Zealand menjalankan perniagaan di sana. Anak kedua bertugas sebagai 'Ticketing Officer' dengan Syarikat Penerbangan S.I.A. manakala anak bungsunya yang berkelulusan Ijazah Pengurusan Perniagaan di Universiti di England, kini bertugas sebagai Eksuketif Pentadbiran di Syarikat EON, Pulau Pinang.

Beliau telah berjaya mendidik anak-anaknya ketahap kejayaan yang membanggakan dan dapat mengekalkan keharmonian ahli keluarganya. Dua dari tiga anaknya tinggal bersama disamping tiga orang cucunya.

Penglibatan/Sumbangan Terhadap Masyarakat:

Penan semasa mudanya aktif dalam bidang sukan terutamanya badminton dan bola sepak dan juga permainan-permainan lain. Pada usia tuanya beliau masih aktif mencurahkan khidmat baktinya dalam kerja-kerja sukarela didalam sembilan pertubuhan sukarela di negeri Pulau Pinang ini dengan memegang jawatan penting, kebanyakannya sebagai bendahari. Kepercayaan yang diberi ini menunjukkan beliau adalah seorang yang boleh di pertanggungjawabkan dan dapat menjalankan tugas-tugasnya dengan penuh wibawa dan didikasi. Diantara pertubuhan yang dianggotainya:-

Nama Pertubuhan/Persatuan	Jawatan	Tempoh
a. Persatuan Kanak-Kanak Sepastik P.P.	Bendahari	1972 - kini
b. Majlis Kebajikan Perempuan P. Pinang.	Bendahari	1992 - kini
c. Rumah Amal Cheshire.	Bendahari	1992 - kini
d. Persatuan Pemulihan Orang Cacat Negeri Pulau Pinang.	Bendahari	1986 - kini
e. Pengerusi Rukun Tetangga Sektor Taman Guan Joo Seng.	Pengerusi	1976 - kini
f. Persatuan Peranakan Cina P. Pinang.	Pengerusi Bendahari	1987 - 1990 1992 - kini

- | | | |
|--|-----------|-------------|
| g. Majlis Kebajikan Masyarakat Negeri. | Bendahari | 1982 - kini |
| h. Ahli Majlis Tribunal Perkahwinan Daerah Timur Laut. | AJK | 1982 - kini |
| i. Persatuan Wargatua Pulau Pinang. | AJK | 1988 - kini |

Dengan tugas-tugas dan tanggungjawab yang telah dijalankan beliau telah di beri penghargaan dengan pingat-pingat iaitu AMN., PKT., dan PJK.

Encik Law telah dipilih sebagai Wargatua Negeri 1994. Beliau terpilih didalam 5 daerah.

Anugerah cemerlang ini dikurniakan oleh T.Y.T. Yang di Pertua Negeri Pulau Pinang pada 23hb Oktober 1994 di majlis makan malam yang diadakan di Hotel City Bayview.

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CHARITY DINNER



The Charity Dinner 1994 Sub-Committee.



Dato Alex Lee being presented with his corsage by Mrs. Lee, while SCAP president Dr. Denis Mark Lee looks on.



Members of the organising committee relaxing at the Charity Dinner.



Dato Alex Lee, Timbalan Menteri Perpaduan Negara Dan Pembangunan Masyarakat, delivers his welcoming address at the Charity Dinner.



Mr. Vincent Tan Hwei Meng, organising Chairman for the Charity Dinner, presents his opening address.



The St. Xavier's School bagpipers welcome guest of honour, Dato Alex Lee, and his entourage to the Charity Dinner.

PRIME MINISTERS QUALITY AWARD



Officials for the Prime Minister's Quality Award observe staff and students at work during their visit to the Centre.

TEACHERS DAY



Teachers Days celebration.

FOSTERING



Representatives from the Lions Club, Georgetown Chapter, foster student Syahril Yusmar.

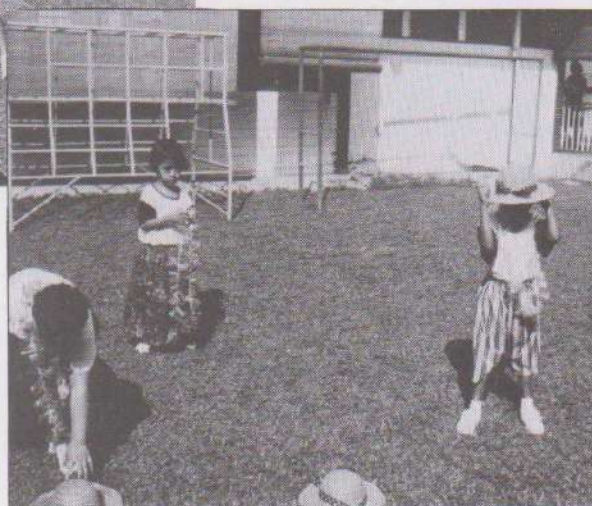


Representatives from M.B.A. foster students Kim Huat, Beng Heng & Christine.



Ms. Jenny Kam and Pn. Valliammal receive a donation from HOPE Foundation.

SPORTS DAY



Students participating in some of the fun-filled events held on Sport Day.



Horse riding at Impiana - with a helping hand from the AWA volunteers.



SCAP's team for the national Sports For the Disabled held in J.B.

PARENTS DAY



Xin Xi receives her prize from En. Abdul Hamid Abu Hassan, of the Education Department on Parents Day.



Preschool students all ready to present their item for Parents Day.



School section students presenting a short drama on Parents Day.



...and also miming actions for the Seven Dwarve's theme song, "hi ho, hi ho".

FAMILY DAY



Family Day at Hong Leong Finance, Burmah Road.



Celebrating Family Day together with the Penang Youth Orchestra at 20 Leith Street.



Fun and games on Family Day; The Tug-Of-War and the Giant Walk, coached by Cik Norjan!

OTHER ACTIVITIES



Students from Therapeutic Class learn about oral hygiene with the help of a dental nurse from the Perak Rd. clinic.



Hooi Gek celebrates her 15th birthday at the Centre, as her friends look on.



Jonathan, Phaik Hoon and Saravanaan experience a trishaw ride at the Lantern Festival.



Mrs. Diana Leong demonstrates the use of the MAST skills assessment kit.



Participants of the MAST training course, held at PDC, present a certificate of appreciation to their course leader Mr. Robin Cooke.

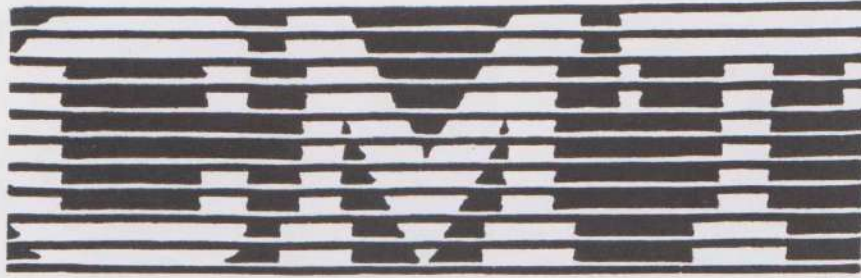


Therapeutic Class Students present the N.Z. High Commission Mr. Hannah and his wife with a sample of their cross stitch.

2ND NATIONAL SEMINAR



Staff and committee members from SCAP during with Mr. Thiagaraja at the 2nd National Seminar on cerebral palsy held in J.B. in October.



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Persatuan Kanak-Kanak Cerebral Palsy, Pulau Pinang
(The Cerebral Palsy Children's Association of Penang)

Penaung : T.Y.T. Yang Di Pertua Negeri Pulau Pinang

425, Jalan Mesjid Negeri, 11600 Pulau Pinang, Malaysia.
Tel: 04-6570160 Fax: 04-6563066

**WOULD YOU LIKE TO
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Children with cerebral palsy need intensive therapy and education from a young age.

Services provided by the Centre include diagnosis & assessment, pre-school and primary education, speech therapy, occupational therapy, physiotherapy, a special needs unit and a home-based Outreach Programme.

Our aim at SCAP (The Spastic Children's Association Of Penang) is to enable children with cerebral palsy to make the most of their abilities so that they can go on to lead full and independent lives.

All of these services are provided by the Centre **free** of charge.

One way in which you or your company can help is by participating in our **Foster Appeal**.

By fostering, you enable a child with cerebral palsy to reach his or her potential through the services provided by SCAP.



YES, I/WE WOULD LIKE TO FOSTER A CHILD WITH CEREBRAL PALSY.

Foster Appeal

Spastic Children's Association of Penang
425 Jalan Mesjid Negeri, 11600 Penang.
Tel: 6570160 Fax: 6563066

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