

# LAPORAN TAHUNAN ANNUAL REPORT 2013



*Madam A.Valliammal, Administrator, Cerebral Palsy (Spastic) Children's Association of Penang receiving TOKOH GURU SEKOLAH SWASTA AWARD from Penang Education Director Encik Ahmad Termizi Kamaruddin during the State-Level 42nd Teachers' Day Celebration on 22 May 2013 at SRJK (C) Pai Teik, Nibong Tebal, Penang.*

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

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

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email: [pgcerebral@gmail.com](mailto:pgcerebral@gmail.com) website: [www.cerebralpalsypenang.org](http://www.cerebralpalsypenang.org)



WITH APPRECIATION



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Certificate No: 2513



## **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**





## OUR VISION

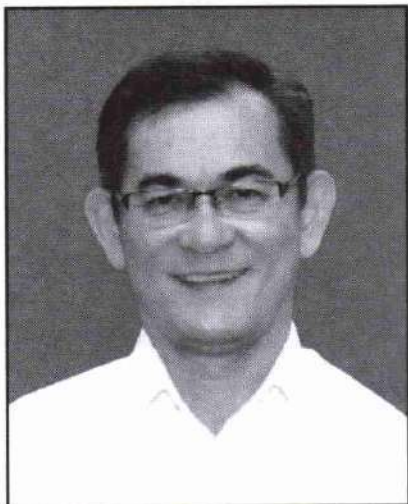
- *To establish The Cerebral Palsy (Spastic) Children's Association of Penang as a Centre of Excellence in the State of Penang.*
- *To develop independence, confidence & self-esteem of individuals with cerebral palsy and help them achieve their full potential.*

## 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 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



**A**nother year, another report to write. As I reflect and contemplate of what to write for the President's Report for 2013, my thoughts were arrested to how fleeting our life on earth can be. Our life is a fleeting breath; a floating cloud! *"Harimau mati meninggalkan belang, manusia mati meninggalkan nama"* It is our name that we leave behind when we depart from this world. What we leave behind is our legacy. From dust to dust, all that remains is a tombstone or an earthen jar with our names engraved. The conclusion to my thoughts is *"Make hay while the sun still shine"* meaning do what we can to help those in need while we can.

This Centre was founded on charitable servitude. All the services provided at the Centre are free of charge. We provide a complete and wholesome rehabilitative and educational programme for the benefit of the children. The strategic accessible location and public awareness have made The Cerebral Palsy (Spastic) Children's Association of Penang a name to be reckoned with; catering to the needs of the children with cerebral palsy since 1962.

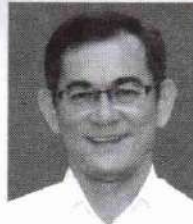
I would like thank our Patron TYT Tun Dato' Seri Utama (Dr) Haji Abdul Rahman Bin Haji Abbas, Yang Di-Pertua Negeri Pulau Pinang and Yang Amat Berbahagia Toh Puan Seri Hajjah Majimor Binti Shariff for their dedication and support towards the Centre.

Also, my heartfelt thanks and appreciation to my Management Committee, teachers, staff, donors, well-wishers and friends of the Centre who have dedicated their time, effort and financial support to help make our work and commitment at the Centre easier and smoother.

A stylized, handwritten signature in black ink, consisting of several vertical strokes and a long horizontal flourish extending to the right.

NG FOOK ON, PJK, PJM

## 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



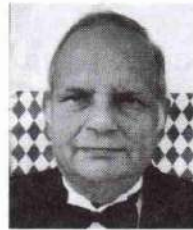
Mr. Khoo Yeoh Gan Hong  
DJN, PPN, PKT, PJK, PJM  
V. President



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. Alex Woo



Ms. Jenny Kam Phaik Har  
PJK, PJM



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



Dato' Rhina Bhar



## 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 Consultants



En. Zulkifli Bin Ismail  
Pengarah Kebajikan Masyarakat Negeri



Tuan Haji Ahmad Tarmizi Kamaruddin  
Pengarah 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 Advisors



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  
Gleneagles Hospital, Penang



Ir. Vincent Tan Huei Meng  
DJN, PJK  
Engineer



Ir. Tan Yeow Joo  
Engineer

## ADMINISTRATOR'S REPORT



The year 2013 had been an exciting one for me, as there were a few happenings at the centre. SCAP conducted an Economic Empowerment Programme Assessment (EEPA) to train our teachers to assess our young adults and to gauge their readiness for employment. Following the assessment carried out, SCAP realized that we need to modify our programme to suit the growing needs which is to empower them economically, as only a small percentage of our adults are gainfully employed. SCAP expanded its programme and set up a Practical Class with 3 students. In response to our appeal to set up a Bakery, GKN Driveline donated a dough mixer and an oven. Having the hardware was not enough, we managed to get Giat Mara, Bukit Gelugor to organize baking skills. We learnt to bake buns, pizza, cup cakes and doughnuts. Cikgu Kalyani and Kakak Lee Pheng will have to meet their challenges in transferring the skills learnt to the young adults in the Practical Class.

The Ministry of Education for the first time recognized the services of special school and included these schools in their Tokoh Guru Award. I was chosen on behalf of the Cerebral Palsy Spastic Children's Association of Penang in Penang state. Indeed it was a memorable event.

I would like to record my heartfelt thanks to all the staff of SCAP as behind every successful event there must be a committed team. "Thank you from the bottom of my heart" Looking forward to another eventful year at SCAP and from the home I will be welcoming my first grandchild

Thank You and God bless

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

**VALLIAMMAL ALLAGAPPAN PJK**



## SCHOOL BOARD



**Standing from Left :** Mrs. Lillian Kam Chiok Hoon (Parent), Mrs. Kalavali Rathnam (Parent), Mdm. 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 (Schoolboard Chairman), Ms. Ong Siew Guat (Honorary Secretary, SCAP), Mr. Nutan B. Shah (Honorary Treasurer, SCAP)  
**Absent with apologies :** Rep. from Jabatan Pendidikan Khas

## STAFF



**Sitting from Left:** Mr. Sin Yhee Hwan, Ms. Koh Lee Peng, Mr. Teng Wei Ping, Mdm. Uma Devi Balakrishnan, Puan Mazah bte K. Ismail, Mdm. Valliammal Allagappan, Puan Azlina Mohd. Yusoff, Mr. Santosh Kumar, Mr. Mahendran Ramalingam, Puan Norjan Osman, Ms. Koh Yin Tsang, Mr. Teh Kar Wei

**1st Row Standing from Left :** Mdm. Suppamal Periasamy, Mrs Punitha Vathi Kumaresan, Mrs. Letchumi Selvam, Cik Rosnita Idris, Cik Intan Juliani Binti Ghazali, Cik Faizah Nordin, Ms. Roshini Kanapathy, Mrs. Radha Prakash, Mrs. Premila Rajkumar, Ms. Anuradha Sundramoorthy, Puan Nor Sahidah Abdul Rahim, Ms. Amutha Thandaiyuthapani, Ms. Rajina Kishnan, Ms. Kalyani Rambyer, Mrs. Usha Selvasegar, Madam Kamala a/p Kuppusamy

**2nd Row Standing from Left :** Mdm. Cynthia Kong, En. Md. Khan bin Md. Junus, Mr. Tan Soon Beng, Mr. Ravindran Vasudevan, Mr. Subramaniam Karuppiyah, Mr. Hemand Santha Kumar, Mr. Chew Teck Seng, Mr. Tee Beng Heng, Mr. Chew Sun Chooi, Mr. Ong Hong Tiang, Mr. Doraisamy Mooniandy, En. Jamaluddin Ahmad

**Absent :** Ms. Tilagavathi a/p Sugumaran



## ORGANIZATIONAL STRUCTURE

### MANAGEMENT COMMITTEE

**ADMINISTRATOR**  
Madam A. Valliammal

#### ADMINISTRATION

**Social Work Coordinator**  
Uma Devi a/p K.M.  
Balakrishnan

**Office Staff**  
Nesamani Thai  
Kong Wai Leng

**Drivers**  
Chew Sun Chooi  
Subramaniam Thevar  
Gopal a/l Narayanasamy  
Jamaluddin bin Ahmad  
Md. Khan bin Md. Junus

**Attendants**  
Koh Lee Peng (Kitchen)  
Usha a/p Tanimmly  
Suppamal a/p Periasamy  
Tee Beng Heng  
Ravindran a/l Vasudevan  
Kamala a/p Kuppusamy

**Gardener**  
Doraisamy a/l Mooniandy

#### REHABILITATION

**Physiotherapy  
Head of Department**  
Santosh Kumar

**Physiotherapist**  
Sandya Rao  
Radha Jeyalakshmi  
Hemand a/l Santha Kumar

**Occupational Therapy  
Head of Department**  
Shariza bte Mohammed Subky

**Occupational Therapists**  
Faizah bte Nordin  
Rosnita bte Idris

**Speech Therapy  
Head of Department**  
Teng Wei Ping

**Speech Therapist**  
Lim Chia Tean

**Early Intervention  
Programme**  
Chuang Meng Ngoh  
Azlina bte Mohd. Yusoff  
**Preschool**  
Norjan bte Osman  
Anuradha a/p Sundaramoorthy

**Sheltered Workshop  
Co-ordinator**  
Denise Khoo Sen Nien  
**Assistant**  
Tan Soon Beng

#### ACADEMIC

**Primary School  
Kelas Nilam**  
Tilagavathi a/p Sugumaran  
Premilaraj Tanakuti  
**Kelas Zamrud**  
Rajina Kishnan  
**Kelas Baiduri**  
Chew Teik Seng  
Chong Poh Choo (Part time)  
**Kelas Jed**  
Ong Hong Tiang  
Intan Juliani

**Functional Academic  
Kelas Mutiara**  
Roshini a/p Kanapathy  
Letchumi a/p K.S. Shanmugam

**DELL Learning Center  
Head of Department**  
Mahendran Ramalingam  
**Assistants**  
Koh Yin Tsang  
Punitha Vathi a/p Chandran  
Teh Kar Wei

**Pre-Vocational Skills  
Development Unit  
Head of Department**  
Mazah bte K. Ismail  
**Assistant**  
Amutha Thandayuthapani

**Practical Class**  
Kalyani Rambyer

**Outreach (Bukit Mertajam)**  
Monasita bte Mokhtar  
(Physiotherapist)  
Nor Sahidah bte Abdul Rahim



## 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

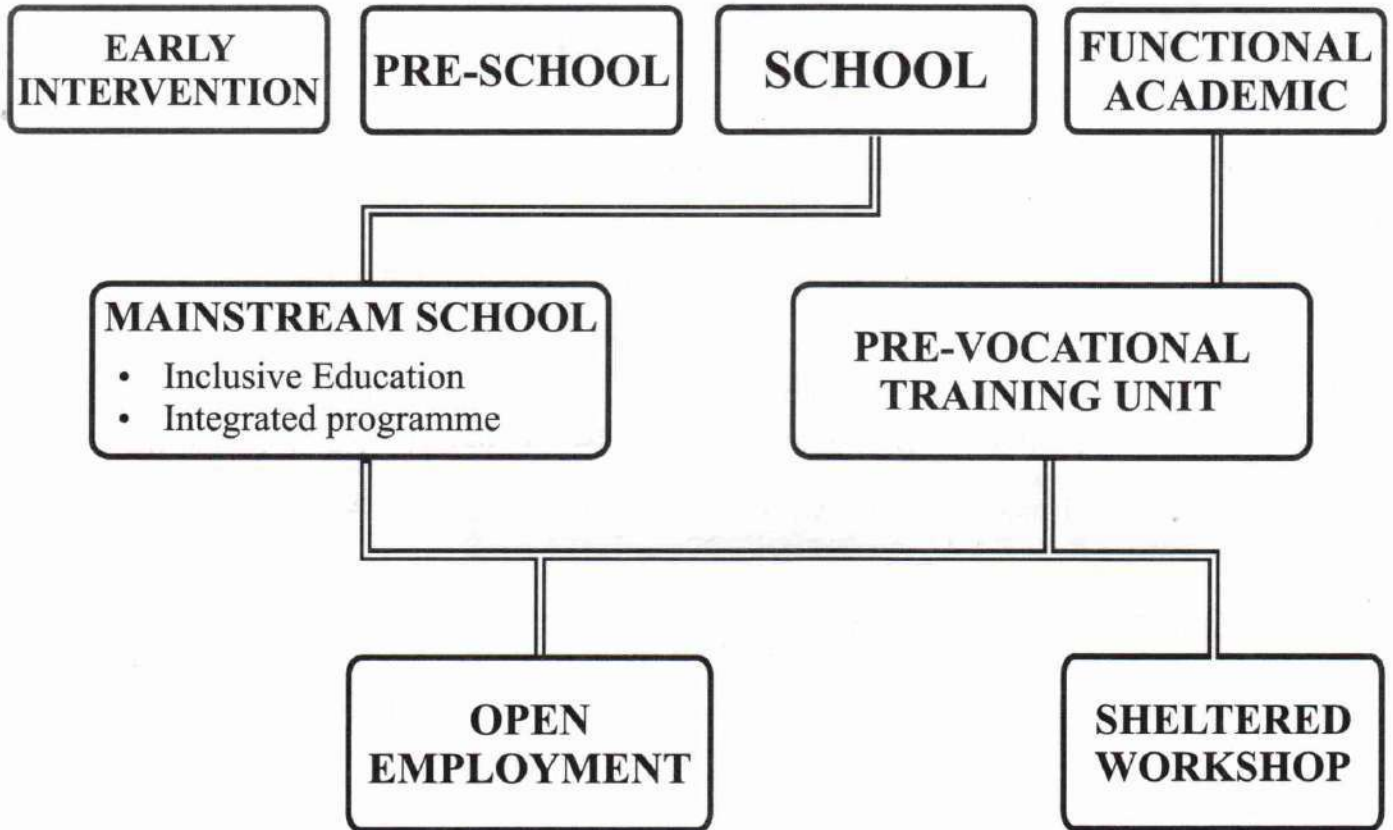
We would like to convey our heartfelt condolences to the family of

1. Thiruvinyakamoorthi who passed away on 19 6 2013
2. Chan Vern Shen who passed away on 15.10.2013

|         | MALE | FEMALE | TOTAL |
|---------|------|--------|-------|
| MALAY   | 28   | 17     | 45    |
| CHINESE | 55   | 30     | 85    |
| INDIAN  | 8    | 5      | 13    |
| OTHERS  | 2    | 0      | 2     |
| TOTAL   | 93   | 52     | 145   |



# 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 adaptations in the teaching and learning methods.



## EARLY INTERVENTION PROGRAMME (EIP)



### FUN COOKING – MAKING BISCUITS

*Children engaging in positive sensory experiences with a variety of healthy food, observing food preparation, learning mathematics and enhancing creativity*

There are a lot of reasons why we should cook with kids. First of all, It's Fun!! If you can get over the fact that half of the flour in a biscuit recipe will end up on the floor, cooking with kids is often enjoyable, for us as it is for them. It is also educational. Getting children involved in preparing food teaches them math skills, reading skills, safety and creativity. In addition it helps them to learn responsibility and awareness about the world. If you want the kids to know how to prepare dinner for the whole family when they are teenagers, cooking with them while they are still young will have paybacks later.

To start cooking with a child of any age, a trip to the book store or library is a good idea. You can get the younger child involved with what you are cooking at dinner time by giving the child simple tasks that he or she can accomplish like:

- cutting butter with a blunt knife
- pouring flour and other ingredients from the measuring cup into the bowl
- stirring
- cracking eggs

Older children can help choose recipes and following them (under some supervision) and setting the table. Encourage the child to add something special like a vase of cut flowers or fanciful folded cloth napkins. All kids should participate in the clean up. A child-sized broom, spray bottle with vinegar and water or other non toxic cleaning products and some lively kid's music makes clean up fun. You can do special cooking projects with the child; baking whole wheat bread (by letting them shape the dough), making whole grain biscuits and home made pizzas. These three sure fun, family activities will keep children occupied.



## PRESCHOOL



### SCIENCE

#### *Concept of Floating & Sinking*

Science at its most basic is about finding out and understanding our environment. It is about knowing how things work and change in our environment. What better place to start learning about these than in and around the school. From about three years onwards young children will start asking “Why” all the time and by the time he or she is six you will not know some of the answers yourself. It is important to recognise that every child will come to the preschool with different past experiences. Some may have had richer experiences and others less so.

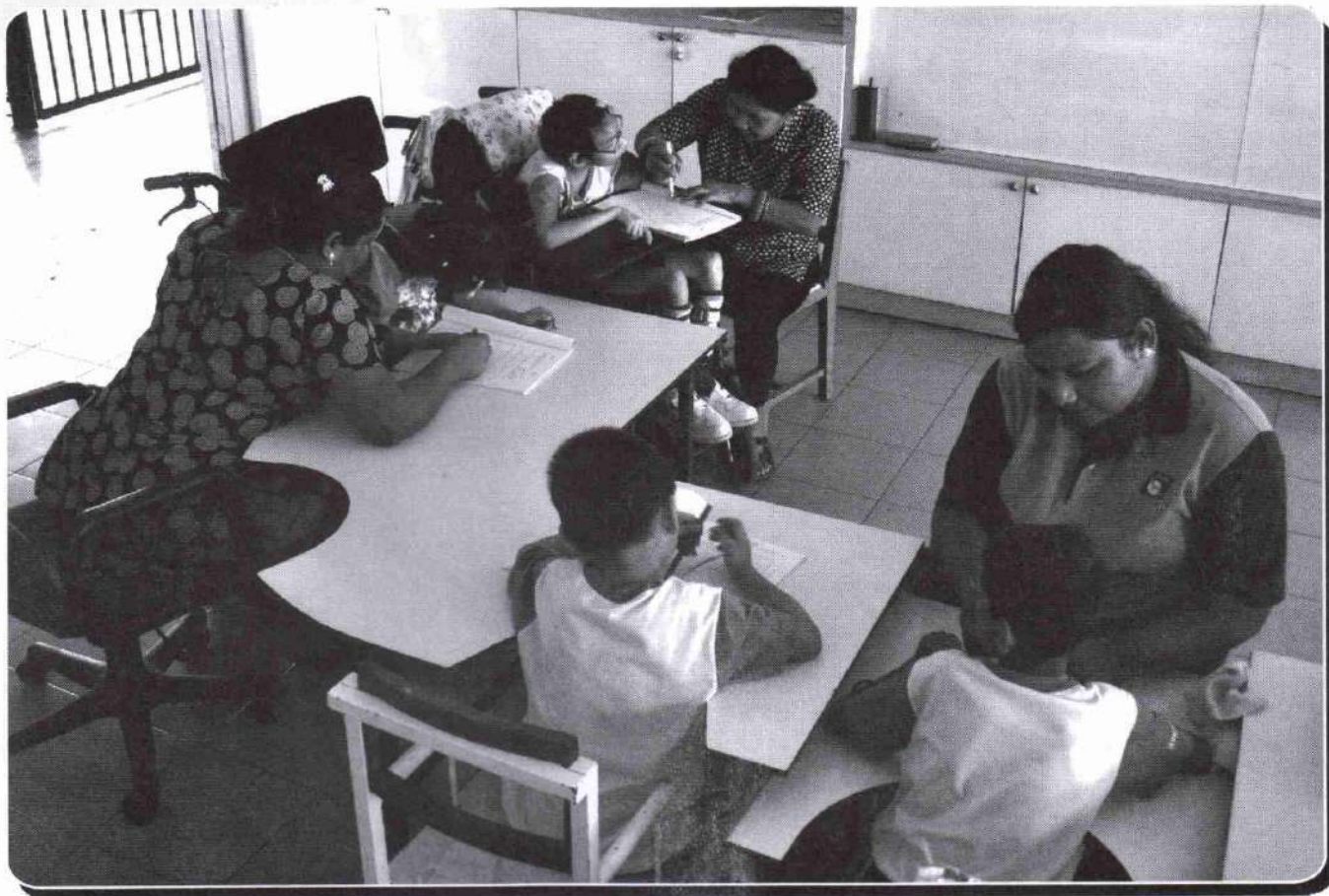
By the age of 2½ years, most children will know a surprising amount about their environment and the teacher should build on this knowledge. All children learn through active participation by being involved in a practical way, and by attempting to do something themselves, particularly by using their hands. The Montessori techniques put great emphasis on this connection between the brain and movements. It is obvious by watching the child that the development of his mind comes about through movements. It is believed that the process of learning have three parts, the brains, the senses and the muscles, and that all these must co-operate for learning to take place.

A big basin of water is placed in front of the children. The child drops an object (given earlier by the teacher) into the water. The child observes whether the object floats or sinks. This process is repeated with the other objects. Hence the child learns that some objects float in the water and some objects sink in the water.



## PRIMARY SECTION

### Kelas Nilam



#### TRACING AND FOLLOWING THE DOTTED LINE TO FORM IMAGES

*To enhance fine motor strength to prepare the child to write*

**T**he small muscles in children's fingers and hands need a great deal of practice and exercise in their formative years. In this class, we therefore provide a variety of activities for developing small motor skills including prewriting skills and eye-hand coordination. Tracing over the lines from left to right and connecting the dotted lines to form images or pictures are some activities to help prepare the child to write in future years.



## PRIMARY SECTION

### Kelas Zamrud



#### PLAYING WITH COLOURS

*Develop colour recognition and creativity*

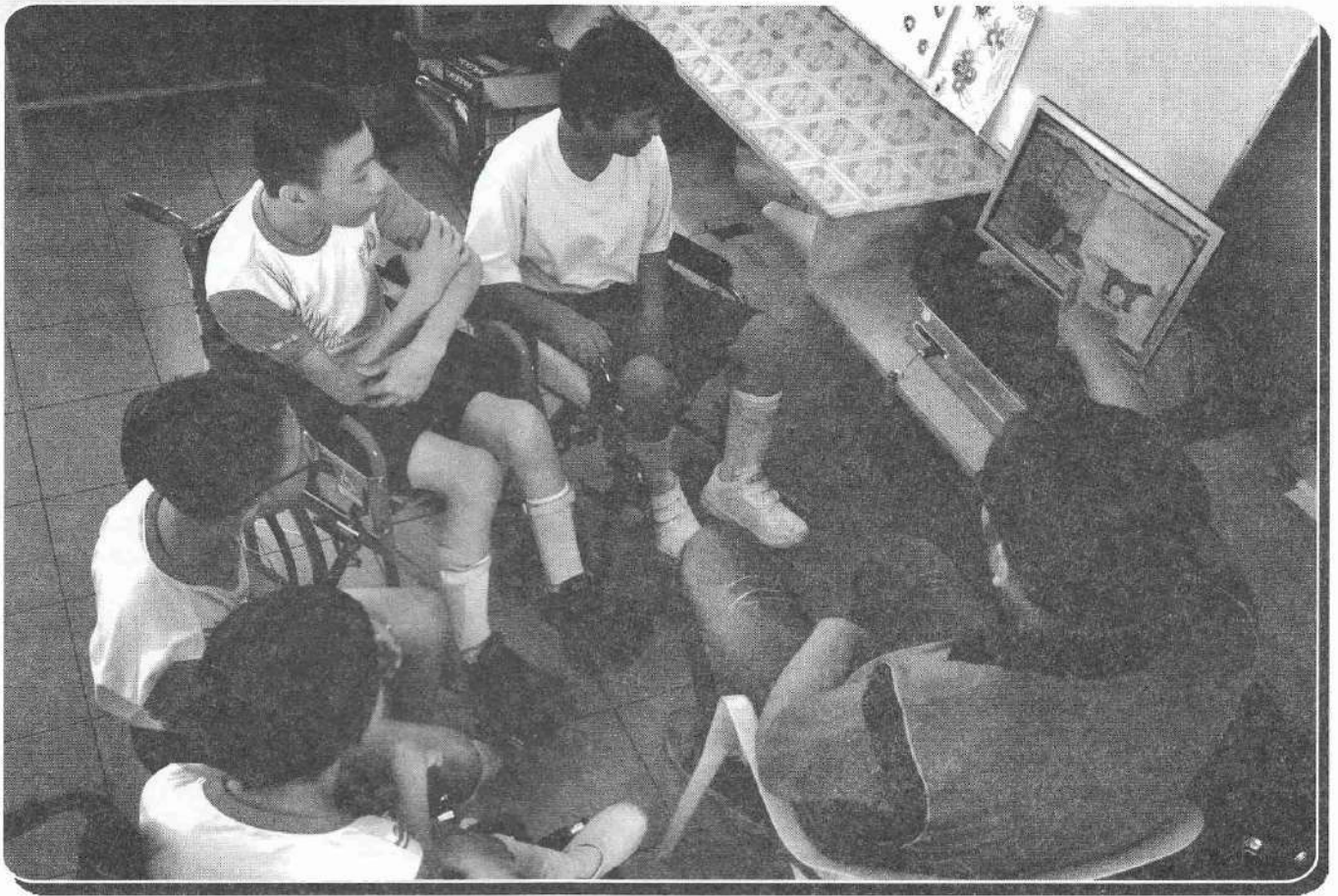
**F**or the year 2013, Kelas Zamrud's motto is *learning through play*. As per the motto, the class lessons are designed to support the child in reaching their developmental, social and academic potential through play. Playing is the natural way in which a child learns and it provides the foundation for social life, creativity and flexibility. In Kelas Zamrud class, we use play as an educational tool through the use of games, puzzles and simple problem solving activities in a direct way for each subject. As a result, the class provides a happy and stimulating environment in which the children enjoy learning through play. It also develops key learning areas such as listening, speaking, concentration, self-confidence and learning to work together.

Students are set in a group to play the game by using sponge to stamp the colours on a large paper. Through this activity the child develops colour recognition, creativity as well as develop sensory skills and language as well as increase their attention span.



## PRIMARY SECTION

### Kelas Baiduri



#### SCIENCE - LIVING THINGS AND NON LIVING THINGS

*To classify and identify the characteristics that distinguish living things from non living things*

In this session, teacher shows the interactive video about living and non living things and explains the characteristics of living things such as the living things need oxygen and food to grow, move and reproduce young while non living things do not need oxygen, do not move and are not able to reproduce young. To further their knowledge on this topic, the teacher prepares still pictures of both living and non-living things and establishes hands-on session. Students are divided into two groups and are required to name and group the pictures to decide which are living thing and non living thing. Students also picked out or pointed to the living things and non living things in the class environments as teacher names them such as teachers, classmates, chairs, whiteboard etc. Students were also encouraged to spell the words after they have named the pictures.



## PRIMARY SECTION

### Kelas Jed



#### PENDIDIKAN MORAL

##### *Understanding Malaysian Flag*

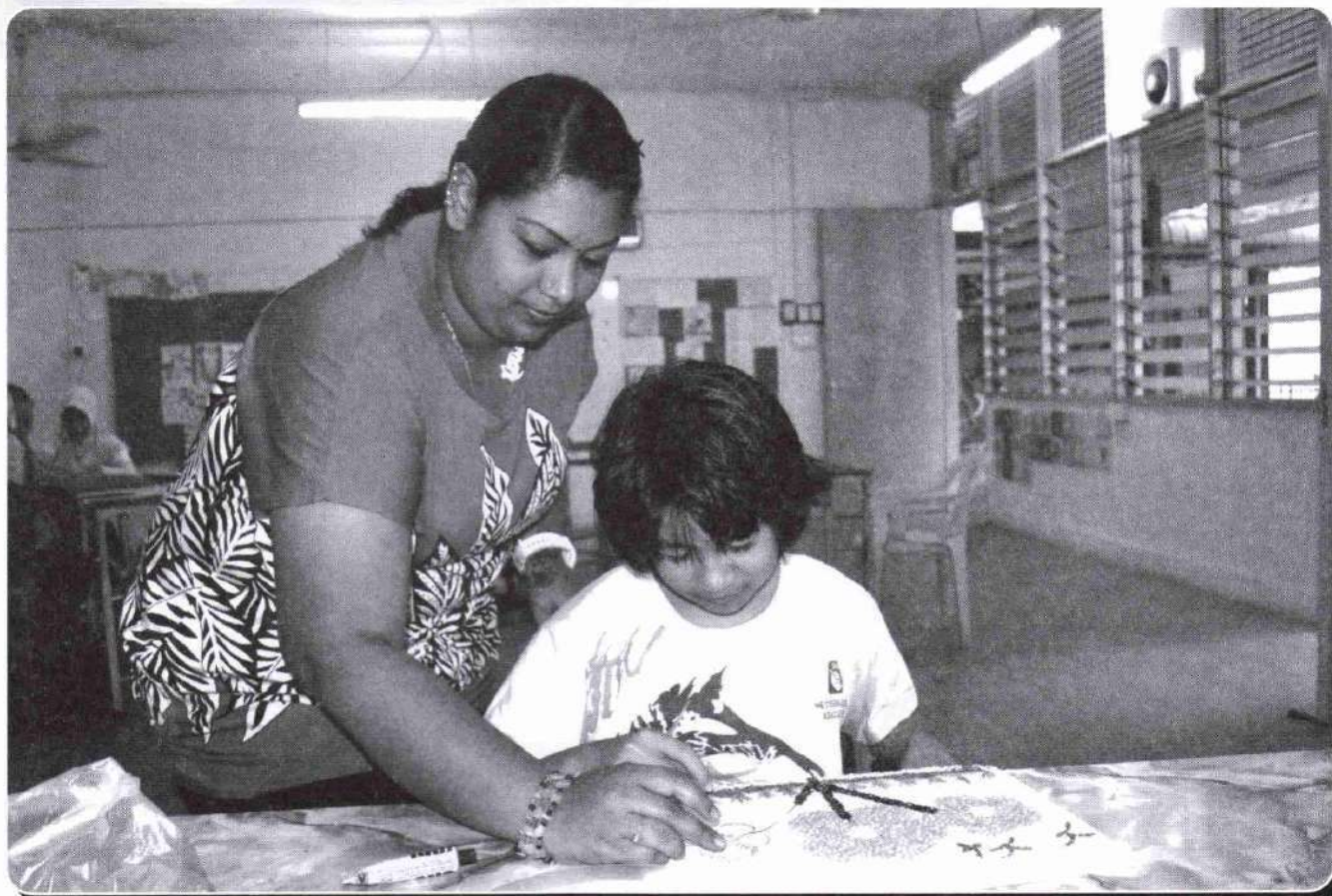
**D**uring this lesson, teacher explained about the colours, the symbols of the 14 pointed stars and the crescent on the Malaysian flag. The students understood what the 14 stripes and star represent. They represent the 13 states of Malaysia namely Johor, Kedah Kelantan, Melaka, Negeri Sembilan, Pahang, Pulau Pinang, Perak, Perlis, Sabah, Sarawak, Selangor, Terengganu and the Federal Territory.

The concept behind the colours too were integrated during the lesson. They are able to respond to the questions posed and explain what each color signifies. Some students could even elaborate that red signifies strength, bravery and courage in facing challenges, white symbolises honesty and integrity. The dark blue colour represents the unity and harmony of Malaysians. The yellow crescent and star signify the royal colour of the Rulers. At the end of the lesson, the students are given the task of coloring the Malaysian flag.



## FUNCTIONAL ACADEMIC

### Kelas Mutiara



### ART AND CRAFT

*To improve hand and eye coordination and to enhance concentration of children*

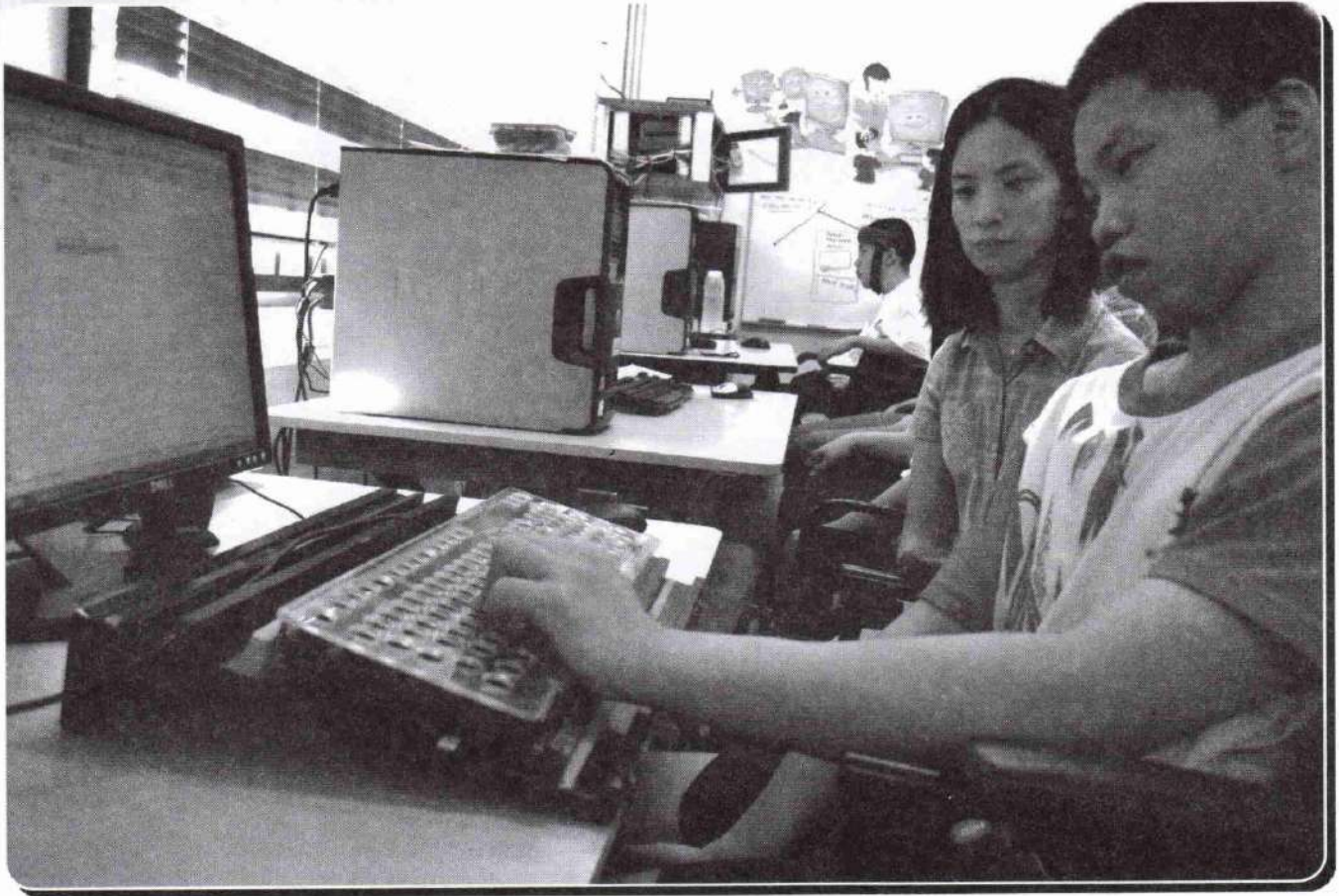
**A**lwani is creating flowers using dhal, green peas, cotton wool, kidney beans, dried flour stick pieces and sago. She is using Uhu glue to paste the materials on the drawn flower petals. She is using her pincer grip to pick the material and place them onto the design. She will repeat the task till she completes her desired design. This activity encourages her to be patient and to gain self confidence. Alwani has good grasping skills. She is able to grasp the given grains well. She is able to place the dhal one by one using pincer grip onto the petal of the drawn flowers. When using sago she needed assistance from the teacher to place them on the middle of the flower due to the texture and size of the sago. Alwani even tried throwing the sago onto the middle of the flower design. She is able to twirl the cotton wool by rolling it to the desired shapes to be placed as clouds. Alwani managed to place the kidney beans as birds on her own without any assistance from the teacher. Alwani and the class teacher worked together to place the dried flour stick pieces as grass. She had to be patient to complete the full task. She needed minimum assistance to complete the given task.

Similarly, the other students in the class participated in the above activity. Due help and assistance were given as needed



# DELL LEARNING CENTER

## BRIDGING THE DIGITAL DIVIDE



It is undeniable that computer technology is progressing at a rapid speed with millions of innovations taking place simultaneously all around the world. And, computer has entered every nook and corners of our lives in the form of smart phones, tablets, social media, and many more. We can do online shopping, financial transactions, book flight/bus/movie tickets, security control, stock check and the list can go on endlessly. For persons with disabilities, computer technologies have provided relevant substitutes and accessibilities to accomplish many tasks which were not possible before.

Lee Boon Yauh, 17 is a happy go lucky teenager. He is just like any other teenagers who loves listening to music, watching online videos and communicating with his friends on social network. Though he does not have his own computer at home, it is compensated by attending computer classes at DELL Learning Center. Boon Yauh has athetoid cerebral palsy and because of his limited coordination, he uses regular keyboard fitted with a keyguard. By using this keyguard it helps him to avoid pressing the wrong keys or multiple keys. The slots created by the holes in the keyguard allows him extra grip especially when his hand tremor is strong.

Boon Yauh understands most of the programs given to him and how to use them. Though he still has a long way to go in mastering Microsoft Office Applications, the basic exposure given to him taught him many things especially about Microsoft Word, Microsoft Powerpoint and Microsoft Excel. This year, he is being trained on basic programming (HTML), Macromedia Dreamweaver, and Microsoft Excel. He understands the concept of spreadsheet program and how it is widely used to perform automatic calculations. He is now able to apply the few basic formulas such as addition, subtraction and multiplication with Excel.



## PRE VOCATIONAL SKILLS TRAINING UNIT



### LIFE SKILL LESSON

*Sorting, hanging and folding clothes*

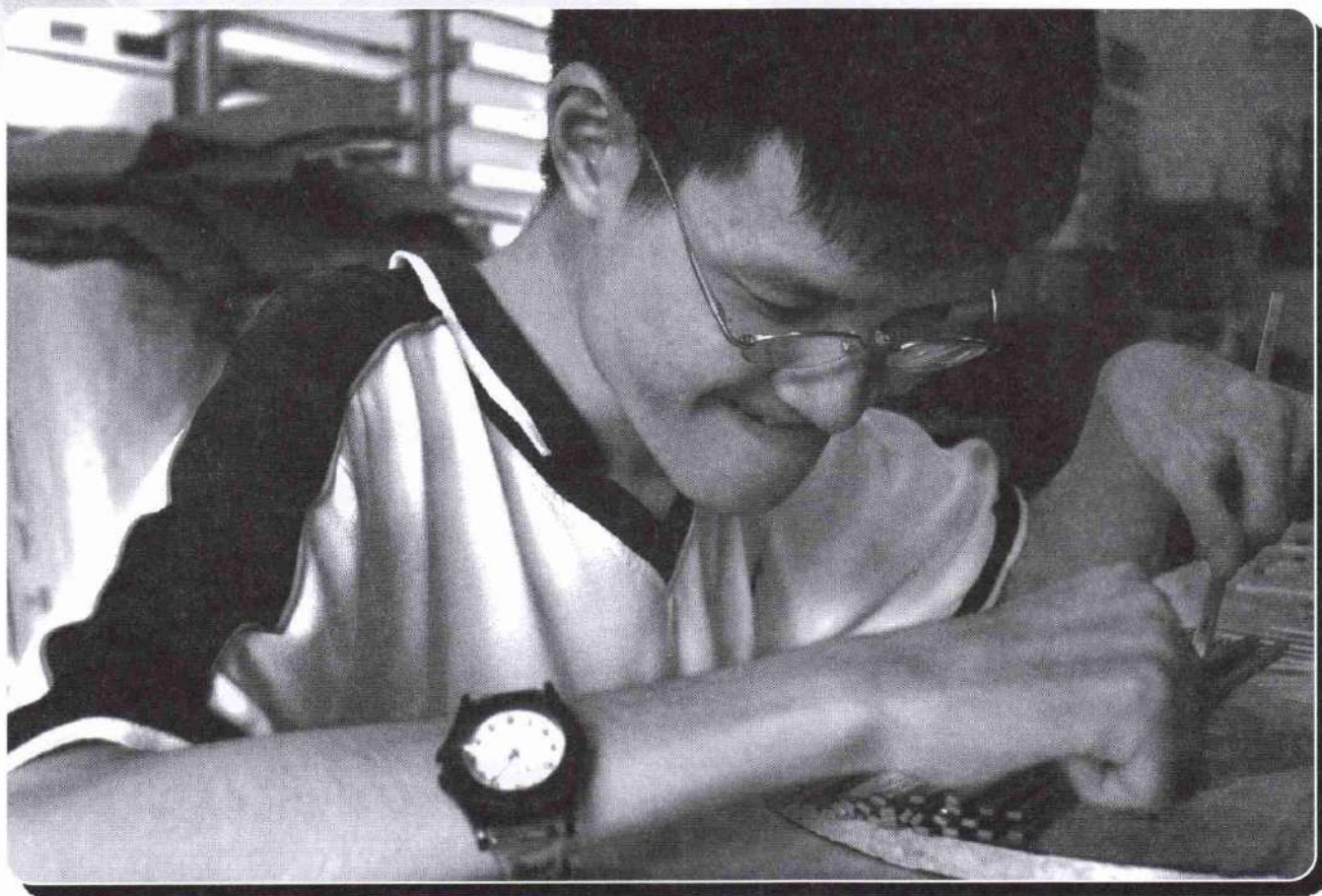
**I**n this Pre vocational class, students are introduced to the world of work, to the basic knowledge of job requirements, work ethics, basic reading and writing skills and understanding their own uniqueness.

Here in one of the life skill lesson, students are exposed to the basic sorting, hanging and folding of clothes. Before a washing can be done in the washing machine, the students will need to sort out the soiled clothes. They will hang the clothes using the hanger to dry them out. Once the clothes are dry, the clothes are folded and kept in the cupboard.

In this activity, the students are given a pile of clothes whereby they will sort out the clothes into 2 different piles namely dark coloured clothes and light coloured clothes. Once all the students have finished sorting they will be given 2 clothes hanger to hang two pieces of clothing comprising of a shirt or a blouse and a skirt or a pants. This midline activity requires the dexterity of both hands and good eye hand coordination. After inspection that they have hung the clothes correctly, the students will now take off the clothes from the clothes hanger and fold them. The shirt or blouse with the buttons will be spread out flat down facing the table in front of the students. All creases will be ironed out using their hands. They will then bring in one side of the shirt to midline and fold in. The same is repeated for the other side. The shirt or blouse is then folded in the centre and turned over with the front side facing the student.



## SHELTERED WORKSHOP



**T**he sheltered workshop provides work opportunities for persons with special needs aged 21 years and above. There are 3 main areas of work every day that are interchangeable. The jobs are:

- Contracted work from local factories.
- A recycle project with the support of the local community.
- In-house handmade crafts and greeting cards.

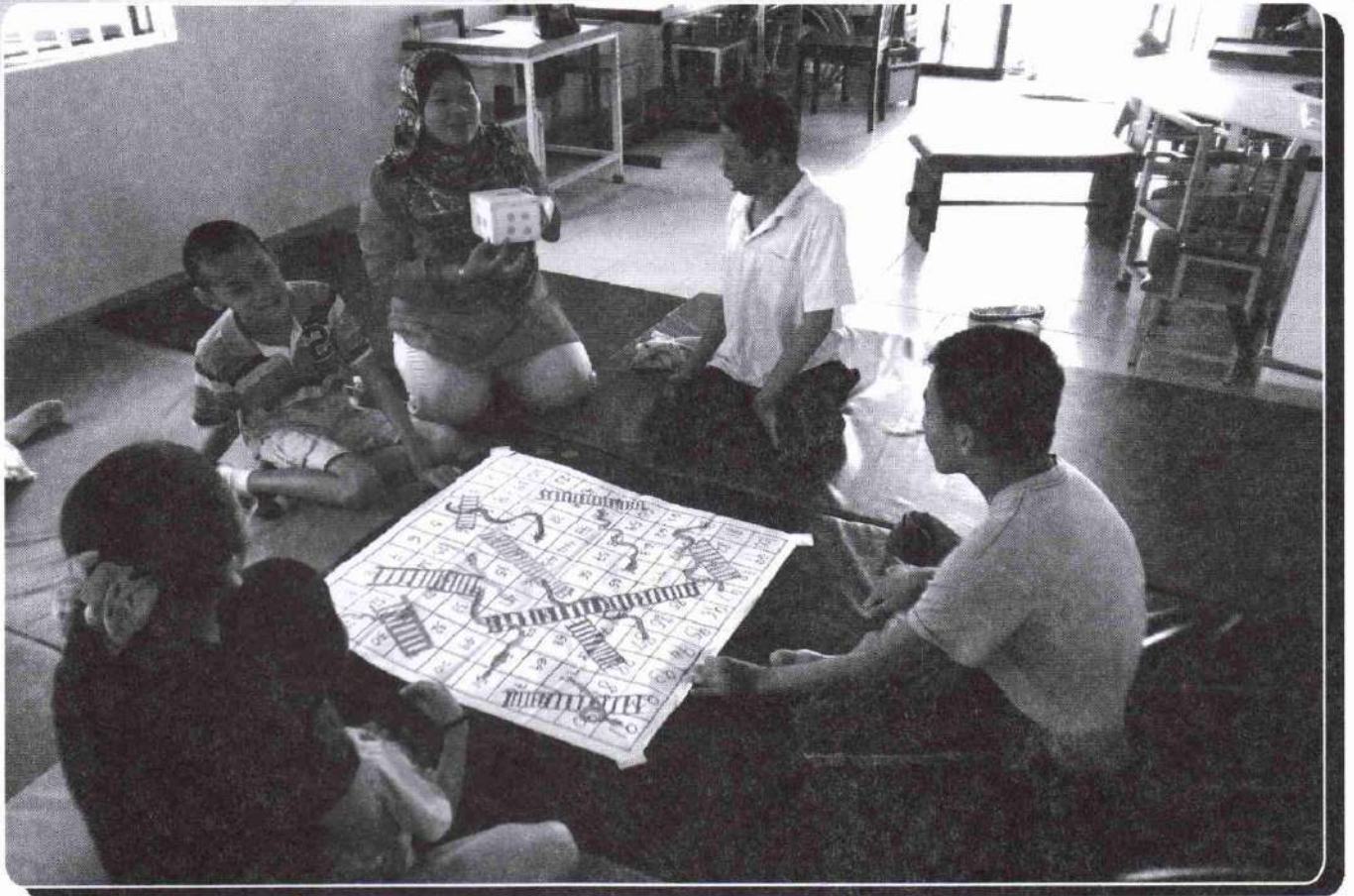
I.R.M Industries has been consistently providing us with contracted work. In the above picture, Marcus Chee, one of the trainees is at work.

The support from the community for our recycle project is strong and is very much appreciated. We accept most things for recycling, ranging from newspapers to old clothing. The workers are still proudly making handmade paper and simple handcrafts for sale. Much of the materials used are sourced from recycled material thereby reducing the need for new materials. Our greeting card project is a top favorite amongst our visitors and the workers are happy their artworks are being appreciated.

Our third year of collaboration with A Gift With Care continues to be a success. The workers are always proud to participate in their various events held locally to showcase their talent. A few of our workers have appeared in their promotional video played at their stores.



## OUTREACH PROGRAMME (BUKIT MERTAJAM)



### INDOOR FUN GAME

*To enhance learning, social, fine and gross motor skills*

**A**t BM Branch, we provide indoor fun game activities to further enhance learning, social, fine and gross motor skills once in a fortnight.

These indoor games are carefully planned according to the children's abilities. The children are engaged in playing the snake and ladder game with the help of parents and teachers.

They were introduced to the concept of numbers, turn taking, grasping and releasing skills. During the game the children were encouraged to be patient and accept the fact that after throwing the dice one has to retrace their steps and start all over again if they stop at a number with a snake. We can clearly see their anxiety and frustration but then it is part and parcel of the game. We can also see their exhilaration when after throwing the dice, they stop at a number with a ladder and get to climb to a higher number.

Halfway through the game, we saw a change of behavior pattern from self-centeredness to acceptance and healthy competition. There were joy and laughter that makes this game meaningful and worth trying again. Indirectly, we are inculcating the appropriate social behaviors in the children as they go back home to interact with their siblings.



## OCCUPATIONAL THERAPY



### ART AND CRAFT

*To enhance fine motor skills, imaginations and conceptual abilities*

**A**rt and craft activities are usually used by occupational therapists as a treatment modality for the children and as a media for the children to explore and discover their abilities.

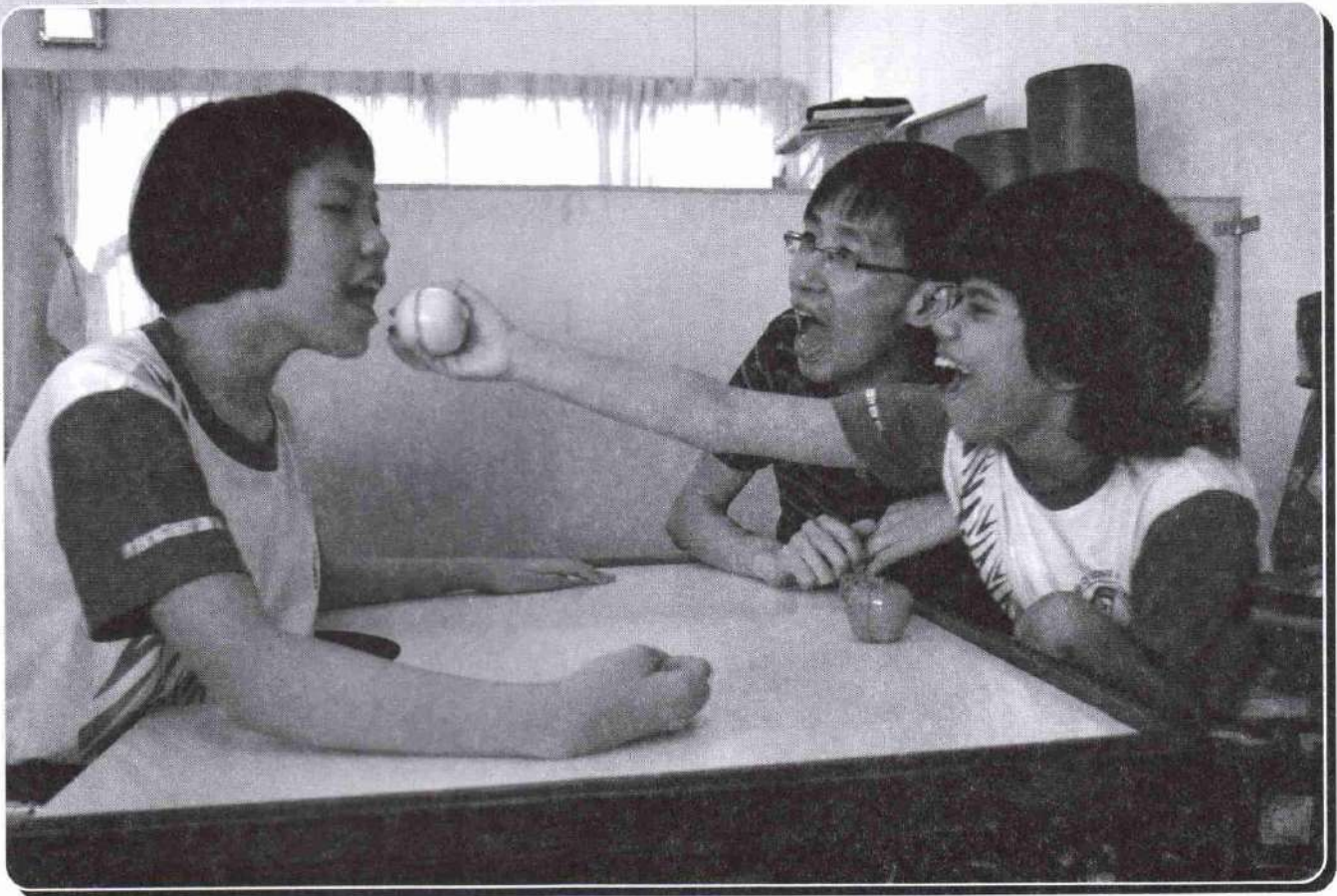
This activity improves fine motor control and strengthen as well as, enhances cognitive development and improve decision making capabilities of a child. Besides that, the therapeutic benefit of art and craft promotes interest and improve one's self- esteem. It also promotes group socialization and as part of vocational training. The therapist analyzes the tasks involved in the activity given like how many equipments are needed, the duration of the activity and the steps required for each activity. By analyzing the activity given, the therapist ensures that the activity will give therapeutic values for the children.

The therapist ensures that the activity given are at the skill level and capability of the child and that it can be graded and/or be adapted based on their level. As an example, for mild and moderate child, we can ask them to perform activities that require fine motor skills such as tracing, cutting, and following the written instruction given. For severe cases, we need to adapt the activity given based on their capabilities, like choosing the colour, object or position of decoration based to their creativity.

Art and craft can be an enjoyable and fun activity for children. Through art and craft, they can express their emotion, feeling and abilities.



## SPEECH THERAPY



### SYMBOLIC PLAY

*Students learn to follow instructions and interact with the peers during symbolic play*

**T**he Speech Therapy Department currently has 70-80 children from Penang Centre and Bukit Mertajam put together. The child is scheduled to attend the therapy session once a week or once in fortnight. The child is treated on an individual basis, often accompanied by the parents especially for those aged below 7 years old.

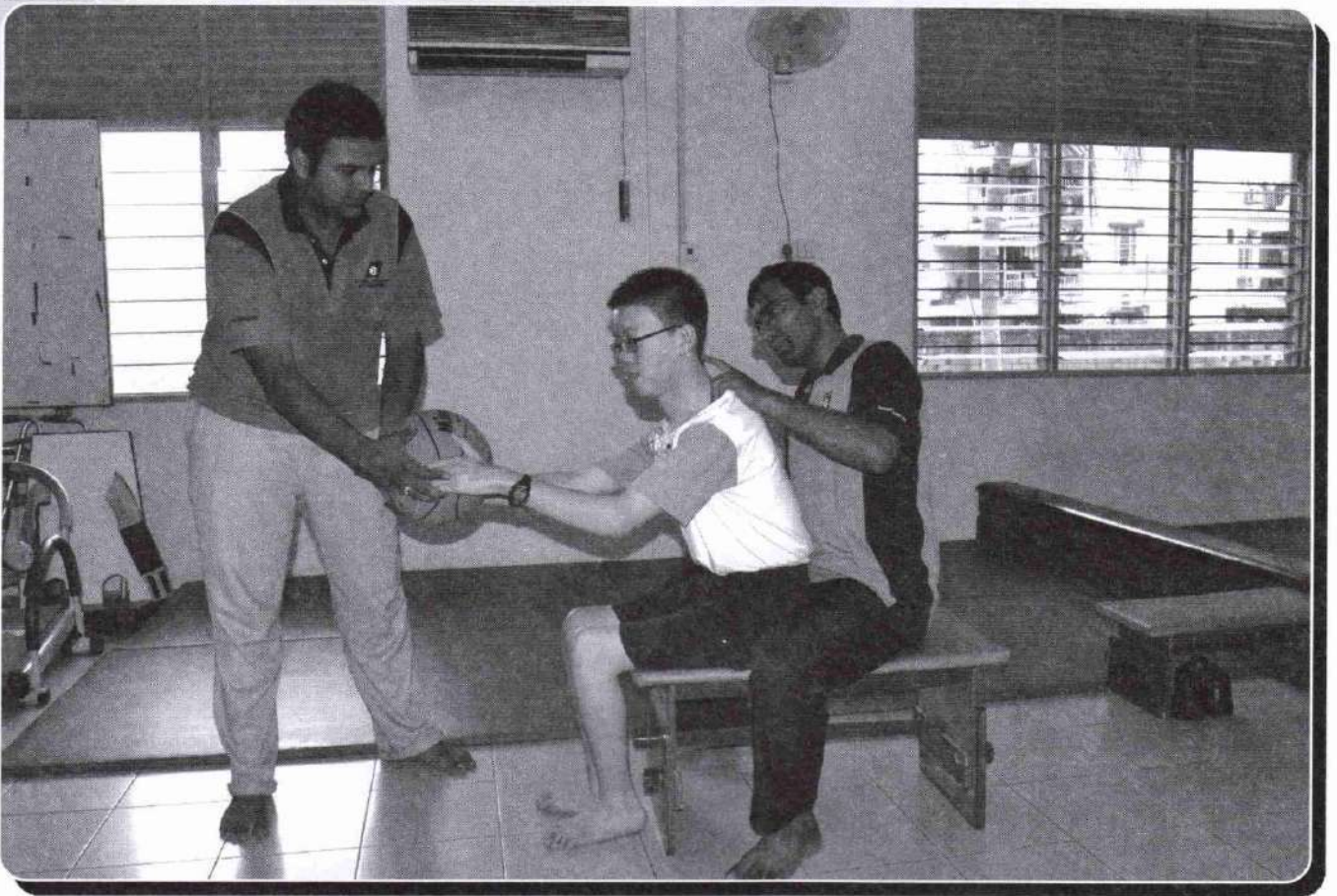
The Speech Therapy Department provides therapy services that are family-centered and culturally competent using evidence-based approaches. Our main objective is to enhance the capabilities of families to meet the speech, language, communication and feeding needs of the children with cerebral palsy.

For children with cerebral palsy, it is not the lack of intelligence or effort which prevents them from speaking correctly but their difficulties are due to sensorimotor impairment. Symbolic play is a form of learning for children. It is normal that a child just enjoys playing different kinds of toys and objects, listening to what we say but not “saying” anything. All these help to develop sensory avenues which are necessary for the formation of language.

When the child attempts to speak but not successfully, do not immediately try to correct his/her speech. Let the child play with his speech and sound, although his speech may sound unintelligible to us. Urging them to say the correct sound or to repeat a word will take away all the joy and pleasure they have in talking. Parents are encouraged to talk to their child naturally and guide the child to experience speech in day-to-day living in a fun and interesting way.



## PHYSIOTHERAPY



### REACHING FOR A BALL

#### *Shifting Weight Forward*

**P**hysiotherapy assesses, examines and treats clients with movement dysfunction with global improving movement in space. Children with cerebral palsy exhibit abnormal posture and movement pattern resulting from brain damage during pre-natal, natal and post natal period. Due to abnormal movement patterns, children are unable to achieve functional independence.

The therapist regulates the abnormal muscle tone and facilitates normal movement pattern thereby helping the child to achieve their functional ability. Activities are based on the level and age of the child. .

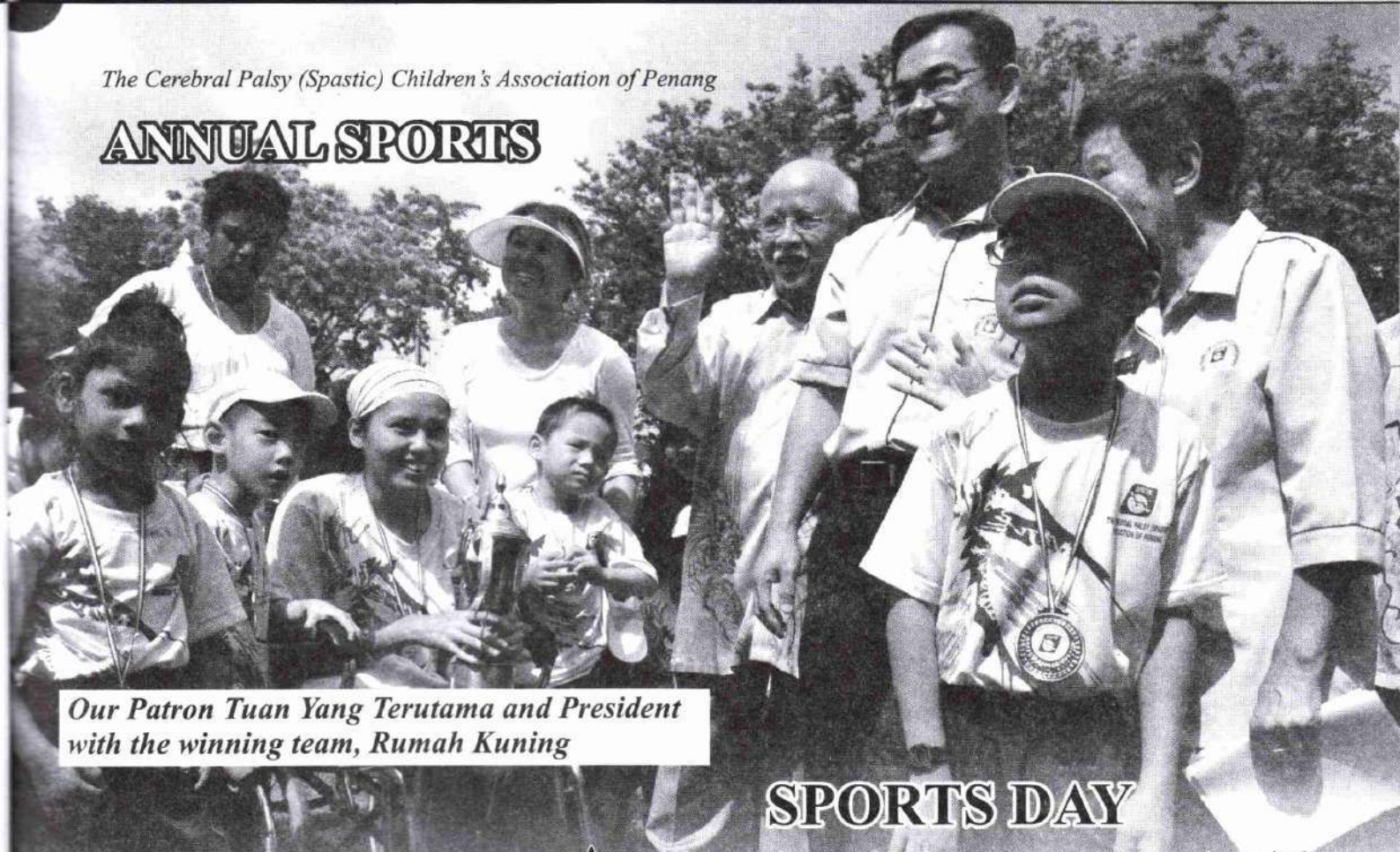
During early stages of development, the child learns, practices and masters the activity. Each movement the child performs has a purpose and one movement forms the base for more complex ones. Detailed analysis of the activity gives one an idea of how each movement pattern takes place in the children. This helps us to facilitate the normal movement pattern in children with cerebral palsy. Before training the child for a functional activity, the therapist works on the missing component of the particular movement pattern.

#### **For example: Training to stand from chair/bench**

Most of the children with cerebral palsy will push backwards while coming to stand instead of bringing the trunk and head over the foot. In the picture above, the child is asked to reach for the ball while maintaining head and trunk in alignment. By this, the child is trained to shift weight forward while maintaining head and trunk in alignment which is an important component while coming to stand from a bench or chair. Before doing this activity mobilization is given to the hips, trunk and upper limbs. This will enable the child to complete the task without difficulty.



# ANNUAL SPORTS



*Our Patron Tuan Yang Terutama and President with the winning team, Rumah Kuning*

## SPORTS DAY

Annual Sports is one of the important events at our Association and over the years we have organized the event with great success. This is our 46<sup>th</sup> Annual Sports event. Over the past four decades we have seen various challenges and changes.

Our Patron, The Governor of Penang, Tuan Yang Terutama Tun Dato' Seri Utama Haji Abdul Rahman bin Haji Abbas and his consort Yang Amat Berbahagia Toh Puan Datuk Seri Utama Hajah Majimoor Bt Shariff graced the event. This annual event is a moment of giving and sharing too, as many well-wishers, regular donors and corporate sectors would come forward to foster our children under the Foster Parent(s) programme. Sports activities at the Association are very much different compared to sports in regular schools. Various events and games were designed and adapted to meet the requirement of each participant, thus allowing each student the joy of having participated in the sports, and also to the entertainment of the crowd. Creativity and innovations have always been the focus of our sports. After going through weeks of initial training, many ideas were shared and incepted into the games, the sports event becomes a well coordinated one. On the actual day, one can see how the transition takes place from one station to another and also from one game into another. Each activity is focused to bring out the best in each student, though some may need assistance to complete a task.

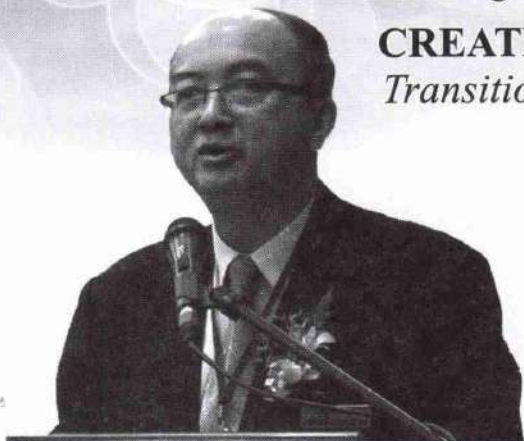
The objective of the Sports Day for our students is to give them an experience in competing with one another, to understand the concept of interactions, cooperation, the importance of teamwork to win a game and most of all to develop their self-esteem.





## NATIONAL SEMINAR ON CEREBRAL PALSY 5-6 OCTOBER 2013

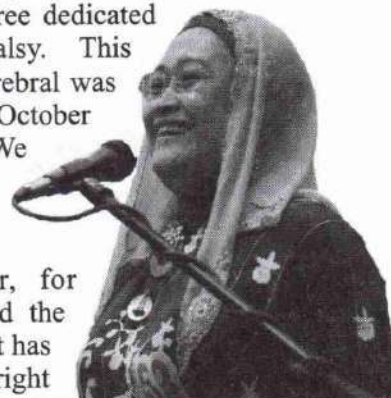
### CREATING A BETTER FUTURE *Transition From Youth To Adulthood*



Mr. Bung Muk Shin, Director, Special Education Division, Ministry of Education delivering his official speech

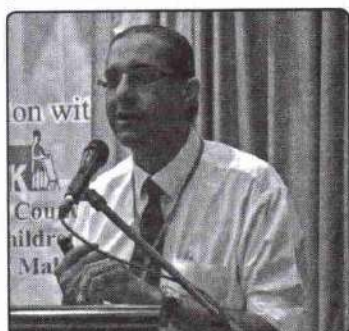
This seminar is organized every year, hosted on alternate basis by all the three dedicated Associations for cerebral palsy. This year's 18<sup>th</sup> National Seminar on Cerebral was organized by our Association on 5-6 October 2013, at Cititel Hotel, Penang. We thank Encik Bong Muk Shin, Pengarah, Bahagian Pendidikan Khas, Kementerian Pendidikan Malaysia, our Guest of Honour, for officiating the seminar. He praised the Association for its integral role that it has

played in enhancing and equipping persons with cerebral palsy by providing them right education, skills and knowledge.



Yg. Bhg. Prof. Dato' Dr. Zaleha Omar presenting a paper on 'Realizing The Incheon Strategy Through Community Based Rehabilitation'

The theme chosen for this year is **CREATING A BETTER FUTURE: Transition from Youth to Adulthood**. This theme was chosen by taking into consideration the various challenges faced by the persons with cerebral palsy in the areas concerning ethics, social infrastructures, employment opportunities and also health care services. With the progress in time, society undergoes various changes and it is our responsibility to ensure that people with disabilities too able to cope with these transitions as they grow from youth to adulthood. The transition from youth to adulthood brings about a different perception in them as their needs change with time. On the first day, the presentations focussed more on the need for a better healthcare services, accessible transportation, accessible education, role of families in disabilities, employment and social inclusion. On the second day of the seminar the speakers presented topics pertaining to Incheon Strategies which is regionally agreed disability-inclusive and right-focussed development agenda.



Yg. Bhg. Dato' Dr. Amar Singh HSS highlights the role of families in disability



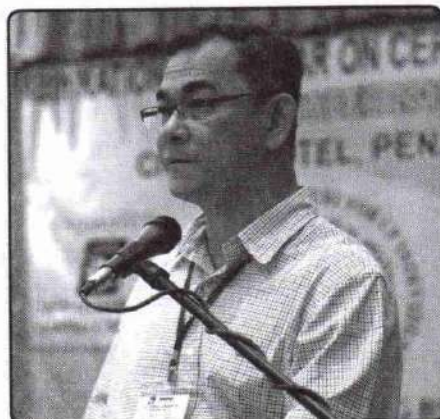
Ms. Tan Chin, presents a paper on 'Quest for An Inclusive Malaysian Society'



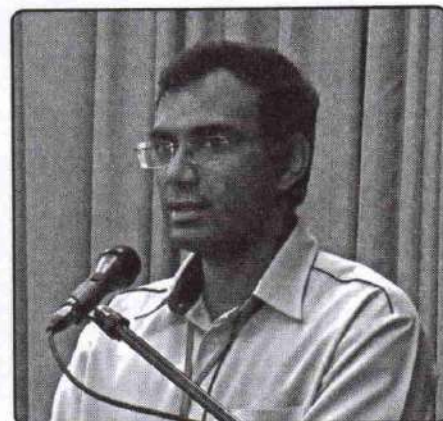
SCAP's students' musical performance



Dr. Deepak Sharan (Medical Director for RECOUP), Bangalore India introducing Functional Rehabilitation in cerebral Palsy using SEMLARASS techniques



Mr. Ng Fook On, President, SCAP delivering his closing speech



Mr. Santosh Kumar speaking on Innovations at SCAP



## SPEECH DAY



*Our Guest of Honour En Sukari bin Simun, the Deputy Director, Registration Department from Special Education delivering his speech.*



*Mr. Khoo Yeoh Gan Hong, Chairman of Schoolboard and Vice-President of SCAP giving his welcoming speech.*

**W**e celebrated our Speech Day with aplomb. This year's play was titled "The Epic Race", whereby the storyline was adapted from the famous children's story "The Hare and The Tortoise". The story was given a slight twist of imagination. En Sukari bin Simun, the Deputy Director, Registration Dept from Special Education and the audience were entertained and transported to a world of fun and fantasy. Ong Ka Heng played the easily distracted Hare to a hilt. Little Seshathiren was perfect as the timid yet determined Tortoise.

The distractions took the Hare on an Epic Race where he was enthralled by some flying kites, dazed by just looking at the moving carousel and gaped at the clown juggling five balls. He even had time to dream of his wedding to his beloved sweetheart as he fell asleep after eating an ice-cream and carrots that he stole.

All these distractions proved to be costly for our Hare as he eventually lost the race to the steadily plodding Tortoise. The moral of the story is "Be single minded to complete any undertaking".







**Persatuan Kanak-Kanak Cerebral Palsy (Spastik) Pulau Pinang**  
The Cerebral Palsy (Spastic) Children's Association of Penang  
(Penaung : T.Y.T Yang Di-Pertua Negeri Pulau Pinang) PPM-006-07-290819621 No. Pend. JPN P09B-491

425, Jalan Mesjid Negeri, 11600 Pulau Pinang, Malaysia Tel: 04-6570160 Fax: 04-6563066  
Website : www.cerebralpalsypenang.org E-mail: pgcerebral@gmail.com

## **A CHILD WHO HAS CEREBRAL PALSY NEEDS YOUR SUPPORT**

Children with cerebral palsy need intensive therapy and education from a young age. Services provided by the Centre include diagnosis and assessment, early intervention, preschool and primary education, speech therapy, occupational therapy, physiotherapy, hydrotherapy, computer assisted lessons and an Outreach Programme based in Bukit Mertajam.

Our aim at SCAP (the acronym stands for 'The Spastic Children's Association of Penang', of which the Association was known as, prior to its current name) is to enable children with cerebral palsy to make the most of their abilities so that they can go on to lead full and independent lives. All of these services are provided free of charge.

## **ONLY YOU CAN HELP US TO SUPPORT THEM**



### **YES, I/WE WOULD LIKE TO MAKE A DONATION TO THE CENTRE**

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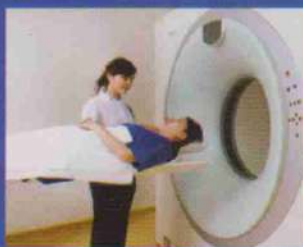
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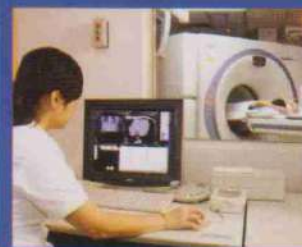
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