

September 2020

大马残障自立协会

JULY - SEPTEMBER

LIVING ASSOCIATION FOR DISABLED

Quaterly Newsletter of MILAD

It's a challenging time for us all. Social distancing restrictions have placed an immense burden on so many people especially the people in disability community.

Thankfully, despite the difficult time we all find ourselves in with the COVID-19 pandemic, we're extremely happy to receive tremendous support from all over places. It is people like you who step up to show you care. And through your generosity, we are empowered to ensure community safety and resilience on a day-to-day basis. Plus, your humanity give us a much-needed moment of human connection during this pandemic when we are all feeling isolated and alone.

In Milad, we believe that, together, we can make it through this crisis and come out stronger on the other side.



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VISITATION



On 8 September, We were honored to have some very special guests visiting us at MILAD - representatives from Department of Social Welfare (JKM). The purpose of the official visit is to gain an insight into the implementation of the Independent Living Programme and also for future collaborations between the JKM and MILAD, especially for social inclusion agendas at the local and national levels.

Our personal assistants, Henny Tjhinn and Liew Yen Lee, were excited to have this opportunity to share with the representatives the experience of assisting our OKU community.

The delegation from JKM was accompanied by Esther Lim, Sia Siew Chin, Peter Khor, Esther Ooi, Bobby Ooi, Alvin Leong, Henny Tjhinn, Liew Yen Lee, Chia Lee Chai, Chong Lee Chin and Kam Yu Choy.



DET TRAINING

On September 29, 2020, the Selangor Action Council for the Disabled (MTOS) and the Malaysian Independence Association for the Disabled (MILAD) hosted a Disability Equality Training (DET) workshop at the Crystal Crown Hotel in Petaling Jaya.

The purpose of DET is to create awareness among the civil servants and promote the integration of disabled and non-disabled people in a more inclusive environment.

The workshop has received 52 staff from all the local councils in Selangor, including Majlis Perbandaran Petaling Jaya, Majlis Perbandaran Shah Alam, Majlis Perbandaran Subang Jaya, Majlis Perbandaran Ampang Jaya, Majlis Perbandaran Kajang, Majlis Perbandaran Klang, Majlis Perbandaran Selayang, Majlis Perbandaran Sepang, Majlis Perbandaran Kuala Langat, Majlis Daerah Hulu Selangor, Majlis Daerah Kuala Selangor, and Majlis Daerah Sabak Bernam.

The facilitators of the workshop were Rizal Mohd Noor, the first disabled climber to conquer Everest Base Camp and Mount Kinabalu Azzrulkhan Hasrullah (aka Adam Khan), Wang Yoon Long of the National Council for the Blind, and the president of MILAD, Esther Lim, and the General Secretary, Pastor Sia Siew Chin. The five mentors have been devoting themselves to advocating the

fundamental rights of people with disabilities in Malaysia and promoting the movement of independent living.

A notable feature of the workshop was the presence of YB Dr Siti Mariah Mahmud. In her closing speech at the end of the workshop, she reiterated that people with disabilities should enjoy the same human rights as everyone else and they should be able to lead their lives as full citizens in society. She also emphasized that all city councils needed to coordinate and work together to empower people with disabilities, and hope that Selangor will soon become an inclusive and barrier-free state.

The turnout for the workshop means that the issue of disabilities began to emerge within the public discourse. The training has not only enabled the authorities to have a deeper understanding of the social model of disabilities, but also allowed them to experience how an unfriendly environment imposed various barriers on the disabled. It is expected that through this workshop, each local council will include barrier-free facilities as its primary consideration when implementing local development plans, and also incorporate the basic human rights of the disabled people into its development policies.



DONATION

As Covid-19 cases continue to surge in our country, social distancing restrictions have left many in limbo, that is not only financially devastating, but it is emotionally devastating as well. Thankfully, there are many stepping up to show they care for our society. With the generous donations from public, we were able to distribute essential needs – fresh food, face masks, daily necessities.

We'd like to take this opportunity to thank each one of you who have donated to MILAD, regardless in-cash or in-kind. Our work is only possible through the generosity of our supporters. With your support, MILAD can continue to provide services, promote Independent Living Movement and improve the support for persons with disabilities.

Here are our supporters and donors who contributed to us in July, August, and September:

1. On August 16th, Bentoree launch a one-for-one match campaign – "Sebutir Nasi Sejuta Kasih" to benefit the community in needs, including MILAD. Through this very amazing campaign, Bentoree delivered 30 boxes of Bentoree Fried Rice to MILAD in August.
2. Community Care Enrichment Programme (社會扶貧計劃協會) has sent us 3 boxes of Jiangxi Rice Stick.
3. Persatuan Kebajikan Satu Dunia Maitreya Selangor (马来西亚大同世界弥勒家园福利公会) provided lunch to MILAD staff and OKU friends in MILAD in August.

The list does not stop here, We are also very much grateful for the tremendous support from silent majority and wish to keep their names in anonymity. All of these amazing support and friendship have been a comfort to MILAD during this difficult time.





COMMUNITY SERVICE



“ *What you do makes a difference, and you have to decide what kind of difference you want to make* ”



— Jane Goodall

In MILAD, other than supporting the OKU community, we also encouraged the students to become social volunteers to impact their community and to develop that as a lifestyle.

Every year, Students from various college or universities tell us what disability issues they care about and why. Whatever issue they choose, MILAD gives full support to them in designing and implementing a project that will help make a difference in our society.

The student-led projects often become a lens for viewing the struggle for full equality and equity for OKU community in Malaysia, a struggle that still continues today.

Today, we are proud to present to you a couple of incredible student projects that could help change our world.



SUNWAY UNIVERSITY COMMUNITY SERVICES GROUP 12

On 15 August 2020, a team of 9 students from Sunway University , CS group 12, led by Terence Low visited MILAD on 15 August 2020 to raise awareness for our organisation through social media, Facebook.

Our testimonies provided an awareness of how we achieved independent living and our expectations of how the society can better interact with us.

Here are the messages from the students.

“I have learned that we often focus on the disabilities of a disabled person instead of their abilities”

- Emily Koh

“I have learnt that there are many in need and how we could correctly help them”

- Jun Yan

“I have learnt the correct way to help the person with disability when we saw them outside”

- Daniel Kuang



“I have learnt Independent Living is a philosophy, a way of looking at society and disability, and a movement of disabled people working for equal opportunities, self- determination, and self-respect and full inclusion and participation in the community”

- Chai Yi

“You cannot change the reality then change yourself”

- XinYi

“They do not give up in their life, and they try to blend into our society. This make me feel proud for them”

- YongKang

“It was very encouraging and makes me realize that I should be living my life to the fullest and be appreciative of what I have”

- Pooi Shan

“There are groups of people with disabilities interacting and helping each others”

- Kar Wen

CLEAN UP

On August, 24th, five students from Sunway College took part in their community service project in MILAD. We were grateful to have them helped out with the cleanup. It was a very productive day, we now have a clean, tidy and organised building and a cleared mini garden



AIIESEC GET FIT GET INCLUSIVE

by AIIESEC in Heriot-Watt University Malaysia

LIVE SESSION

On 19th of July 2020 (Sunday), volunteers of the Virtual Get Fit Get Inclusive hosted the first ever live session with MILAD. After a warm greeting and a short ice-breaking session, the volunteers started on their topics of the day. For the first topic, volunteers talked about the importance of technology and taught the disabled on some useful online tools that would be very helpful for both academy and work.



Afterwards, the volunteers proceeded to their second topic - Stress Management. Here, volunteers talked about some tips and tricks on how to manage priorities and how to handle emotions. There was also a sharing session where all the disabled participants shared on the things they are stress about and how they usually handle them.

AIIESEC GET FIT GET INCLUSIVE

by AIIESEC in Heriot-Watt University Malaysia

The response for the first live session was great! From that day onwards, volunteers would be hosting weekly live sessions with MILAD on the next two Sundays. In the second live session, we had volunteers from Sri Lanka to share their culture. They explained their national flags, talked about the interesting facts of Sri Lanka, and even introduced some eye-opening tourist attractions.



INTERVIEW

AIIESEC in Heriot-Watt University Malaysia runs a project called Virtual Get Fit Get Inclusive (GFGI). In this project, there is a session called Interview Session. These interview sessions were held on 23/7/2020 (Thursday) and 29/7/2020 (Wednesday). The aim of these sessions is to have a closer space to interact and more understanding about the special needs' lifestyle and mindset. To me, it is better to say that it is an interacting session instead of a formal interview session.

Before the interview session, our volunteers are divided into groups and separately discussed virtually about the content and questions for it.

In the interview session, each of our volunteers will handle one interviewee. We will help them to translate whenever they need. Volunteers will ask interviewees by following the template that they have discussed before the interview session.

Throughout these interview sessions, we can know that being disabled should not mean being disqualified from having access to every aspect of life. Moreover, people with disabilities are capable and powerful. For instance, one of the interviewees from MILAD really made me feel amazed with him. Although he is disabled, but he is a university student and the thing that really surprised me is he even knows more than one instrument. From these sessions, we will be able to more understand the truly meaning of **DISABILITY IS NOT INABILITY.**

AIIESEC GET FIT GET INCLUSIVE

by AIESEC in Heriot-Watt University Malaysia



Interview with Bobby Ooi from Milad

CROWDFUNDING

In addition, volunteers also started up a crowdfunding campaign for 1 week with a target amount of RM3000. This crowdfunding campaign is to empower the disabled community through interactions and raising community awareness of the disabled. Volunteers partner up with SERUM to do crowdfunding through NGOhub Fundraising Platform.

NGOhub guided volunteers to create fundraising pages and volunteers also created posters and captions to get more people attention for this crowdfunding event. The campaign starts from 26th July 2020 to 2nd of August 2020.

This is one of the fundraiser pages done by volunteers. We posted every day on social media and also did challenges if we achieved our goal. The money collected will be donated to MILAD based on the wishlist listed.

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#WeStandWithYou: A collective effort to help the differently abled

in Support of Stay Home With GFC!
by Shabila Nuyin

#WeStandWithYou
A collective effort to help the differently abled.

IN SUPPORT OF :

10 REDUCED INEQUALITIES

MYR 1,566.99
Raised of MYR 1,500.00 target.

20 Donors **104%** Funded **15 Days** Left

Donate

Spread the love

BALIFA X MILAD

by The Balifa Project



We introducing you, a special collaboration between BaLifa and MILAD is here together to help and promote better awareness of People With Disabilities (PWD).MILAD stands for Malaysia Independent Living Association for Disabled is a non-governmental and non-profit organisation run by a group of people with disabilities that aims to help people with disabilities towards Independent Living, regardless of their background, race and religion. MILAD believes through the principles of Independent Living, its vision can become a reality.Independent Living is a philosophy, a way of looking at society and disabilities, and a movement of disabled people working for equal opportunities, self-determination, and self-respect and full inclusion and participation in the community.The Independent Living approach does not suggest that a person needs rehabilitation in order to stands in an inaccessible world. It says that the world needs adapting in order to accomodate the disabled people. By this approach, with “problems” of disability and the needs identified, it is important for us to play the supportive role in assisting the disabled people to live independently by solving the “problems” and providing the appropriate basic needs.



TESTIMONIALS



David Gip (Left) with his peer counselor, Peter Khor (right)

David Gip became blind at the age of 14, due to retinitis pigmentosa. He studied computer programming at the Gurney Training Centre for the Blind in Brickfields. Since 1995, he worked in Agape Outreach for the Blind (AOB), Brickfields, as an Administrator, reaching out to VIPs in the community.

David was aware of MILAD's independent living program and PA services from the onset. He engaged the services of a PA to assist him in his administrative work and to run errands, like going to bank, home & hospital visits, fetching people to his office from LRT and Monorail stations, arrange chairs before fellowship meetings, distribution of food to the VIPs members during meal time and reading documents. During this current MCO, the PA helps David in taking temperature & personal details before anyone entering to the premise.

David remarked that after a few months he found himself working very productively and effectively and was less stressed than before. It gives him a sense of freedom and he feels much safer while travelling outdoor. He feels that this PA service should extend to more VIPs people in other parts of Malaysia. More importantly is the PA has become his close buddy! Thank you MILAD.



DONATION PLEDGE FORM

I (WE) WOULD LIKE TO PLEDGE TO MILAD

NAME(S) MAKING PLEDGE:

TOTAL AMOUNT OF PLEDGE:

ADDRESS:

.....

.....

PHONE:

EMAIL:


**MALAYSIA INDEPENDENT LIVING
ASSOCIATION FOR DISABLED**

MAYBANK

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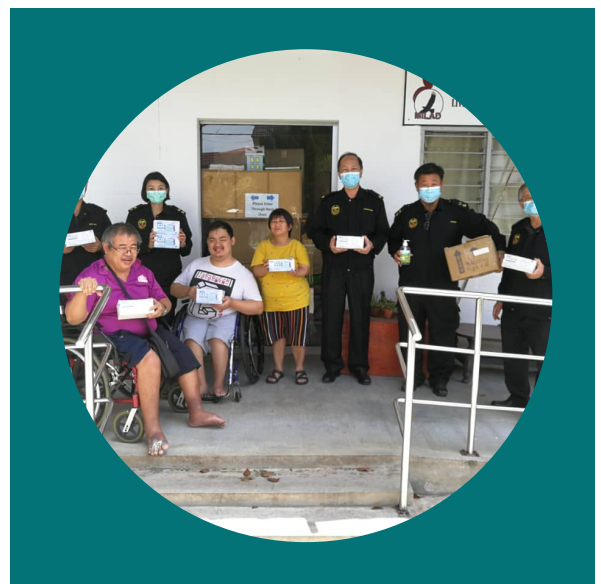
WHO ARE WE?

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.

