



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

# NEWSLETTER



Dear Friends and Supporters,

Welcome to the latest issue of the MILAD Quarterly Newsletter, where we celebrate milestones, share inspiring stories, and highlight efforts toward building a more inclusive society for persons with disabilities (PWD).

This quarter has been filled with exciting developments and impactful events. From the successful National ILC Seminar 2024 that brought stakeholders together to promote independent living, to our enriching visit to the Thailand Council for Independent Living (TIL), we've continued fostering partnerships and advocating for inclusion across borders.

We also celebrated the International Day of Persons with Disabilities (IDPD) with a heartwarming event filled with inspiring performances by OKU groups, a vibrant bazaar hosted by various NGOs, and the presence of distinguished guests who joined us in championing inclusion and empowerment.

In addition, we marked the establishment of the MILAD Wheelchair Dance Sport, a transformative initiative to promote inclusivity through the beauty and artistry of dance. The MILAD Sport Carnival 2024 also showcased the power of community spirit, breaking barriers through sports and camaraderie.

We are also excited to share that MILAD has introduced the Tabung Kebajikan dan Pendidikan MILAD, a new fund approved by LHDN, which allows your donations to be tax-exempt. Contributions to this CIMB account will directly support initiatives like assistive devices, training programs, and welfare assistance for individuals with disabilities. Together, we can make an even greater impact.

These achievements reflect our unwavering commitment to empowering the disability community and advancing accessibility, equality, and opportunities for all. As we look to the future, we remain inspired by your support and the shared vision of a society where everyone can thrive independently.

The MILAD Team



# THE MILAD SPORT CARNIVAL 2024



On October 27th, MILAD hosted an unforgettable day of sports, camaraderie, and community spirit at the MILAD Sport Carnival 2024. The event showcased the power of inclusion through exciting competitions in Boccia, Xiangqi, wheelchair sports, and chess.

We were privileged to welcome an esteemed lineup of guests who graced the event with their presence and support:

- Yang Berusaha Puan Azura Hj Sarbin, Pengarah Jabatan Belia dan Sukan Negeri Selangor, representing YB Hannah Yeoh,
- YB Lim Yi Wei,
- Yang Berusaha Encik Ong Yew Thai, Ahli Majlis MBPJ,
- Yang Berbahagia Dato' Koh Mia Lim, Pengerusi SS20 Cares,
- Cik Wong Yin Choo,
- Cik Wendy Chan, former chairperson of Gift of Life Society,
- Yang Berusaha Encik Yeoh, Ahli Jawatankuasa RT SS2B,
- Puan Mala, RA Seksyen 22, Petaling Jaya.

Their presence and encouragement fuel our mission to break barriers and create opportunities for everyone.

## Spotlight on Wheelchair Dance Sport

During the event, our president, Pastor Sia Siew Chin, shared her excitement about the growing interest in Wheelchair Dance Sport in Malaysia. As an inclusive sport that combines artistry, elegance, and athleticism, Wheelchair Dance Sport holds tremendous potential for both athletes and spectators.

To cultivate this momentum, MILAD proposes the establishment of Wheelchair Dance Sport clubs in every state, supported by government grants to fund training programs and events. These efforts will pave the way for a national Wheelchair Dance Sport competition, setting the stage for Malaysian athletes to shine on the international scene.

## Thank You for Your Support

The success of the MILAD Sport Carnival 2024 was made possible by the collective spirit of our participants, volunteers, and supporters. Together, we're building an inclusive and vibrant community that celebrates every individual's potential.

Let's keep pushing forward—together.



# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES 2024

On 3rd December 2024, the Malaysia Independent Living Association for Disabled (MILAD) hosted a memorable event to honor the International Day of Persons with Disabilities (IDPD). This occasion brought together individuals from diverse backgrounds to celebrate the resilience, talents, and contributions of the disabled community.





# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES 2024

## Highlights of the Day:

- **Distinguished Guests:** We were privileged to welcome several esteemed VIPs, including:
  - YB Ng Sze Han, ADUN Kinrara & Exco Selangor
  - YB Danial Al-Rashid bin Haron, ADUN Batu Tiga & Pengerusi MTOS
  - Lee Jen Ugin, Ahli Majlis MBSJ MPP Zon16
  - Puan Khor Siew Yee, Ketua Penolong Pengarah, Bahagian Orang Kurang Upaya dan Warga Emas, Jabatan Kebajikan Masyarakat Negeri Selangor
  - Sia Ling Ling Ida
- **Inspiring Performances:** The event featured remarkable performances by talented OKU groups, showcasing their creativity and determination. These performances highlighted the importance of providing platforms for individuals with disabilities to express themselves and thrive.
- **A Vibrant Bazaar:** A colorful bazaar hosted by various NGOs was a key feature of the day. This bazaar served as a platform to fundraise, foster awareness, and advance our shared mission of building a more inclusive society. The lively atmosphere provided an opportunity for NGOs to connect with the community while promoting their initiatives and generating income to support their causes.

**Acknowledgments:** We extend our heartfelt gratitude to everyone who contributed to the success of this event—from our distinguished guests and dedicated participants to the incredible performers and hardworking organizers. Your support fuels our efforts to create a world where everyone, regardless of ability, can live with dignity and independence. Let us continue to champion inclusion and empowerment in all that we do!





# MAKE A DIFFERENCE WITH TAX-EXEMPT DONATIONS TO TABUNG KEBAJIKAN DAN PENDIDIKAN MILAD

Dear Friends and Supporters,

We are thrilled to announce a new and impactful way for you to support the Malaysia Independent Living Association for Disabled (MILAD)! Contributions made to our newly approved Tabung Kebajikan dan Pendidikan MILAD (CIMB Bank) are now tax-exempt under LHDN approval.

## Empowering Lives, Creating Change

At MILAD, we are dedicated to empowering individuals with disabilities to live independently and thrive in an inclusive society. Through your generous donations, we've already achieved so much this year, from distributing mobility aids to organizing empowering events and offering essential programs and services.

Now, your contributions to this special fund can make an even greater impact by enabling us to:

- Provide Assistive Devices such as wheelchairs, hearing aids, and prosthetics.
- Offer Food Aid and Educational Support to individuals with disabilities.
- Deliver Life-Changing Training Programs to enhance skills and independence.
- Expand Counseling, Advocacy, and Peer Support Services to the disability community.

## Important Note on Tax-Exemption Eligibility

Please note that **only donations directed to the Tabung Kebajikan dan Pendidikan MILAD (CIMB Bank) are eligible for tax exemption.** Contributions made to MILAD's first account (Maybank) do not qualify for this benefit.

## Donation Details

Bank Name: **CIMB**

Account Name: **Malaysia Independent Living Association for Disabled**

Account Number: **8011278630**

Reference: **Tabung Kebajikan dan Pendidikan MILAD**

Your generosity fuels our mission to create a world where no one is left behind. Every ringgit makes a difference—help us continue to empower lives and build a society of inclusion and equality.

Thank you for your unwavering support and belief in our cause. Together, we can transform lives and foster hope for a brighter future.



# MILAD WHEELCHAIR DANCE SPORT: A NEW ERA OF INCLUSIVITY AND ELEGANCE

We are proud to announce the official establishment of MILAD Wheelchair Dance Sport on March 19, 2024, marking a significant milestone in our journey toward inclusivity and empowerment through the arts. This initiative aims to celebrate the elegance and strength of individuals with disabilities while creating opportunities for all to participate in the transformative world of dance.

## Our Vision and Objectives

The MILAD Wheelchair Dance Sport program is guided by ten core objectives, each reflecting our commitment to inclusivity, personal growth, and community engagement:

1. **Promoting Inclusivity:** Fostering a welcoming environment where individuals with and without disabilities can share the joy of dance equally.
2. **Encouraging Physical Fitness and Rehabilitation:** Offering opportunities for physical activity to support fitness, mobility, and rehabilitation for individuals with disabilities.
3. **Developing Dance Skills:** Teaching various dance styles, tailored to the unique abilities of wheelchair users.
4. **Fostering Social Interaction:** Providing a supportive social setting where members can build friendships and connections with peers.
5. **Competitive Participation:** Training members to compete in wheelchair dance sport events locally, nationally, and internationally.
6. **Raising Awareness:** Advocating for public understanding of wheelchair dance sport and greater accessibility in the arts.
7. **Personal Development:** Empowering members to build confidence, self-esteem, and a sense of accomplishment through dance.
8. **Community Engagement:** Strengthening community ties through performances, collaborations, and demonstrations.
9. **Accessibility and Advocacy:** Promoting accessibility in dance and sports facilities for wheelchair users.
10. **Support and Resources:** Offering guidance, resources, and tools, including adapted techniques and specialized equipment for wheelchair users.





# MILAD WHEELCHAIR DANCE SPORT: A NEW ERA OF INCLUSIVITY AND ELEGANCE

## Looking Ahead

Through this initiative, MILAD aims to position Malaysia as a leader in Wheelchair Dance Sport, inspiring others to embrace inclusivity in sports and the arts. We envision a future where dance transcends physical boundaries and becomes a shared language of expression and celebration.

We invite individuals, organizations, and communities to join us in supporting this meaningful endeavor. Together, let's create a vibrant and inclusive space where everyone can shine through the beauty of dance.

Stay connected for updates on our progress and upcoming events!

大都會社區報 編輯：林舒儀

出刊場表  
列巴  
贊賞  
券中

2024年MILAD  
殘障運動會上合  
影。前排左二為  
阿祖拉；左四起  
為丹尼爾、林怡  
威及王友泰。前  
排左二為謝秀  
貞。

## 輪椅舞蹈運動團成立了

報道、攝影：黃文民

（八打靈再也27日訊）大馬殘障自立協會（MILAD）會長謝秀貞指出，在該會的推动下，推广轮椅国标舞运动的轮椅舞蹈运动团已于今年在雪州正式成立，而她希望每个州属都能成立轮椅舞蹈运动团，让轮椅国标舞运动被纳入全国级的运动竞赛项目。

“若每个州属都有轮椅舞蹈运动团，这可促使迎来全国级别的比赛，如大马运动会（SUKMA）可纳入成为比赛项目之一，而来自各州的代表就可获委派参加比赛，甚至是参加国际赛事。”

她表示，我国尽管已经有轮椅舞蹈运动，但仍缺乏关注，而该会希望在青体部的支持下，协助各州残障团体成立轮椅舞蹈运动团及提供培训。

她表示，在国外，轮椅国标舞不仅是舞蹈项目，也是运动项目，也有举行国际性比赛。

她希望我国政府能看见轮椅国标舞的需要，协助该会发展这运动。

“本地的轮椅国标舞已展开多年，但尚未被当成是一项正式的运动项目来栽培。”

谢秀贞是在今早出席该会举办的2024年MILAD残障运动会上，如是指出。

**运动会安排呈献轮椅国标舞**

在该运动会的开幕式上，大会安排来自轮椅舞蹈运动团团员呈献轮椅国标舞，让与会者了解及认识这项运动。

同时，大会也举行轮椅挑战赛、中国象棋、国际象棋及硬地滚球（Boccia）项目，并获得近百位来自全国各地的残障人士到来参与。

谢秀贞补充，该运动会不仅是一个体育赛事，也是一个增强残障群体之间情谊、合作精神和对他们潜力认可的平台。

她说，严重残障者适合参与象棋、西洋棋、硬地滚球运动，而她对这三个项目已被纳入成为全国级的比赛项目感到感恩。

“本会想要推广的是，严重残障者也能参与运动。举例说，今日一名参与象棋的参与者是四肢无法动弹的，不过他可透过身边人协助移动棋子。只要他们（残障人士）愿意，我们都能参与某一个运动项目；而本会则是提供平台，让他们有机会展现特长。”

**阿祖拉：增强健康生活方式**

雪州青体局局长阿祖拉指出，上述运动会旨在促进和增强残障人士在日常生活中的健康生活方式，这与“活跃马来西亚”的概念一致，以培养一个热爱体育的社会，并提倡积极生活方式，致力将我国打造成一体育国家。

出席者包括雪州知州议员兼雪州残障人士行动理事会主席丹尼尔、甘榜东姑州议员林怡威及八打灵再也市议员王友泰等人。

参与者在硬地滚球项目，展现体育精神。

美宜在开幕式上呈献精彩的轮椅国标舞。

轮椅舞蹈运动团团员吴锦璇（左一）与健



## BUILDING BRIDGES ACROSS BORDERS

On October 29, 2024, the Malaysia Independent Living Association for Disabled (MILAD), represented by our Deputy President, Noor Muha bin Aziz, embarked on a meaningful visit to the Thailand Council for Independent Living (TIL) in Pattaya. This visit marked a significant step in strengthening bilateral ties and exchanging best practices for supporting persons with disabilities (PWD) in the region.

The delegation was warmly welcomed by Mr. Udomchok Churut from TIL, who provided an insightful overview of the council's history and mission. Through a tour of TIL's facilities, participants gained firsthand experience of the empowerment programs and initiatives designed to enhance the independence and quality of life for PWDs.

Key highlights from the visit included:

- **Empowerment Programs:** Skill-building workshops and employment opportunities tailored for PWDs.
- **Accessible Infrastructure:** Inclusive designs that ensure freedom of movement and accessibility for all.
- **Community Engagement:** Firsthand interactions with PWDs actively participating in TIL's initiatives.

The visit underscored the importance of fostering an inclusive environment through skill development, employment, and accessible infrastructure. MILAD was deeply inspired by TIL's unwavering commitment to advocating for the rights and independence of PWDs in Thailand.

### Towards an Inclusive ASEAN

At MILAD, we believe that regional collaborations play a vital role in advancing the rights of PWDs and building an inclusive society. Partnerships like this with TIL are crucial for sharing knowledge, raising awareness, and creating opportunities that benefit everyone, regardless of ability.

We extend our heartfelt gratitude to TIL for their warm hospitality and look forward to more collaborative efforts to promote inclusivity across ASEAN. Together, we can make independence and equal opportunities a reality for all.





# A MILESTONE IN PROMOTING INDEPENDENT LIVING



On October 5, 2024, the National ILC Seminar 2024 was successfully held at Pearl Hotel Kuala Lumpur, marking a significant step forward in advocating for the rights and independence of the disability community in Malaysia. Jointly organized by Majlis Tindakan OKU Selangor (MTOS) and the Jabatan Pembangunan OKU (JPOKU), the seminar was officiated by Encik Zuhaimi bin Omar, Director of JPOKU. The seminar served as a dynamic platform to discuss the importance of Independent Living Centers (ILC) and their impact on the community.

## Seminar Objectives

The event focused on three key goals:

- 1** Introducing ILC Philosophy: Educating stakeholders about the concept and philosophy of Independent Living Centers.
- 2** Showcasing Achievements: Highlighting the activities and programs implemented by six ILCs across Malaysia.
- 3** Fostering Collaboration: Providing a platform for ILC operators to discuss the establishment of the Malaysia ILC Council, a unified body to drive advocacy and collaboration nationwide.

## Acknowledging Dedication and Commitment

We extend our heartfelt gratitude to the six ILCs for their unwavering dedication to empowering the disability community. Their efforts have been instrumental in promoting a future where independent living is accessible to all.

## Looking Ahead

The seminar's success reinforces the importance of collaboration among stakeholders, including government bodies, organizations, and individuals, to build a more inclusive society. MILAD remains committed to working alongside ILCs and other partners to ensure a brighter and more independent future for all persons with disabilities.

Let's continue to champion inclusion and empowerment, together!



# DONATION PLEDGE FORM

**I (WE) WOULD LIKE TO PLEDGE TO MILAD**

**NAME(S) MAKING PLEDGE:** .....

**TOTAL AMOUNT OF PLEDGE:** .....

**ADDRESS:** .....

.....

.....

**PHONE:** .....

**EMAIL:** .....

**1 BANK TRANSFER VIA CIMB (ELIGIBLE FOR TAX EXEMPTION)**

- ACCOUNT NAME: MALAYSIA INDEPENDENT LIVING ASSOCIATION FOR DISABLED
- ACCOUNT NUMBER: 8011278630

**2 BANK TRANSFER VIA MAYBANK**


- ACCOUNT NAME: MALAYSIA INDEPENDENT LIVING ASSOCIATION FOR DISABLED
- ACCOUNT NUMBER: 512231410368
- SWIFT CODE: MBBEMYKL

**IMPORTANT:**

**TO RECEIVE AN OFFICIAL RECEIPT FOR TAX EXEMPTION, KINDLY EMAIL A COPY OF YOUR BANK-IN SLIP TO:**

 [INFO@MILADMALAYSIA.ORG](mailto:INFO@MILADMALAYSIA.ORG) OR [MILADMALAYSIA@GMAIL.COM](mailto:MILADMALAYSIA@GMAIL.COM)

**IMPORTANT NOTE ON TAX-EXEMPTION ELIGIBILITY:**

 **ONLY DONATIONS MADE TO THE TABUNG KEBAJIKAN DAN PENDIDIKAN MILAD VIA THE CIMB BANK ACCOUNT ARE ELIGIBLE FOR TAX EXEMPTION UNDER LHDN GUIDELINES.**

 **CONTRIBUTIONS DIRECTED TO THE MAYBANK ACCOUNT ARE NOT ELIGIBLE FOR TAX EXEMPTION BENEFITS.**

**THANK YOU FOR YOUR GENEROUS SUPPORT IN HELPING US EMPOWER LIVES! **  
**LET ME KNOW IF ANY ADDITIONAL EDITS ARE NEEDED!**





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.

