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NEWSLETTER

MALAYSIA INDEPENDENT
LIVING ASSOCIATION FOR
DISABLED (MILAD)



大马残障自立协会
MALAYSIA INDEPENDENT
LIVING ASSOCIATION FOR DISABLED
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IN THIS ISSUE

- INCLUSIVE TREASURE HUNT: PROMOTING DIVERSITY AND DISABILITY AWARENESS
- WE ARE NOW AN ACCREDITED TRAINING PROVIDER!
- MEI TZE'S FIRST INDEPENDENT OUTING: A SIGNIFICANT ACCOMPLISHMENT
- HARI KELUARGA IN KAJANG
- PERSONAL ASSISTANTS TRAINING WORKSHOP
- AN INTERVIEW WITH MARIE ANTOINETTE (ILP PARTICIPANT E1 GROUP)
- CHARITY LUNCHEON BY LIONS CLUB SELANGOR TCM
- NEW YEAR LUNCH
- THANKING OUR DONORS
- DONATION PLEDGE FORM
- ABOUT US

Welcome to the latest edition of our newsletter! In this issue, we're excited to share updates on recent events and initiatives, including a successful Hari Keluarga event and an inclusive treasure hunt aimed at promoting diversity and inclusivity.

We also want to extend our heartfelt thanks to all of our donors over the past few months, whose contributions have made a significant impact on our community. We hope you enjoy reading about these updates and continue to support our mission to promote independence and inclusivity for people with disabilities.



INCLUSIVE TREASURE HUNT: PROMOTING DIVERSITY AND DISABILITY AWARENESS

The "Inclusive Treasure Hunt for All" event held on 19 March was a huge success, with almost 100 participants of all ages and abilities coming together to promote inclusivity and diversity. The event was organised in collaboration with YB Lim Yi Wei Service Centre, Majlis Tindakan OKU Selangor (MTOS), Jabatan Kebajikan Masyarakat Selangor, and Majlis Bandaraya Petaling Jaya.

One of the key messages of the event was that disability is a natural part of human diversity, and it was wonderful to see OKU participants and their able-bodied friends and family working together to solve clues and complete challenges in the quest for the ultimate treasure.

The YB Lim office played a significant role in making the event a success by sponsoring the #StraightOuttaKgTunku t-shirts for participants and providing transport allowance for OKU participants. Their support demonstrated their commitment to promoting inclusivity and diversity in the community.

The event was a great opportunity for participants to have fun while also learning about disability awareness and promoting inclusivity. It was heartening to see the community come together to support and celebrate diversity in all its forms.

WE ARE NOW AN ACCREDITED TRAINING PROVIDER!



We are thrilled to announce that MILAD has officially become an accredited training provider! This means that we are now able to offer a range of workshops and training activities to people, both with and without disabilities, to empower them with the knowledge and skillset required to take them to the next level of equality.

Our team has been working hard to develop a range of workshops that cater to different needs and interests. Here are just a few of the workshops that we are excited to offer:

Disability Equality Training: This workshop is designed to help people understand and appreciate the challenges faced by individuals with disabilities. Participants will gain a deeper understanding of disability rights and how to promote equality and inclusion in their own lives.

Disability Related Services Training: This workshop is aimed at service providers who work with individuals with disabilities. It covers a range of topics, including disability awareness, communication strategies, and accessible service delivery.

Motivational Talk: This workshop is designed to motivate and inspire individuals to overcome barriers and achieve their goals. It features personal stories from individuals who have achieved success despite facing challenges, and provides practical tips for staying motivated and focused.

Peer Counseling Training Workshop: This workshop is aimed at individuals who are interested in becoming peer counselors. It covers a range of topics, including active listening skills, empathy, and building trust with clients.

Independent Living Centre (ILC) Training Workshop: This workshop is aimed at individuals who are interested in starting or running an independent living center. It covers a range of topics, including funding sources, program development, and community outreach.

We are incredibly proud to be able to offer these workshops and training activities, which we believe will have a real impact on the lives of individuals with disabilities. We hope that they will empower people to achieve their goals and live their lives to the fullest.

If you are interested in attending one of our workshops or training activities, please don't hesitate to get in touch. We look forward to working with you!



MEI TZE'S FIRST INDEPENDENT OUTING: A SIGNIFICANT ACCOMPLISHMENT

In February, we had a gathering of participants from the Independent Living Programme (ILP) and it was a fantastic experience.

One of the attendees, Mei Tze, a 36-year-old CP wheelchair user, shared her exciting achievement with us. She had gone out independently for the first time without any assistance or accompaniment from her mother! It was an emotional moment for all of us to witness, and we couldn't be prouder of Mei Tze for this significant accomplishment.

This achievement is a testament to the positive impact that the ILP has on people with disabilities. The programme provides them with the necessary tools and resources to lead an independent life and promotes their self-reliance. The ILP is dedicated to empowering individuals with disabilities to live life to the fullest, and Mei Tze's experience is a shining example of the programme's success.

We hope that Mei Tze's story inspires more individuals with disabilities to participate in the ILP and take the first steps towards living an independent life. Let's celebrate the achievements of Mei Tze and all the participants of the ILP!



HARI KELUARGA IN KAJANG

We held a wonderful Hari Keluarga event for the Independent Living Program (ILP) BM Group trainees in Kajang, and we're happy to say that it was a great success! We want to express our gratitude to everyone who attended and helped make the day a memorable one.

The event was a great opportunity for trainees and their families to come together and enjoy a day filled with fun activities, delicious food, and great company. It was heartwarming to see everyone connecting and having a good time.

Additionally, we would like to extend our gratitude to KRT Sungai Ramal Luar, particularly Dato' Shabudin, the Chairman, for their warmest welcome and gracious hospitality. Without their support, this event would not have been possible. We would also like to thank YB Syahredzan Johan, Bangi MP, for taking the time to be with us and showing his support. Finally, we appreciate Tuan Taib Khairi, Ketua Kampung Sungai Ramal Luar, for his support in making this event a success. Their presence and encouragement have made a significant impact on our trainees, and we are grateful for their support in promoting inclusivity and empowering people with disabilities through the ILP program.

The ILP is an essential program that empowers individuals with disabilities to live independently and lead a fulfilling life. It provides trainees with the necessary tools, resources, and support to achieve their goals and overcome the barriers they face.

We believe that events like the Hari Keluarga are crucial in promoting social inclusion and creating a sense of community among people with disabilities and their families. It's heartening to see everyone coming together to celebrate and enjoy each other's company, and we hope to continue organizing similar events in the future.

Once again, thank you to everyone who attended the Hari Keluarga event and showed their support for the ILP and the disability community. We look forward to seeing you all again soon!



PERSONAL ASSISTANTS TRAINING WORKSHOP

In March, Malaysia Independent Living Association For Disabled completed a successful training workshop for Personal Assistants for OKU. Our wonderful team trained 9 assistants who are now equipped with the skills and knowledge needed to provide the best support to OKU.

We're proud of the progress we've made, but there's still much work to be done. Our goal is to continue training more Personal Assistants who can assist OKU towards independent living. Everyone deserves the right to live a fulfilling life and with the right support, OKU can achieve their goals and dreams.

Congratulations to all the participants who completed the training! You've worked hard and gained valuable skills and knowledge that will make a positive impact in the lives of OKU. Your commitment to making a difference in the lives of OKU is crucial in creating a more inclusive society. Malaysia Independent Living Association For Disabled is committed to providing quality training and support to ensure that OKU and their assistants receive the best care possible. Join us in our mission to create a more inclusive society by spreading awareness and supporting our cause.

Together, we can make a difference!

AN INTERVIEW WITH MARIE ANTOINETTE (ILP PARTICIPANT E1 GROUP)

Marie, a polio victim, worked as a telephone receptionist for the majority part of her career. She joined MILAD's pioneering class in early 2020. Now deservingly retired, she connected with MILAD, faithfully commenced her journey to know the philosophy of independent living(IL). She is a role model of someone who has lived independently, all her working life. Yet she ventured into It to discover more.

The E1 ILP Group chose to progress on to form an entrepreneurship company officially in January 2022, registered as "See N Push Enterprise PLT", with the key objective of assisting fellow OKUs. The group consists of an even mix of wheel chair users (WCU) and visually impaired persons (VIP), complementing one another in sight and mobility. This is the spirit of an OKU for OKU concept.

Q. How did you come to know about independent living?

A. I got to know about independent living from Mr Peter Khor, a counsellor from MILAD. We were once working in the same company.

Q. How has the ILP benefitted you?

A. The ILP has helped me to understand better what living independently really means. As a person with disabilities, I have my right to live just as any able-bodied person. I may not be able to do things freely just as an able-bodied person but with their help, I can still do it my way.

Q. Have you engaged any services in MILAD?

A. Yes. Personal assistance (PA) service initially but not frequently. I appreciate the Wheelchair repair and service workshop. Very helpful and good service from Manager Peng Wai. Thank you MILAD.

Q. How do you feel being an entrepreneur?

A. It makes me feel independent.

Q. What are your future plans?

A. Honestly speaking, no plans. But I wish I could be my own boss doing something I am passionate about.

Parting last words.....

Marie: I would like to record my thanks and appreciation to all my See N Push partners who worked as a TEAM...Together Everyone Achieves More.

PC Peter: Thank you Marie. Certainly an inspiring and joyful reunion with you to journey together promoting and advocating independent living to others , remembering FRANCE.....Friendship Remains And Never Can End.

19 March 2023



Participants seated from left to right - Eddy Chong, YY Cheng, Nicholas Ludersamy, Marie Antoinette and Ann Leong.

Standing from left to right - Peter Khor, Margaret (Nicholas' mum), Mukthar (Marie's PA) and June Chin (Ann's PA)



CHARITY LUNCHEON BY LIONS CLUB SELANGOR TCM

In February, the Malaysian Independent Living Association had the pleasure of participating in the "Golden Rabbit Brings Prosperity Charity Luncheon and 2nd Anniversary Celebration" organised by the Lions Club Selangor Tcm

We would also like to extend our special thanks to the organisers for inviting us, people with disabilities, to participate in this event. Your warmth and friendliness made us feel very welcome. This event brought us unforgettable memories and a wonderful experience, as well as an opportunity for us to learn from and connect with each other.

Once again, we would like to thank the organizers and co-organizers for their continued support of people with disabilities.



NEW YEAR LUNCH

We are thrilled to report that our annual New Year lunch held on January 1st was a huge success! We were joined by about 30 of our wonderful and supportive staff members, Committee Members, and trainees, who all came together to kick off the new year in style.

The New Year lunch has become a cherished tradition here at MILAD, and it's easy to see why. The food was absolutely delicious, with a wide range of dishes to suit every taste bud. From savory appetizers to indulgent desserts, we certainly didn't go hungry!

But the real highlight of the day was the people. It was wonderful to see so many familiar faces, and to welcome some new members of the MILAD family. We had a fantastic time catching up with one another, sharing stories from the holidays, and making plans for the year ahead.

One of the things that sets MILAD apart is our incredible community, and events like this one really showcase that. We are lucky to have such a supportive and dedicated group of staff members, Committee Members, and trainees, who all bring their own unique skills and experiences to the table.

As we move into the new year, we are more excited than ever about what the future holds for MILAD. With such a wonderful group of people behind us, we know that we can achieve great things.

Thank you to everyone who attended the New Year lunch, and to all those who continue to make MILAD such a special place to work and learn



THANKING OUR DONORS

We are grateful to all our donors for their generosity and support in the last 3 months. Your contributions have made a significant impact on the lives of the OKU community.

A special thank you to Restaurant 2323, Ama, and their team for brightening the CNY celebrations for 30 OKU members by donating delicious biscuits, rice, and groceries. Your kindness and compassion have brought joy to our community.

We would also like to extend our gratitude to Ms. Wong and Restaurant 2323 in Puchong for hosting members of IDA and MILAD for a scrumptious lunch and providing CNY red packets to our members with impairments.

Our appreciation also goes to Mr. Cirble Chen from Momentum Strike Sdn. Bhd and Mr. Jordan Foo from Simply K Sdn Bhd for their generous donations of 200 cartons of bihun and 5000 packets of masks. Your support during these challenging times is truly appreciated.

Last but not least, those who wish to remain anonymous; you are our unsung heroes.

Once again, we want to express our heartfelt thanks to all our donors for their contributions, no matter how big or small. Your generosity and support have helped us to make a positive difference in the lives of the OKU community.

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
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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.

