

Project.able written report

Areas of Concern

According to the Ministry of Social and Family Development, the prevalence rate of Persons with Disabilities otherwise known as PwDs is 2.1% for the student population, 3.4% for people aged between 18-49 years, 13.3% for people aged above 50 years. Our project is catered to people with severe/multiple, intellectual disabilities, of which there are only a few centres in Singapore that helps such people. Based on a survey we sent out to the public, the responses indicate that there is a lack of attention and knowledge about this group of people. Due to the various disabilities, they are also often unable to go out. Hence, they will feel a sense of loneliness and boredom as they are confined to their respective centres.

Challenges Identified

Our clients, as members of the disabled community, are a minority whom the majority lacks understanding of, hence they experience difficulties socialising with others. Furthermore, due to the varying severity of their conditions, they seldom have opportunities to interact or communicate with the public to build understanding and acceptance, which makes the situation worse. Despite the government's efforts to support them financially, they are likely to experience loneliness and dullness, because of the limit of variety of activities they can do due to their mental or physical conditions. Therefore, our project aims to work as a bridge to connect them to the society, and add colours to their life, hoping for them to have a memorable experience about the warmth and care we have provided them with.

Underlying Problem

Given that the intellectual disabled community receive little attention from the general public and hence feel loneliness to a certain extent, how can we increase the interactions between them and the community such that they do not rely extensively on the government?

Plan of Action

We started with planning physical activities such as visits to the centre to sing and interact physically with them or have outings with them to places like Marina Bay and Botanic Gardens. Undoubtedly, the Phase 2 Heightened Alert has brought about huge changes to how service learning projects are normally carried out. We had to make inevitable adaptations to our methods of helping our clients at Christian Outreach for the Handicapped. However, this clearly turned out to not be the case as measures tightened up again during June Holidays where we plan to carry out most of our activities. As such, we resorted to focusing on the online factors. First, we planned out events which are carried out weekly on Wednesdays and Fridays on zoom . During these regular sessions, we got to understand each of the clients and realised they were bored and lonely in the centre. Through our observations, we see that they were just fidgeting, looking around, which allowed us to infer that they may feel very bored

when there are no activities carried out for them. The presence of our activities has brought much excitement to their mundane lives and joy on their faces, in which we can add colours to their lives through regular and sustained activities held online with the beneficiaries. The clients also certainly appreciated our sessions and always looked forward to seeing us again, waving and kissing us goodbye at the end of the session. Secondly, we have also placed a larger emphasis on our project's Instagram page, reviewing our sessions and posting facts regarding autism spectrum disorder that even most of us did not know before taking this SL project. Lastly, we intend to continue our efforts, continuing the Zoom sessions if physical meets are not possible. In fact, we have already signed Volunteer forms for COH which enables us to visit the clients at the centre whenever we have the time. However, the centres currently do not allow external visitors, but are allowing us to visit as part of the special arrangements for volunteers

Section II: Implementation of the plan

Timeline

Period	Activities
January-March 2021	<ul style="list-style-type: none"> ● Deciding on Project.able target audience ● Identifying main issues that people with disabilities face ● Contacting external organisation ● Gathering 5 volunteers along with 5 core team members to form team of 10 volunteers to work with external organisation(limited to 30 volunteers a year)
March 2021	<ul style="list-style-type: none"> ● Creation of instagram page
April-May 2021	<ul style="list-style-type: none"> ● Planning of Events and correspondence with external organisation
June-July2021	<ul style="list-style-type: none"> ● Carrying out of activities through Zoom conference meeting ● One hour per session, two session per day with different centres, two days a week(Wednesday, Friday), 6 days in total
July-August 2021	<ul style="list-style-type: none"> ● Reflection of events

Appendix

9/6/2021

Time	programme
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1000-1015	Login to zoom
1015-1030	Performance+ buffer time
1030-1100	Teaching IT skills First part: How to navigate zoom, record function, virtual background Second Part: How to use google more efficiently via "
1100-1110	Short break
1110-1130	Stretches Eye exercises Physical exercises like arm rotation, reach for toes...
1130-1200	Games Provide them with a word and let them brainstorm what they relate w the word I.e Apple, etc

11/6/2021

10-11 toa payoh, 11-12 tampines, events repeat

Time	Programme
1000-1010	Login to zoom plus introduction Introduce the events we will be doing for the day
1010-1020	Shaldon Piano performance (Film out, twinkle twinkle little star:D)
1020-1030	Chen wei singing
1030-1035	Break
1035-1045	Kunyu flute performance
1045-1050	Wence erhu performance
1050-1100	Debrief and go on to next centre

16/6/2021

Time	Programme
1000-1010	Login to zoom
1010-1020	Magic tricks with cards (Shaldon)

1020-1030	<p>Pictionary</p> <ol style="list-style-type: none"> 1. split into 2 equal groups 2. Number the group members 1,2,3,etc. 3. The word is given to the first person and he draws. 4. The second person draws based on first person 5. Repeat the cycle until last person 6. Last person guesses the word 7. The 2 groups compete to see who gets it correct faster and more accurately <p>Words: Teacher, monkey, summer, computer, birthday party, happiness, hippopotamus, badminton, piano</p>
1035-1040	Break
1040-1100	Continue Pictionary

18/6/2021

Time	programme
1000-1010	Login to zoom
1010-1025	performance
1025-1030	Break
1030-1055	<p>Hangman game</p> <ul style="list-style-type: none"> • Groups take turns to guess the word for hangman • 1 point per letter correct and 2 points when they guess the word correct • Minus 2 points if the hangman dies on their turn

23/6/2021\

Time	programme
1000-1010	Login to zoom

1010-1025	Simon says
1025-1030	Break
1030-1055	Kahoot

25/6/2021

Time	programme
1000-1010	Login to zoom
1010-1025	YMCA sing along
1025-1030	Break
1030-1040	YMCA choreography 0.37-1.20 https://www.youtube.com/watch?v=YCD CwuGcEmA
1040-1055	Dance along
1055-1100	Dismissal

Section III: Project Outcomes

A. Accomplishments

Over the span of 4 weeks during the June Holidays, in the first week and before holidays, we had 3 discussion sessions to confirm with the staff of COH to understand their needs better so as to customise our activities for the beneficiary and what timings are most comfortable for the clients. After which we carried out a total of 6 zoom sessions with the clients at both the Toa Payoh centre and Tampines Centre, each with hourly interaction sessions in consideration of the attention span of clients. The activities carried out were mainly performances and games. Through multiple singing sessions with them, it did cheer them up very much by feedback given by the COH workers. We also carried out some simple eye exercises, the activities were well received by the beneficiaries and the staff gave positive feedback. In our instagram page, we have gained over 226 followers. We have posted in total 5 posts each length of about 5 pages, introducing facts about autism, experiences we had with the clients and in general the progress of our project work. We have successfully enrolled 5 volunteers (due to limitations at COH) to help with the interactions with clients. In general, our project work remains on a small scale, but future planning has already been done.

B. Reflections on Outcomes

Our group has learnt various valuable skills and gained valuable experience through our preparation of the project and our interactions with the COH clients. Especially during the Covid-19 pandemic, we deal with many constraints in our plan of actions. We have planned various activities that could be carried out physically, such as taking the COH clients on

outings, carrying out fun activities at the various COH branches to provide more physical interactions with the clients, which would definitely have made the activities and interactions a more enriching experience for both Project.able core team members, volunteers, as well as COH clients. However, we did not allow Covid-19 to stop us from organising activities for the clients and interacting with them, and surpassed the physical barrier to move into online interactions. It was also the first time that COH dealt with volunteers who volunteered online through zoom, where there was a lot of administrative work and coordination that had to be carried out between our core team and the various COH branches. In the end, we felt that it was a very interesting, special and enriching experience with the clients, since we never really interacted with the intellectually disabled community in Singapore, and it was through zoom this time. We felt the enthusiasm coming from the clients, and when they were enjoying themselves, we felt a sense of satisfaction and fulfillment. We learnt to empathise with people who are born different, and we hope through our project, we would be able to spread awareness about the disabled community in Singapore, and achieve our goal to create a more inclusive society for them.

C. Scope of the Project

Community Impact:

Our clients feel more inclusive in society through interactions with us and pick up a more optimistic outlook of life. Members of the public can gain more knowledge and understandings about our clients through pictures, videos and descriptions on our instagram posts. We hope that the public will be able to strengthen their bond with our clients through empathy, and also continue to support the Christian Outreach for the Handicapped.

Community Involvement:

We got a total of 6 volunteers from our school, we could not involve more due to the restrictions of the organization not allowing us to have too many volunteers. The volunteers were key in ensuring that clients were focused during the online session and hyping up the atmosphere to avoid the zoom meetings being too awkward. They were also involved in some of the programmes that involved performances or facilitating of games. We sought to involve and inspire these volunteers to contribute their time and effort into our cause and to improve their outreach and public interaction skills.

Resolution of AOC/UP:

Given that we identified that the intellectually disabled community receives little attention and understanding from the public as well as them having difficulties socialising, making them feel left out, abandoned by the society and lonely, we have managed to fulfil their time with happiness and allow them to have a positive outlook on life. We have managed to help them to have more opportunities and experiences to interact with others outside of the organisation and to be more included and recognised into society. Although we could not directly integrate them into society, we managed to get them to be included and reduce social stigma against them, as well as to allow them to have more awareness, which would indirectly allow them to be integrated into society.