

# **Project Axon (7-01)**

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**Third-Year Project**

## **Project Overview:**

Project Axon is a group of secondary 4 students from Hwa Chong Institution that aims to aid patients suffering from Parkinson's disease in Singapore. We are currently working with Parkinson's Society Singapore (PSS), and seek to promote awareness for Parkinson's disease in Singapore as well as to raise funds for PSS, through our series of awareness and fund raising activities. We hope that through our project, patients of Parkinson's will be able to better integrate into the society.

### Scope of Project:

#### **1. The PwP in PSS**

#### **2. Members of Public**

#### **3. Students in different schools (OTs, school talks and HCI)**

### 1. Area of Concern

Parkinson's is the second most common neurological degenerative disorder disease in Singapore. In a survey mentioned by the MOH, 0.3% of Singaporeans above the age of 50 suffer from Parkinson's and there are close to 8,000 PwP in Singapore.

After numerous interactions and surveys conducted with PWP, the public and PSS, we found out that there is a severe lack of public awareness, with many mistaking the common symptoms of Parkinson's with other diseases.

Many PWP also find it hard to integrate into society as they feel different from normal people and they usually spend more time at the centre or their maids. Hence, it is crucial to forge bonds with the PWP to raise their self-confidence.

### 2. Challenges Identified

1. Some of the PwP had classes such as calligraphy, kick boxing and does not frequent the center as much as the other. Thus, it was difficult to get members to attend our interaction sessions.

2. It was also difficult to leave a long-lasting impact on members of the public, as they may forget what Parkinson's is after a period of time.

### 3. Underlying problem

Given that the public lacks awareness of the different effects of Parkinson's Disease(PD), how might we help spread awareness and facts about PD/Parkinson patients to the public since they rarely interact with them?

### 4. Plan of Action

We would like to raise awareness for Parkinson's disease and educate the public about its possible symptoms. We would also like to raise funds for PSS to fund activities/programs of PSS for PwP.

### **Implementation of Action Plan:**

<b>Date</b>	<b>Action</b>	<b>Objectives(s)</b>
Nov 2018	<ul style="list-style-type: none"><li>- Formation of Core Team</li><li>- Setting up Instagram Page</li><li>- Recruiting of OTS</li></ul>	<ul style="list-style-type: none"><li>- Recruiting manpower for events</li><li>- Increase publicity</li></ul>
Dec 2018	<ul style="list-style-type: none"><li>- Fact of the Week to spread facts regarding Parkinson's</li><li>- Confirmation of partnership with PSS</li></ul>	<ul style="list-style-type: none"><li>- Spread awareness for Parkinson;s</li></ul>
Jan 2019	<ul style="list-style-type: none"><li>- Planning events with PSS</li></ul>	
Feb 2019	<ul style="list-style-type: none"><li>- Designing merchandise for sales</li></ul>	<ul style="list-style-type: none"><li>- Raise funds for PSS</li></ul>
March 2019	<ul style="list-style-type: none"><li>- Obtaining Sponsorship(YFC)</li></ul>	<ul style="list-style-type: none"><li>- Securing funds for future events</li></ul>
April 2019	<ul style="list-style-type: none"><li>- Bubble Tea Sales with Gong Cha @ SD marketplace</li><li>- <b>Move to Beat it 2019</b></li><li>- Proposal Evaluation</li></ul>	<ul style="list-style-type: none"><li>- Raise funds and awareness for Parkinson's</li><li>- Set up booth at Move to Beat it to raise awareness for Parkinson's</li></ul>

May 2019	<ul style="list-style-type: none"> <li>- School Talk @ South View Primary School</li> </ul>	<ul style="list-style-type: none"> <li>- Spread awareness for Parkinson's to Primary 5-6 students</li> </ul>
June 2019	<ul style="list-style-type: none"> <li>- Social Bazaar(YFC) at Citibank @ Changi Business Park</li> <li>- Interaction with PwP at PSS</li> </ul>	<ul style="list-style-type: none"> <li>- Raise awareness and funds for Parkinson's and PSS</li> <li>- Interact with PSS patients to entertain and understand them better</li> </ul>
July 2019	<ul style="list-style-type: none"> <li>- Street Sales (3 sessions @ Bishan)</li> <li>- Interaction session 2</li> </ul>	<ul style="list-style-type: none"> <li>- Raise funds and awareness for Parkinson's and PSS</li> <li>- Interact with PwP to entertain and understand them better</li> </ul>
August 2019	<ul style="list-style-type: none"> <li>- Information sharing session @ SD marketplace</li> </ul>	<ul style="list-style-type: none"> <li>- Raise awareness and funds for Parkinson's and PSS</li> </ul>

Detailed description of events:

Project Axon 2019 has conducted activities with the 3 main purposes of: **Raising Funds, Raising Awareness and Interaction with PwP.**

A) Raising Awareness

**Instagram:** With over 200 followers, Axon has been posting facts regarding Parkinson's to our followers on Instagram so that they themselves can better understand Parkinson's

**Bubble Tea Sales with Gong Cha:** Collaborated with Gong Cha to get Bubble Teas at discounted price. Discounts are also given to students that completed our quiz via google forms during the sales, with answers on our A1 information board, to prove that they have acquired some basic knowledge of Parkinson's.

**Move to Beat:** Setup a game booth at Move to Beat, which allowed public to experience the challenges PwP face in their daily lives.

**School Talk:** Gave a talk to P5-P6 students to educate them on Parkinson's as well as how to interact with Parkinson's patients if they do encounter one. Quizzes were also asked to reinforce their knowledge at the end of the talk.

**Social Bazaar and Street Sales:** Gave out brochures and tissue paper of PSS and Parkinson's, to raise awareness for Parkinson's in Singapore. The A1 information board is also used to educate the public on Parkinson's facts.

#### B) Raising Funds

**Bubble Tea Sales:** Collaborated with Gong Cha to get Bubble Teas at discounted price.

**Social Bazaar:** Set up booth at citibank @ Changi Business Park to sell self-designed merchandise

**Street Sales:** Set up booth at Bishan MRT to collect donations and sell self-designed merchandise to members of the public

#### C) Interaction

**Interaction session with PSS:** Organized "Axon Games Hour" at PSS to interact with PwP. We played interactive games such as charades, catch phrases and table ping pong, and sponsored refreshments such as shepherd pie using our project funds.

### **Project Outcomes:**

#### Accomplishments:

1. We recruited over 60 OT members across 10 schools in Singapore to help out for our various events.
2. We engaged over 1000 members of the public and students during Move to Beat It, School Talk, Street Sales and several events carried out in school.

3. We engaged over 40 PwP in PSS through our 2 interaction sessions with them, and had donated 12 shirts during the 2<sup>nd</sup> interaction session to the PwP to brighten up their lives.

4. We sold over 50 general T-Shirts and 10 phone cases to members of the public, teachers, students and some of the PwP family members to remind them to show empathy towards PwP.

#### Reflections on outcome:

Through this project, we learnt how to empathise with PwP at a deeper level, and gained new perspectives about them through our various interaction sessions with them. They are optimistic towards life unlike what we thought, through the help of PSS and other project groups, such as Novo and ourselves. Our limited knowledge at the start of the project led to us not understanding their real needs, which is more on the emotional side rather than the materialistic side. From then on, we shifted our main initiatives from raising funds to raising awareness for Parkinson's.

However, after a prolonged period of time in this project, we also discovered another major problem that PwP and PSS face, which is the lack of awareness and support from the government, that led to the many Singaporeans not knowing what Parkinson's is. As Singapore is an aging population, and Parkinson's is more prevalent at an average age of 65, the PwP in Singapore will expect to grow. Thus, we hope that in the coming years as we pass down our project, our juniors could continue and help to resolve this major problem of the lack of awareness and support of Parkinson's from the government.

We will continue to strive to promote awareness for Parkinson's, and bridge the gap between PwP and the public in the coming years.

#### **Scope of Impact:**

Community Impact: With all our events in school, in PSS and in the public, we hope that the public has become more aware and knowledgeable about Parkinson's. Through these understandings, we hope that the public would show more empathy and care towards Parkinson's patients in the public.

Our merchandise and PSS brochures/tissue paper sold/given out during our other events will also allow public to remember Parkinson's disease for a longer period of time, and hopefully remember it for life.

Community Involvement: We had recruited a total of 58 Organizing Team members this year, from different schools and from all walks of life to support our event. We hope that we

have allowed them to gain more knowledge about Parkinson's and show more empathy towards PwP if they do encounter one in the public. We also hope that they would share these experiences/information about Parkinson's to their friends/families, thus helping to raise more awareness for Parkinson's.

Resolution of Underlying Problem: Given that we identified there was a lack of awareness about Parkinson's Disease and the many misconceptions of Parkinson's they had, we held many events to expose the public to Parkinson's Disease, which we hope would eliminate any prior misconceptions.