



2021 / 2022 LAPORAN TAHUNAN ANNUAL REPORT



During the 20th Para SUKMA Games in November 2022, two of our former students Ooi Wan Chean (left) and Lim Chun Tian (centre) represented Penang in Boccia sports. Lim Chun Tian emerged victorious with a gold medal and Ooi Wan Chean secured a silver medal in the BC2 Individual Female Category.

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

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பினாங்கு மௌடை மாடக்காவாத (ஸ்பாஸ்டிக்) காழந்தகைள் சங்கம்

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globe www.cerebralpalsypenang.org





OUR VISION

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

OUR 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 them 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 programs incorporating the latest technology to enable individuals with cerebral palsy to be integrated effectively into the community.

PRESIDENT'S REPORT



This year marked our emergence from the COVID-19 pandemic. It has been a challenging time and not least on the financial front. Many non-profit revenue streams were impaired, and The Cerebral Palsy (Spastic) Children's Association of Penang (CPCAP) was not spared. Thanks to the diligent implementation of the vaccine and uplift of the movement control order, we were happy to be able to bounce back.

Intel (Penang), RHB (Northern Region) and AMD came forward to help us meet our needs as part of their corporate social responsibility initiatives. Intel provided much-needed housekeeping assistance and cleaned up the entire compound. RHB painted the walls and refurbished worn-out cabinets in two of our classrooms. As part of their 50th anniversary celebrations, AMD donated to help set up the Audio-Visual Room, a comfortable, soundproof space furnished with PCs and a smartboard. They also painted the Sheltered Workshop. The Parent-Teacher Association of Uplands International School, through a Diwali Extravaganza Dinner, raised funds to help us expand a classroom to create a combined class for the Primary Section equipped with manual and electrical adjustable tables and a big screen connected to a computer. Micron Malaysia was introduced to us by the Uplands School Parent-Teacher Association and became a donor as well.

It was great to hear that the children were enthusiastic about returning to school. This helps to foster a positive learning environment. Education is crucial for our children, as it will significantly impact their development and future success, promote critical thinking and problem-solving skills.

To enable us to better serve the children, we received a grant from the Registrar of Societies to conduct two seminars geared towards teachers and parents entitled *"Inclusion - Singapore's Perspective"* on 11 June 2022 and *"What can I do for my child with special needs?"* held on 16 September 2022. More details on these seminars are included on page 25 of this annual report.

Our Centre is blessed to have a dedicated team of staff and we would like to express our sincere gratitude as we bid farewell to Ms Cynthia Kong, our long-serving senior clerk, who has relocated to Kuala Lumpur to be close to her daughter. We welcome Ms Tina Khor Gim Tin, who replaced Ms Betty Ng as our administrator. Mr Shangkar Jeevan has resigned from the management committee due to his heavy work schedule and we welcome on board Mr Ramsun Ho.

We ended the year with a Christmas party on 10 December 2022 at Penang Club for students, alumni and parents; centre staff, committee members and volunteers from Micron Memory Malaysia also attended the party. I would like to thank Penang Club for sponsoring the buffet high tea and complimentary use of their premises. A live band, Abeysekras and Friends, Cikgu Joe and Mr. Bala provided music to keep the crowd entertained.

PRESIDENT'S REPORT

I also take this opportunity to express my congratulations to Mr Tan Leong Theng, vice president of CPCAP on being awarded the Golden Service Award by the Majlis Dato' Dato' Pulau Pinang on 26 August 2022. It is a great achievement and a recognition of his contributions to society.

We are saddened by the loss of two esteemed individuals, Dato' Denis Mark Lee, the 7th president of the Association, and Mr. Yew Lye Hin, the former Honorary Secretary, who shared a deep commitment to the well-being of children and played vital roles in making the Association a conducive environment for learning. Additionally, we also extend our heartfelt condolences to the family of Oo Jia Jia, one of our students, who passed away in August 2022. May their souls rest in eternal peace.

To end I would like to express my gratitude to the Government for its ongoing support through Jabatan Kebajikan Masyarakat and Jabatan Pendidikan, my management committee, staff, parents, well-wishers, and donors for their unwavering support, generous contributions, and unrelenting commitment to the Association. Without them CPCAP would not be able to continue providing our children with the quality services and care that we have been delivering since our establishment in 1962.



NG FOOK ON PJK, PJM
President
Year 2021-2023

MANAGEMENT COMMITTEE 2021/2023



Mr. Ng Fook On PJK, PJM
President



Dato' Hjh Latiffa Abdul Rahman
DSPN, PKT, PJK, PJM
Vice President



Mr. Tan Leong Theng
PJM
Vice President



Dato' Khoo Yeoh Gan Hong
DSPN, DJN, PPN, PKT, PJK, PJM
Vice President



Mr. Cheah Keat Kok
Vice President



Mdm. A. Valliammal
PJK
Hon. Secretary



Ms. Jenny Kam Phaik Har
PJK, PJM
Hon. Treasurer



**Mr. Vincent
Lai Kong Leng**
PJK, PJM



**Professor Dato'
Dr. Muhammad Bin Jantan**
(PhD) DJN, DSPN, DPMP



Dato' Rhina Bhar DSPN



Dr. Peter Gan Chong Beng



Mr. Goh Tiang Leng



Mr. Alagesan Ayaru PJK



Mr. Shangkar Jeevan
(Resigned : Oct 2022)



**Ms. Angelina Cheah
Gaik Suan** PJM



Mr. Ramsun Ho Chi Huey PJK
(W.E.F : Oct 2022)

TRUSTEES



Mr. Ng Fook On
PJK, PJM



**Dato' Hjh Latiffa
Abdul Rahman**
DSPN, PKT, PJK, PJM



Mr. Tan Leong Theng
PJM



Dato' Seri Dr. Lim Huat Bee
DGPN, DSPN, DJN, PJK

HONORARY ADVISORS



Tuan Zakaria Bin Taib
Pengarah
Jab. Kebajikan Negeri Pulau Pinang



Tuan Haji Abdul Rashid bin Abdul Samad
Pengarah
Jab. Pendidikan Negeri Pulau Pinang



Mr. Cecil Rajendra
Legal Advisor



Dr. Alex Lim Kheng Seng
Medical Advisor



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



Dr. Dan Giap Liang
DJN, PKT
Paediatrician



Dr. Vigneswari Ganesan
Paediatric Neurologist
Hospital Besar Pulau Pinang



Prof. Dr. Lim Shueh Wei DJN
Dermatologist



Datin Dr. Vasanthie Balakrishnan
Consultant Orthopaedic Surgeon
Senior Lecturer
Penang Medical College



Ir. Vincent Tan Huei Meng DJN, PJK
Engineer



Ir. Tan Yeow Joo
Engineer



Capt (R) Dr. T.S. Bhar
Dental Surgeon

SCHOOLBOARD



Dato' Khoo Yeoh Gan Hong
DSPN, DJN, PPN, PKT, PJK, PJM
Chairman



Dato' Hj Latiffa Abdul Rahman
DSPN, PKT, PJK, PJM



Dato' Rhina Bhar DSPN



Mdm. Ooi Siew Teong



Mdm. R. Kalavali



Mr. Ng Fook On PJK, PJM
President
Ex-Officio



Mdm. A. Valliammal PJK
Hon. Secretary
Ex-Officio



Ms. Jenny Kam Phaik Har PJK, PJM
Committee Member
Ex-Officio

Also representatives from:

Penang Social Welfare Department

Penang State Education Department

HONORARY SERVICES 2021/2022

The Association would like to express its gratitude to the following people for their continued commitment and services to the Centre

- Tuan Zakaria bin Taib - Pengarah, Jabatan Kebajikan Negeri Pulau Pinang
- Tuan Haji Abdul Rashid bin Abdul Samad - Pengarah, Jabatan Pendidikan Negeri Pulau Pinang
- Dr. Vigneswari Ganesan - Paediatric Neurologist, General Hospital, Penang
- Datin Dr. Vasanthie B. - Consultant Orthopaedic Surgeon, Senior Lecturer, Penang Medical College
- Dental Surgeon & Nurses from the Ministry of Health
- Dato' Seri Dr. Lim Huat Bee - Dermatologist - provides free consultations for students
- Dr. Alex Lim Kheng Seng, General Practitioner - provides free medical treatment for the children and medical check-ups for new staff
- Dato Dr. Yee Thiam Sun - provides free hearing assessments for children with hearing problems
- Dr. Dan Giap Liang - Paediatrician - carries out initial medical assessment for all new referrals to the Centre
- Capt (R) Dr. T.S.Bhar - Dental Surgeon - provides free dental services for the students
- Ir. Vincent Tan Huei Meng - Engineer
- Ir. Tan Yeow Joo - Engineer
- Mr. Cecil Rajendra - Legal Advisor

STATISTICS OF CLIENTS REGISTERED WITH US AS OF 31-12-2022

Ethnicity	Male	Female	Total
Malay	15	16	31
Chinese	45	24	69
Indian	8	5	13
Others	0	0	0
	68	45	113

OUR TEAM

Administrative Staff - Teachers - Therapist - Support Staff



Ms. Khor Gim Tin
Administrator



Mr. Tan Chie Siang
Admin Clerk



Pn. Norjan Binti Osman
**HOD
Preschool/EIP**



Pn. Farah Syuhaidah
binti Sharim
Preschool/EIP



Pn. Nur Sahidah
bt Abd. Rahim
HOD Primary Section



Pn. Norisma Zainol
Primary Section



Mr. Ong Hong Tiang
Primary Section



Mr. Chew Teck Seng
Primary Section



Mr. R. Mahendran
**HOD
Computer Lab**



Ms. Koh Yin Tsang
Computer Lab



Ms. M. Punitha
Computer Lab



Mr. Teh Kar Wei
Audio-Visual Room



Mr. Teng Wei Ping
**HOD
Speech Therapy**



Pn. Shariza bte Subky
**HOD
Occupational Therapy**



Mr. S. Santosh Kumar
**HOD
Physiotherapy**



Ms. Anne Natalie
Richard Joseph
Physiotherapist



En. Mohd Syahir
bin Mohd Zaki
Physiotherapist



Mdm. Rajeswary a/p
L. Naranasamy
Practical Class



Mr. Tan Soon Beng
Sheltered Workshop



Mdm. Eswary a/p
Paramit Kumar
Cook



Mdm. Kamala a/p
Kuppusamy
Attendant



Mr. Balakrishnan
a/l Arasu
Attendant



Mdm. Suppamal
a/p Periasamy
Attendant



Mr. Tee Beng Heng
Attendant



Mr. Ravindran a/l Vasudevan
Attendant



En. Che Hussain bin Osman
Driver



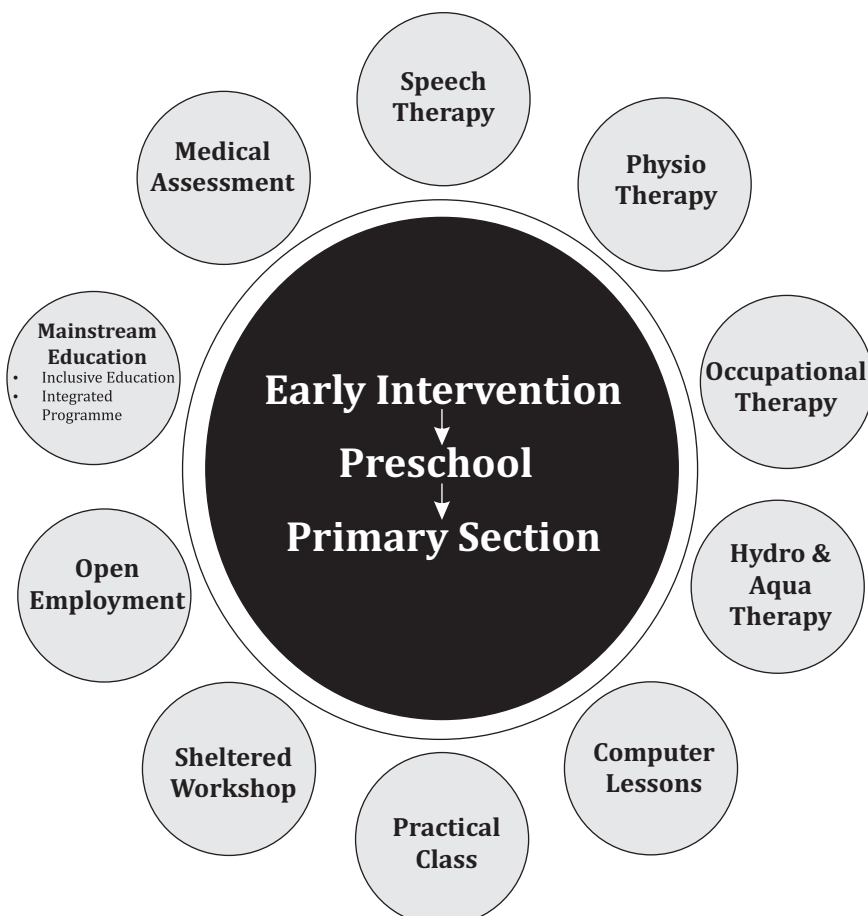
Mr. Gopal a/l Narayanasamy
Driver

ASSESSMENT & REFERRAL

The Multidisciplinary Team, consisting of a paediatrician, physiotherapist, occupational therapist, speech therapist, special educator, and social worker, will conduct the preliminary evaluation for new referrals. The child will then either be registered for appropriate services at the Association or referred to other facilities or mainstream schools.

The diagnosis of the child will be made by the paediatrician and the areas in which the child needs intervention will be identified. Therapists and special educators will assess the child's cognitive and functional levels, communication disorders and eating & drinking difficulties. Based on these, appropriate therapies and an individualised education plan will be recommended for the child.

Upon reaching 19 years of age, based on their abilities, they will be placed either in the Practical Class or Sheltered Workshop. Those who are prepared for open employment will be referred to suitable work settings.



EARLY INTERVENTION AND PRESCHOOL

The age range for children in the Early Intervention Programme is 0 to 4 years old and for preschool it is 5 to 8 years old. Our program incorporates the concept of conductive education, which is an education system based on the work of Hungarian Professor András Pető. Children need a regular routine to help them adjust to their environment, and to learn to adapt to the demands made on them. Believing the child with cerebral palsy faces learning problems, the daily programme/routine was Peto's way of providing a learning environment for the child. Within this programme, the child has the opportunity to practise and repeat the skills he is learning or has learnt. All children are different and they should all be given the opportunity to develop their different intellectual abilities in their own time.

The children are introduced to a variety of activities, including practical life skills, sensorial exploration, gross motor development, activities of daily living, fun cooking, and swimming. In addition, they receive academic teaching in English, Mathematics, and Science. Art and Craft activities, which are favourites among the children, are also included.

Art is one of the many ways children express themselves. Art can be a way for children to communicate their feelings and also develop their fine motor skills. In the Montessori environment, we provide open-ended art activities that help children explore and use their creativity. Visual art activities enable the child to make connection between the imaginative life and the world and to organize and express ideas, feelings and experiences in the visual medium.

Some children with physical disabilities have trouble with fine motor skills. To accommodate these children, it is important to use tactile media like modelling clay, free form paint or large grasp tools. By doing this, children with physical disabilities can express themselves and work alongside.

When it comes to art, it is the process not the product that is important to the child. As adults, our goal is to produce a product. The child interacts with the world differently. The child works to develop self.



Children doing arts & crafts with assistance

PRIMARY SECTION



A student being guided step by step by teacher and parent to fold clothes using a folding aid

The Primary section consist of Kelas Zamrud, Kelas Baiduri and Kelas Jed. The total enrolment is 32 students with ages ranging from 9 to 19 years old. We follow the mainstream school curriculum with modifications to suit the child's learning ability. Individual education plans have been created for all the students in order to meet their respective needs. All activities are conducted on one-to-one basis with the students.

We begin the classroom lessons with the “circle time”, whereby the teachers do greetings and roll call with the students. This is followed by academic lessons which include Bahasa Malaysia, English, Mathematics, Science and Pre-Reading. Apart from the academic subjects, fine motor activities too are introduced to our students.

Fine motor skills are the smaller movements and coordination that occur in the wrists, hands, fingers, feet and toes. They help to improve one's self-help skills, ultimately improving performance and self-confidence. To develop these skills, one activity that the students will practise is pegging with a basket and pegs using their pincer grip to place pegs onto the rim of a basket and then remove them afterwards. To enhance learning, we encourage students to create patterns with different coloured pegs with guidance and facilitation if needed.



*Han Wei is encouraged to eat independently.
Assistance will be provided if necessary*

PRIMARY SECTION



Pictures showing students taking part in gotong-royong activities such as sweeping the floor (L), and throwing rubbish into the dustbin (R). These activities increase their awareness of their surroundings and the importance of cooperating with each other to complete tasks.

The Primary Section also includes activities designed to develop self-help skills, frequently referred to as “Activities of Daily Living” (ADL), and include eating, dressing, bathing, toileting and grooming. When children practice self-help skills, they enhance their gross and fine motor skills, fulfil their own needs while also engaging in activities and behaviors that increase their confidence, eventually leading to independence.



Pictures showing a student being taught the proper way to wash his hands using liquid soap and to dry his hands with a clean towel. This helps to raise awareness about personal hygiene.

DELL LEARNING CENTER



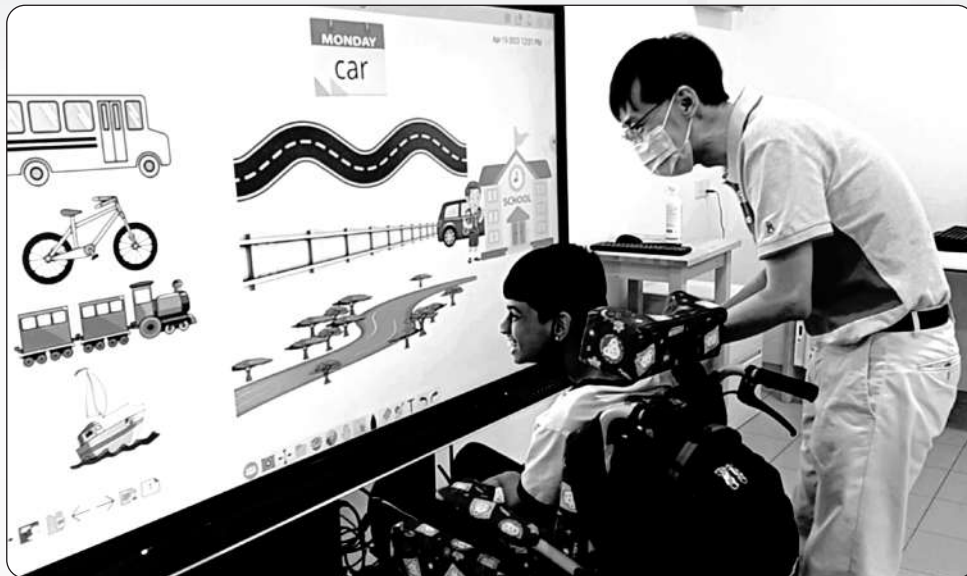
Ihsan attempting to type with both hands using MyBoard Lower Case keyboard during typing exercise.

Ihsan Wajdi Bin Hermanizam is a 16-year-old student with spastic diplegia. Ihsan has been attending computer classes since 2017 and has been making gradual improvements in using the touch screen and operating the keyboard with both hands, alternately. The use of the MyBoard-LC keyboard, which is a colour-coded keyboard with lowercase letters, has been very helpful for him to identify and locate characters easily. He has mastered some basic skills in typing, such as the use of *Caps Lock*, *Spacebar* and *Backspace*.

He has also learned to use Microsoft Word for tasks like *"look, spell, and type"* for simple sentences and short paragraphs. Furthermore, his ability to *highlight words*, *font formatting* and perform *copy-cut-paste* steps is very encouraging. Ihsan is currently undergoing further training on related activities to develop his foundational skills in Microsoft Word and also to become more familiar with some common programs that we generally use.

In order to ensure that Ihsan's computer skills continue to improve and his confidence in using technology grows, it is important to provide him with ongoing support and training. With continued support, we believe Ihsan can develop his computer skills and utilize technology to his best ability.

AMD LEARNING LAB



Cikgu Teng, our speech therapist, guiding Sawsan to use the smartboard during a therapy session

As part of their 50th anniversary celebrations, in June 2022, Advanced Micro Devices (AMD) Penang presented us with a grant of USD25,000 to set up a computer lab. As we had already established a computer lab, we proposed using the grant to develop an audio-visual room instead, which they approved of. It is known as the AMD Learning Lab.

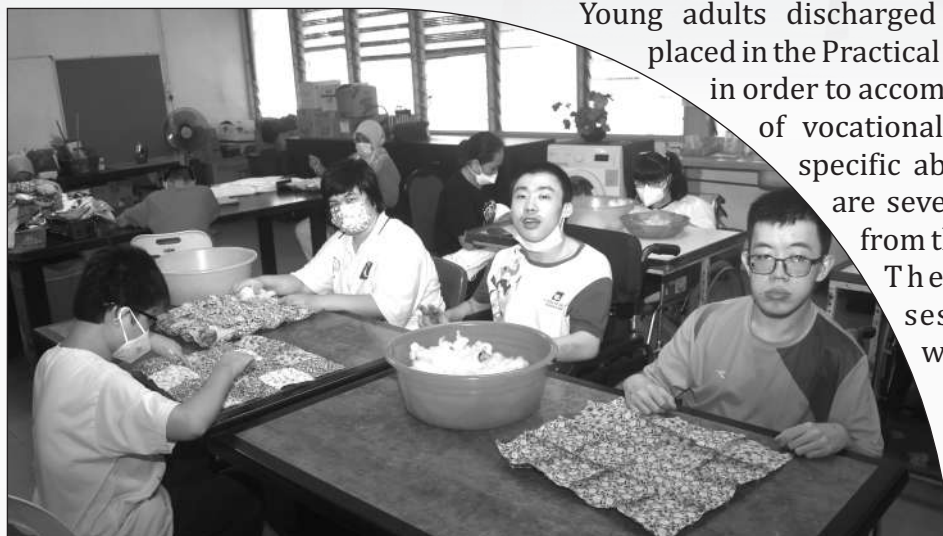
The AMD Learning Lab is a comfortable, soundproof room equipped with state-of-the-art audio-visual equipment, including a smartboard, specialised keyboards, special software and headsets. The setting is a great example of how technology can be utilised to augment the educational experience for students who require additional support.

The use of a smartboard in the classroom has been shown to increase students engagement and provides a variety of learning approaches and stimuli. The Clevy 2 and Jumbo XL II keyboards are excellent tools for young users, with bigger, color-coded keys that help students identify vowels, consonants, and punctuation marks. The ABC Maestro language-based software is a great addition to these keyboards, offering faster learning through play and a variety of letter, word, spelling, and number learning games.

In addition, the purchase of Microsoft Publisher 2021 provides an opportunity for students to learn valuable computer skills such as creating brochures, flyers, name cards, greeting cards, and bookmarks.

Overall, the AMD grant has allowed the CPCAP to create a cutting-edge audio-visual room that provides a conducive learning environment for students with special needs. The use of technology in the classroom can be a powerful tool for enhancing the teaching and learning experience, and it is important for educators to continue to explore new ways to incorporate audio-visual systems into their teaching practices.

PRACTICAL CLASS



Trainees stuffing chair seat cushions with cotton

Young adults discharged from the school are placed in the Practical Class at the Association in order to accommodate the acquisition of vocational skills that suit their specific abilities. Currently there are seven trainees in the class from the age of 18 to 36 years. They attend training sessions three days a week.

We provide training in certain areas in order to equip them for future vocational endeavours.

The more adaptable they are, the better they will be able to handle problems and be more resilient regardless of environment.

In this class, everyday tasks are divided into 5 main areas. They are:

1. **Gardening** - Here the trainees are required to water the plants and do the weeding. Along the way they are taught about different types of plants and how to nurture them.
2. **Baking** - Trainees learn about various types of ingredients, how to measure them correctly, becoming familiar with units of measurement like litres, grams, and kilograms. They are also briefed about the functions of a baking oven, but this appliance is operated only by the teacher and parents.
3. **Sewing** - A few trainees show great interest in this activity and it is carried out under the supervision of a teacher and parents. We make patched blankets, pillow cases and floor mats. Using the sewing machine and hand stitching helps to improve gross and fine motor skills.
4. **Recycling and Laundry** - Trainees are guided to sort out used clothes, to wash, iron, and then fold and pack them for sale. Use of electrical equipment is under strict supervision from the teacher or parents.
5. **Contracted Work** - The trainees are required to remove the stickers and rubber stoppage plugs from anti-static plastic tubes.

To maintain the cleanliness of the classroom, trainees are supervised in doing the housekeeping in the baking area and sewing room once a week. At the same time, we also focus on personal hygiene practices such as hand washing before and after meals, as well as prior to any cooking activities.

PRACTICAL CLASS



Ahmad Lee learning to weigh ingredients for baking

One of our ex-pupils, Ahmad Lee, joined us last year after completing his studies in a mainstream school. He is now 21 years old. He is a very curious young man and is always willing to learn, abide by the instructions given, and is helpful to his fellow trainees.

He shows interest in learning the art of baking. Currently he is being trained to accurately measure ingredients.

He is also being exposed to a diverse range of tasks and given ample time to complete them. His attendance is consistent and punctual.

Ahmad has been assigned the role of receiving and distributing orders for buns made at the bakery from staff in the other departments. He goes around with an assistant recording the staff name, type of buns, and quantity ordered. He is very diligent and able to take the orders efficiently. When he returns to the class, he counts the quantity of buns ordered and the amount to be paid by each staff member. Then on the following day, he and his assistant will distribute the buns to the staff and collect the money.

Ahmad is able to carry out all the tasks assigned to him with minimal instruction and assistance. The teacher finds him to be a very responsible person with emerging leadership qualities. We hope that in the future, with adequate training, he will be able to work in a bakery or open his own bakery business.



Ahmad Lee stitching a cushion cover with guidance from the teacher

SHELTERED WORKSHOP



Kar Heng removing the stickers and rubber stoppage plugs from anti-static plastic tubes

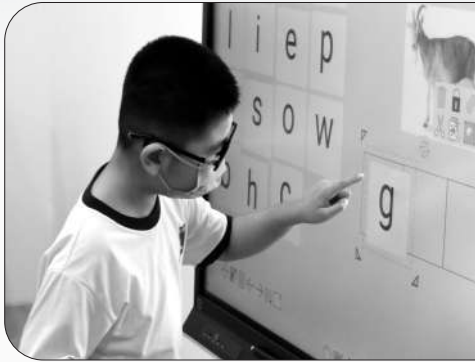
Currently, there are eight trainees in the Sheltered Workshop between the ages of 18 and 30. Here, the trainees learn to adjust to regular work requirements, attending for a stipulated number of hours per week, and are supervised to carry out the tasks assigned. Some trainees will attend from 8:00 a.m. to 4:00 p.m., while others will, upon request from their parents or guardians, attend from 8:00 a.m. to 12:30 p.m.

The Sheltered workshop is essentially a job training programme, creating a stepping stone for persons with disabilities to acquire jobs in the open employment market.

The dictum "*disabled doesn't mean unable*" holds true. We provide them with various tasks such as collecting used household items, sorting old clothes, making recycled papers or bookmarks, basket weaving, and gardening. When some factories hold charity sales, we too will be invited to sell our items.

We make every effort to preserve their social and economic potential in order for them to be able to earn an income and make the most of their time. In addition, the change of environment and interaction with friends and teachers help them to better develop cognitive and emotional skills, encouraging positive mental health and learning to cope with various life challenges.

SPEECH THERAPY



Picture 1



Picture 2

The Speech Therapy Department provides family-centred services delivered using evidence-based approaches. Our objective is to enhance the capabilities of families to meet the needs of children with cerebral palsy in feeding, speech, language and communication. Currently, the Speech Therapy Department provides therapy services for about 70 children, aged 1-19 years old.

Poh Mao Jie is a 6-year-old boy in preschool class. He has right-sided hemiplegia but has acquired the ability to walk. He has the potential to attend a regular school and study in the same class as able-bodied children. His speech therapy session is designed to prepare him with adequate skills in language, communication and academics to meet the requirements of the regular school curriculum.

He understands English, Mandarin and Bahasa Malaysia very well. He is able to carry out conversations with his parents, teachers and friends in English and Mandarin. He is always encouraged to engage himself actively in the conversation. He loves reading and is able to read sentences and short paragraphs in English storybooks. In 2022 he made

excellent improvement in reading Mandarin and it is estimated that he can recognize 500-600 Mandarin words. He has also acquired a basic knowledge in reading Bahasa Malaysia.

The pictures demonstrate a therapy session conducted by a therapist with Mao Jie. The goal of the session is to enhance his English spelling skill. Spelling games have been designed according to his standard using the "MyViewBoard" application and are being conducted on a SmartBoard, which can provide a high-quality visual display which further motivates the student in his learning.

In the first game, Mao Jie uses his finger to move the letters on the touch screen and arrange them to form the correct word (**Picture 1 and Picture 2**). In the second game, he writes the sea animal's name on the screen using a stylus pen, partially assisted by the therapist (**Picture 3**). He then checks the covered word with the "lens" special effect in MyViewBoard to see whether he spelt it correctly (**Picture 4**). It is a fun learning session for both the student and the therapist.



Picture 3



Picture 4

OCCUPATIONAL THERAPY



Suo Xian : "I am enjoying the slow and relaxing movement of the swing"

Currently the Occupational therapy department serves 60 students from Monday to Friday. Many activities are offered but one regularly introduced to a child with cerebral palsy is the swing.

We use two types of swing frequently: the bolster swing (**Picture 1**) has a small base of support so the student needs to be able to balance to avoid falling. The platform swing (**Picture 2**) has a wider base of support but the student still needs to be aware of their own body to prevent from falling. The use of the swing provides benefits such as improving body awareness, proprioception and balance. We can perform activities whilst sitting on the swing such as catching and throwing a ball or playing a board game.

The slow and gentle movement of the swing back and forth or left and right engenders a calm and relaxed feeling. Fast movements can improve core muscle strength. Hand strength is worked on when you push the swing. You need to balance and be alert of your body position when changes in swing speed and direction occur or when you want to take things whilst sitting on the swing.

Swing activities are enjoyable and although they look simple, they provide a great deal of benefit to the physical and mental health of the children.



Picture 1 : Sonia, "I need to balance myself while standing on the swing"



Picture 2 : Sonia - "I make my body extra alert while sitting on bolster swing"

PHYSIOTHERAPY



Picture 1

Alya attempting to walk on obstacle bar with support from therapist

The department of Physiotherapy caters to a total of 110 individuals inclusive of our students, alumni and therapy clients, on weekdays and alternate Saturdays. The abilities of the children are enhanced through specific handling skills in a modified environment, which gives them the experience of a more normal movement pattern through play by providing sensorimotor stimulation.

Alya is a bright 14-year-old girl. She has *Dandy Walker Malformation* which causes issues with uncoordinated gait and balance. She is able to stand and walk with assistance and occasionally she uses a wheelchair to ambulate. She is aware of her surroundings and is able to control her posture, especially when seated on the floor or on a chair. She understands verbal commands and is able to convey information to the therapists using sign language.

Initially, Alya was hesitant to do the exercises but in time her level of interest and cooperation increased. Alya is able to walk with minimal support at the hip, while grasping the parallel bars and walking along a 5-inch width wooden block, maintaining her head and trunk in proper alignment (**Picture 1**). Her trunk rotation is carried out actively without any support.

To enhance her coordination whilst walking, she is instructed to push the wheelchair in various directions and at different speeds with therapists supporting her trunk. Now she is able to maneuver the wheelchair in the required direction with occasional verbal prompts (**Picture 2**).

In addition, to ensure the child receives continuous benefits of therapy, carers are trained in specific exercises that they can carry out at home. Physiotherapy intervention has helped Alya improve her participation in Activities of Daily Living (ADL), like putting on her socks and shoes, and for her function of movement.



Picture 2

Alya being assisted to manoeuvre the wheelchair

HYDROTHERAPY AND AQUATHERAPY



Zharfan pushing the dumbbells upward to improve the shoulder muscle strength during aquatherapy

The use of water as a therapeutic medium can offer unique benefits for individuals with physical challenges, including reduced weight-bearing on the joints, improved circulation, and increased resistance for muscle strengthening.

We resumed our hydrotherapy programme during the last quarter of 2021, after a hiatus of almost one and a half years due to the COVID-19 pandemic.

The hydrotherapy sessions are held five days a week and we cater to 50 individuals, including alumni. Hydrotherapy utilises water induced resistance to improve physical abilities and function. Water offers a unique therapeutic environment which can be harnessed by a skilled provider to allow activities unachievable on land. This therapy is accepted by the medical community as an effective method to rehabilitate and re-educate the human body. Hydrotherapy encompasses completely passive exercise, therapist-induced exercise and active exercise under instruction.



Jayson (L) and Suu Kyi (R) are being trained to float on their back

HYDROTHERAPY AND AQUATHERAPY



A student being assisted by Cikgu Joe during gait training to improve walking



Cikgu Anne handling Asher during aquatherapy

The CPCAP first introduced the Halliwick concept in 1995. It originated from the collaborative efforts of James McMillan MBE, a swimming instructor and hydromechanics engineer, and his wife Phyl McMillan MBE in the late 1940s and early 1950s. The International Halliwick Association (IHA) defines the Halliwick Concept as an inclusive teaching approach that empowers individuals, especially those with physical and/or learning difficulties, to actively participate in water activities, to move independently in water, and acquire swimming skills.

Aqua therapy, which we incorporated into our programme in 2016, involves active exercises in the water based on instruction but no passive exercise. In passive exercises the therapist/instructor helps to move the joints, while in active exercises the children have to move the joints on their own. In aqua therapy, exercises otherwise done on land are carried out in the water to minimize the stress on joints, bones and muscles.

We have a medium sized pool with depth from 1 meter at the shallow end to 1.44 meter at the deep end. During hydrotherapy sessions the children are handled on a one to one basis.

As part of the safety precautions, we always ensure the areas around the pool are always clean and dry, and that the water is clean and chlorinated. The children and staff take a shower before entering and after leaving the pool. We also make sure that children and staff are fit for the session and a member of staff oversees the session, monitoring all activities.

ASPIRE TO INSPIRE.....

OOI WAN CHEAN



I was born prematurely as one of quadruplets and due to complications at birth I developed spastic diplegia cerebral palsy. In 2000, at the age of two, I was registered with the CPCAP and still continue to receive therapy. I underwent occupational therapy, speech therapy, and physiotherapy to enhance my potential and improve my daily living skills. These therapies are very crucial for individuals with cerebral palsy.

In 2003, when I turned five, I was enrolled in the preschool unit at CPCAP. It was during this time that I began to recognize the alphabet, numbers, and other concepts typically taught to children in preschool. In 2005, at the age of seven, I was promoted to the primary section. There, I was exposed to various subjects at a level that matched my ability to understand and absorb information. My teacher(s) would make adjustments to the syllabus to cater to our individual needs.

In 2010, my class teacher recommended that I enroll in a mainstream school. I embraced this new environment and was fortunate to meet many supportive teachers and friends. After completing my standard six education at Sekolah Kebangsaan Jelutong Barat, I continued my secondary education until form five at Sekolah Menengah Teluk Kumbar 2. Upon completion of my secondary education, I went to do Graphic Designing at Han Chiang College and graduated with a certificate.

In 2018, my former teachers at CPCAP suggested that I try participating in a para sport called boccia. Boccia is a precision ball sport that is similar to bocce and related to bowls and pétanque. I thoroughly enjoyed playing boccia because it showed me that individuals with special needs too can participate in sports and compete in a healthy and fair environment.

I participated in many boccia tournaments and won a few medals for the State of Penang. I won several medals in boccia during Sirkit level competitions. My highest achievement is winning a silver medal in the BC2 Individual Female Category at the 20th Para SUKMA games, which was held in Kuala Lumpur in November 2022.

Currently, I am working part-time as a clerk and aspire to inspire others with my life's journey. Living with cerebral palsy is not easy, but, it has added a great deal of meaning to my life. Lastly, I would like to express my sincere gratitude to CPCAP, my parents, teachers, therapists and friends for their continuous support and motivations over the years. They all have been a source of inspiration for me.



Wan Chean (L) with her close friend Chun Tian (R) during the 20th Para SUKMA games in November 2022

ASPIRE TO INSPIRE....

LIM CHUN TIAN



Nama saya ialah Lim Chun Tian. Saya dilahirkan pada Mei 2001 di hospital Lam Wah Ee. Sejak lahir saya mengalami palsy serebrum atau *cerebral palsy* dalam bahasa Inggeris. Palsy serebrum merujuk kepada sekumpulan gangguan saraf yang menjejaskan keupayaan pergerakan, kestabilan dan postur seseorang akibat dari kecederaan pada bahagian otak ketika dalam kandungan, sewaktu atau selepas bersalin. Saya mempunyai seorang kakak dan merupakan anak bongsu dalam keluarga.

Saya memulakan alam persekolahan di CPCAP ketika saya berusia dua tahun iaitu pada tahun 2003. Semasa di Persatuan ini saya menerima pendidikan pra sekolah dan sekolah rendah.

Selain daripada aspek akademik saya turut menerima fisioterapi, terapi pemulihan carakerja dan terapi pertuturan. Ketika saya berusia 11 tahun, berdasarkan kemahiran bertutur, menulis, membaca dan keupayaan kognitif, guru kelas berpendapat saya dapat mempertingkatkan potensi sekiranya saya dimasukkan ke sekolah aliran perdana. Justeru, beliau telah mengusulkan cadangan kepada pengetua sekolah agar saya ditukar ke sekolah aliran perdana.

Pada tahun 2012, berkat inisiatif pihak CPCAP, saya telah didaftarkan di Sekolah Kebangsaan Jelutong Barat, Pulau Pinang. Di sekolah ini, pada mulanya saya ditempatkan dalam kelas pendidikan khas selama dua tahun. Untuk menilai keupayaan saya dalam bidang akademik, pada tahun 2014 saya dimasukkan ke darjah tiga yang berteraskan silibus pendidikan biasa.

Saya menduduki peperiksaan UPSR pada tahun 2015 dan berjaya memperolehi keputusan yang memuaskan. Seterusnya saya melanjutkan pelajaran ke Sekolah Menengah Kebangsaan Hamid Khan, Pulau Pinang. Pengajian saya dari tingkatan satu sehingga ke tingkatan lima berjalan dengan lancar. Saya berjaya menduduki peperiksaan Sijil Pelajaran Malaysia pada tahun 2021 dan lulus dengan empat kepujian.

Pada tahun 2018, seorang bekas guru dari CPCAP telah memperkenalkan saya kepada permainan Boccia. Boccia merupakan satu sukan untuk orang kurang upaya (OKU). Selepas beberapa sesi latihan saya mula menggemari sukan ini dan berazam untuk mewakili negeri Pulau Pinang dalam kategori sukan OKU. Dengan latihan yang gigih dan dorongan dari jurulatih Boccia iaitu Cikgu Syahir, saya bersama rakan seperjuangan saya iaitu Ooi Wan Chean dan Muhammad Solihin, berjaya memenangi pingat perak dalam acara berkumpulan dalam pertandingan sirkit 1 yang diadakan di Kuala Lumpur pada Jun 2022. Pencapaian terulung saya setakat ini ialah memenangi satu pingat emas dalam acara individu wanita kategori BC2 semasa sukan Para SUKMA ke 20 yang dianjurkan pada November 2022 di Kuala Lumpur. Di sini saya ingin merakamkan ucapan terima kasih kepada jurulatih, para atlet dan ibu saya di atas bantuan, dorongan dan tunjuk ajar yang diberikan sejak saya menyertai sukan boccia.

(...bersambung di muka belakang)

ASPIRE TO INSPIRE.....

LIM CHUN TIAN



Chun Tian bersama kawan karibnya Letchimi, ketika sekolah menengah

Buat masa sekarang, saya sedang mengikuti dua kursus jangka pendek modul atas talian iaitu *rekabentuk laman web* dan *rekabentuk grafik*, sementara menunggu kemasukan ke Kolej Han Chiang di Pulau Pinang untuk mengambil kursus *Rekabentuk Multimedia*. Saya berharap akan dapat memberi komitmen serta tumpuan yang sepenuhnya dalam kursus-kursus ini.

Akhir sekali, saya mengambil kesempatan ini untuk mengucapkan ribuan terimakasih kepada CPCAP, ibubapa saya, para guru dan terapis yang telah membimbing saya dari kecil sehingga dewasa bukan hanya dalam bidang akademik, terapi dan sukan malah bagaimana cara

mengendalikan diri saya semasa berada di luar sekolah. Turut tidak dilupakan ialah para sahabat saya yang sentiasa bersama saya semasa di alam persekolahan.

PENANG BOCCIA TEAM



Penang Boccia Team with their parents and carers after participating in Sirkuit 1. Among them, Chun Tian occupies the fifth seat from the left, while Wan Chean sits as the fourth person from the right, flanking their coach, Cikgu Syahir

SEMINARS

A SHARING SESSION ON 11 JUNE 2022 “Inclusion Reflections and Practices in Singapore”

On 11 June 2022 Mr. J R Karthikeyan, CEO of the Asian Women's Welfare Association (AWWA) was invited from Singapore by the Cerebral Palsy (Spastic) Children's Association of Penang to share their experience in inclusion practices for children with special needs. This seminar was held via Zoom and teachers, therapists, parents and ex-pupils also participated.

During the session they shared how the AWWA's educators are promoting the idea of inclusive classrooms that value diversity and facilitate the involvement of students with various learning abilities, rather than segregating children with special needs into specific specialised programs. Inclusive classrooms focus on individual learning needs and consider different teaching approaches to meet a variety of individual learning preferences.

Educators from AWWA work closely with teachers to support the students with special needs in the inclusive classroom. They also aim to build a collaborative educational network in Singapore with families and the community so that everyone understands and shares the same values in inclusive education.

We are keen as such an inclusive programme, where students with special needs and typically developing children learn together and interact with each other. We believe that this would foster greater understanding of each others' needs and perhaps lead to beneficial changes within the community where both would thrive.

SEMINAR 16 SEPTEMBER 2022

“Future of My Child With Special Needs”

This seminar was organized by the CPCAP on 16 September 2022. The objective of the seminar was to gather the information about resources that educators and parents need to train individuals with special needs for open employment.

Dato' Prof. Dr. See Ching Mey, an Educational & Counselling Psychologist from Loh Guan Lye Specialists Centre, was the facilitator. 75 participants, including educators and parents from various special education schools and NGOs in Penang brought their expertise and ideas to the table.

Distinguished speakers included Dato' Prof. Dr. See Ching Mey, Puan Noor Azura Binti Ahmad from the Department of Social Welfare State of Penang, Encik Muhammad Qayyum Bin Idris from Employment Services Department (PERKESO), Miss Chia Kien Eng, a speech and language therapist from Island Hospital, and Dr. Rajesvari Ramasamy, a cognitive behavioural therapy coach from MINDS Association of Penang. Parents also shared their experiences in developing their child's independent living and job skills.

Resolutions were drafted based on the information gathered, unanimously approved, and submitted to the relevant government agencies to be taken into account when considering the development of open employment opportunities for individuals with special needs.

CHRISTMAS PARTY & TEA-DANCE For Persons With Disabilities 10 December 2022 (Saturday)



Children and alumni of CPCAP gathered in a semicircle with their carers

The CPCAP held a Christmas Party and Tea-Dance at the Penang Club for our students and alumni on 10 December 2022.

Mr Ng Fook On, President of the CPCAP, gave the opening address. A live band, Abeysekras and Friends, Cikgu Joe and Mr. Bala dished out a few songs that enlivened the Christmas atmosphere. We also enjoyed a buffet high tea, compliments of Penang Club.

Tee Beng Heng, one of our staff members, dressed up as Santa Claus and distributed goodies for all. CPCAP would like to express its gratitude to everyone who contributed to the success of this Christmas Party and Tea-Dance.



Mr Ng Fook On delivering his speech



L-R : Alumni of CPCAP, management committee, and Penang Club staff, capturing the festive spirit of the event: Alumni of CPCAP and volunteers from Micron Memory dancing to live music by Abeysekras and Friends



Mr. Beng Heng, staff of CPCAP spreading Christmas cheers as Santa Claus



Children and alumni of CPCAP together with their carers and teachers enjoying a buffet high tea

OBITUARY



Tribute to the late

DATO' DR. DENIS MARK LEE KIN YENG DSPN, JP, PJK
Former President (1990 - 2000) and Trustee (1997 - 2021)
The Cerebral Palsy (Spastic) Children's Association of Penang
Passed away on 1 October 2021

The late Dato' Dr Denis Mark Lee joined the Association in 1989 as a committee member and in 1990 he was elected as the 7th. President of the Cerebral Palsy (Spastic) Children's Association of Penang. In 1997, he was elected as a trustee.

During his tenure Dato' Dr Denis introduced many new facilities to the centre to meet the childrens' growing needs both physically and mentally. One of these was Snoezelan, which was introduced in 1993. The Snoezelan room provides exciting sensory activities and experiences for the children. He also focused on the training and development of the staff, who were sponsored for courses in therapy and special education at certificate, advanced certificate, diploma and degree levels.

The Association won a number of awards under Dato' Dr Lee's stewardship, including the Matsushita Electric Industrial Workers Union "*International Volunteer Prize*". He also saw to the new extension which housed spacious units for physiotherapy, occupational therapy, computer lab and sheltered workshop.

He was a prudent leader who led his management committee with a vision to provide the best for the children with cerebral palsy entrusted to his care. Our deepest condolences go to his wife and family.

From :

Management Committee and Staff
The Cerebral Palsy (Spastic) Children's Association of Penang

OBITUARY



Tribute to the late
Mr. YEW LYE HIN PJM
Former Hon. Secretary (1989-1992)
The Cerebral Palsy (Spastic) Children's Association of Penang
Passed away on 8th April 2022

The late Mr. Yew Lye Hin joined the CPCAP in January 1973 as a life member, and in the same year he was elected to serve on the Management Board as a committee member. In 1989, he was elected as the 8th Honorary Secretary, a post he held till 1992.

In 1992, the Association won the *Matsushita Electric Industrial Workers Union International Volunteer Prize*, which carried a cash prize of USD 20,000. He received the award on behalf of the Association in Osaka, Japan, on 28 July 1992.

Being a very dedicated person, Mr. Yew Lye Hin was instrumental in creating opportunities for the development and training of staff. He always encouraged the staff to keep abreast of change and update their knowledge so that they would be better prepared to serve children with special needs.

Our deepest condolences go to his wife and family.

From :
Management Committee and Staff
The Cerebral Palsy (Spastic) Children's Association of Penang



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- ENT Laboratory - Rhinometry & Ultrasinoscopy
- Electroencephalogram (EEG) & Neurophysiology Laboratory
- Endocrinology
- **Endoscopy Centre :**
- Gastroscopy, Capsule Endoscopy, Colonoscopy, Sigmoidoscopy, Bronchoscopy, ERCP, Therapeutic Endoscopy, PH & Manometry Studies
- Endoscopic & Endolaparoscopic Surgery
- Eye Surgery (Including small incision Cataract Surgery-Phacoemulsification) & Glaucomatology
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- Haemodialysis Centre

- **Heart Centre :**
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- Cardiovascular Laboratory (CVL) :
Angiogram, Angioplasty, Electrophysiology Studies (EPS) & Electrophysiology Implant Procedures
- Cardiothoracic Surgery :
CABG, Valve Surgery, Aortic Surgery, Thoracic Surgery, Endoscopic Surgery & Vascular Surgery
- Cardiac Rehabilitation
- Histopathology
- Travel Medicine
- Intensive Care Medicine
- International Desk
- Interventional Radiology
- Laboratory & Blood Bank
- Laparoscopic Surgery
- Laser Surgery
- Low Dose Radio-iodine Therapy for Thyrotoxicosis (Hyperactive Thyroid)
- Maternity Packages & Antenatal Classes
- Neonatal Intensive Care
- Nephrology
- Neurology & Neurosurgery
- Nursery
- Obstetrics & Gynaecology, Fertility Centre (IVF) & Delivery Suites
- Oncology Day Care
- Operating Theatre
- Orthopaedic, Sports Injury, Trauma, Bone Transportation and Joint Reconstruction
- Paediatrics

- Patient Education Unit
- Percutaneous Laser Disc Decompression (PLDD)
- Plastic Surgery Unit
- Psychiatry
- **Radiology & Imaging Centre :**
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- 3T MRI
- CT Scan
- Fluoroscopy
- General X-ray
- Mammography
- 3D Automated Breast Ultrasound (ABUS)
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