



Yayasan Ipoh

BAGI ORANG KURANG UPAYA PERAK

*(Formerly known as
Yayasan Sultan Idris Shah)*

**Persatuan Pemulihan
Sultan Azlan Shah**

**Leaving
no one
behind**





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**Leaving
No One
Behind**



Yayasan Ipoh Persatuan Pemulihan Sultan Azlan Shah



So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

– quadriplegic Christopher Reeve (Superman)

Introduction

The quote best describes the hopes of the disabled. It also tells of the dogged determination of one man and his friends to fulfill his dream to help the disabled – the beginning of Yayasan Sultan Idris Shah (YSIS) (now renamed Yayasan Ipoh – YI).

At YI we rehabilitate the disabled in order that they can be participating members of their community. We believe that being disabled should not disqualify someone from access to every aspect of life.

Individuals with physical disabilities require specialised nursing care and that is what the Persatuan Pemulihan Sultan Azlan Shah (PPSAS) was set up to provide.

This booklet takes you from the humble beginnings of the Centre to what it is today. It tells of the mission to help the disabled in our community and the commitment of those who are entrusted with this mission. But none of this would have been possible without the generosity of our supporters.

Last but not least it is the unspoken narrative of those who have not given up their dream of being useful members of society despite their disabilities.

We are richer as a community when each diverse human gift can find a fitting place whatever his limitations.

Hopefully this book will give you an idea of what we do.

We invite you to join us in ensuring that **No One Is Left Behind.**

Leaving No One Behind

‘ ... when someone is hurting so badly,
it’s only human nature to lend a hand... ’

– Ariana Luterman.



*Ariana Luterman’s act of kindness
at the Dallas Marathon.*

Source: <https://www.youtube.com/watch?v=d30Zl7LKfl>

Those words and the image of a young girl helping a fellow runner cross the line stuck with me for a long time.

It reaffirms my faith in the goodness of people, that when it matters we are always willing to help.

This sets the tone for the theme of our book: “Leaving No One Behind”.

YSIS has from its founding in 1982 set out to help those with disabilities – enabling them to be equal partners in the community.

The fierce commitment of our founder to “do something” for the disabled; and the matching “big heartedness” of our donors – people who opened their hearts as well as their wallets – were what YSIS was founded on.

The lack of funds did not curb his enthusiasm nor his imagination of what could be. Jeyaratnam was not afraid to think big. As they say; giant oaks from little acorns grow; one thing led to another; we grew from strength to strength – adding new facilities and engaging full time rehabilitation professionals.

Today we are probably the foremost donor-funded rehabilitation centre for persons with disabilities in the country.

Physical therapy is only half the treatment; just as important is repairing the emotional and mental state of those with disabilities.

In this respect we do not treat them as objects of charity, rehabilitation or special services but as equal-rights holders in society – without discrimination and with their dignity intact.

All this requires the hardware – the facilities; as well as the ‘software’ – the dedicated professionals.

Business corporations as well as organisations and individuals responded to our call for help from day one.

Without these generous “enablers” it would have been an impossible mission.

As you go through the pages of this book, congratulate yourself for what you have done for our less fortunate friends.

I hope you will continue to join hands with us to make sure **No One Is Left Behind.**

Dato’ Dr Ramanathan Ramiah

CEO – YI and PPSAS

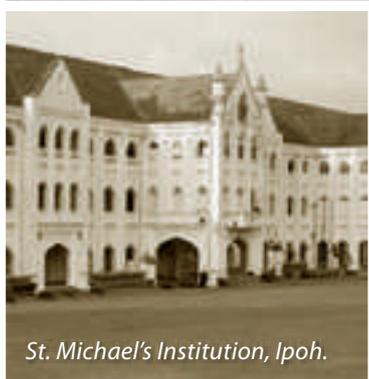


Helping Those with Disabilities

FOUNDER



Anderson School, Ipoh.



St. Michael's Institution, Ipoh.

Tan Sri Jeyaratnam is a first generation Malaysian. Both his parents came from Ceylon (now Sri Lanka).

He had his schooling at the Anderson School.

By his own admission, he was not a model student. He preferred gallivanting or even running errands to studying. In his own words, he was a "loafer extraordinaire". This resulted in him getting a Grade Three in the Senior Cambridge Examination. It was almost as bad as failing.

His father transferred him to St. Michael's Institution to repeat his Senior Cambridge exam. This time he obtained a Grade One.

He was still clueless what he wanted to do with his life until one day during his loafing he saw a crowd at the court house opposite the railway station. He saw the crowd parting like the sea before Moses, as a black man, immaculately attired, strode imperiously towards the entrance with his assistant scurrying five paces behind, carrying volumes of law books and files.

He learned from the gawking crowd that the black man was the great R.P.S. Jayasooria, a lawyer of some repute. He saw this black lawyer contemptuously brushed aside the arguments of the opposing lawyers – White Men! There and then he knew what he wanted to be.

THE LEGAL PROFESSION

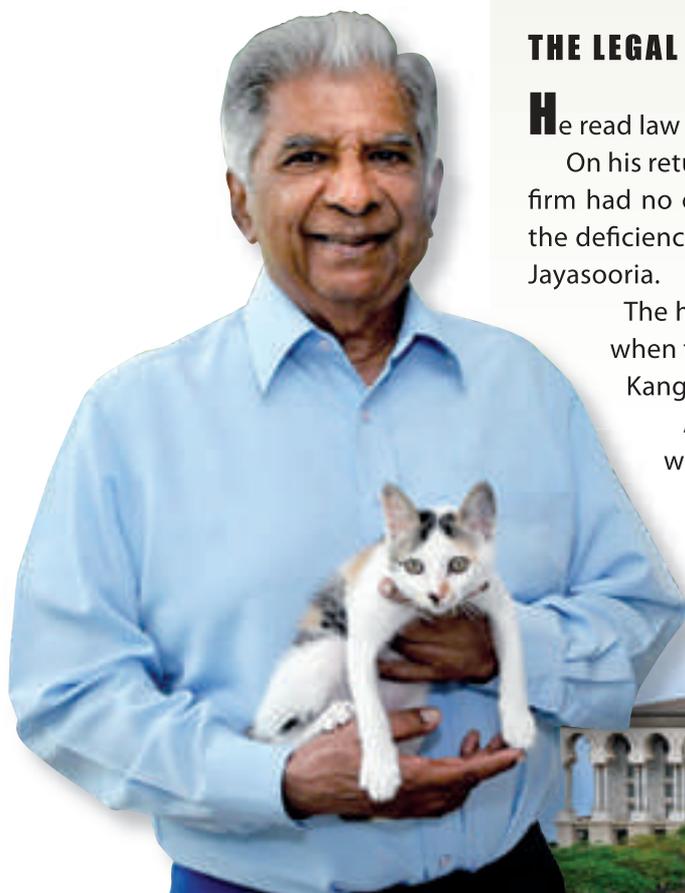
He read law at London University and did his bar at Lincoln's Inn.

On his return he joined the firm of Cheang Lee & Ong as a junior. As the firm had no one specialising in criminal law, he decided to make up for the deficiency. At the back of his mind he was determined to be the next Jayasooria.

The high profile case of Chai Kang the communist made his name when the hangman's noose was metaphorically on the neck of Chai Kang. He literally saved the man's neck.

After that he was never short of work as every alleged criminal wanted to be represented by him.

All work and no play makes Jack a dull boy, as the saying goes. There was no danger of that with Jeyaratnam. Suffice to say the young lawyer was man about town.



THE SPORT OF KINGS

Young Jeyaratnam got into horse racing because his boss Dato' Yeoh Cheang Lee, the Chairman of the Perak Turf Club, made him a committee member. He remained a committee member for fourteen years; finally becoming Acting Chairman in 1981 and Chairman in 1982. During his tenure the Perak Turf Club contributed not just to charities like the YSIS but also by donating facilities like the fountain at the round-about outside the Menteri Besar's Residence, the Japanese Garden and the Musical Clock for the enjoyment of all Ipohites. The events organised by the Turf Club not only brought in funds to YSIS but also tourists to Ipoh.

Dato' Hj Umar bin Hj Abu the Datuk Bandar or Mayor of Ipoh said "Ipoh would not be the same without the Perak Turf Club". That was due to the Turf Club's social commitment to Ipoh under the chairmanship of Jeyaratnam.

He remained the Chairman until 2017, the longest serving Chairman of any turf club in Malaysia.

THE BEGINNING OF YAYASAN SULTAN IDRIS SHAH

If it seemed a coincident that in 1982 Jeyaratnam started the YSIS – it is not.

Anyone who knew him knew he was likely to do something like that. He had always had a big heart. He might have had a privileged life because of his wealth and position, but he never forgot those less fortunate.

It was the sight of a handicap person struggling up the stage to receive an award – at one of the many functions he attended; that made his mind up. He was going to help those with disabilities.

He used his position as Chairman of the Turf Club and his contacts with the rich and famous to support YSIS. It was his personality and his sincerity that convinced them rather than his position. Corporations, horse owners, Hong Kong film stars, beauty queens and even our Perak royalty; they all supported his charity functions – gala dinners, celebrity football, beauty contests, balls.

At the end of the day, whatever his position – as a high profile lawyer, Chairman of the Perak Turf Club, man about town and a man with an almost celebrity status; it is his sincerity and big heartedness that stood out. He is just as comfortable with royalty as with the common man.

At 94 his passion for helping the disabled has not dimmed. He is never too busy to give a hand-up to anybody.



Presentation of the Sultan's Gold Vase won by "Inderapura Stable's" on 7 November 1982. From left: Jockey S. Sairi, Trainer Teh Choon Beng, H.R.H. The Sultan of Perak and Y.B. Dato' Seri V. Jeyaratnam, Chairman of the Perak Turf Club.



At the ground breaking ceremony of Perak's first Hydrotherapy and Spa pool.

Returning Them Their Potential

The World's Largest Minority, is how people with disabilities is often described. There are more than one billion people with some form of disability or fifteen percent of the world's population.

In Malaysia we have 453,258 registered Disabled according to the government's 2017 statistic.

The Disabled in general have poorer health, lower education achievements, fewer economic opportunities and higher rates of poverty than people without disabilities. In many societies Persons With Disabilities (PWD) often end up disconnected, living in isolation and facing discrimination.

There have been many changes over the years since our founding. We have moved from an abandoned construction site office to a purpose-built Centre with the latest equipment. We have also changed our name to Yayasan Ipoh. What has not changed is our passion and dedication to our clients.

We know the disadvantages PWDs face and since our founding in 1982, have worked to empower them so that they can participate fully in societal life. This way not just the PWDs, but the whole community benefits.

Getting better is a pre-requisite for their participation in society. And that is where the medical professionalism of PPSAS comes in – offering the primary source of assistance where it is most needed.

We rehabilitate those with disabilities so that they can rejoin society and contribute to it.

We do this by providing the best facilities and equipment and the best professional care and attention at minimal cost.

We are a non-profit organisation.

Beyond rehabilitation, we try to shift society's perception on disabilities. Rather than consider persons with disabilities as objects of charity, rehabilitation and special services, we want society to regard them as "equal rights holders"; full participants in society.

Instead of labeling them "less able" or "special" thus taking away their dignity; we want them to be regarded as "differently-able" and return them their potential.

Disability Is Not Inability. Different Is Not Less.

This book sets out the journey YSIS/PPSAS has taken in its thirty seven years of existence.

It is a journey you have taken with us from day one. A journey which would not have been possible without your generous support and encouragement.

There is a ways to go yet, and I am sure you will continue to travel with us side by side.

Together we will make sure we **Leave No One Behind.**

Dato' Ir. Chew Choong Seong

*Executive Chairman, YI and
Deputy Chairman, PPSAS*

*From left, Dato' Ir. Chew
Choong Seong, Tan Sri Dato'
Seri V. David Jeyaratnam
and Dato' Yap Lim Sen.*





Yayasan Ipoh Board of Trustees



Tan Sri Dato' Seri David V. Jeyaratnam
Founder, Emeritus Chairman

Prominent Criminal Lawyer and
ex-Chairman of the Perak Turf Club.



Dato' Ir. Chew Choong Seong
Executive Chairman

Trustee since 1984.
Chairman of Board of Governors Anglo Chinese School
Ipoh from 1985 to 2007.
Engineer by profession.



Dato' Yap Lim Sen
Trustee

Trustee since 1995.
Prominent Ipoh
Businessman.



Dato' Terry Lee
Trustee

Trustee since 1998.
Prominent Businessman.



Mr Khoo Thiam Chye
Trustee

Trustee since 2018.
Trustee of Yayasan Teratai.
Senior Vice President
(Malaysia Operation)
Rubberex (M) Sdn. Bhd.



Mr Raam Kumar
Trustee

Trustee since 2018.
Partner of law firm
K.B. Tan and Kumar.

Yayasan Ipoh: The Beginning and Today



Without any knowledge of rehabilitation of persons with disabilities; all the newly formed centre could offer was basic shelter, relief and financial support. Jeyaratnam soon realised that this was not enough.

Then fate intervened, as some would say. Two Australian nurses – Anita Hurley and Joan Murphy appeared. They told him all about Community Based Rehabilitation which was promoted by the World Health Organisation. With CBR much of the care is done locally so that patients need not travel far.

Jeyaratnam and a few like-minded friends converted an abandoned housing project site office into the foundation's centre.

The first CBR Centre was started in Sitiawan in 1988 and following that, CBR Centres were started in several small towns around Ipoh plus one in Kelantan.



The next move was the most significant. In 1992 they moved to the 8-acre site in Bercham when the first phase of the development was completed.

They had bought the land from the government in 1986.

In the years following, more buildings were added to what the Centre is today. The latest addition in 2013 being the Jeyaratnam Campus which provided Health Service Training.

New equipment and facilities (e.g., the spa and the hydrotherapy pool) were added as the centre developed.

The Irish Boy Scouts built the Light and Dark Room for Sensory Therapy Stimulation. The Japanese Government donated the Independent Daily Living Unit and the Japan International Cooperation Agency sent a volunteer Occupational Therapist to train staff how to use it.

Today YI/PPSAS provide the best professional care in disability rehabilitation with core services including:

Orthopaedic Specialist Clinic



Physical Therapy



Occupational Therapy



Sensory Stimulation Therapy



Speech Therapy



Hydrotherapy



Other services provided include day care for children, skills development and training, and student placement as well as providing transportation to the Centre for therapy treatment.

All this from an old abandoned construction site office.

Today YI/PPSAS reside in a purpose-built Centre with the state of the art facilities and equipment and care given by a team of dedicated staff.

1982

Milestones

- 1982**
 - ▶ Yayasan Sultan Idris Shah established in an abandoned site office.
 - ▶ Yayasan received the royal patronage of Almarhum Sultan Idris Shah.
- 1986**
 - ▶ Acquired an 8-acre site in Bercham for the Centre.
- 1990**
 - ▶ Stepping Stones – CBR Centre in Ipoh.
 - ▶ Specialises in early intervention rehabilitation for children.
 - ▶ Construction of the Centre in Bercham began.
- 1992**
 - ▶ The new CBR Centre in Bercham completed.
 - ▶ YSIS moved to Bercham.
 - ▶ Persatuan Pemulihan Sultan Azlan Shah was established as a separate entity to provide rehabilitation services to the community.
- 1999**
 - ▶ Persatuan Pemulihan Sultan Azlan Shah officially opened by DYMN Paduka Seri Sultan Azlan Shah.
- 2002**
 - ▶ Completion of Phase 3 – the Skills Development Unit.
- 2003**
 - ▶ Hydro and Spa Pools commissioned.
- 2005**
 - ▶ YSIS given Asia Pacific Best NGO and NPO in Region Award.
- 2006**
 - ▶ YSIS became the first NGO to run a Certificate Course in Community Based Rehabilitation and Management.



2-storey building that housed the Stepping Stones Centre.



PPSAS officially opened by DYMN Paduka Seri Sultan Azlan Shah.



Hydro and Spa Pools commissioned in 2003.



In 2008 the 177th Irish Boy Scouts from Ireland set up the Sight and Sound Sensory Stimulation Rooms.



2019

- 2008** ▶ A 19-member team from the 177th Irish Boy Scouts from Ireland set up the Sight and Sound Sensory Stimulation Rooms.
- 2009** ▶ PPSAS registered as a Day Care Centre under the Child Care Act 1984.
- 2012** ▶ A group of 12 Girl Guides from the UK was attached to YSIS to guide in CBR.
- 2013** ▶ The RM4 million Jeyaratnam Campus completed to provide health services training.
- 2014** ▶ The Independent Daily Living Unit was set up with a grant from the Embassy of Japan.
 - ▶ Japan International Cooperation Agency (JICA) sent a volunteer occupational therapist for the transfer of skills and exchange of knowledge and experience with PPSAS therapists.
- 2016** ▶ Day Care Centre for children with special needs opened.
- 2017** ▶ The appointment of the first medical head of the Centre.
 - ▶ Dato' Dr Ramanathan Ramiah as appointed CEO.
- 2019** ▶ To meet demands for its services, YSIS decided to open six days a week to serve the community better.
 - ▶ YSIS appointed to a panel (PEREKSO) for rehabilitative services to its members.
 - ▶ Yayasan Sultan Idris Shah changed its name and is now known as Yayasan Ipoh.



Disabled Friendly Sensory Garden set up by a team of local doctors.



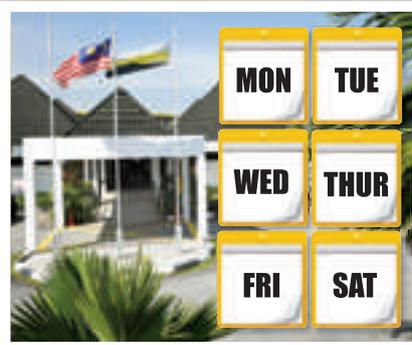
The Independent Daily Living Unit was set up in 2014 sponsored by the people of Japan through their embassy in Kuala Lumpur.



Day Care Centre for children with special needs opened in 2006.



Dato' Dr Ramanathan Ramiah appointed CEO and Consultant Orthopaedic Surgeon.



YSIS opens six days a week to serve the community better.



Appointed as a rehabilitative centre for PEREKSO members.

Awards and Accolades

A testament to our work with rehabilitation of the disabled over the years.



Token of appreciation from Japan Overseas Cooperation Volunteers (JOCV) in conjunction with its 50th Anniversary in 2015.



An award for excellence from Jabatan Pendaftaran Pertubuhan Malaysia receive in 2000.



Token of appreciation from Perak State Education Department.



Dato' Dr. Yahaya Ismail (Deputy Chairman of YSIS) with the Country Winner Trophy for "The Asia Pacific NGO Excellence Award" organised by Resource Alliance (UK) and Citigroup Foundation. With him is Ms. Catherine Weir and Mr Simon Colling.

Token of appreciation from the Malaysian Government for YSIS' outstanding social work.



Tan Sri Dato' Seri David V. Jeyaratnam (Chairman of PPSAS), second from right, receiving the NGO Excellence Award from Encik Marzuki bin Zainal, Deputy Registrar of Societies of Malaysia.



Token of appreciation from Japan-Malaysia Technical Institution (JMTI).

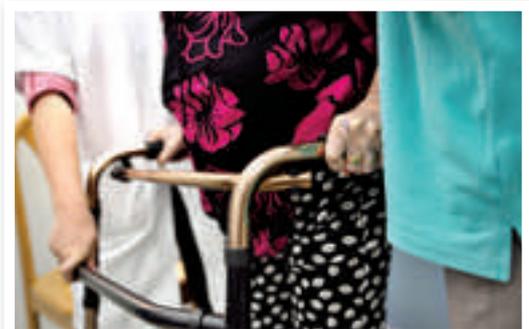
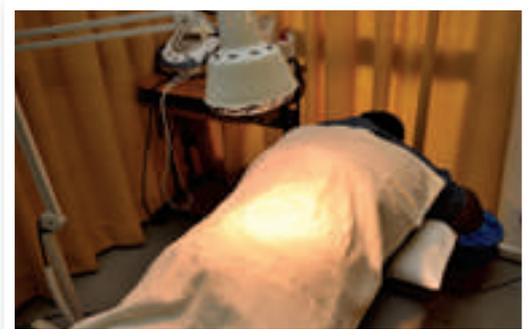


Patience, Strength and Hard Work

To complement the work of YSIS, the PPSAS was formed in 1992 to focus on rehabilitation of people with disabilities – be they caused by accident, disease or congenital defects.

It is important that a person who suffers the onset of an injury or has a stroke has access to timely quality rehabilitation services quickly to enable them to have the best outcome possible.

Persatuan Pemulihan Sultan Azlan Shah (PPSAS)



Rehabilitation of people with disabilities is a process aimed at maximising the physical, sensory, intellectual, psychological, and social abilities of the client within the limitations of their handicap.

Learning to walk, to speak, to move the arms, for many people who are injured or recovering from a stroke, begins with learning again from scratch the activities that make up daily life.

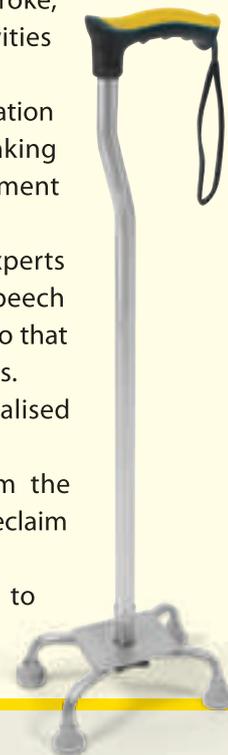
Each person is different. Our approach to rehabilitation is based on the recognition of individual needs; taking into account the person's condition, his environment and the home-support he has available to him.

At PPSAS our team of inter-disciplinary experts – physiotherapists, occupational therapists, speech therapists – work towards autonomy for our clients so that they can lead independent and self-supporting lives.

Good outcomes require long-term personalised follow-up.

It takes patience, strength and hardwork from the care-givers, the patients as well as their family to reclaim independence after an accident or illness.

We are with you every step on the long road to recovery – no one is left behind.



The PPSAS Team

Individuals with different talents united in the common vision of providing health care for the disabled.

Committee Members of PPSAS

- ▶ Tan Sri Dato Seri David V. Jeyaratnam Hon Life Chairman
- ▶ Dato' Ir Chew Choong Seong Deputy Chairman
- ▶ Mr Lim Yew Leong Honorary Secretary
- ▶ Mr Ng Seik Wah Honorary Treasurer
- ▶ Dato' Yap Lim Sen Member
- ▶ Dato' Terry Lee Member
- ▶ Dato' Dr Ramanathan Ramiah Member
- ▶ Mr Raam Kumar Member



*Mr Lim Yew Leong,
Honorary Secretary*



*From left: Dato' Dr Ramanathan Ramiah, Mr Khoo Thiam Chye,
Dato' Ir Chew Choong Seong, Tan Sri Dato Seri David V. Jeyaratnam,
Dato' Yap Lim Sen, Mr Raam Kumar.*



*Mr Ng Seik Wah,
Honorary Treasurer*

Management Team of PPSAS

- ▶ Dato' Ir Chew Choong Seong Chairman
- ▶ Dato' Dr Ramanathan Ramiah CEO
- ▶ Datin Malathi Selvadurai Head of Administration
and Personal Assistant
to Chairman
- ▶ Mr Lim Yew Leong Honorary Secretary
- ▶ Mr Ng Seik Wah Honorary Treasurer

Teamwork is what makes us successful. At YI/PPSAS individual talents are magnified many times over when complemented by the talents of others in our common vision of providing the best care for the rehabilitation of the disabled.



*Datin Malathi Selvadurai,
Head of Administration
and Personal Assistant
to Chairman*

When anyone experiences trauma or severe life stresses, it is not uncommon for their lives to unravel. The great passion of everyone at the Centre is bringing healing to people who have been through a traumatic or stressful experience because of accident or illness.

We help clients – children, adults and families – to find happy perceptions to themselves and their wards, as complete persons who are contributing members of society.

– Dato' Ir Chew Choong Seong

Core Services



Orthopaedic Specialist Clinic

Dato' Dr Ramanathan Ramiah was thirty four years in government service as an Orthopaedic Surgeon. The last twenty years as Head of Orthopaedic Services in Perak.

During that time he served YSIS intermittently as the need arose. He has extensive experience in providing treatment ranging from sport injuries to degenerative changes of the bone.

He continues to practise as an Orthopaedic Surgeon in his role as CEO of YI/PPSAS.

In addition, he has taken on the role of physiatrist where he works with his rehabilitation team in restoring optimal function to people with injuries to muscles, bones, tissues and nervous system (stroke patients).



ORTHOPAEDIC SPECIALIST CLINIC:

- ▶ Sports injuries
- ▶ Back pain, ruptured disks and spinal stenosis
- ▶ Spine problems e.g., Scoliosis
- ▶ Carpal Tunnel, hand arthritis and hand injuries
- ▶ Club Foot, Bow Legs and Hip Dysplasia
- ▶ Orthopaedic Trauma
- ▶ Limb lengthening
- ▶ Achilles Tendon injuries, bunions and foot and ankle injuries
- ▶ Arthritis



For more information on clinic days and clinic hours, please visit our website at www.yayasanipoh.org.my or call +605 548 1905 / 548 6750 / 548 4115





PPSAS has six full time qualified physiotherapists who hold degrees and diplomas in rehabilitation of the disabled.

They provide the best professional care in sensory and motor recovery:

- ▶ Physical Therapy: Motor rehabilitation, to rehabilitate the client's strength, mobility and fitness.
- ▶ Occupational Therapy: To help clients re-learn daily living skills.
- ▶ Speech Therapy: To help clients with speaking, reading and writing.



Physical Therapy

Physical Therapy, commonly referred to as Physiotherapy attempts to address the illnesses or injuries that limit a person to move or perform functional activities in their daily lives. In short, physiotherapists help the disabled to improve their strength, mobility and fitness to enable them to optimise their abilities which have been impaired through accidents or illness.



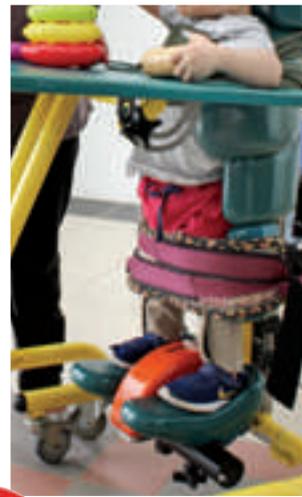


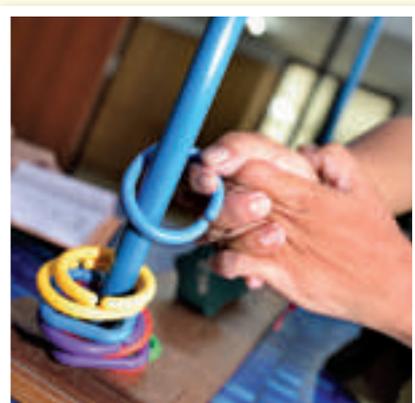
Occupational Therapy

Occupational Therapy is the use of assessment and intervention to develop, recover or maintain the meaningful activities of daily living including the occupations of individuals affected by injuries or impairments.

Put simply, it is to help those affected to deal with daily living activities – to participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).

We help children with disabilities to participate fully in school and social situations; injury rehabilitation and providing support for older adults experiencing physical and cognitive changes.





PPSAS OCCUPATIONAL THERAPY TRAINING PROGRAMMES INCLUDE:

- ▶ Activities of daily living such as dressing, bathing and eating.
- ▶ Community living skills such as shopping, banking and working on the job.
- ▶ Advice on home modifications, making or acquiring aids, appliances and equipment to facilitate movement.
- ▶ Mobility training with necessary aids like walking or using a wheelchair.
- ▶ Assist with training for a trade or specific job.
- ▶ Counselling and recreational programmes.

WHO CAN BENEFIT FROM OCCUPATIONAL THERAPY?

- ▶ Autism Spectrum Disorders
- ▶ Vision Difficulties
- ▶ Behavioural Difficulties
- ▶ Cognitive Disorders
- ▶ Sensory Processing Disorder
- ▶ Decreased strength and endurance
- ▶ Down's Syndrome
- ▶ Developmental Delay
- ▶ Cerebral Palsy
- ▶ Traumatic Brain Injury
- ▶ Social Skills Deficits



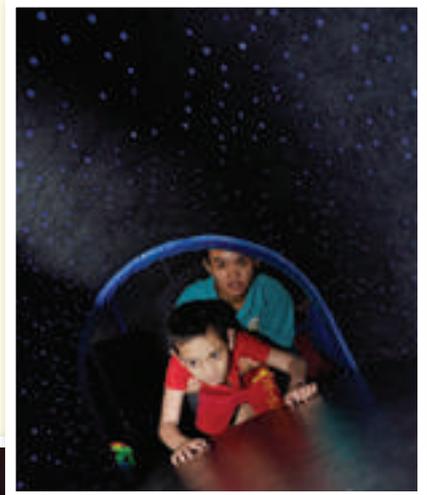
From the People of Japan



Sensory Stimulation Therapy

In our sensory stimulation therapy we use everyday objects to arouse one or more of the five senses with the goal of evoking positive feelings in our patients.

Our Sight and Sound Rooms are designed to do this through special lighting, music and objects. This therapy is used for children with limited communication skills where a child's sensory perception deficits can be assessed and the correct interventions applied to improve the child's perception.





BENEFITS OF SENSORY STIMULATION THERAPY

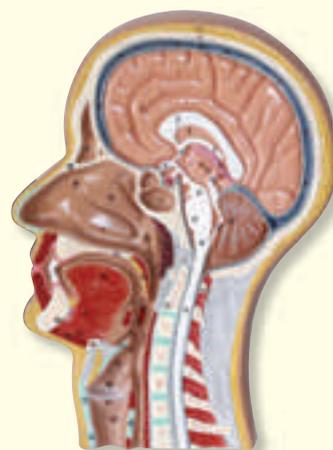
- ▶ Anticipate action and outcome.
- ▶ Correctly interpret sensory input.
- ▶ Reduce negative physical reactions.
- ▶ Develop positive behaviour patterns.
- ▶ Lessen sensory defensiveness.
- ▶ Encourage play and socialisation.



Speech Therapy

A speech therapist can help children with different kinds of speech difficulties as well as language issues. They can improve communication skills in children with language issues – articulation problems (not speaking clearly or making errors in sounds), fluency problems (with flow of speech e.g., stuttering), resonance or voice problems – trouble with voice pitch, quality or volume) etc.

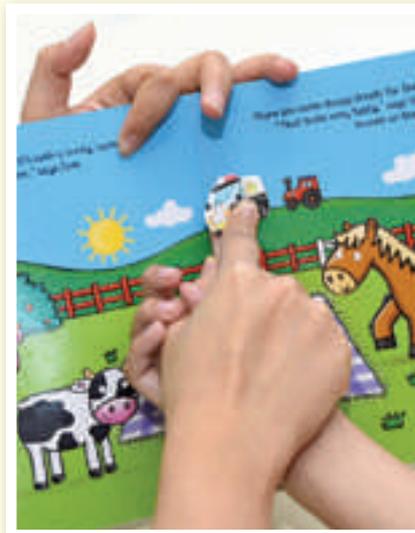
Speech impairment is a common effect of stroke patients which speech therapists can help with.

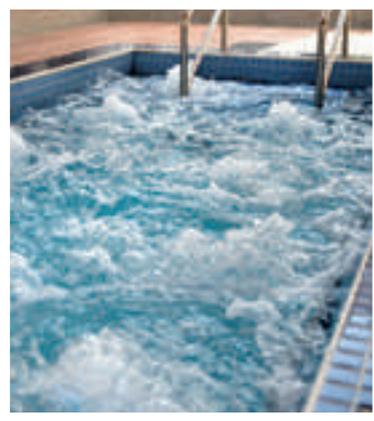




BENEFITS OF SPEECH THERAPY INCLUDE:

- ▶ Able to develop conversational skills.
- ▶ Able to articulate words well.
- ▶ Able to comprehend verbal and non-verbal communication, understanding other's intentions in a range of settings.
- ▶ Able to initiate communication without prompting from others.
- ▶ Able to know the appropriate time and place to communicate something, for example, when to say "good morning".
- ▶ Able to communicate in ways to develop relationships.
- ▶ Able to enjoy communicating, playing and interacting with peers.
- ▶ Able to learn self-regulation.





Hydrotherapy

Hydrotherapy is the use of water in the treatment of different conditions – muscle injuries, limited mobility due to illness (e.g., stroke), arthritis and related rheumatic complaints.

A typical hydrotherapy session involves special exercises in a warm pool (usually 33 – 36°C). These exercises are prescribed by the physiotherapist who also conducts the sessions with the help of trained assistants.

The focus of the exercise is adjusted to help the range of movement or strength, depending on the condition of the client.



HYDROTHERAPY HELPS IN DIFFERENT WAYS:

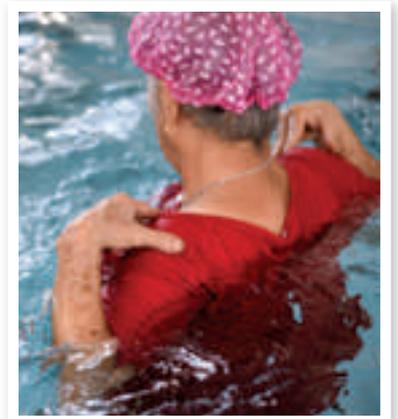
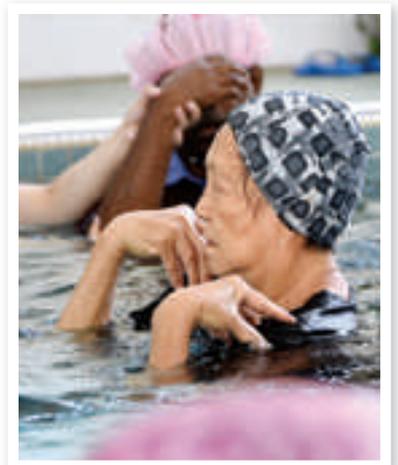
- ▶ The warmth of the water allows the muscles to relax and eases the pain in the joints – helping the patient to exercise.
- ▶ The water supports the weight of the patient which helps to relieve the pain and increase the range of movement of the joints.
- ▶ The water can be used to provide resistance to moving the joints which helps to improve the muscle strength.





BENEFITS OF HYDROTHERAPY INCLUDE:

- ▶ Hydrating the cells, improve skin and muscle tone.
- ▶ Relieve pain, swelling and stiffness.
- ▶ Promote relaxation.
- ▶ Improve joint mobilisation.
- ▶ Improve cardiovascular fitness (heart and lungs).
- ▶ Improve muscle strengthening, maintenance and restoration.
- ▶ Increase range of motion of affected joints.
- ▶ Boost the immune system, allowing it to function more efficiently.
- ▶ Improve circulation.





Day Care for Children with Special Needs

Choosing a day care facility for disabled children can be an emotional and stressful experience. Parents want a facility that offers both the best care for their child and equally important, one that their child will be happy attending.

In order for the child to get the attention they need, they require as much one-to-one time with the teacher as possible. And the best environment that promotes physical, emotional and social skills.



We offer the optimum classroom child-to-staff ratio and our day care is fully equipped.

At PPSAS we ensure comprehensive care for them during the day which will meet their learning needs and provide motor and speech therapy, as well as organise their free time.

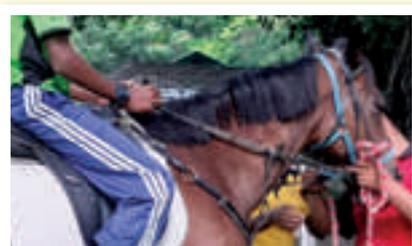
Our Day Care Centre opened in 2016 and since then it has proved very popular.





Riding for the Disabled

Our physiotherapists work in association with the Equestrian Centre to provide programmed riding sessions to help improve coordination, balance and strength of our patients. It can be described as a combination of physical, speech and occupational therapy on horseback.



Student Placement

Students from local universities and colleges are sent to our Centre for practical training and experience in providing therapy treatment under the supervision of our qualified professionals.

Our programme is directed at the improvement of the trainee's skills and to teach the latest techniques and development in the field of handicap rehabilitation.

Depending on the college/university, their stay with us ranges from a few weeks to three months.

Accommodation can be arranged for students who need it.



Transportation

PPSAS provides transport to those who need our specialised vehicles – with wheel-chair hoist – to ferry them to the centre. Our drivers are trained in handling disabled passengers.



We also provide ordinary vehicles for those who just need transport. We have a fleet of four vehicles for the use of our clients.

Community Service

As a service to the community, the grounds of the Centre is open to the public for their use.

Presently Mdm Chan Mee Yong runs Qi Gong classes every day of the week in the morning.

For more information about our transportation services, please call +605 548 1905, +605 548 6750 or +605 548 4115.



Long-Service Members of Staff

Rajaswari a/p Karuppiah

Rajaswari obtained her diploma in physiotherapy from the Chennai School of Physiotherapy where she studied from 1975 to 1978.

On graduating, she joined the Sparstic Association of Pulau Pinang in 1979. The association specialised almost entirely in treating children. This suited Rajaswari as that was (and still is) her passion.

She joined YSIS in 1994 where she works on both adults and children.

"The adults are easier because their programmed exercises for the home would be followed. With children, the parents are too dependent on the centre. They seem to lack the confidence to carry out the programmed exercises. As such the progress of the children is much slower. I try to encourage them by giving them "Achievers Awards" for their progress. My own reward is seeing them on their feet."



Rajaswari would have been with the Centre twenty five years come December.



Dato' Dr Ramanathan Ramiah (seated, middle) with the PPSAS team of therapists.

Long-Service Members of Staff

Haslina bt Abdul Halim

“You can say that it was providence that got me this job. As I rummaged in the bin for something I threw away, I saw this advertisement for a Therapy Assistant at Yayasan Sultan Idris Shah.”

The timing was just perfect. Newly widowed, I needed a job to feed my young family. I relocated from Taiping to Ipoh.

I joined YSIS as an Assistant in the Speech Therapy Unit on 8th December 1997.

Since then I have worked in the other units (Occupational Therapy, Day Care etc).

As part of the Centre’s ‘Professional Development Programme’ for staff members; Haslina was sent on various courses and seminars to improve her knowledge and skills, besides the on-the-job training she receives in the course of her work.

Of the different units she has worked in, her favourite is Speech Therapy.

Patience is the most important ‘qualification’ in the job according to Haslina.

“In this job the ability to work with others and the willingness to do work outside of one’s specific responsibility is a must. Teamwork is everything.”

Haslina been with the Centre twenty two years and she intends to be with the organisation for the rest of her working life as she enjoys her work very much.





Get in touch with us today.

www.yayasanipoh.org.my

More information is available on our website.



Let Us Help You

Rehabilitation services and programmes are as unique as the individual in need and the ailment they suffer from.

At PPSAS every one of our client is different and we design our programme for that individual.

Improving the mobility and function of the disabled person to reach and maintain the optimal physical, sensory and intellectual level within the limitations of their condition is only the first step.

We also teach the disabled person (and his home-carers) how to care for a body that now works differently, maintain a high level of health and reintegrate himself with the community.

People with disabilities have abilities too and that is what our Centre is about – providing the tools for the disabled to attain independence and self-determination so that they can be productive members of society.

Often, a person with disability lives a lonely existence. They are defined by their disabilities. When you focus on someone's disability you overlook their abilities, their beauty and uniqueness. The disabled feel a loss of self-worth and dignity. We fully empathise with them.

Lifting the patient's spirit is as important as the physical rehabilitation – they go together.

We understand the importance of inclusion and acceptance as part of society. We will walk with you every step on your road to recovery. You will not be left behind.



Dear Friends

YAYASAN IPOH



WE RISE BY LIFTING OTHERS

First, a big Thank You to all of you for your generosity and support all these years.

Many of you have been a big part of our organisation over the years. Indeed we have been partners from the very beginning in providing treatment and care for the disabled in our community.

We simply couldn't have done it without you.

Together we have come a long way - from humble beginnings in a wooden hut to what we are today; a purpose-built rehabilitation centre with the best equipment and professional care.

To date we have rehabilitated over nine thousand persons with disabilities - accident victims, stroke patients, the autistic and those in need of speech therapy.

A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming odds. The Disabled are heroes in this respect. Often our heroes are small children fighting big battles.

But even heroes need help and encouragement which you have given generously.

While we can't change the direction of the wind, with your help we can teach them to adjust their sails so that they make the most of their abilities. Because of you they have a future as useful members of society.

In many ways, you are heroes too; your support and generosity has turned what seemed impossible to what is inevitable - their rehabilitation.

The human spirit is one of ability, perseverance and courage that no disability can rob. When courage, professional care, and generosity join hands, all things are possible.

We know our old friends will continue their generous support. At the same time we invite our new friends to join us to affirm our commitment to *Leave No One Behind* just because they are disabled.

Together let us remove the "dis" from **"ABLE"**

Yours sincerely,

David V. Jeyaratnam



Please extend a Helping Hand by filling in the form on the reverse side.



YAYASAN IPOH

Lot 158413,
Lorong Bercham 11,
Bercham, 31400 Ipoh,
Perak, Malaysia

T: +605 548 1905
+605 548 6750
+605 548 4115
F: +605 548 1066

E: yayasanipoh@gmail.com
www.yayasanipoh.org.my

Yayasan Ipoh is
a non-profit, tax exempt
organisation which is totally
dependent on generous donors
and sponsors.

Your donation will enable us
to undertake services
for the community.

THANK YOU for your
continued support. We greatly
appreciate your kindness to
Yayasan Ipoh.

MY GIFT

Thank You for extending a Helping Hand by filling in the form.

Name / Company Name:

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.....

Tel: Mobile No:

Fax: Email:

Please accept my contribution in the amount of:

RM50 RM100 RM200 RM500 RM1000

Other amount RM

(please specify amount)

METHOD OF PAYMENT

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Payable to: "Yayasan Ipoh"

Direct Debit/Bank Transfer to Yayasan Ipoh
Hong Leong Bank A/C No: 231-010-20711
CIMB Bank A/C No: 80-0504634-2

.....
Signature

.....
Date

Name:

* Donation of RM50 and above is provided with a tax-exempt receipt.



*A purpose-built rehabilitation centre with
the best equipment and professional care
to Leave No One Behind.*





Yayasan Ipoh

BAGI ORANG KURANG UPAYA PERAK

(Formerly known as Yayasan Sultan Idris Shah)

Persatuan Pemulihan Sultan Azlan Shah

Lot 158413, Lorong Bercham 11, Bercham,
31400 Ipoh, Perak, Malaysia

T: +605 548 1905 / 548 6750 / 548 4115

F: +605 548 1066

E: yayasanipoh@gmail.com

www.yayasanipoh.org.my

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