

# AWWA Personal Care Service

*(Disability Plus)*

**Memories are made of these!**



*A photobook celebrating happy times with extraordinary people*

**AWWA**  
PEOPLE GIVING TO PEOPLE



# The Cause

Supported by the National Council of Social Service, AWWA Personal Care Service (Disability Plus) piloted the Me Too! Club initiative with the aim of enhancing the quality of life of persons with multiple disabilities by reducing social isolation through weekly leisure activities, and monthly outings. This also helped to provide caregivers with respite.

Over the course of three years from April 2015 to March 2018, we planned over 120 activities and outings for adults aged between 17 to 48. We crafted our activities to mirror the everyday life experiences of the community – things we often take for granted, such as playing a game, or even sharing a meal. To support our clients' participation within the larger community and improve their social skills, we worked with over 100 regular public volunteers, and together, we forged strong ties. As one of our volunteers, Mr. Liang Xian Loong, put it, "It was strange at first, meeting unfamiliar faces from different backgrounds. But as we became closer, caring for them soon felt like caring for my own family."

While AWWA Personal Care Service (Disability) continues to provide over 40 clients with home-based personal care

services, such as physical exercises and personal hygiene, we believe more can be done, as we constantly seek to evolve and fill gaps where they arise. To provide a continuum of support for adults with physical and/or multiple disabilities, AWWA will be operating an Adult Disability Home and Day Activity Centre in the year 2020 – developments we're certainly looking forward to!

Until then, I hope these beautiful snapshots strengthen our belief in the importance of making everyone feel included in the larger community. May we see that, for some, opportunities to participate in ordinary activities can make life extraordinary.

**J. R. Karthikeyan**

*Senior Director*

*AWWA Disability & Inclusion*

*AWWA Allied Health Professional Group*



**First Steps** | Our first visit to the National Gallery Singapore!





Heart For **Art** | The Singapore Biennale 2016 at Singapore Art Museum brought about many smiles!



Hear Me **Roar** | No carnival is complete without face painting!





Mum's The **Word** | Mums forging strong friendships while visiting the Merlions!



What's **New** | Fancy being a newscaster?





# New Experiences

A trip to The Esplanade with our dedicated volunteers from New Creation Church



Strike A **Pose** | Taking a family portrait together





Stronger Two-gether | Sisters Yu Qing and Yu Ying often volunteer together





Looking **Good** | Once strangers, clients and volunteers now become friends



Behind The **Scenes** | Our clients showcase their acting prowess at the *Mediacorp Experience*





**Say Cheese** | Clients and their loved ones get ready for a photoshoot at the Singapore Flyer





To Market, **To Market** | Shopping for groceries together at  
Loyang Point



**Fly High** | A visit to Singapore Changi Airport





Make A **Wish** | Did the birthday boy share his cake?





# Flower Power | Friendships bloom during a trip out to Gardens by the Bay



**Sugar & Spice** | No one can resist an opportunity to bake chocolate chip cookies!





Nishta Ananda (Left)



Jiayu Tjong (Right)



Our Team



Marilyn See (Left)



Liang Xian Loong (Right)



Members of NUS Orion Alumni

The Plus **Squad** | Our volunteers' dedication is unparalleled





## In the Mood for **Food**

Our clients and caregivers enjoy the sumptuous delicacies during High Tea at Carousel



### Pak Chindek

Three Chindek are shown here with the costume of the Pak Chindek. The Pak Chindek is the costume of the Pak Chindek. The Pak Chindek is the costume of the Pak Chindek. The Pak Chindek is the costume of the Pak Chindek.

Better with **Batik** | Peranakan Museum wows our clients and volunteers with its amazing exhibits





# Let's Hear **You!**



"I like meeting my friends on Saturdays. I get to play games and share delicious food with them during lunch. It makes me happy."

*Ms. Esther Cheng, PCS (D Plus) client*

"Esther looks forward to going out on Saturdays, and to learn new things. I sincerely hope that there will be more opportunities and programmes for adults like her to come together and interact."

*Madam Cindy Aw, mother of Esther*



"I love learning about the world and meeting my friends at AWWA. I am bored at home, and coming out on Saturdays helps me stay positive and happy."

*Izwan Ngadi, PCS (D Plus) client*

"Through the PCS (D Plus) activities, Izwan is able to broaden his mind and be mentally active. I also look forward to meeting the other parents during the activities as we are able to share stories and let off some stress. I am grateful for these social group activities which benefit Izwan tremendously – something that, I as a mother with various medical conditions, am unable to do on my own."

*Madam Marsiah Sadikom, mother of Izwan*





“While my brother may not be the most verbal of people, I understand him well, and I can tell you that his small smiles speak loudly of how happy the PCS (D Plus) activities make him.”

Mr. *Suresh Purushothaman*, brother of PCS (D Plus) client, *Gunaseelan*



“Volunteering has been an eye-opener and a rewarding journey. I witnessed strength in our clients and caregivers and compassion from the volunteers. It is an honour to be among these beautiful people!”

Ms. *Felicia Chong*, PCS (D Plus) volunteer, who was present from the very first, to the very last session of the pilot



“I am so glad to have volunteered with the programme. Our activities certainly add much-needed colour to the home-bound lives of our clients!”

Ms. *Leong Luann*, PCS (D Plus) volunteer, who empowered our clients by pushing them to their limits but never over



“Many talk about how volunteers add meaning to the lives of our clients, but having had the privilege of volunteering here, I think my life has been enriched even more!”

Mr. *Peter Chan*, PCS (D Plus) volunteer, whose sense of humour helped calm anxious hearts

# About AWWA

Established in 1970, AWWA is a social service organisation, serving over 6,000 of the disadvantaged across life stages. Services include early intervention for pre-schoolers, education and disability support for children with special needs, assistance to low-income families, caregivers, and health and social assistance for vulnerable seniors. AWWA is Singapore-based, with an Institution of a Public Character (IPC) status.

**For more information on what we do and how you can get involved, get in touch with us at:**

T: 6511 5200 | [www.awwa.org.sg](http://www.awwa.org.sg)  
AWWA, 9 Lorong Napiri, Singapore 547531



*Our Occupational Therapist incorporating fun and play into a stretching exercise*



We would like to express our gratitude to the following organisations and groups, for making our outings accessible for our clients and caregivers:

Asian Civilisations Museum  
Carousel, Royal Plaza on Scotts  
The Esplanade Co Ltd  
Golden Village Multiplex Pte Ltd  
McDonald's Singapore  
National Gallery Singapore  
Old School Delights Pte Ltd  
PappaRich  
Peranakan Museum  
Portrait From The Heart  
Singapore Art Museum  
Singapore Flyer  
Texas Chicken Singapore

We would also like to thank all the volunteers who have joined us on this journey!

THANK  
YOU

