



LAPORAN TAHUNAN ANNUAL REPORT

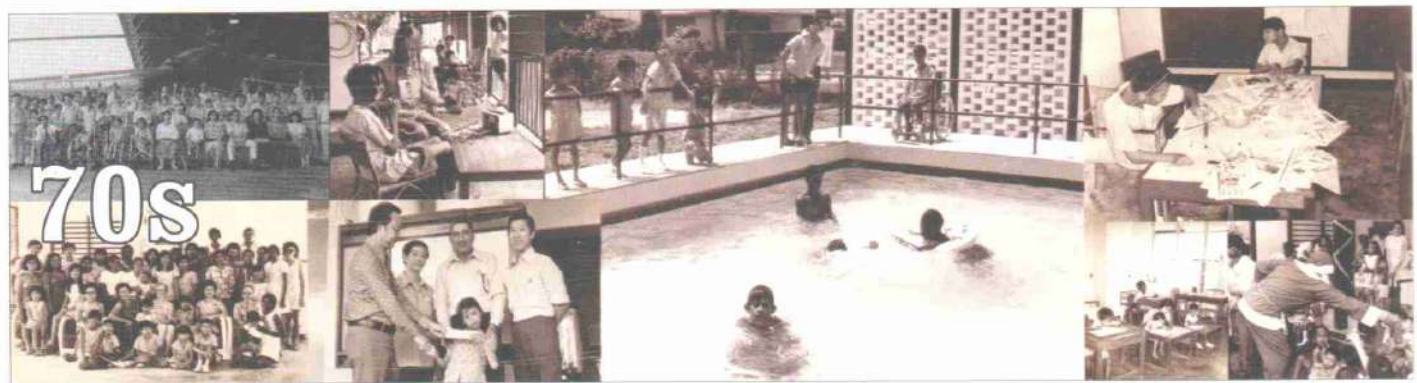


GOLDEN JUBILEE 1962 - 2012



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

Penang : T.Y.T Yang Di Pertua Negeri Pulau Pinang
425 Jalan Mesjid Negeri, 11600 Pulau Pinang, Malaysia. Tel: 04 6570160 Fax: 04 6563066
Email: jmn425@streamyx.com

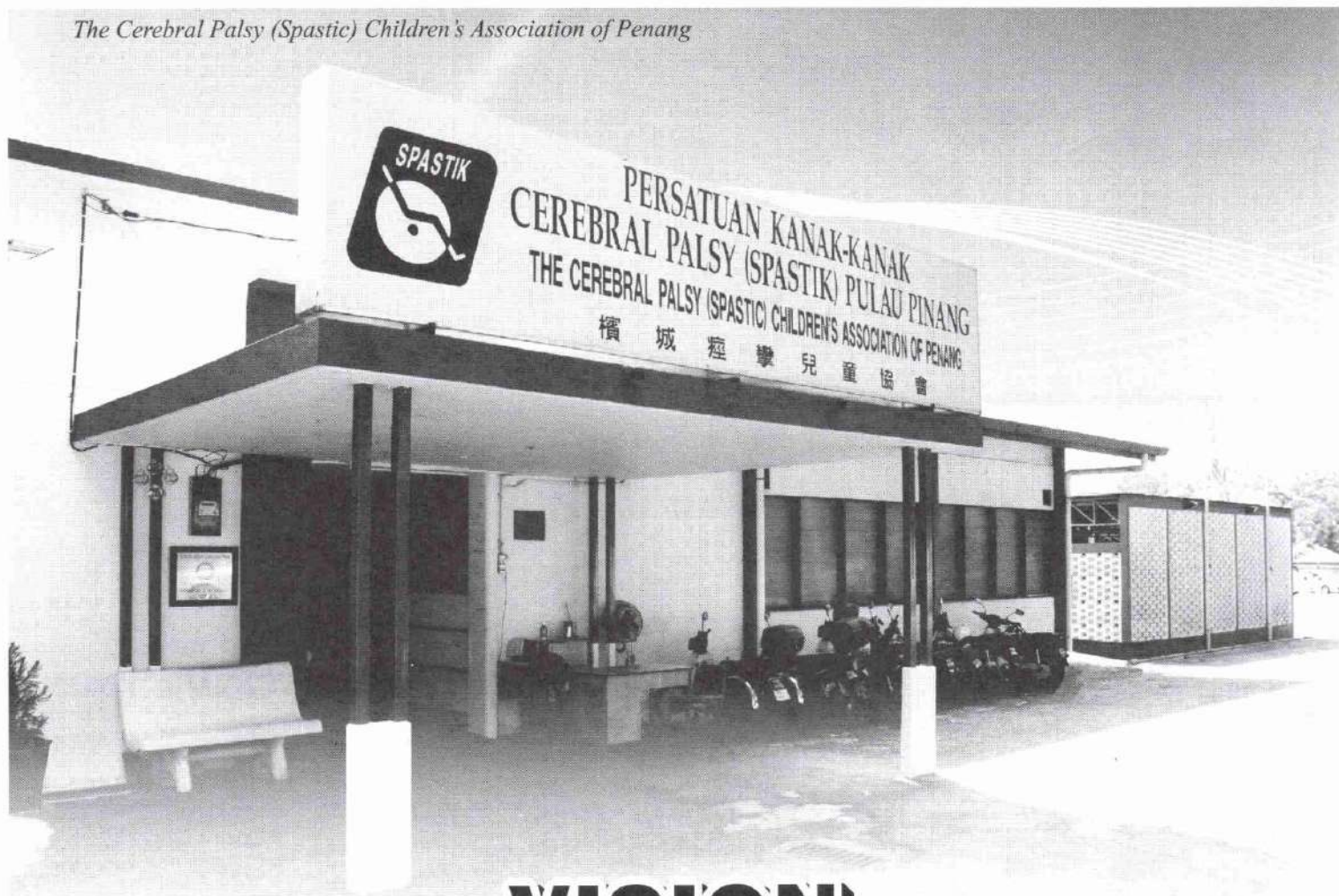




OUR PATRON



**TUAN YANG TERUTAMA
TUN DATO' SERI UTAMA (DR) HAJI ABDUL RAHMAN BIN HAJI ABBAS
DMK., SMN., DUPN., SPDK., DP., DMPN., DJN.,
YANG DI-PERTUA NEGERI PULAU PINANG**



VISION

- To establish The Cerebral Palsy (Spastic) Children's Association of Penang as a Centre of Excellence in the State of Penang.
- To develop independence, confidence & self-esteem of individuals with cerebral palsy and help them achieve their full potential.

MISSION

- To inspire and empower children and young adults with cerebral palsy through a range of policies and service provisions to enhance their individual skills and knowledge which will give the opportunities to exercise their constitutional rights and lead a life of self-sufficiency with dignity.
- To harness all available qualified personnel to provide the best services, training and Special Education Programmes incorporating the latest technology to enable individuals with cerebral palsy to be integrated effectively into the community.

PRESIDENT'S REPORT



Fifty years ago, the Cerebral Palsy (Spastic) Children's Association of Penang was set up in the State. The centre officially opened its door on 29th August 1962. Since that humble beginning, the Centre has been providing a comprehensive and wholesome service to its students.

To commemorate 50 years since its establishment, the Centre held an Open Day in June, a Charity Walk-Jog-Wheelathon event in September and the official opening of its solar heated swimming pool which made the Centre the first NGO in Penang to have such a pool. To culminate the 5 decades of service, a Charity Dinner was held at Bayview Beach Resort in November 2012. The pleasant surprise visit of Datin Paduka Rosmah Mansor wife of YAB Prime Minister to the Centre on 18th December 2012 was a befitting way to end the Golden Jubilee celebrations.

In addition, a 60 page commemorative book which chronicles the events and documents its history that have shaped the Centre into the role that it is today was published. Through stories accompanied by historic and present day photographs, this book illustrates the centre's standing mission to effectively integrate students with cerebral palsy into society.

The Centre has been able to provide excellent services to the children for the past 50 years due to the foundation and good work laid down by my Predecessors and their Committees. I am sure that the Spastic Children's Association of Penang will continue for many more 50 years of services with the commitment and love of my Management Committee, teachers, staff, parents, supporters, donors, advisors, consultants and our beloved Patron TYT Governor of Penang.

Thank you for your support, cooperation, commitment and motivation to the Centre. Most important is your love and care for the children that keeps us going to provide the best for the children who steps into the Centre to receive them.

Warmest wishes,

A handwritten signature in black ink, appearing to read 'NG FOOK ON', written in a cursive style.

NGFOOK ON
President

Management Committee



Mr. Ng Fook On
PJK, PJM
President



Puan Latiffa Abdul Rahman
PKT, PJK, PJM
V. President



Mr. Tan Leong Theng
PJM
V. President



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



Mr. Cheah Keat Kok
V. President



Ms. Ong Siew Guat
Hon. Secretary



Mr. Nutan B. Shah
PJK
Hon. Treasurer



Mr. Saw Hock Eng
PKT, PJK, PJM
Imm. Past President



Mr. Vincent Lai Kong Leng
PJK, PJM



Mr. Yeoh Kean Lai



Datin Vivienne Tneh Choo Heong



Professor Muhamad
Bin Jantan (PhD)



Mr. Khoo Chye Poh
PJM



Ms. Jenny Kam Phaik Har
PJK, PJM



Mr. Foong See Yoke
PPN, PK, PKT, PJK, PJM



Mr. Bobby Ang Choo Ming (FMI Arb)
PJM

Trustees



Dato' Dr. Denis Mark Lee
DSPN, JP, PJK



Mrs. Chan Kok Swee
PJK



Mr. Saw Hock Eng
PKT, PJK, PJM



Mr. Ng Fook On
PJK, PJM

Honorary Advisors



En. Zulkifli Bin Ismail
Pengaruh Kebajikan Masyarakat Negeri



Tuan Haji Ahmad Tarmizi Kamaruddin
Pengaruh Jabatan Pelajaran Negeri



Mr. Cecil Rajendra
Legal Advisor



Dr. Alex Lim Kheng Seng
Medical Advisor



Dato' Dr. Yee Thiam Sun
DSPN, KMN, DJN, PJM
Medical Advisor



Dr. Dan Giap Liang
PKT
Paediatrician

Honorary Consultants



Dr. Vigneswari Ganesan
Paediatric Neurologist
Hospital Besar Pulau Pinang



Dato' Dr. Lim Huat Bee
DSPN, DJN, PJK
Dermatologist



Dr. Parameshwaran
Consultant Orthopaedic and Spinal Surgeon
Gleaneagles Hospital, Penang



Ir. Vincent Tan Huei Meng
DJN, PJK
Engineer



Ir. Tan Yeow Joo
Engineer

ADMINISTRATOR'S REPORT



The year 2012 was a year of Golden Jubilee for the Spastic Children's Association of Penang (SCAP) and we paid tribute to a group of dedicated professionals together with the Rotary Club of Penang who relentlessly pursued the cause which led to SCAP being established in 1962. From its humble beginning, overcoming challenges and with a strong patronage and support from well wishes, SCAP had transformed into a holistic centre to assist and guide children and young adults with cerebral palsy.

To commemorate fifty years of love and commitment, SCAP had outlined various activities throughout the year. On 19 May 2012, SCAP celebrated its Open Day tracing the nostalgia journey of

SCAP together with the public. Our guest of Honour Y B Tan Sri Nor Mohamed Yakcop Minister in the Prime Minister's Office was very touched by the children's programme and donated RM10,000.00 to the centre. Our founder member Dato Saleena Yahaya also made a monetary contribution.

To encourage public participation we organized a "Walk, Jog and Wheel with Us" event from the Youth Park to the Botanical Gardens. Our past president Mrs Chan Kok Swee flagged off the event and RM150,000.00 was realized through the Walk.

To mark the close of our 50th Anniversary celebration a Grand Charity Dinner was organised under the main sponsorship of Bayview Group of Companies. The management committee invited all the people who were their pillars of support throughout their journey in creating a better future for the children with cerebral palsy. Their continuation to serve another 50 years with love and commitment will inspire a new face of transformation.

I am sure with a dint of hard work and thinking out of the box, the management committee together with all the staff would take the Association to greater heights and celebrate many more anniversaries with new programmes to meet the growing needs of the children.

My heartfelt thanks to all those who have contributed in making 2012 a memorable year at SCAP.

Thank You and God bless

A handwritten signature in cursive script that reads "Valliammal".

Valliammal Allagappan
Administrator

Members of The School Board

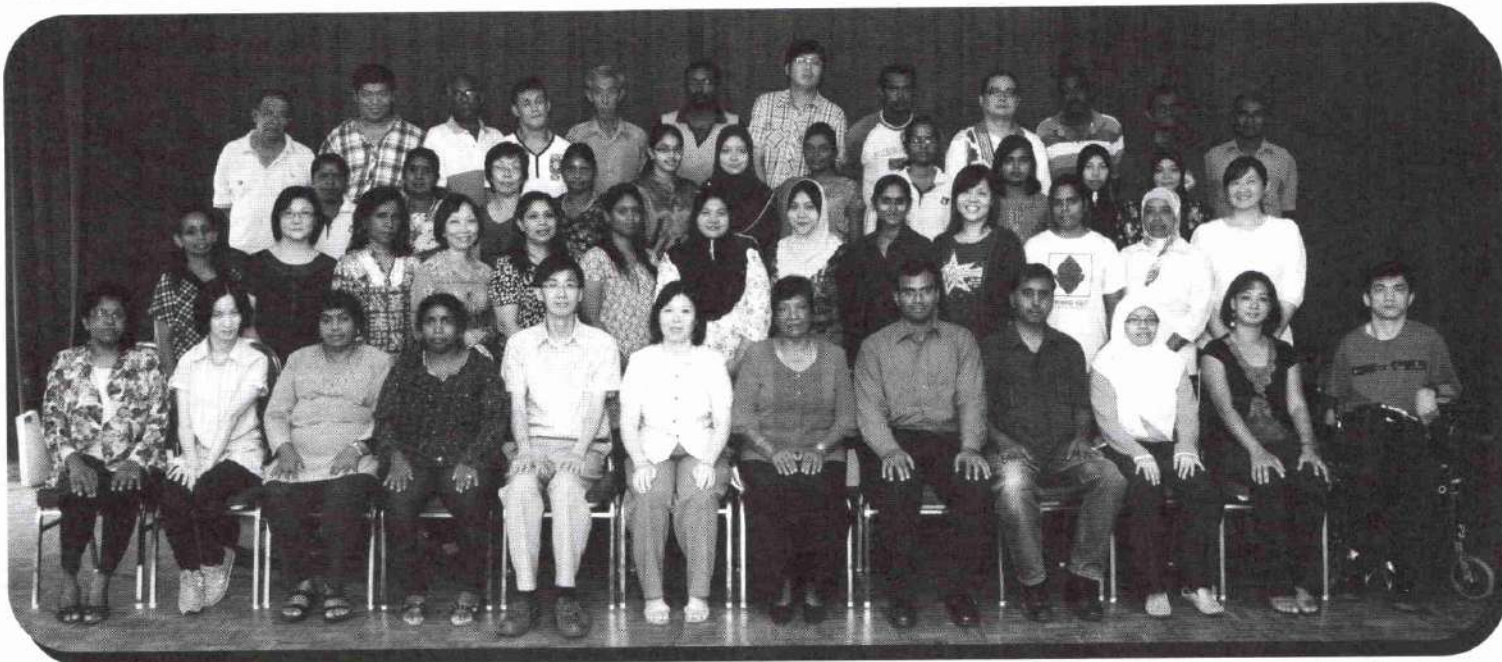


Standing from Left : Mrs. Lillian Kam Chiok Hoon (Parent), Mrs. Kalavali Rathnam (Parent), Ms. Valliammal a/p Allagappan (Secretary).

Sitting from Left : Puan Latiffa Abdul Rahman (Management Committee/Parent),
Puan Noraziana binti Ibrahim (Rep. from Jabatan Kebajikan Masyarakat),
Mr. Khoo Yeoh Gan Hong (Chairman), Ms. Ong Siew Guat (Hon. Secretary/ Ex-Officio),
Mr. Nutan B. Shah (Hon.Treasurer/Ex-Officio)

Absent with apologies : Rep. from Jabatan Pendidikan Khas.

Staff



Sitting from Left: Mdm Anita Pragasam, Ms Koh Yin Tsang, Mdm Uma Devi Balakrishnan, Mrs Shanthy Ravindran, Mr Teng Wei Ping, Puan Mazah Ismail, Ms Valliammal Allagappan, Mr Santosh Kumar, Mr. Mahendran Ramalingan, Puan Shariza Mohd Subky, Puan Norjan Osman, Mr Teh Kar Wei

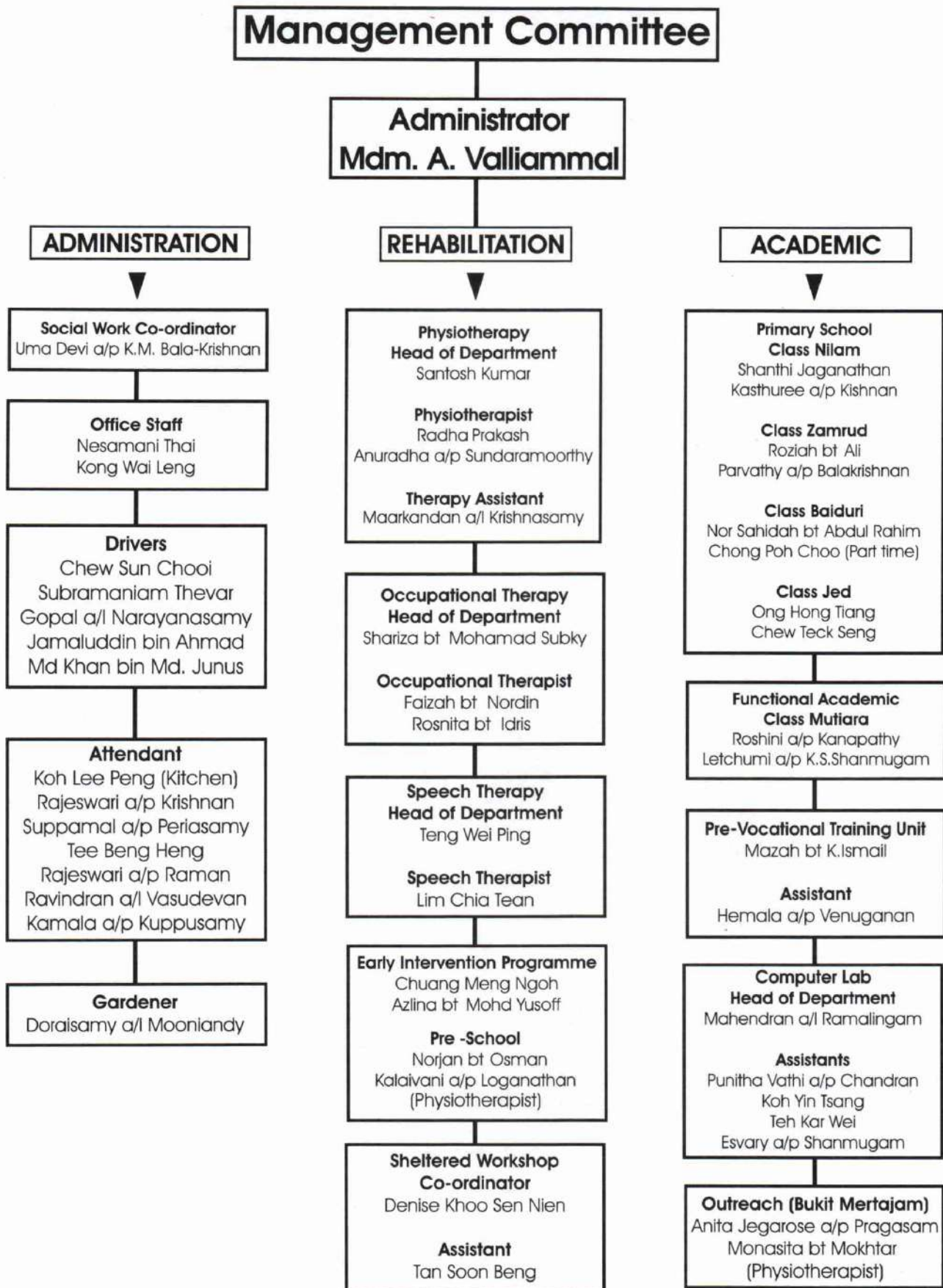
1st Row Standing Left to Right : Mrs Letchumi Selvam, Mdm Cynthia Kong, Ms Nesamani Thai, Mrs Diana Leong, Ph.Azlina Mohd Yusoff, Mrs Parvathy Balakrishnan, Puan Nor Sahidah Abdul Rahim, Cik Monasita Mokhtar, Mrs Kalaivani Loganathan, Ms Kok Lee Theng, Mrs Radha Prakash, Cik Roziah Ali, Ms Denise Khoo Sen Nien

2nd Row Standing Left to Right: Mrs Kamala Bala, Ms Suppamal Periasamy, Mdm Chong Poh Choo, Mdm Rajeswari Krishnan, Ms Hemala Venuganan, Cik Faizah Nordin, Ms Kasthuree Kishnan, Ms Anuradha Sundaramoorthy, Mrs Punitha Vathi Kumaresan, Cik Rosnita Idris, Puan Saimiah Ibrahim

3rd Row Standing Left to Right : Encik Jamaluddin Ahmad, Mr Tee Beng Heng, Mr Gopal Narayanasamy, Mr Tan Soon Beng, Mr Chew Sun Chooi, Mr Maarkandan Krishnasamy, Mr Chew Teck Seng, Mr Ananthan Jeyebalan, Mr Ong Hong Tiang, Mr Doraisamy Mooniandy, Mr Ravindran Vasudevan, Mr Subramaniam Karuppiah

Absentees : Mrs Rajeswari Bala Chandran, Ms Koh Lee Peng, Ms Esvary Shanmugam, Ms Roshini Kanapathy

Organizational Structure



MEDICAL

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

Dato Dr. Lim Huat Bee
Dermatologist

Dental Surgeon & Nurses
from the Ministry of Health

Dr. Vigneswari Ganesan
Paediatric Neurologist

Dr. Parameshwaran
Orthopaedic Surgeon

The Association also wishes to thank the following people for their continued commitment and services to the Centre.

- Mrs. Ong Kim Chye, our nurse, who volunteers to maintain first-aid supplies and to look after health and safety aspects of the Centre.
- Dr. Alex Lim Kheng Seng who provides free medical treatment for the children and medical check-up for new staff.
- Dato Dr. Yee Thiam Sun who provides free hearing assessments for children with hearing problems.
- Dr. Dan Giap Liang (Paediatrician) who carries out initial medical assessment for all new referrals to the Centre

CONDOLENCES

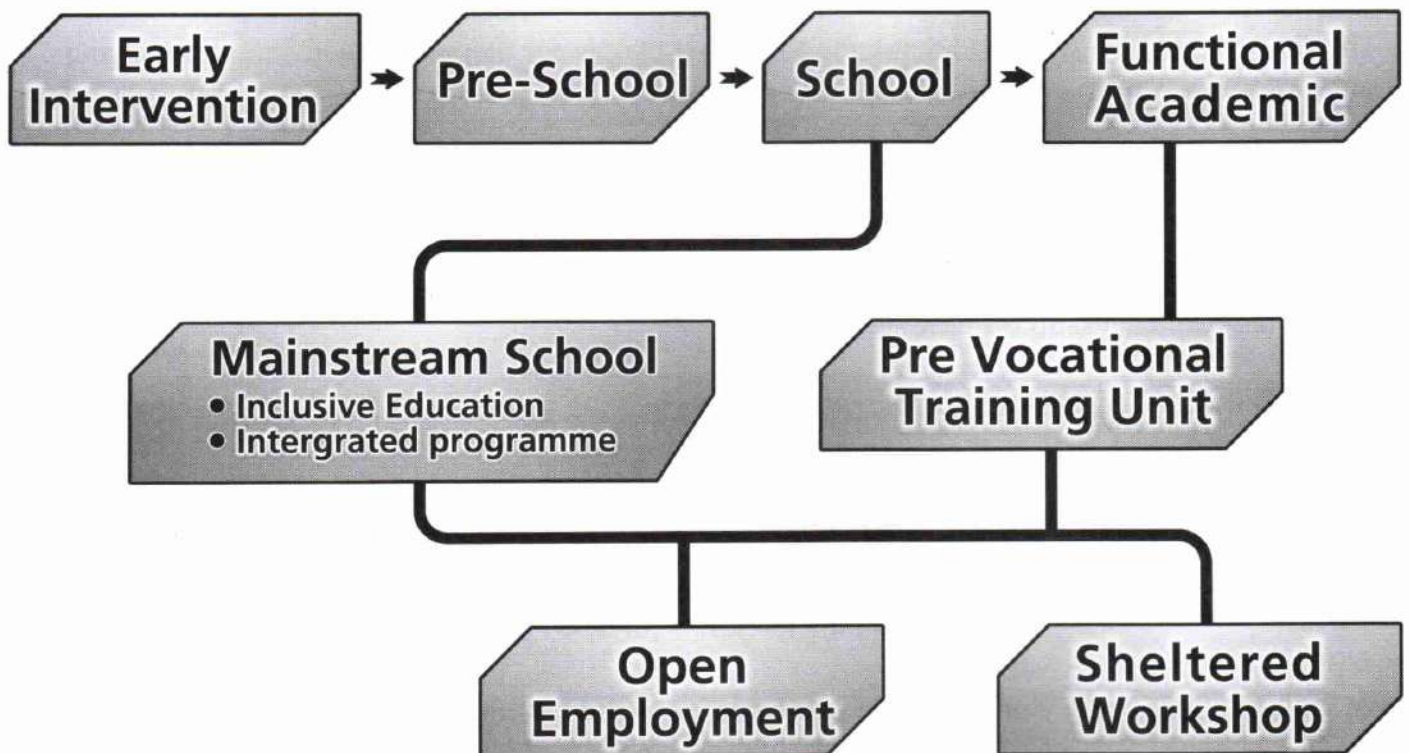
We would like to convey our heartfelt condolences to the families of

1. Mohd. Azwan Zifry who passed away on 27-7-12.
2. Patricia Koh Ai Lin who passed away on 17-10-12.
3. Muhammad Faiq Muizzuddin who passed away on 19-10-12.
4. Chew Lay Khoon who passed away on 6-11-12.

STATISTICS AS ON 31-12-2012

	MALE	FEMALE	TOTAL
MALAY	30	19	49
CHINESE	59	30	89
INDIAN	9	4	13
TOTAL	98	53	151

EDUCATION



At The Cerebral Palsy (Spastic) Children's Association of Penang we believe education is for ALL. It is the right of every child, regardless of their abilities or disabilities to education. All children are educable although they may learn at different rates and level. To facilitate the different learning styles, there is flexibility in the curriculum, modifications and adaptation in the teaching and learning methods.

EARLY INTERVENTION PROGRAMME (EIP)

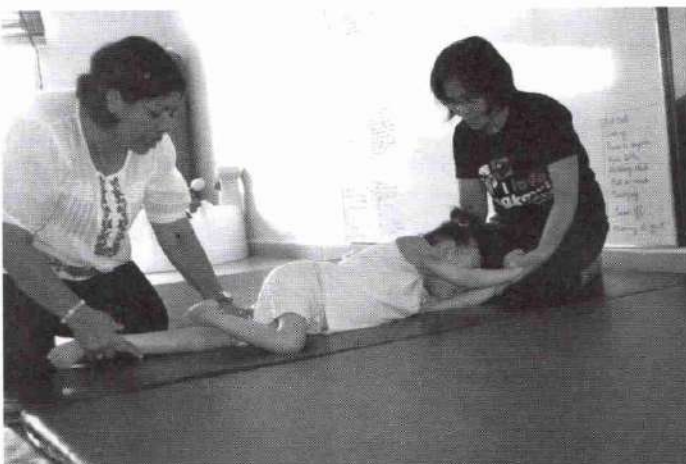
A total number of 8 children are attending the Early Intervention Programme(EIP). The age range of the children in EIP class is between one month to four years old.

The programme incorporates the concept of Conductive Education which emphasizes on daily practical experiences such as walking, toileting, hand functional skills, grooming, task series (physical movement) and cognitive skills. All programmes are done in rhythmical intention learning

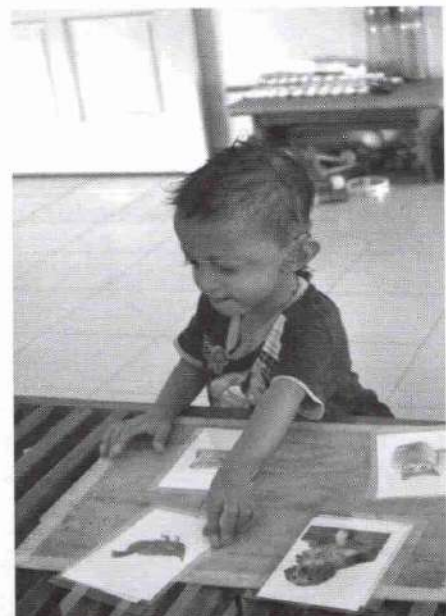


method by which the children use language and sings with action to encourage them to participate actively. All the tasks learned are analyzed and broken down into a series of smaller steps. These small steps are continuously practiced and the incorporated into entire task. Tasks are viewed as a teaching tool, not a set of exercises. It is the most effective way to achieve the goals. Parents and caregivers are encouraged to carry out the activities at home after observing and participating in the sessions in the classes.

During independent walking activity, Israq is encouraged to pass the flashcards to the teacher.



Jacelyn being facilitated during the rolling activity.



Matching the pictures



Children are being assisted by teachers, parents and caregiver during the music and movement session



Sensory Activity - Foam Play

PRESCHOOL

The Pre-school section has an enrolment of 14 students. They are conducted in the group which base on the conductive education programme which holistic approach. Holistic approach means that everything in life the total functioning of individual, personnel development and social organization, is seen as interdependent interconnected, multi levelled interacting and cohesive.

The group motivates the children:

1. Complete task
2. Encourages accomplishment
3. Support
4. Confident
5. Effort

Aims of conductive Education:

1. Functional skills
2. Responsibility
3. Socialization
4. Independence
5. Improve postural control



How does the conductive education work?

The brain is amazing organ capable to creating new pathway in spite of significant damage. Conductive Education recognizes the fact that a damaged brain requires a commitment of significant in order to learn new pathways. Just as we recognize our children must commit several hours a day to their academic education. The success of conductive education follows from fact that the damage brain always has vast residual capacity and this can be mobilized with approach method Movement, speech and mental abilities are simultaneously development. This is founded on the

theory that the child with a motor disability develops and learns in the same way as able-bodied children do through assimilation. For the child with CP, this must be taught as a skill.



A A parent teaching her son to use the sand tray to trace the numbers.

B Guiding the child to use ladder frame for walking.

C Nature walk during cultural subject.

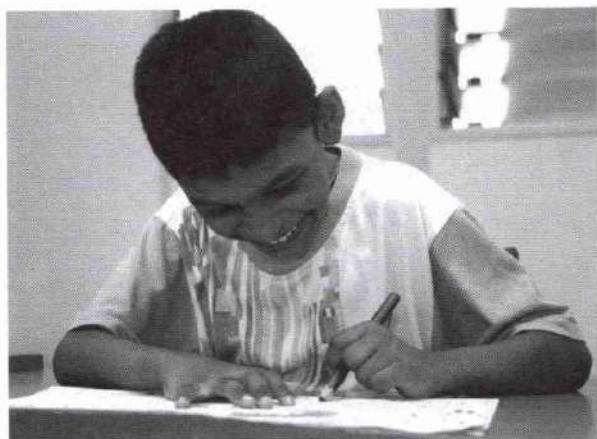
D A brief explanation by teacher on the items collected during the nature walk.

PRIMARY SECTION Kelas Nilam

Kelas Nilam students follow the regular syllabus of Kindergarden and Primary year one. Individual lesson plan has been designed specially for all the students in the classroom to meet the needs of each student. The classroom lesson has been conducted in big group teaching and one to one lesson. The students learn through play and practical experience carried out during the lesson. They are also encouraged and exposed to various types of group activities, such as hydrotherapy, educational outings, celebrations, creative arts, music and movements. These activities enhance their social development, interaction and as well as their academic development.



Cynthia: "Thank you mummy for helping me to stake in the rings!!!"



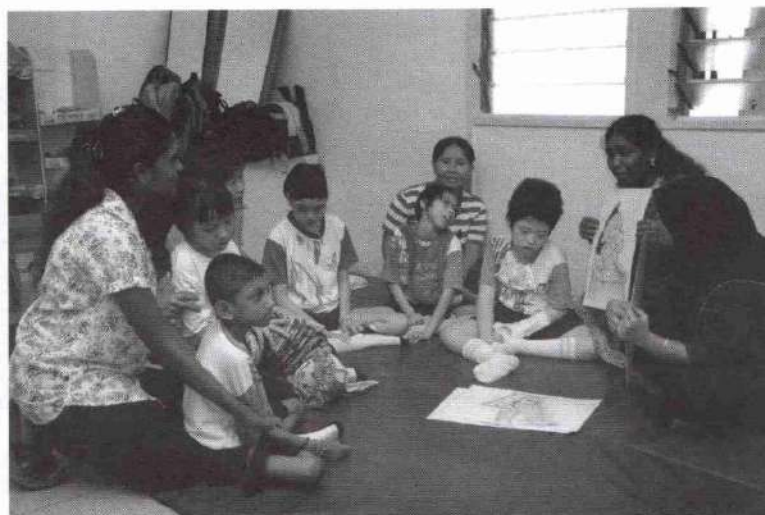
Narendren's learning to write number



Flash cards lesson conducted in Bahasa Malaysia



Parents' involvement in classroom lesson:
"This is the way to spread the butter"



Cikgu Shanti : "Wake up students, now is the time for story telling"

PRIMARY SECTION

Kelas Zamrud

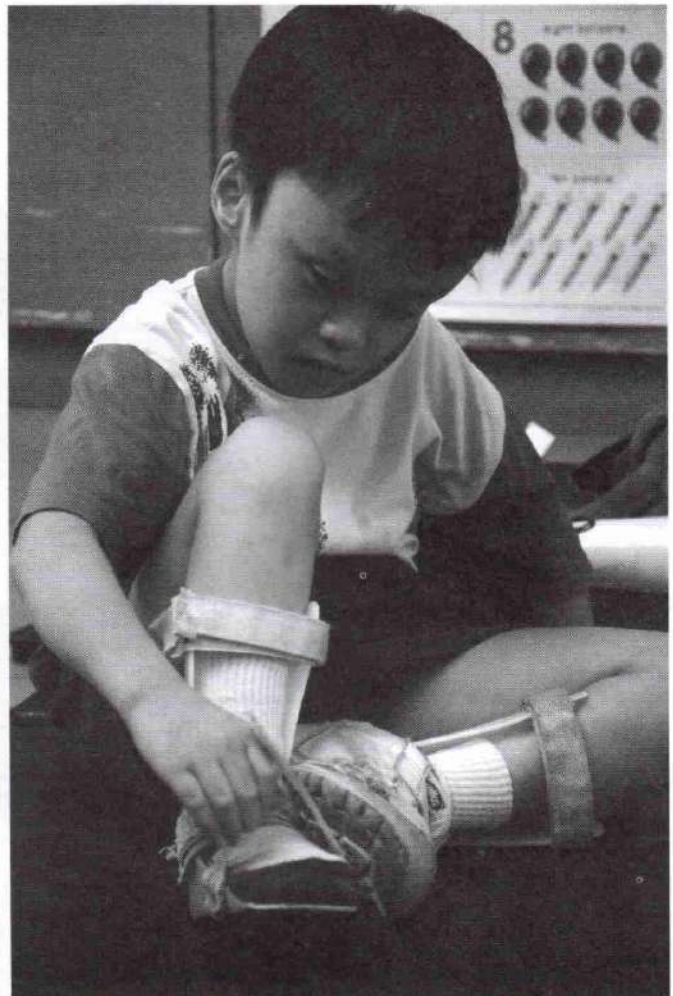


A Now is 'play dough' time.

B Parent's involvement with their children during group activity.

C Shin Ek : "Hooray!! I can spell 'ANT'."

Kelas Zamrud is divided in two groups of students. The objective of setting up two groups is to give individual attention to the students and to have comfortable environment. Students in kelas zamrud are taught to recognize, to name, to write, to match and to sing. They are also involved in outdoor activities such as outings, swimming and games.

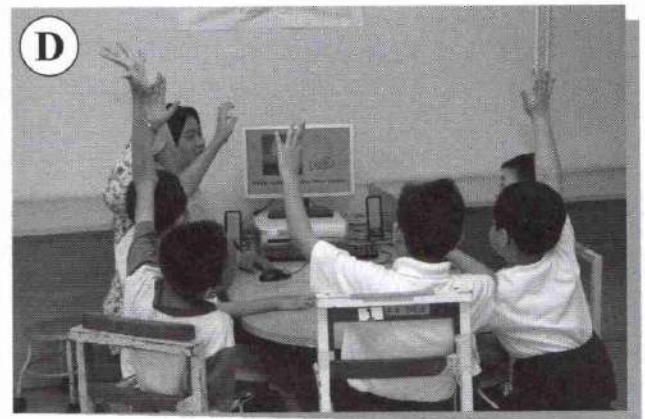
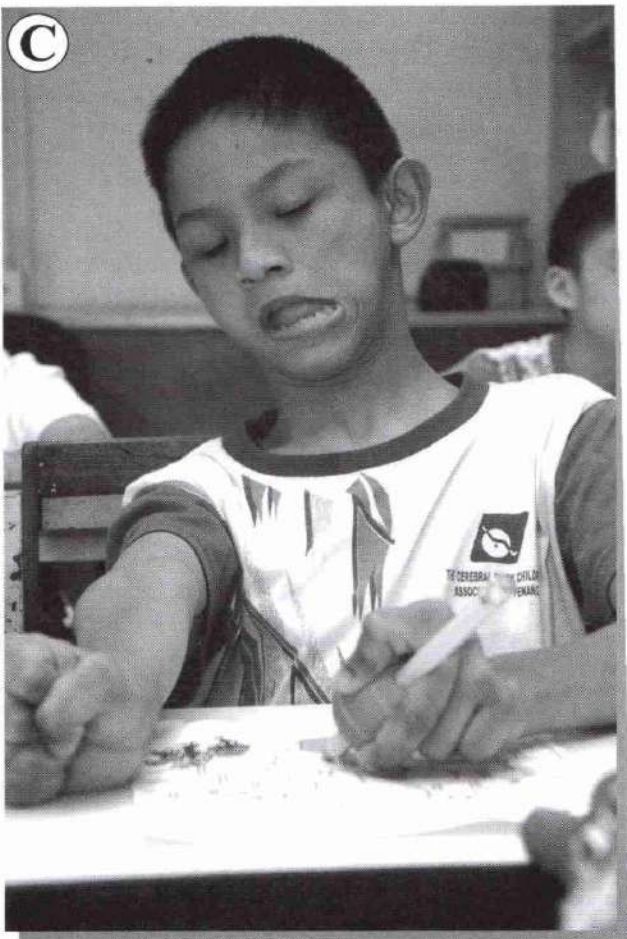


*Activity of Daily Living:
Eng Leng : "Kan Zhe Bian" I can do it !!*

PRIMARY SECTION

Kelas Baiduri

In Kelas Baiduri we believe that every child is different and has a right to learn and to be proud to be themselves. Our class's intention is to bring out the best of a child be at academic or social moral contest. Those who have shown the mental capability to learn will be taught to perform tasks independently through worksheet activity, blackboard learning and fun learning through educational activity. The others will be thought according to their needs that might include motor skills activity such as pegging, writing, threading, and scribbling.



- A** *Yueh Peng learning to count with Cikgu Chong guiding him.*
- B** *Cikgu Chong teaching phonics lesson to the students.*
- C** *Solihin trying his best to color within the lines, during the arts session.*
- D** *Computer assisted lessons: Cikgu Nor teaching Bahasa Malaysia.*

PRIMARY SECTION Kelas Jed



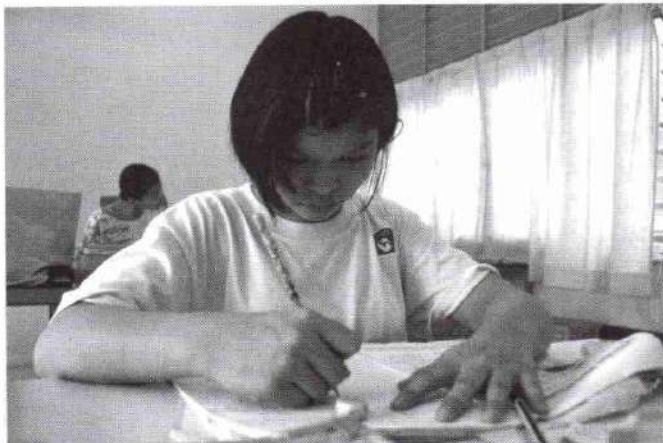
Boon Yauh, being assisted by Cikgu Ong during maths lesson.



Cikgu Teck Seng guiding Chee Keong to complete his task.



Cikgu Ong conducting English lesson in group setting.



Wong Jia Hui doing the exercise given by the class teacher.

As for this year, we have only one student sitting for the UPSR Exam. Ng Yong Nian has scored an average pass. He has done his best and we are proud of him. He is a cheerful boy and actively participated in all classroom activities, scouting, dance and movement coordinated by USM etc. He has been awarded overall the best student in Class Jed for a few times due to his helpful nature and keenness to learn new skills. Currently he has been enrolled into a mainstream school to further cater for his educational and developmental needs. From feedback, he was happy at the new school and has adjusted well to the new environment. He was reported to have made many new friends.

For our students who lack fine motor control in his hands, assistive technology is a must. With collaboration and support from computer department the following devices were installed in Kelas Jed namely keyboard fitted with keyguard, a mouse with joystick concept, Jelly bean switch, trackball mouse etc. We also use makaton charts and picture/word board to enhance communication and learning.

FUNCTIONAL ACADEMIC KELAS MUTIARA

In this class, activities and academic tasks pertaining to reading, writing, Mathematics, English and Bahasa Malaysia are introduced. Apart from that, as part of the Daily Living Skills, the students are also being trained to be independent through self-help care and also functional care.



A student being assisted by the mother to pick up objects from the container.



Jared trying to place rubber ring over the cone. This activity is part of the fine motor skills.



During the Art & Craft activity Nur Alwani using spices and nuts to create a flower design.



Cikgu Roshini guiding Sean to read during English lesson.



Bing Lian placing the coloured shapes into right spot during a fine motor activity with the guidance from his maid.



Group activity during art & craft

DELL LEARNING CENTER



Mohd. Aizam searching for his favourite video clips from a video-sharing website, YOUTUBE.

As per the slogan of Dell Learning Center, *Bridging The Digital Divide*, the center provides computer assisted lessons for the students with cerebral palsy and at the same time assigns the most appropriate assistive devices to fit the individual's needs to maximize his/her ability. The application of special tools or assistive devices alone is not a *all in all* solution because the success in enhancing the students' abilities with the tools depends largely on the attitude of the others. In this context the teachers at DELL Learning Center are constantly advised and trained to take into consideration the needs of the students first and then only towards their learning.

The age range of the students who attended computer sessions were between 4 - 21 years old. They were given activities at various levels, based on their participation, concentration span and cognitive ability. While, the younger students were exposed to various educational software incorporating entertainment concept, the older students were trained to use educational web-based programmes to acquire relevant knowledge. Most students were trained to access Internet, use office applications such Microsoft Word, Microsoft Power Point & MS Excel and also video players such as Real Player, Windows Media Player, FLV & VLC players.

It is undeniable that currently internet safety has become one of the main issues faced by many internet users worldwide. At DELL Learning Center, although we allow the students to surf for relevant subject related matters, communicate with their peers, entertainment, play games and download audio/video files, we are always concern that students may indeliberately download and open files containing virus, reveal too much information about themselves to strangers or come across inappropriate websites. Thus, as a precautionary step teachers repeatedly advice them on the dos and don'ts while surfing. Constant reminders help to create the awareness of potential dangers and misleading information that they may come across while surfing, be it in the school, at home or other places.

With consistency in teaching and right lesson plans, most students have shown constant progress in computer assisted learning.



Cikgu Kar Wei guiding Shen Ek to draw shapes with Paint programme.

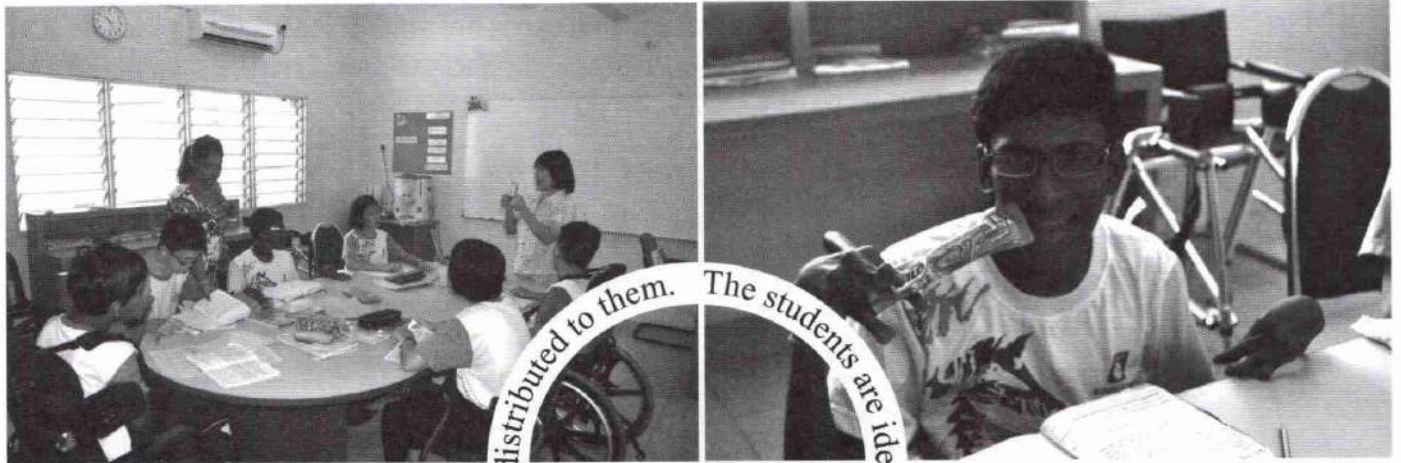


Loke Yin Tze doing her favourite computer activity - COOKING.

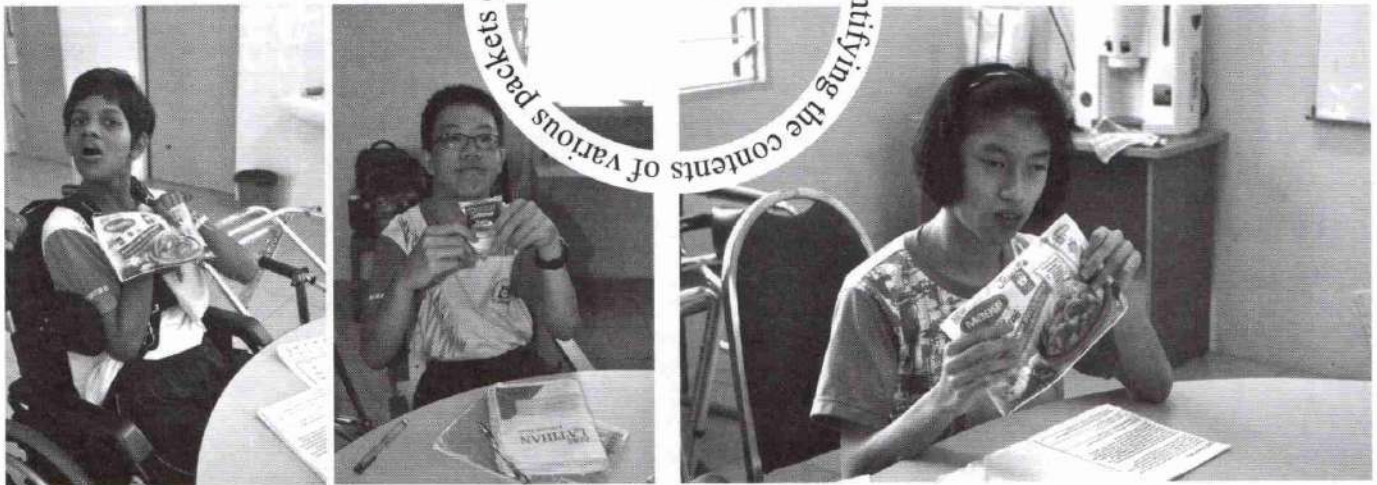
PRE-VOCATIONAL SKILLS TRAINING UNIT

2012 was a year of change and reshuffling. 3 out of 6 students in Pre Vocational Class were reshuffled back to the workshop. One opted to stop schooling. 5 more students joined the class from Kelas Mutiara. They were Tan Wei Jie, Ng Wei Han, Jeanette Tee, Devendran a/l Vellu and Loke Yin Sze. Altogether there were 7 students.

Robust and ardent learning ensued. The students absorbed and took all the challenges in the stride. Due progress was made and seen accordingly as their abilities and capabilities allowed them. Each week they read and gleaned a news article to know the happenings in Malaysia and beyond. The students were encouraged to be independent and do things by themselves.



The students are identifying the contents of various packets distributed to them.



A fine motor exercise - colouring on 8-pointer star.



A routine practice of hanging clothes.

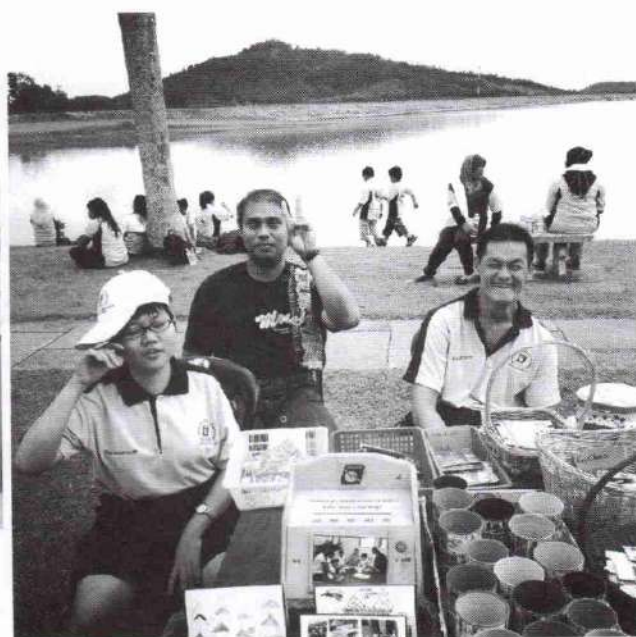
SHELTERED WORKSHOP

The Sheltered Workshop currently employs 9 full-day workers and 4 half-day workers. Our main task is a consistent contracted work from I.R.M Industries. We deeply appreciate the steady stream of work provided by them. Our second year of collaboration with A Gift With Care has proven to be a success. We had participated in their various events to promote awareness for our centre. A few of our workers have appeared in their promotional video played at their stores in Queensbay Mall and 1st Avenue Mall. The support for our recycling project is still going strong, with thanks to the general public's support.

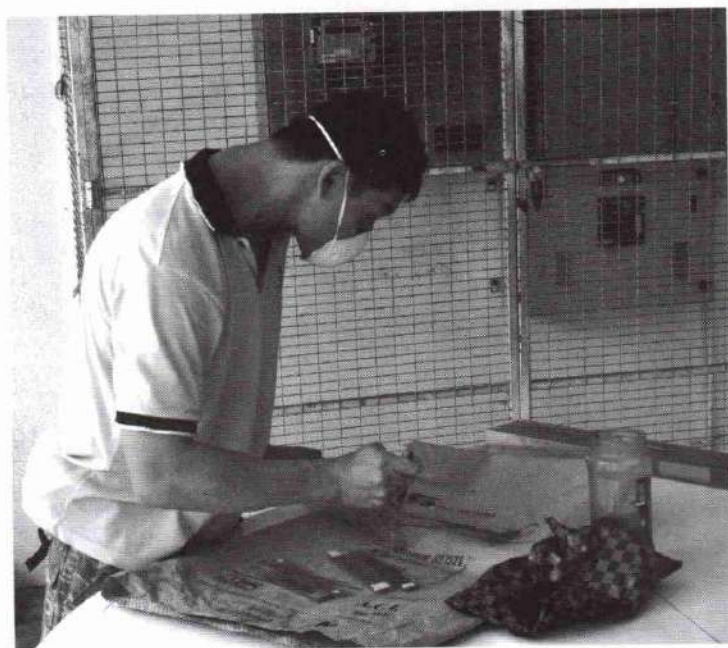
We introduced a new item in our products for sale area. We, now have greeting cards specially drawn by Miss Sarogini, Mr. Marcus and Mr. Vickneswaran. The cards are sold at RM 3.00 a piece or RM 14.00 for a pack of five. Needless to say, the workers were excited to see their artwork translated into greeting cards.



Vicky and Marcus showcasing their arts design on our greeting cards.



Continental Charity Event at Mengkuang Dam, Bukit Mertajam.



Soon Beng applying a solution on hard to remove stickers on the plastic tubes.



Jok Chean working on a pile of plastic tubes.

OUTREACH PROGRAMME (BUKIT MERTAJAM)

The programme consists of 2 sessions. In the morning session there are 12 children and in the afternoon session there are 18 children. Children are taught in smaller groups according to their cognitive development.

Group A: Age 1 - 8 years

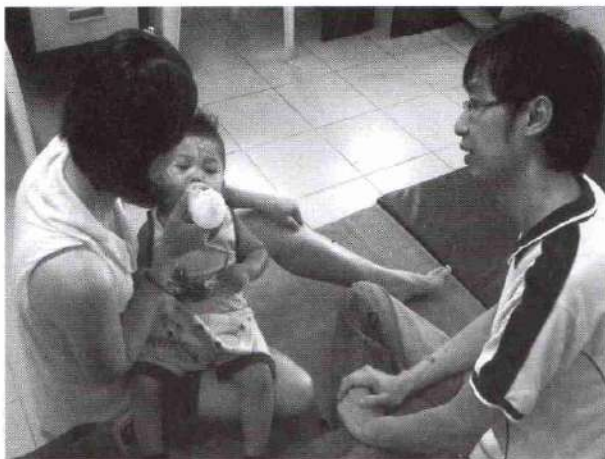
To develop skills, music and movement based with gross - motor, fine motor and basic learning skills.

Group A : Age 9 - 19 years

Lessons are on basic learning skills, functional activity and pre-vocational skills.

With the commitment of the parents working together with the teachers, the children are showing marked improvement. Apart from activities stated above, the children also has/her to attend physiotherapy, occupational therapy and speech therapy.

The parents also will bring the children to the centre in Penang Island for hydrotherapy and whole body vibration therapy twice in a month.



Our speech therapist guiding the parents the right posture to hold the child during bottle feeding.



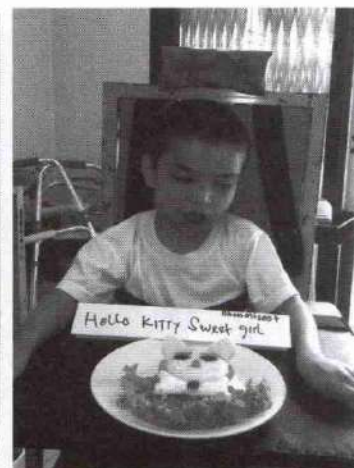
As part of the fine motor activities, the child is being assisted to insert coins into the coin box.



Training forward weight shifting in standing with support.



Wong Xiao Yin is being assisted by her mother to stamp some Bhunmiseet : "I am hungry after fun cooking activity."



OCCUPATIONAL THERAPY



.....up, balance and down.

Yeah it's OT time!! Oh, today I need to climb up, slide down, go under, go over; it's a bit scary but it is fun. My therapist said that the game I played called obstacle course. Obstacle course is a series of challenging physical obstacle and sometimes a course involves mental tests.

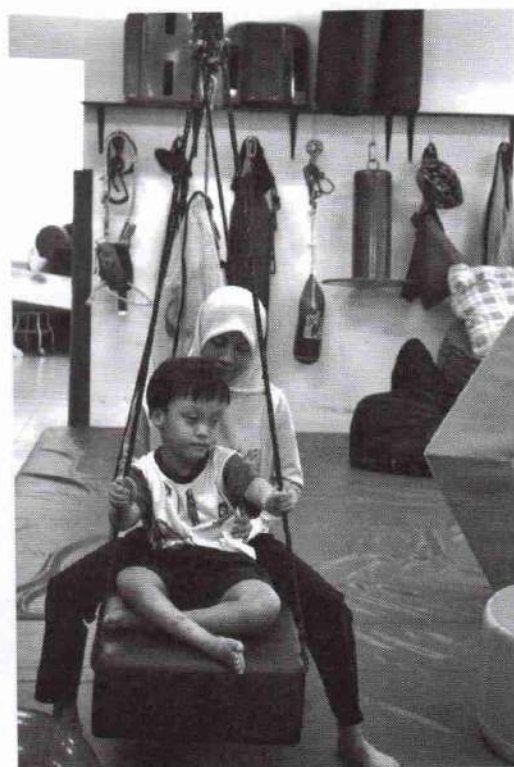
As we know, cerebral palsy (CP) children have physical challenge to perform physical task. With this obstacle course the child needs to move their body to complete the course with safe and fun way. It also helps the child to be more participating in community and promote a better quality of life. It can provide great opportunities for CP child to gain multiple skills as well as challenge their performance in gross and fine motor activities. Then, it can provide multiple sensory inputs such as proprioception input like creeping, crawling or jumping. As for vestibular input he needs to balance and move the body to prevent from fall while performing the activities while the tactile input by holding the different types of texture. Other than that, It can encourage bilateral coordination in which he needs to use his four limbs to move around and thus improve motor planning by knowing how he needs to plan and execute his movement to make him able to arrive at the end of obstacle safely. Moreover, it can encourage the use of sequencing and memory of the past experience to perform the activities effectively. For example, if the child needs to go under of hanging

bolster, he needs to mind his head so that his head will not hit the bolster above him. In addition, the strength and stamina also can be improved by adding more obstacle or make it more challenging.

As therapist, we need to identify the child level so that the obstacle course will not be too hard or too easy for him so that the child will be more confident and willing to perform physical activities.



Yesss!! finally i'm out.



Rest after tiring session

SPEECH THERAPY

Child and Family Centered Therapy Program

We design feeding, language and communication programs for the children and parents. The child and family are at the centre of every program. They are allowed to participate and play dynamic role in decision makings and therapeutic planning. The therapists are working toward building up a partnership with parents and children. The interactive partnership among therapists, parents and children will enable us to come out with an appropriate treatment plan or therapeutic direction that meets every individual and family needs.

Therapists, parents and the child will each contribute to a trustworthy relationship and specific program. Parents' values and personal knowledge, physical and cognitive status of the children, family situation, cultural differences combine with specialized knowledge and belief systems of therapists to create a comprehensive feeding, language and communication programs. The programs aim to facilitate the children's personal skills, to assist the parents in daily caretaking job, and to integrate the children and family into society in the big picture.

It is not the therapists' responsibility to enforce a rigid concept of what the child and family should do in their life. Therapy is an ongoing learning process. In every therapy session, the child, parents and therapists are simultaneously teachers and learners. Each person respects the other's views, desires, personality and expertise, and shares the ideas that will enable the development of the children to achieve the therapeutic goals in feeding, language and communication.

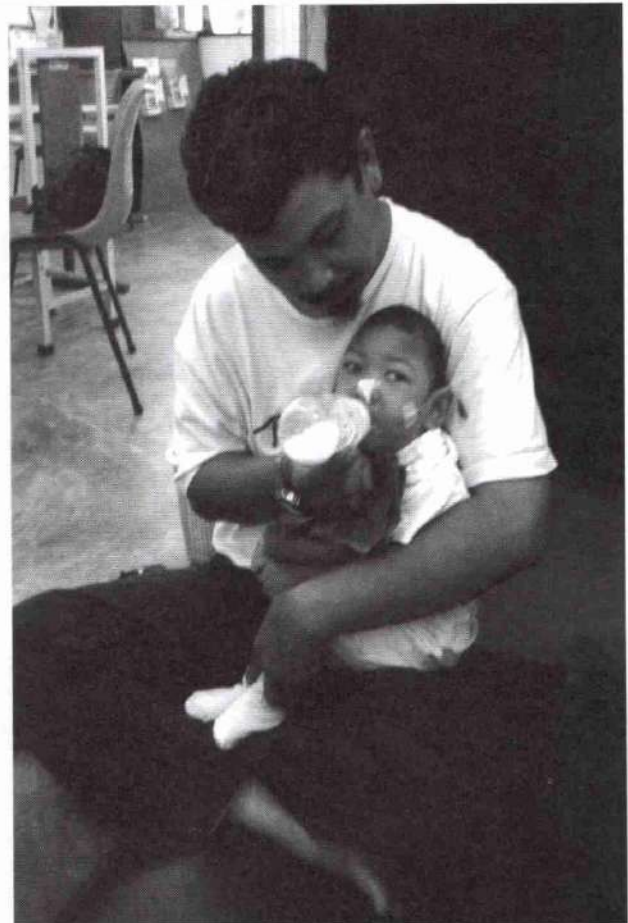
Pictures: The child has swallowing disorder with Nasogastric tube. The keys for oral feeding were to select appropriate feeding posture, to decide bottle nipple type, to present the liquid in proper way in order to facilitate sucking and to reduce the risk of aspiration.



The therapist explained and demonstrated the feeding method to the parents.



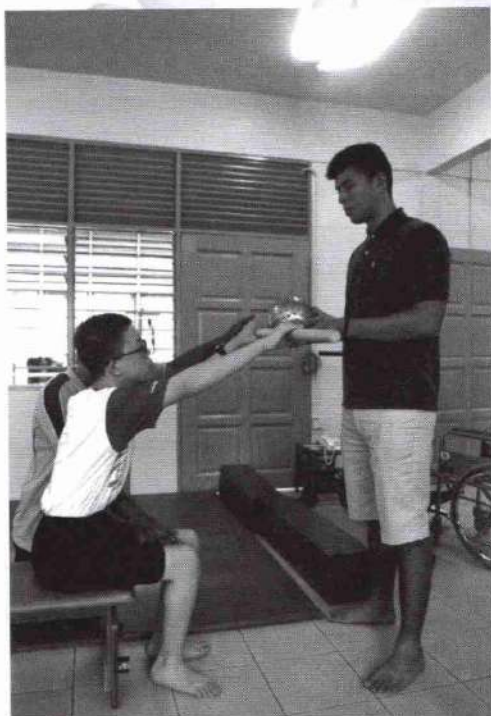
The mother practiced the feeding method under supervision.



The father expressed his self doubts in feeding the child orally. The mother said she was overwhelmed by her responsibility to take care of the child and the household chores. Hence, the father was encouraged to learn the feeding method so that he could help to lessen the mother's burden.

Note the ways of holding the child for therapist, father and mother were different. Everyone was allowed to find a way that they felt comfortable with as long as the basic principles of feeding posture were observed.

PHYSIOTHERAPY



Training weight shifting forward, maintaining trunk in extension.

The aim of physiotherapy is to achieve maximum independence in activities of daily life. Children with cerebral palsy have both motor and sensory issues. After detailed assessment treatment plans are drawn up based on the child's and family needs. Through specific handling skills and modification of environment more normal movement patterns are practiced within play, providing more sensorimotor experiences. Family members and care givers are trained, so that therapy becomes a part of daily routine. Therapists implement strategies that can be incorporated into functional activities. Therapist also collaborates and guide teachers about effective posture and movement in class room to enhance.

Whole Body Vibration is also used as therapy adjunct, which helps to improve children abilities.

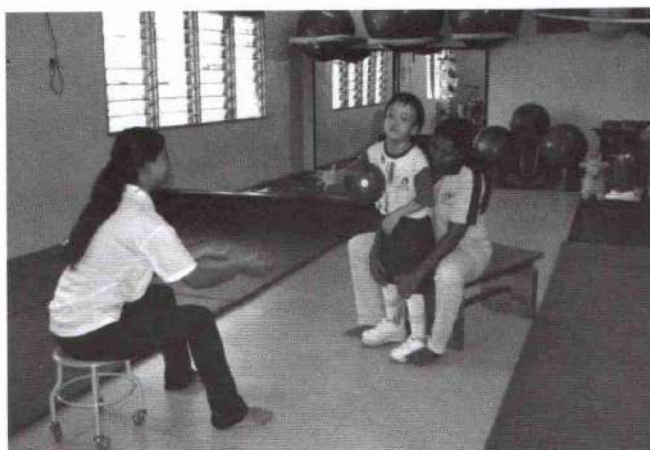
Apart from that, the *LEGA* mechanical percussion machine is also incorporated as part of the therapy for those in need of it. As we are aware many of our children having difficulty in clearing the phlegm this mechanical percussion mobilizes phlegm secretion, and helps to breathe better. Based on our experience within the duration of 3-months, the use of this machine too relaxes muscles around the chest, shoulder and back. This results in improved posture which in turn increases the range of motion around shoulder.



*Using **LEGA** mechanical percussion equipment to relax the scapular muscles.*



Our student, Jehesah trying out the power plate (Whole Body Vibration Machine)



The student is required to throw and catch to improve balance in standing.



Activity to improve weight bearing in upper limbs.

VIBRATION THERAPY FOR CEREBRAL PALSY CHILDREN



Whole-body vibration (WBV) training is a method for muscle strengthening that is increasingly used in a variety of clinical situations. During a typical vibration session, the user stands on the device in a static position or performs dynamic movements. Based on the researches done it is believed that vibrations stimulate muscle spindles and alpha-motoneurons, which initiate a muscle contraction. As the immediate effect of a non-exhausting vibration therapy indicates an increase in muscle power, most studies on the impact of vibration treatment in various disorders focused more on three therapeutic aims:

- increasing muscle strength
- improving balance
- increasing bone mass

Cerebral palsy (CP) children exhibit abnormal postural and movement pattern due to abnormal postural tone resulting from abnormal brain development or injury to the developing brain during pregnancy, during labor and after birth.

In CP children because of abnormal movement pattern they have difficulty performing a movement which restricts their functional independence. When we see the development of a normal child, they experience about 1000-1500 weight shifts per waking hour. During this weight shifting activities bones are exposed to the stress and strains forces exerted by the muscle which also enhances their development. On the other hand, because of abnormal posture and movement pattern there will be abnormal forces exerted on the bone which lead to abnormal bone development and deformities. Abnormal bone development and deformities is also associated with muscle weakness. This leads to increased susceptibility to fractures. In cerebral palsy, because of abnormal joint positions the joint surfaces not well formed. Due to this, children with CP are prone to develop hip subluxation/dislocation. By studies, it has been found out there is abnormal skeletal maturation leading to impairment of gross motor function. In addition, bone growth also is influenced by growth hormones and nutrition

So these children need regular exercise to improve stimulate bone growth. By exercise CP children are made to experience normal movement pattern which will in turn stimulate normal bone growth development. A recent research conducted by the experts in the field of CP identified the prevention and treatment of secondary conditions such as muscle weakness and bone fragility as critical areas of future research on CP. Muscle strengthening therefore might be useful for improving both motor function and bone development in CP. A method for muscle strengthening that is increasingly used in a variety of clinical situations is whole-body vibration (WBV) training.

Long Term Benefits

- Decreases the amount of muscle wasting and bone degeneration.
- Increase muscle performance and body balance which decreases the frequency of falls.
- Increase in the hip bone mineral density.

Short Term Benefits

- Increase in Oxygen consumption.
- Increase in muscle temperature and skin blood flow.
- Increase in muscle power.

One such equipment that can be used for vibration therapy is power plate PRO 5 which is available in Malaysia. The frequency used in the machine is 50HZ which as been recommended for medical purposes. Also in this equipment we can select the frequency of 25HZ to 50 HZ (30,35,40 and 50HZ). Two of our students have attended the power plate session once week for a 15 minutes session at Ms. Evelyn's house, who is kind enough to allow our students to try out the machine. After 2 weeks, we noticed some improvement in their sitting and standing posture. We continued the sessions for a couple of months. Based on our observation and experiments we noticed some positive changes. Among the positive changes observed during the trial period is improved postural alignment in sitting, standing and walking patterns.



Isolating the vibration to shoulder and upper trunk.



Whole body vibration given in 'long sitting' focussing on trunk and upper.



Yong Nian concentrating on Whole Body Vibration (WBV) from feet to shoulder.



Yin Tze being assisted to sit on the power plate during the session. The position is to channel the impact of vibration on hip and trunk isolates



Yong Nian concentrating on Whole Body Vibration (WBV) from feet to shoulder.

Potential Benefits of Adding WBV Therapy to Traditional Rehabilitation

According Franck Rauch, MD from the Shriners Hospital for Children, Montreal Canada, in his review on Developmental Medicine and Child Neurology journal, the WBV has the potential towards improving the efficacy of muscle functions and also safety.

Better efficacy - Vibration treatment could result in a faster gain of muscle function, as many more stimulation cycles are applied to the muscles than during walking. A typical WBV session includes 9 minutes of vibration exposure at a frequency of 20Hz. This applies 10 800 stimulatory impulses to the lower extremities, which corresponds to the number of impulses received during 3 hours of walking at regular speed.

Increased Safety - Because the patient stands on the platform and does not actively move the limbs, there is less opportunity for slipping, tripping, or awkward movements than when the patient is using walking aids. This should reduce the risk of therapy-related accidents.

LEGA Brings Relief

(An interview with the inventor of LEGA, Mr. Ng Zim Guan, published in Urban Health Magazine on November 3, 2012. This article is reproduced here with permission from the writer and Mr. Ng Zim Guan. This article is not intended for commercial purposes.)

By Edeline Anne Goh



They say that desperation is the father of invention. It turned out to be true for father Ng Zim Guan, who was driven to invent Lega in 2008 out of desperation from seeing his young son gasping for breath. Heartbroken to see his then 5-year-old son, Jay, suffered from general lung disease, Ng was inspired to invent a simple device to treat the serious respiratory and breathing problems of his illness.

An invention out of love

Ng's made-in-Malaysia medical invention, LEGA, was officially launched on 26 September 2012 at the 6th National Conference for Clinical Research (NCCR 2012). This portable handheld device helps to ease breathing difficulties among lung disease patients. A product engineer by profession, Ng worked closely with Paediatric Cardiologist Dr Mohamad Shahbodin Sarik to come up with this device that can potentially save millions of lives.

"LEGA means 'relief' in Bahasa Malaysia. The relief I had when the doctor told me that my son was alright was something words cannot describe. This was how I decided to name the device 'LEGA,'" says Ng in a phone interview with Urban Health. Ng now aims to help other lung disease patients around the world to find relief from lung problems.

What is LEGA?

Before LEGA came about, there were already products that help remove phlegm but most of them used invasive techniques such as suction. LEGA clears congested lungs by creating vibrations through resonance waves in the chest which helps to loosen excess phlegm in the lungs. By loosening the excess phlegm, the patient will be able to cough it out and clear their airways. Weighing just about 1.5 kilograms (including batteries), LEGA is designed mainly for home use. It is supported by custom-made batteries which can last for up to four sessions, assuming each session lasts approximately 15 minutes. This action mimics the chest percussion performed by professional physiotherapists to create vibrations in the chest to loosen excess phlegm in the lungs so patients can cough it out and clear their airways. Instead of having to travel to the hospital or clinic all the time, this portable and user-friendly device performs chest physiotherapy from the comfort of their own home or even when travelling. The device is clinically proven to be effective for patients suffering from COPD, asthma, pneumonia, bronchitis, blocked airways, congested lung and other lung obstructive conditions. "Whenever Jay feels like there is phlegm in his throat, I will quickly tell him to use the device," says Ng. This makes Lega a preventive measure as well. The excess phlegm must be coughed out to avoid a build up, which may be life-threatening if not removed.

Features

Currently the Managing Director of Formedic Technology Sdn Bhd that markets LEGA, Ng has travelled worldwide to share his story and invention. Ultimately, he believes that LEGA stands out because of his non-commercial purpose of developing it, which was to help people like his son who suffer from lung conditions. The device has been made available in the international market and can now be found at selected hospitals nationwide. LEGA is also supported by healthcare professionals as an additional treatment to conventional chest physiotherapy. Ng adds, "The device is generally safe, but it is best to consult your medical practitioner before using the device. It is very fulfilling when people I meet tell me how LEGA has improved their quality of life." The only intention Ng had was to help his son. Today, LEGA has not only helped his son but a large number of people around the world. A true testimony of how desperation and inspiration sometimes go hand-in-hand!

45th ANNUAL SPORTS

The Annual Sports Event is one of the major events at SCAP. This year the event was held on 14th April and went on successfully. The students, staff, committee members, donors and guests had their moments of fun during the event. Congrats and Thank you to all for making this a successful annual event



Mr. Tan Leong Theng, Organising Chairperson giving his speech.



Mr. Ng Fook On, our President, addressing the crowd.



Mr. Ng Fook On congratulating the captain of the winning team, Md. Aizam.



Participants from Rumah Biru and Rumah Merah are all set to start the first event.



Students are assisted by Cikgu Shanti and a maid, respectively to complete the activity.



LIONS too rendered their support during the event.



Mr. Ng Fook On, receiving donation from Mr. Yeoh Kean Lai, one of our committee members.



The Champions
It's not about being better than someone else, it's about being better than you were the day before.
Unknown.



Staff & Committee race Cik Rosnita & Mr. Saw Hock Eng (Imm. Past President) dashing toward the finishing line.



Pic A - Goh Kai Li placing the ball with precision in the BOCCIA Ramp.



Pic B - Vicky, from Sheltered Workshop waiting for a cup of coffee during the ex-pupils' event.



Pic C - Ng Wei Hein plucking chilly during one of the events.



Pic D - Ng Yong Nian rushing to complete his game.

GOLDEN JUBILEE OPEN DAY CELEBRATION



Our Guest of Honour YB Tan Sri Nor Mohamed Yakcop delivering his speech.



Puan Latiffa Abdul Rahman, our Vice President and also as the 'Golden Jubilee Open Day' organizing Chairperson, giving her welcoming speech.

It is an occasion of great pride and joy that this year the Cerebral Palsy (Spastic) Children's Association of Penang (SCAP) is celebrating its Golden Jubilee with a specially chosen theme "Fifty Years of Love and Commitment."

The celebration to commemorate this momentous event began with the 'Open Day' held at SCAP on 19th May 2012. It was to raise the public's awareness about cerebral palsy and the services available at the Centre. The Open Day was also aimed at encouraging the participation and the involvement of the public towards children and persons with cerebral palsy.

YB Tan Sri Nor Mohamed Yakcop, Minister in the Prime Minister's Department graciously officiated the Golden Jubilee Open Day Celebration.



Our President, Mr. Ng Fook On delivering his speech.



Captivating dance performance by our students.



The organising chairperson Puan Latiffa Abdul Rahman presenting a souvenir to our Guest of Honour, accompanied by our president, Mr. Ng Fook On.

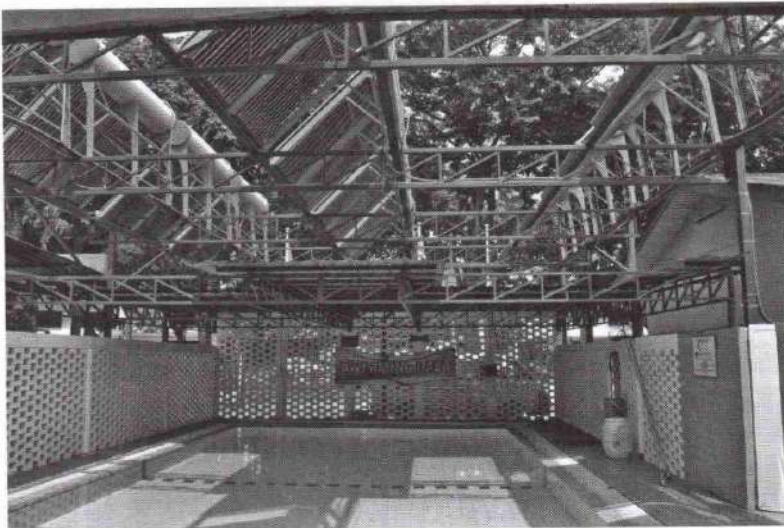


A swimming gala event is also part of the Open Day Celebration.



SOLAR HEATED SWIMMING POOL

Mr. Ng Fook On, The President of The Cerebral Palsy (Spastic) Children's Association of Penang officially opened the solar heated swimming pool on 20th July 2012. The installation of the water heater was jointly subsidized by Solar Mart Tech and Solar Smart Energy Sdn. Bhd. They took about a month to install the 16 solar tubes instead of flat panels using the latest technology. CEO Bonny Lim of Solar Energy Sdn. Bhd. and Solar Smart Tech owner Alex Woo were present to witness the launch.



GOLDEN JUBILEE CHARITY WALK/JOG/WHEEL-A-THON

The celebration continued with the Charity Walk /Jog/Wheel-a-thon event held at Youth Park on Sunday, 16th September 2012. Spirits soared and were not dampened during the heavy downpour. The beverages were sponsored by *Keluarga* and *Barkath Store*. They provided refreshing drinks to the participants throughout the event.

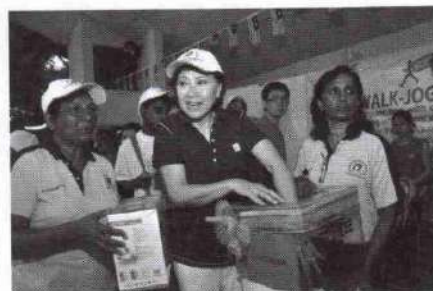
The highly entertaining and graceful dancing from the Line Dance Troupe of DELL (M) Bhd. not only warmed the hearts, they had the people generally enthralled by their smooth rhythmic movements. Our staff also performed a line dance number. The band Tone Mix was in attendance to add to the merriment of the event. Many prizes sponsored by various individuals groups and companies were handed out.



Our President, Mr. Ng Fook On, together with our trustee & Past President, Mrs. Chan Kok Swee flagged off the event.



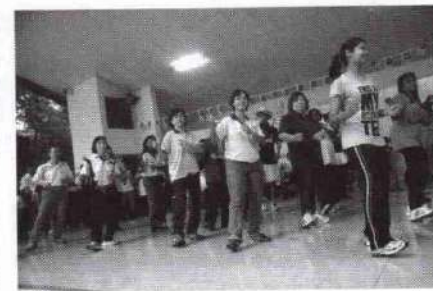
Mr. Ng Fook On, President of SCAP delivering his speech after the event.



Mrs. Chan Kok Swee drawing the first prize of Lucky Draw.



Staff, parents and volunteers walking shoulders to shoulders, pushing the wheelchair bound participants.



Line dance performance from the staff, parents and volunteers.

SPEECH DAY (Jadoo on Earth)



Students and staff are all set for national anthem, state anthem and school song.



Ms. Kasturee Kishnan, a teacher and Puan Noor Azean, a parent, were the event emcees.



Mr. Khoo Yeoh Gan Hong, Chairman of the School Board giving his welcoming speech.



Our Guest of Honour Yg. Berbahagia Dato' Hajah Saleena Yahaya, a co-founder of The Spastic Children's Association of Penang in 1962.



A Malay wedding ceremony is part of the performance as well, with Solihin as bridegroom and Alwani as the bride.



Students and staff performing the traditional Chinese Tanglung Dance.



Cikgu Kalei guiding Karthik in one of the scenes from the performance.



A team from The School of Arts (USM), headed by Professor Emeritus Dato' Dr. Mohamed Ghouse Nasuruddin and Dr. Mumtaz Backer, our staff, together with our students performed a dance called, 'The Tree of Life'



Clinical students from Mahsa College as aliens from outer space.



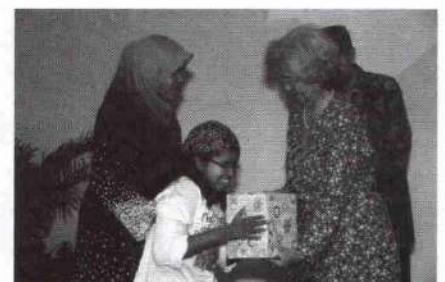
A scene depicting harvest dance at a 'Orang Asli' village.



Mohd. Zarfan is feeding the rabbit in one of the scenes.



Our Guest of Honour, Dato' Hajah Saleena Yahaya giving away the prizes for the best achievements to Ng Yong Nian, Chia Xuan Wei and Muhammad Daniel Hakimi (Bukit Mertajam).



Farhana presenting a souvenir to our Guest of Honour Dato' Hajah Saleena Yahaya.

GOLDEN JUBILEE GRAND CHARITY DINNER

On 25th November 2012 the Golden Jubilee Grand Charity Dinner was held at Bayview Beach Resort, Batu Ferringhi, Penang



Organising chairman cum president of SCAP, Mr. Ng Fook On delivering his welcoming speech.



Co-Organising Chairman cum Area Gen. Manager, Bayview, Penang, Mr. Edwin Yap giving his speech.



Mr. Ng Fook On, receiving donation from Bayview, Penang, presented by Mr. Edwin Yap.



All the VIPs are seated at the main table.



The SCAP's Management Committee and Guests of Honour were invited on the stage for the Golden Anniversary cake cutting ceremony



The guests enjoying the sumptuous meal.



L to R : Dato' N. Ramanathan (President, Rotary Club of Penang), Dato' Lim Huat Bee (SCAP's Honorary Consultant), Mr. Edwin Yap (Area Gen. Manager, Bayview, Penang), Mr. Ng Fook On (SCAP's President) and Dato' Hajah Saleena Yahaya (one of the founding members of SCAP) were given the honour of cutting the Golden Anniversary Cake.



Master Adrian Choo from our sheltered workshop dancing to a number by Ray Rozel & The Jazz Hats.



Our students, staff and volunteers performing the opening dance during the dinner.



A dynamic dance movements from 'Wildcats'

One of the highlights of our Golden Jubilee Celebration is the visit of Y.A. Bhg Datin Paduka Seri Rosmah binti Mansor, (Y.A.B. Prime Minister's wife) to our Association on the 18 December 2012.



Y.A. Bhg. Datin Paduka Seri Rosmah binti Mansor receiving a welcoming bouquet from our student, Nur Atikah Abdullah.



From L to R : Mr. Ng Fook On (President of SCAP), YB Hajah Zabariah binti Wahab (Vice-Chairman Wanita BN, Pulau Pinang), Y.A. Bhg. Datin Paduka Seri Rosmah binti Mansor, Datuk Ng Siew Lai (Chairman, Wanita BN Pulau Pinang), Mrs. Teng Chang Yeow (Chairman of SEJATI) and our ex-student Ms. Tan Chin Chin.



Y.A. Bhg. Datin Paduka Seri Rosmah binti Mansor signing the guests book, looking on are Puan Latiffa binti Abdul Rahman, SCAP's Vice President (left) and Datuk Ng Siew Lai (Right).



Y.A. Bhg. Datin Paduka Seri Rosmah Binti Mansor presenting a mock cheque of RM20,000 to our President, Mr. Ng Fook On



Y.A. Bhg. Datin Paduka Seri Rosmah binti Mansor interacting with our student, Goh Yueh Peng.



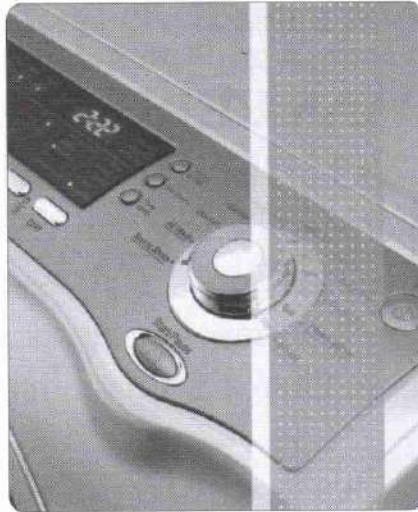
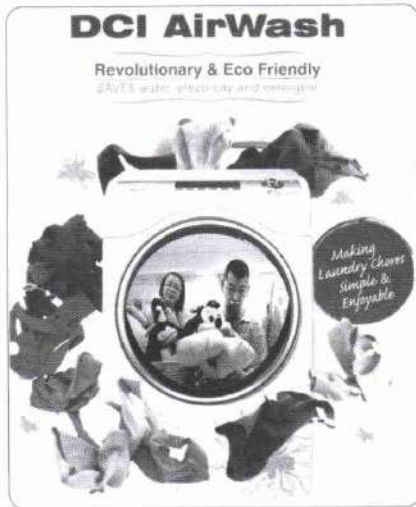
Students and staff singing the TERIMAKASIH song at the end of Y.A. Bhg Datin Paduka Seri Rosmah binti Mansor's visit to our Association.



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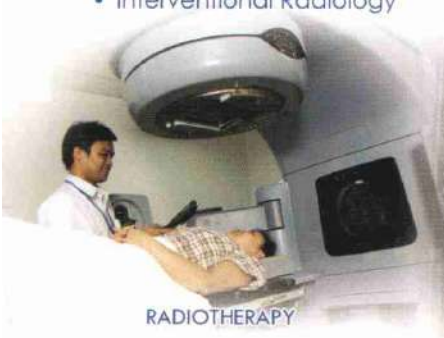
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