

NEWSLETTER



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Welcome to the latest MILAD newsletter. Here, we proudly share stories exemplifying our commitment to inclusivity and the profound impact we create in the lives of individuals with disabilities (OKU).

At MILAD, our mission is clear: break barriers, champion equal rights, and create a society where everyone, regardless of abilities, can lead a life of dignity and purpose. In this issue, join us as we recount recent initiatives and meaningful partnerships.

From empowering Personal Assistants to advocating for accessible voting, from enlightening roadshows on Independent Living to celebrating our President's remarkable achievements—each story reflects our dedication and collaborative spirit.

We explore our participation in events like the Townhall Session and Training Of Trainers (TOT) Workshop, where we joined hands with like-minded organizations to drive positive change.

We take pride in applauding our President's well-deserved Women Glamour Award, symbolizing hope, resilience, and unity. We delve into our involvement in enhancing the Guidelines for Personal Assistants, a crucial step in improving services for persons with disabilities.

Our recent roadshow in Penang serves as a testament to our mission—raising awareness about Independent Living and advancing a more inclusive society. Each story reminds us that change is not a concept but a collective action. Together, we are crafting a brighter, more inclusive future



DISABILITY EQUALITY TRAINING

MILAD has been honored with an invitation to participate and contribute their expertise in a workshop titled "Bengkel Penyediaan Garis Panduan Pelantikan Kejurulatihan Disability Equality Training (DET) Tahun 2023," organized by Jabatan Pembangunan OKU, JKM.

This prestigious event signifies a remarkable milestone in our journey to promote inclusivity, equality, and empowerment for individuals with disabilities. MILAD's tireless commitment to advocating for the rights and well-being of people with disabilities has gained recognition and respect on a national level.

The workshop, held under the auspices of Jabatan Pembangunan OKU, JKM, is a significant initiative that will shape the landscape of disability equality training in 2023. MILAD's involvement underscores our association's role as a leading voice in the disability rights movement.

What makes this accomplishment even more special is that it reflects MILAD's unwavering dedication to fostering a society where individuals with disabilities can thrive and reach their full potential. Our participation in this workshop is a testament to the expertise and passion of our team members.

We want to express our gratitude to all the members, volunteers, and supporters of MILAD who have played a vital role in making this achievement possible. Your unwavering support and commitment have propelled us to this momentous occasion, and we look forward to continuing our journey together.

INCLUSIVITY EFFORTS AT YAYASAN INSAN ISTIMEWA SELANGOR EVENT



In the pursuit of a more inclusive society, MILAD recently took part in the Majlis Pra Pelancaran Yayasan Insan Istimewa Selangor event, hosted by Pusat YANIS. This event marked a significant milestone in our advocacy journey for the rights and well-being of people with disabilities.

Gatherings like these are crucial platforms for organizations to unite, collaborate, and work toward a more inclusive society. Pusat YANIS deserves our heartfelt appreciation for their dedication to fostering collaboration and for igniting positive change.

The event's core theme was inclusivity, a concept MILAD passionately supports. Inclusivity signifies that every individual, regardless of abilities, should have equal opportunities to participate fully in society. Our participation reaffirms our commitment to this principle and our vision of a world where everyone, regardless of abilities, is valued and empowered to thrive.

Awareness is a crucial first step in advocacy. Events like these remind us of the importance of inclusivity and equal rights for all. Let's use this inspiration as a catalyst for change and continue our journey towards a brighter, more equitable future where everyone has the opportunity to thrive.

Thank you for your unwavering support in our mission to empower individuals with disabilities.

PERAK'S DISABILITY EQUALITY TRAINING (DET) PROGRAM

On July 27, 2023, we at the MILAD had the privilege of participating in a crucial event at the Institut Darul Ridzuan, Perak. This event marked the kickoff of the "Program Latihan Kesaksamaan Ketidakupayaan" (Disability Equality Training - DET) for the development of the Disabled Persons' Action Plan in Perak (MTOP).

At this event, MILAD played a significant role in conducting a pre-workshop session. Our mission has always been to advocate for the rights and well-being of persons with disabilities (PWDs), and this was a meaningful step in that direction. The session aimed to deepen understanding across various aspects of disability inclusion, covering Clusters such as Policy and Advocacy; Accessibility and Infrastructure; Inclusive Education and Employment; Health and Well-being; Registration, Engagement, and Community Empowerment; and Technology and Innovation.

We were honored to collaborate with esteemed individuals, including Professor Dr. Abdul Rahim Bin Razalli, Academic Director & International Relations of Universiti Pendidikan Sultan Idris; Dr. Maisarah Binti Ahmad, Chief Executive Officer of Institut Darul Ridzuan; and Puan Jamilah Binti Zakaria, Director of Women of Perak. This collective effort emphasized the importance of empowering PWDs and working together to create an inclusive society.

The initiation of MTOP in Perak represents a significant step toward enhancing the lives of PWDs. Perak's commitment to inclusivity is commendable, and we are proud to have played a part in this journey. Our hope is that this program will serve as a model for other regions, demonstrating the potential for positive change when organizations unite for a common cause.

In conclusion, our participation in the Disability Equality Training program was a pivotal moment in our ongoing mission to empower individuals with disabilities. As we move forward, let us continue to work together, inspired by Perak's commitment to inclusivity, to build a society where the rights and needs of all, including PWDs, are recognized and upheld. Empowering individuals with disabilities enriches not only their lives but also the fabric of our entire community.



TRAINING OF TRAINERS PERSONAL ASSISTANTS WORKSHOP



In our commitment to champion the rights and empowerment of individuals with disabilities, we're thrilled to share the success of the Training of Trainers Personal Assistants Workshop hosted by MILAD in collaboration with Jabatan Pembangunan OKU (JPOKU).

MILAD, as a dedicated NGO advocating for equal rights for people with disabilities and the Independent Living philosophy, took a significant stride towards empowerment.

Our heartfelt thanks to sponsors, including JPOKU, Pusat Khidmat Parlimen Seputeh, and Pusat Khidmat Dun Kota Damansara, for their invaluable support.

Special guests, including Pengarah JPOKU, Encik Zuhami bin Omar, and Parliament member YB Teresa Kok, added significance to the event.

Representatives from seven Independent Living Centres (ILCs) across Malaysia and 34 enthusiastic participants, including those from Sabah and Sarawak, united, showcasing the power of collective action.

The workshop celebrated empowerment and inclusivity, underscoring MILAD's commitment to promoting independent living for individuals with disabilities.

Reflecting on this success, we're reminded of the profound impact of collaboration, dedication, and equal rights advocacy. MILAD continues to lead initiatives for inclusivity and empowering individuals with disabilities.

ENSURING EQUAL VOTING ACCESS



In the 2023 State Election, MILAD took an important step to support individuals with disabilities (OKU) by providing transportation facilities, enabling them to participate in the democratic process. We believe that OKU individuals, like any other citizen, have the inherent right to choose their preferred governing party.

However, challenges persist at polling stations. Despite having a dedicated lane for OKU and senior citizens (Saluran 1), a 5-inch curb at the entrance creates significant accessibility obstacles for wheelchair users.

Moreover, the assistance provided by attendants unfamiliar with aiding wheelchair users has compromised the safety of OKU individuals. These issues limit accessibility and undermine OKU citizens' autonomy and dignity.

We urge the government to promptly address these concerns. Installing removable ramps at polling stations is a practical solution to alleviate these accessibility challenges and ensure OKU individuals can fully participate in the democratic process.

Access to voting is a fundamental right, and MILAD's advocacy in the 2023 State Election underscores our commitment to inclusivity and equality for OKU citizens. It's a call for action and a reminder that democracy must be accessible to all.

We stand firm in our dedication to advocate for the rights and well-being of individuals with disabilities. Together, let's champion accessible voting and work towards a future where inclusivity is a reality for everyone.

"ZOO EMPOWER" REFLECTIONS: FOSTERING COMMUNITY AND INCLUSIVITY



In our busy lives, it's vital to pause and celebrate the extraordinary experiences that bring us closer as a community. Last week's "Zoo Empower" event provided just that.

What an incredible day it was! Our hearts still warm with the memories of the smiles, laughter, and togetherness we shared at the zoo. It was a testament to the power of collective experiences.

We've captured the magic in a photo album, and we invite you to relive those moments with us and share your cherished snapshots. These photos encapsulate not only the moments but also the bonds we've formed.

Our deepest thanks to all who participated, volunteered, and supported "Zoo Empower." Your dedication to inclusivity and empowerment inspires us.

But "Zoo Empower" was more than just a day; it's become a growing, supportive community. Participants are staying connected, supporting each other, and sharing their experiences. This embodies the spirit of togetherness.

Reflecting on "Zoo Empower," we're reminded of the power of unity in celebrating life's wonders and building an inclusive community. These shared moments reinforce our commitment to a world where inclusivity and empowerment shine.

Thank you for being part of our community, for your support, and for making "Zoo Empower" unforgettable. Let's continue building a community where lasting bonds mirror the enduring memories we create.

EMPOWERING INCLUSIVITY



We're excited to share our recent journey at the Townhall Session and Training Of Trainers (TOT) Workshop, organized by the Perak State Government as part of the Majlis Tindakan Orang Kurang Upaya Negeri Perak (MTOP).

MTOP's establishment within the Perak Prosperity 2030 flagship program signifies our commitment to enhancing the well-being and inclusion of OKU individuals in our community.

Hats off to the MILAD family for their dedication and collaboration with the State Government on OKU-related matters. Together, we're making a substantial difference in the lives of OKU individuals in Perak, working towards a more inclusive and prosperous future.

Stay tuned for updates on our future initiatives as we continue to champion unity and inclusion.

In conclusion, our participation in MTOP's event exemplifies the power of collaboration in the pursuit of inclusivity. It's a testament to our shared commitment to creating a society where the rights and well-being of all individuals, including OKU, are upheld and celebrated.

CELEBRATING A TRAILBLAZER



We are thrilled to announce a momentous achievement within our MILAD family: our President of the Malaysia Independent Living Association For Disabled (MILAD) has been honored with the prestigious Women Glamour Award in the Social Contribution category!

This award celebrates her unwavering dedication to improving the lives of people with disabilities, recognized on a grand scale .

Through her tireless efforts and boundless compassion, she has spearheaded initiatives paving the way for a more inclusive and equitable society for all. Her vision of a world where everyone can thrive, regardless of abilities, has ignited positive change .

This accolade symbolizes hope, resilience, and the power of unity in our mission for a more accessible and compassionate world . It's a testament to her relentless advocacy and commitment, inspiring us all.

We also extend our gratitude to 女人心世界 for recognizing our President's remarkable contributions. Together, we can build a more inclusive future.

In conclusion, this award is a celebration of our shared values and our collective journey toward a more accessible and compassionate world. It reminds us that every effort, no matter how small, can inspire positive change.

MILAD'S PARTICIPATION IN THE PA GUIDELINES WORKSHOP



From September 7th to 9th, we were honored to take part in an inspiring workshop meticulously organized by the Jabatan Pembangunan Orang Kurang Upaya (JPOKU) in partnership with the Independent Living Centre Rawang. This workshop was dedicated to the enhancement of the Guidelines for Personal Assistants (PA) and served as a unifying platform for diverse Non-Governmental Organisations (NGOs) and the esteemed ILC.

It was an enriching experience where we collaborated with like-minded organizations and experts to improve the PA guidelines. The workshop not only provided us with valuable insights but also allowed us to contribute to the betterment of services for persons with disabilities.

We would like to express our gratitude to JPOKU and the Independent Living Centre Rawang for organising such a meaningful event. It's moments like these that remind us of the importance of collective efforts in creating a more inclusive society.

EMPOWERING THROUGH CONNECTION: MILAD'S ROADSHOW IN PENANG



Recently, MILAD organised a remarkable roadshow aimed at introducing the empowering concepts of Independent Living to the wonderful Society of Disabled Persons in Penang .

At its core, Independent Living is about embracing the idea that everyone, regardless of their abilities, deserves the freedom to live life on their terms. It's a philosophy that encourages breaking down barriers, fostering inclusivity, and empowering individuals to lead fulfilling lives of their choosing.

During this enlightening roadshow, engaging discussions were held, invaluable insights were shared, and mutual learning took place. Together, a community committed to building a more inclusive society emerged, where everyone's potential can shine, unburdened by limitations ✨.

The opportunity to connect with such an inspiring group of individuals left a lasting impact. MILAD is incredibly grateful for this experience and eagerly anticipates continuing the journey towards a more inclusive and accessible future for all .

As we move forward, let's stay tuned for more updates and collectively spread awareness and understanding about the profound concept of Independent Living.

In conclusion, MILAD's roadshow in Penang exemplifies the power of connection, shared vision, and mutual growth. It is a testament to our shared commitment to creating a world where every individual's potential can thrive, regardless of their abilities. Together, we are breaking down barriers, one conversation at a time.

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5122 3141 0368
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ABOUT US



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.

