

# SEASON'S GREETINGS

*Quarterly Newsletter of MILAD*

**OCTOBER - DECEMBER 2021**



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**大马残障自立协会**  
**MALAYSIA INDEPENDENT  
LIVING ASSOCIATION FOR DISABLED**

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# International Day of People with Disability (IDPD)

International Day of People with Disability (IDPD) is held on 3 December each year.

IDPD is a United Nations observed day celebrated internationally. It aims to increase public awareness, understanding and acceptance of people with disabilities and celebrate their achievements and contributions. The theme of this year is "Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world."

Since 2020, the world has been impacted by drastic political, social and economic challenges and change as a result of the outbreak of COVID-19, it is even more obvious for people with disabilities. The pandemic has acted to exacerbate existing inequalities and vulnerabilities within society.

We call on all stakeholders to learn from the experiences of people with disabilities during this pandemic. And enact various disability rights-oriented measures to improve active involvement of persons with disabilities and their representative organisations.

Please show your support by spreading awareness of the OKU rights and promoting this year's theme on "Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world."

## THIRD COMMUNITY HOUSE IN PARAMOUNT , PJ



Community house for disabled people is crucial to promote the philosophy of Independent Living. Our community house serves as a safe space where disabled people learn how to live in the community. Hence, they move forward towards Independent Living and be fully integrated into the mainstream of society.

On 28 November 2021, We were delighted to have YB Tony Pua, Phum Boon Lim (President of Lions Club of Kuala Lumpur Elite) and President of kampung Tunku Residents Association SS1 launching our third community house in Paramount, PJ.

Kudos to all the staff who work throughout the day and night to make this come true. And we would not be able to reach this far without the caring hearts of society.

## **INDEPENDENT LIVING FOR PEOPLE WITH DISABILITIES (PWD)**

MILAD continues its quest to bring the philosophy of independent living by the founding Father of independent living , Ed Roberts, to the Malaysian disabled community through its Independent Living Program (ILP). Understanding the philosophy of Independent living in its proper perspective has enabled and propelled the people with disabilities (PWD) to progress on effectively and independently in life.

**What are some of the challenges that PWDs face?**

We may want to ponder what actually goes on in the mind of people whose family members suddenly become disabled due to an accident or sickness, is usually both tragic and traumatic.

The victim has many questions without the right answers yet. Similarly family members and loved ones may initially empathise with a person but is oblivious of what the future holds. Some loved ones immediately take it upon themselves to care or make appropriate arrangements to move forward. Suffice to say that most of them will react or respond adequately to the short term solutions.

What if the victim is a bread winner? It obviously affects the family's income and the family situation becomes more precarious. There is a silver lining in the dark cloud if the victim has adequate insurance cover. It gets better if he receives long term compensation from SOCSO or other social organisation.



The proven solution is for the PWD is to learn how to live independently , the correct way. PWD need to make a vital decision to invest his time whilst he still is able to depend on family , friends or his financial resources for assistance.

Let us listen to some of the experiences of our ILP participants who have already attended the program for a year or more.

David Gip wrote " I became blind at the age of 13, due to retino pigmentosa. I studied programming at MAB. Since 2005, I worked in Agape Outreach for the Blind(AOB) , Brickfields, as an Administrator, reaching out to VIPs (Visually Impaired Person) in the community.

I was aware of MILAD's independent living program and PA services from the onset. I engaged the services of a PA to assist me in my administrative work and to run errands, like going to bank, fetching people to his office from LRT and Monorail stations.The PA helped me to identify documents more effectively which I previously used to do this using Braille identification. After a few months I found myself working very productively and effectively and was less stressed than before. Thank you MILAD."

Priscilla, a visually impaired person, who had to stay alone was fearful of stepping outside of her home after she had completely lost her sight. She depended on volunteers and friends to assist her. She knew that wasn't the long-term solution. She heard about ILP through a friend. Last July she enrolled to journey with an ILP group. She is now confident of going outdoors with assistance and do things that she

could not do before. With the assistance of a fellow ILP (also totally impaired ) student, Nicholas , she learnt the NVDA program via her laptop by online Zoom meeting. She has already completed 40 personal tutoring lessons. This is a clear illustration of an OKU who can live independently assisting another OKU to develop essential skills , to live independently.

The pioneer group of 9 active ILP participants displayed good grit and teamwork and decided to embark on an entrepreneurship practicum. They decided to use what they have learnt through ILP topics, such as Setting goals, Personal and Financial management, Family relationships etc. Empowered and motivated , the team took on an entrepreneurship project led by the team appointed Coordinator Jason Tang, a visually impaired person. The month long project provided the team with a wealth of learning experiences in business. More importantly , it is successful as an OKU for OKU vocation initiative.

The greatest joy of the participants in their ILP journey is the bond of friendship , trust and teamwork, upholding and encouraging one another towards their goals.

**TEAMWORK-** Coming together is only the beginning. Working harmoniously as one is progress. Success is achieved when the objectives met outweighs profits.

Written by:

Peter Khor

Peer Counselor

24 September 2021

## INTO YEAR 3 for INDEPENDENT LIVING CENTRE (ILC) MILAD



A picture speaks a 1000 words. Serving the disabled community dedicatedly and faithfully towards independent living. Thank you Personal Assistants Khusairy, Thomas Lim, Alvin Leong and June Chin. Kudos for your hearts of gold!

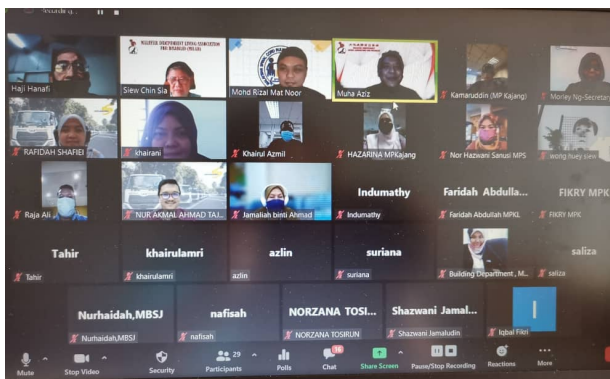
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## Disability Equality Training

This quarter, MILAD hosted 2 sessions of Disability Equality Training (DET) workshop with the private sector and civil servants.

In November, we welcome a group of flight attendants from Air Asia to the workshop. And on December 8th & 9th, 24 staff from PBT of Selangor, GLC and government agencies have participated in a two-day training to learn more about the social model of disabilities and the fundamental rights of people with disabilities.

We look forward to creating a more inclusive action plan together with these agencies.





## Christmas Lunch & Gathering



On 27 December, MILAD hosted a Christmas lunch and gathering at the centre to celebrate the season and to support each other by sharing delicious food and snacks.

It was a happy occasion to meet and catch up with one another. All those who were present had a joyous time of fellowship and food

## Thank You



Having a disability should not mean being excluded. MILAD would like to record our appreciation of the kindness and help we have received from every one of you. With your support, MILAD can continue to provide services, promote Independent Living Movement and improve the support for persons with disabilities.

Here is the list of donors from Oct - Dec:  
KE Yeap Trading; Malaysian Armed Forces Chinese Veterans Association (MACVA); The Gift Of Life Society; Lion Club of Selangor TCM, 海鲜城; 马铃薯叔叔日志 Uncle Kentang; Health Lane Family Pharmacy

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# DONATION PLEDGE FORM

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ASSOCIATION FOR DISABLED**

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**5122 3141 0368**

**SWIFT CODE: MBBEMYKL**

EMAIL: [INFO@MILADMALAYSIA.ORG](mailto:INFO@MILADMALAYSIA.ORG)

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UNIVERSITI, 47300 PETALING JAYA, SELANGOR



## WHO ARE WE?

Malaysia Independent Living Association for Disabled ("MILAD") is a non-governmental and non-profit organisation run by a group of people with disabilities, to help people with disabilities toward Independent Living, regardless of their background, race and religion.



## OUR VISION

It is our vision to establish a society that embraces the concept of Independent Living which promotes the disabled peoples full inclusion and participation in the community, wherein the disabled people are given the same life opportunities and the same choices in everyday life that the non-disabled people take for granted.



## OUR GOAL

Our goal is to train, equip and empower the people with disabilities to live independently, and at the same time advocating for equal rights and opportunities for them. We strive toward creating awareness so that the general public will have the right perspective toward disability and people with disabilities, and hence able to help transform the society to allow full inclusion and participation at every possible level by the disabled people.

