



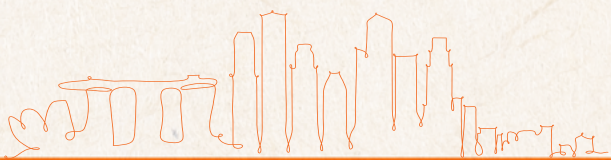
cpas

Cerebral Palsy Alliance Singapore



# ANNUAL REPORT

FINANCIAL YEAR **2022/23**





# About Us

Established in 1957, Cerebral Palsy Alliance Singapore (CPAS) is a social service agency that serves children and adults with cerebral palsy and multiple disabilities. Our fully integrated programmes and services cater to the developmental needs of clients and maximise their functional independence at every stage of life.

## Our Vision

Empowering persons with cerebral palsy or multiple disabilities to realise their full potential and lead fulfilled, dignified lives.

## Our Mission

We are dedicated to:

- Delivering fully integrated programmes and services at the highest standards with passion, integrity, care, and excellence.
- Creating awareness of cerebral palsy and multiple disabilities, and advocating equal opportunities for all persons with the condition.

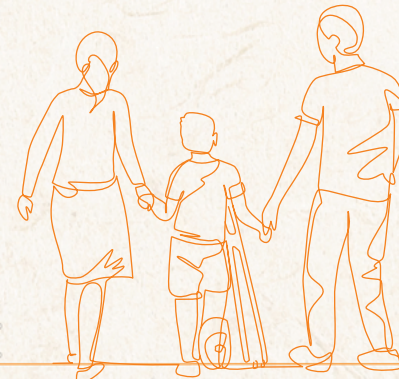
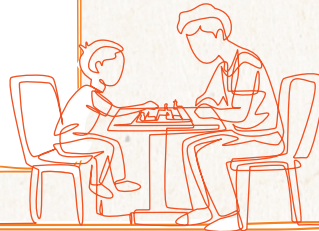
## Core Values

- Hope:** We seek to inspire hope in the hearts of our clients.
- Empowerment:** Our aim is to empower our clients to overcome their challenges and live a life without limits.
- Aspiration:** Never content with the status quo, we aspire not to only enhance the lives of our clients, but also our service and capabilities.
- Respect:** Respect is a fundamental value that guides the actions of our staff.
- Trust:** Above all, we value the trust that clients place in our organisation's programmes and services.



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## Chairperson's Message



*Janice Wong*  
Dr Janice Wong  
Chairperson

As we reflect on the past year, I am proud to share the progress we have made towards enhancing the lives of individuals with cerebral palsy and multiple disabilities, as well as their families. Our team has been working tirelessly to provide innovative solutions and support for our clients, and we are excited to share some of our key achievements with you.

### Enhancing Classroom Engagement through Assistive Technology (AT)

In January 2023, we introduced digital worksheets that are accessible by assistive technology into our Day Activity Centre (DAC) curriculum. This has enabled DAC clients from three classes who are unable to write on physical worksheets to participate in their lessons independently.

Our Assistive Technology (AT) team has also started to expand their support for our Early Intervention Programme for Infants and Children (EIPIC) classes. They have modified existing resources like battery-operated toys to have switch access and have conducted numerous workshops to train our teachers to create their own AT resources independently. Our AT team is now able to accommodate more student referrals from EIPIC and will also explore developing new technologies soon.

We are also proud to have conducted an intensive six-week caregiver workshop on the implementation of Augmentative and Alternative Communication systems at home. This was led by our Speech & Language Pathology team and is just one example of how we are working to enhance student engagement with assistive technology.

### Advancing Education through Digital Literacy

In an increasingly digitalised world, CPAS has been proactive in equipping our students with digital literacy

for improved learning outcomes. Thanks to our Goodwill, Rehabilitation, and Occupational Workshop (GROW) coaches, GROW trainee Thurgah D/O Ganesan has made big strides in her graphic design skills. She has learnt to use software like Canva to create various design collaterals such as greeting cards, sticker designs and name cards, of which many are used in CPAS.

Through a collaborative effort with SG Enable, Etch Empathy and GROW, we have further developed the digital skills of six GROW trainees. The trainees left the training being equipped with the knowledge and skills to manage online and web browser accessibility.

### Broadening the Horizons of our Students

With the lifting of border restrictions, I am pleased to share that CPAS school is collaborating with Republic Polytechnic to organise an upcoming adventure trip to an inclusive campsite to Melbourne, Australia in 2024. The overseas trip aims to provide opportunities for students to improve their personal development, such as confidence, self-esteem, and independent living. In addition, we hope to empower students to live fulfilled and dignified lives, to create lifelong and valuable memories.

All our initiatives are made possible with the unwavering support of our generous donors, dedicated volunteers, and committed staff. On behalf of everyone at CPAS, I would like to express our deepest gratitude for your continued support.

## Executive Director's Message



*Latha Kutty*  
Ms Latha Kutty  
Executive Director

As I reflect on the past year, it brings me back to how COVID-19 has profoundly changed our lives.

### Emerging Stronger Post-Pandemic

The past two years of the pandemic was challenging, bringing disruptions to how we run our programmes and services, including the way we work. Yet, as an organisation, we have transformed collectively, addressing existing gaps to better serve our clients.

Throughout the pandemic, we accelerated on the adoption of technology, and responded to the crisis effectively by embracing alternative ways to continue our programmes and services. Across all departments at CPAS, we worked together to harness our collective strengths and expertise. I am inspired by our CPAS family, including our clients who have displayed resilience and fortitude by their continued efforts to stay relevant to the ever-changing demands amidst the pandemic.

2022 marks a significant milestone for CPAS in serving our clients for 65 years. The major easing of Covid-19 restrictions was timely and I was delighted to resume our annual Charity Dinner at Marina Bay Sands, after hosting it via livestream for two years. The funds raised for the event went towards supporting a diverse range of programmes and services, including procuring suitable technology and equipment to improve the well-being of our beneficiaries.

### Opening of CPAS School West

We remain committed to our mission of delivering fully integrated programmes and services at the highest standards, creating greater awareness of cerebral palsy and multiple disabilities, and advocating equal opportunities for all persons with the condition.

I am pleased to share that CPAS school has expanded, and our interim campus in the west has started operations since June this year at 6A Jurong West Street 52. With

close to 15% of our students living in the western region of Singapore, the new CPAS School (West) aims to enhance accessibility for students and their caregivers living in that area. The new school offers high support and functional programmes for students between 7-18 years old. The programmes will also support students in their daily living and learning needs and prepare them for post-school outcomes including transitioning to a Day Activity Centre, Sheltered Workshop, Home Management Programme, or pursuing support or open employment. With the reduced commuting time, I believe our students and their caregivers will benefit from greater convenience and comfort.

### Building Capabilities and Strengthening Partnerships

The strength of any organisation lies in its human assets. As demand for new capabilities gathers pace, it is imperative that our staff upskill to remain relevant. I would like to commend many of our colleagues who have stepped out of their comfort zones to further hone their skills and capabilities. It is encouraging to know that while each department and programme at CPAS has its different functions, our vision unites us and we can always count on the support of our colleagues to achieve results and scale new heights.

We also look forward to strengthening our relationship with partners, and work collectively to build a more inclusive society for our clients. Lastly, I would like to express my sincere gratitude to all our stakeholders, including our donors, volunteers, partners, and staff, for their continued support and dedication to the CPAS mission. Without your support, we would not be able to continue our work in empowering children and adults with cerebral palsy and multiple disabilities. Here's to a bright future ahead!



## Board Members



**Dr Janice Wong**  
Chairperson

School Management Committee (Chairperson and Supervisor)  
Nomination Subcommittee (Chairperson)  
Staff Subcommittee (Member)



**Ms Tan Yee Deng**  
Vice Chairperson

Staff Subcommittee (Chairperson)  
Fundraising Subcommittee (Member)  
The Children's Charities Association of Singapore (CCA) Representative



**Dr Satyaki Sengupta**  
Honorary Secretary

Programmes Subcommittee (Chairman)  
Nomination Subcommittee (Member)  
School Management Committee (Member)



**Hj Sallim Bin Abdul Kadir**  
JP, BBM, PBM

**Honorary Treasurer**  
Finance-Investment Subcommittee (Chairman)  
School Management Committee (Honorary Treasurer)  
Audit Subcommittee (Member)  
Staff Subcommittee (Member)



**Mr Mervyn Sirisena, PBM**  
Assistant Honorary Secretary

Fundraising Subcommittee (Chairman)  
Nomination Subcommittee (Member)  
The Children's Charities Association of Singapore (CCA) Representative



**Ms Yvonne Chan**  
Assistant Honorary Treasurer

Finance-Investment Subcommittee (Member)



**Dr Yoong Siew Lee**  
Member

Audit Subcommittee (Chairperson)  
Programmes Subcommittee (Member)



**Mr Remy Choo**  
Member

Programmes Subcommittee (Member)  
School Management Committee (Member)



**Ms Merlissa Elvin**  
Member

Fundraising Subcommittee (Member)



**Mr Bicky Bhangu**  
Member

Finance-Investment Subcommittee (Member)



**Mr Aloysius Wee**  
Member

Audit Subcommittee (Member)  
Fundraising Subcommittee (Member)



**Dr Jeremy Lin**  
Member

Programmes Subcommittee (Member)



**Mr Allan Phua**  
Co-Opted Member

Audit Subcommittee (Member)  
Staff Subcommittee (Member)



**Mr Ng Wai Keong**  
Co-Opted Member

Fundraising Subcommittee (Member)



**Ms Foo Siew Fong, PBM**  
Co-Opted Member

Staff Subcommittee (Member)



**Mr Alister Ong**  
Co-Opted Member

Programmes Subcommittee (Member)

### Honorary Advisor

**Associate Professor Kevin Lim, BBM, PBM**  
Emeritus Chairman

School Management Committee (Member)  
Nomination Subcommittee (Member)  
National Council of Social Service (NCSS) Representative



## Management Team



**Ms Latha Kutty**  
Executive Director



**Ms Catherine Wee**  
Head of Department, Advocacy & Marketing



**Ms Nickie Ang**  
Head of Department, Finance



**Ms Foo Mui Leng**  
Head of Department, Human Resources, Learning, Development and Consultancy



**Ms Azalea Ong**  
Principal, Early Intervention Programme for Infants and Children



**Mrs Koh-Lim Ai Lay**  
Principal, CPAS School (West)



**Mr Boo Hian Kok**  
Principal, CPAS School (East)



**Ms Betty Tse**  
Head of Department, Day Activity Centre



**Mr Tng Tian Heng Tommy**  
Head of Department, Goodwill, Rehabilitation and Occupational Workshop



**Ms Pampi Ghosh**  
Senior Principal Therapist, Head of Department, Occupational Therapy



**Mr D. Senthil Kumar**  
Senior Principal Therapist, Head of Department, Physiotherapy



**Ms Sunitha Sendhilnathan**  
Senior Principal Therapist, Head of Department, Speech & Language Pathology



**Ms Shelly Loh**  
Senior Principal Social Worker, Head of Department, Social Work



**Ms Manju Mohta**  
Head of Department, Assistive Technology



# Our Programmes

## Early Intervention Programme for Infants and Children (EIPIC)

For children up to 6 years old

EIPIC provides early intervention for children with identified needs between the ages of a few months to six years old. A Trans-Disciplinary Approach is integrated into the curriculum. A multi-disciplinary team collaborates with caregivers to provide holistic education and support to help each child maximise his or her developmental growth.



## CPAS School (CPASS)

For children between 7 and 18 years old

CPAS School is a double-session Special Education (SPED) school serving students with moderate to severe multiple disabilities. We offer the SPED Curriculum as recommended by the Ministry of Education. Through our mission of equipping our students with a holistic education to live meaningfully, learn continuously and work productively, they learn and develop in six domains. For selected students with good motor and functional skills, their curriculum includes pre-vocational training.



## Adult Services

For adults 18 years old and above

### Goodwill, Rehabilitation, and Occupational Workshop (GROW)

GROW is a sheltered workshop that provides vocational training and sheltered employment through various projects. GROW provides an environment for self-development, and nurtures skills for community integration.



### Day Activity Centre (DAC)

DAC provides day care for persons who require higher support. The primary aim is to nurture self-help skills through a balanced and structured curriculum of daily living, social skills training, therapy rehabilitation care and recreational activities.



### CPAS Connect Alumni Programme

CPAS Connect is an alumni programme that engages former students and clients through social activities and sports.

# Statistics Snapshot

Over 700 Clients



316 Staff



Average of 46.75 hours of training per staff

236 EIPIC Students  
74 students graduated from EIPIC in end 2022



257 CPASS Students

11 students graduated from CPASS in end 2022

6 classes in Academic Programme

17 classes in Functional Programme

20 classes in High Support Programme



27,142 Hours

of Physiotherapy



95 trainees in GROW



65 clients in DAC



37,782 Hours

of Occupational Therapy



25,958 Hours

of Speech & Language Therapy

158 screenings conducted by Social Work

136 screenings conducted by Psychology



# Our Services

Our Allied Professionals extend a comprehensive range of specialised healthcare and support to our clients.



## Assistive Technology Hub

Assistive Technology (AT) refers to technology that aids people with disabilities or their caregivers in living, learning, and working. The Hub provides the following services:

- Capability building of CPAS clients through the provision of AT suited to their needs.
- Staff training on incorporating suitable AT in the classroom setting to enhance clients' learning.
- Creating inclusive and barrier-free learning and living spaces by modifying the physical environment at the centre or in clients' homes.



## Occupational Therapy

Our Occupational Therapists address the use of purposeful activities and a variety of treatment methods to obtain the desired level of functioning in self-care, work, and leisure.



## Physiotherapy

Our physiotherapists provide assessment, treatment, rehabilitation and prevention of movement disorders, pain, injury, or any other physical dysfunction.



## Social Work

Social Workers assist clients and their families to cope with issues resulting from disabilities and help the clients realise their full potential through the following services:

- Information and Referrals
- Casework and Counselling
- Home Visitations
- Financial Assistance
- Link with Community Resources
- Parents and Caregivers Support
- Agency Visits



## Psychology

Our team of psychologists have different specialities providing services which address paediatric needs. We provide a broad array of psycho-diagnostic treatments/testing and consultation services for a range of behavioural, developmental, and learning needs. We focus on the developmental and behavioural needs, as well as the psychosocial and emotional well-being of children and adolescents.



## Speech and Language Pathology

Our Speech Therapists focus on the assessment and management of speech, language, communication, literacy, as well as feeding and swallowing skills. Intervention through Augmentative and Alternative Communication (AAC) is also provided by using low- and high-tech devices for those with complex communication needs and reduced speech intelligibility.



## Home Management Programme

Therapists provide home-based therapy and social intervention at the homes of people with cerebral palsy who are severely disabled and in need of therapy but are unable to travel to our centre.



## Outpatient Programme

The Outpatient Programme provides therapy and social interventions at our centre for clients with cerebral palsy and other physical disabilities. Therapies provided include speech and language therapy, physiotherapy, and occupational therapy.



## Specialised Clinics

CPAS runs a range of specialist and medical clinics, as well as an Equipment Loan Library. Each clinic offers specialised care by allied health professionals and medical professionals.

- Audiology Clinic
- Feeding and Swallowing Clinic
- Seating and Posture Clinic
- Hand Clinic and Splinting
- Paediatric Psychological Testing Services
- Sensory Processing and Sensory Integration Clinic
- Orthopaedic Clinic
- Paediatric Neurology Clinic
- Medical and Dental Clinics



# Client Profiles

## 1. Harnessing Potential through Partnership

Destiny, a student in CPAS EIPIIC Programme since July 2021, has made significant progress with the help of the Trans-Disciplinary (Trans-D) Approach at CPAS. The Trans-D approach is a family-centred approach to enhance holistic and comprehensive development in clients by adopting a common view on the educational needs and a consensual commitment for integrated planning and implementation. Our Allied Health Professionals partnered with her teachers to support Destiny's learning and development, while her parents played an active role in sharing updates and seeking help. Initially having difficulty communicating her needs and wants, she has learnt to use Augmentative and Alternative Communication devices and visual support to interact and play with her teachers and peers. The support provided by CPAS, and her family has helped Destiny unlock her potential and thrive.



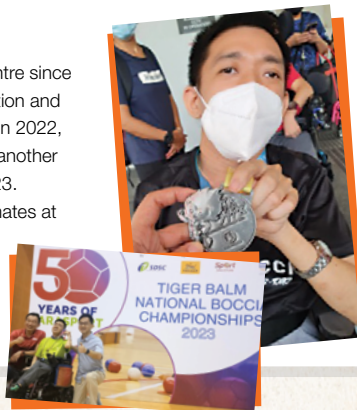
## 2. Designing for National Pride

Dang Yun Ying, a student from Eagle 21A of CPAS School (CPASS) was selected to represent us at the 2022 National Day Parade tote bag design competition. With the guidance of her CCA teachers, Yun Ying first sketched out her design on paper, and completed it on Microsoft Paint. Her design depicted the competition theme of "Stronger Together, Majulah!" and was shortlisted by the National Day Committee as one of the top 22 designs. CPAS is proud to have our student's artwork recognised on a national platform.



## 3. Overcoming Challenges, Winning Medals

28-year-old, Leong Jun Hao, has been enrolled in our Day Activity Centre since 2013. Despite facing physical challenges, he has displayed determination and perseverance by attending every Boccia practice session without fail. In 2022, Jun Hao won a Silver Medal in the Pesta Sukan BC4/5 category, and another Silver Medal at the Tiger Balm National Competition held in March 2023. His commitment to the sport is an inspiration to his friends and teammates at CPAS. Outside of Boccia, Jun Hao has learnt to communicate effectively with his friends and family using the Prologuo2go apps on his iPad and can even say the National Pledge independently. We look forward to seeing Jun Hao's progress in the future.



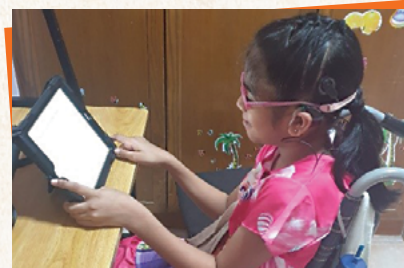
# New Initiatives

## 1. Start Small Dream Big: CPAS' Inclusive Education Initiative

CPAS Early Intervention Programme for Infants and Children (EIPIIC) participated in the Start Small Dream Big project, a collaborative effort with four preschools to promote inclusive education. The project aimed to encourage young children to use their creativity and resources to give back to society while instilling values such as humility, kindness, and compassion. EIPIIC students participated in inclusive activities with neurotypical children, providing opportunities for them to experience a mainstream preschool environment and develop confidence as well as social and communication skills. The project had a positive impact, with many EIPIIC students successfully transitioning to preschool or primary school, while participating preschool teachers gained insights into differentiation in lessons and accommodations. Partners included Foochow Methodist Preschool, My First Skool@Jalan Sultan, Cherie Hearts, and My First Skool@Simei.

## 2. Trans-D Home Collaboration Programme: Maximising Students' Success in Skills Acquisition

CPAS is proud to introduce the Trans-Disciplinary (Trans-D) Home Collaboration Programme, which has garnered positive feedback from parents since its inception in April 2021. The programme enables school and home collaboration, which is essential in maximising each student's success in skill acquisition. In 2022, two families from each class participated in the programme and diligently practiced the identified skills while monitoring their child's progress through routine-based checklists. Parents and caregivers provided timely



feedback to the Trans-D team via WhatsApp, Zoom, and phone calls. The Trans-D team also made home visits to some families on a need-to basis. Based on the 2021 Parents Survey on the Trans-D Approach in CPAS, 90% of the parents observed positive changes in their children's skills and abilities after participating in the programme.

## 3. Sensory Pathway and Road Safety Area: Enhancing Students' Well-being and Life Skills

Initiated by the Adaptive Physical Education Professional Learning Team, the Traffic Light and Sensory Pathway project aims to improve students' vestibular, tactile, and visual senses. Using colourful carpet tapes outside the school hall, the team created a Sensory Pathway, which was trialed by a group of students.

The data collected supported the hypothesis that using the pathway would enhance students' sensory well-being and attention span. In addition, school leaders were impressed with the project's findings and recommended it as a permanent feature on the school grounds.



The team then designed a road safety area, mobility skills practice area, and wheelchair training area, which were combined into one project for the assembly area. The design included practical features such as traffic lights for road safety lessons and a computer keyboard to familiarise students with keyboard letters. The completed project provided a permanent place for important life skill lessons, allowing students to learn in a fun and engaging way.



#### 4. Project Engage: Enriching Lives through Creative Activities

Project Engage is a comprehensive programme designed to enhance the overall well-being of the adult clients in our Day Activity Centre. The programme is conducted every Friday and is divided into seven groups, allowing 65 clients to participate in a wide range of engaging and interactive activities. Our Trans-Disciplinary team, consisting of Training Officers, Training Officer Aides, Therapists, Therapist Aides, Drivers, and Cooks, work together to provide support and guidance to our clients. The programme includes activities such as Boccia, Digital Arts, Cooking & Baking, Art & Craft, Sensory Stimulation, and Gardening. Through Project Engage, we hope to promote a sense of independence, social interaction, and creativity in our clients.



#### 5. Empowering Caregivers and Clients through Telehealth



CPAS Occupational Therapy department has been utilising the MedBridge GO app to provide remote support to clients during the pandemic. The app offers various exercises and activities prescribed by the therapist that can be easily conducted at home by parents and caregivers. The app also allows parents and caregivers to provide feedback on the effectiveness of the exercises. This initiative has been implemented for 48 clients, and feedback has been gathered to improve the programme's outcomes. One of them is Jayden See, a 10-year-old boy with Cerebral Palsy, who participated in the pilot trial of the MedBridge GO app in 2022. The app helped his caregiver facilitate his exercises at home, and he completed them daily.

#### 6. Empowering Wheelchair Users with Computerised Powered Mobility Application

CPAS Occupational Therapy Department & CPAS School have collaborated with a vendor to create a customised software solution to increase opportunities for powered mobility practice for our wheelchair users. This computerised powered mobility application offers a safe and controlled environment for our clients to practice powered mobility driving using a joystick to

steer, and buttons to make various decisions. The virtual simulation features various scenarios, such as Gardens by the Bay, VivoCity and even our own CPAS building, giving our clients a chance to practice their mobility skills in familiar settings. This innovative initiative offers a fun and engaging way for our wheelchair users to improve their mobility skills and increase their confidence in navigating their surroundings. The virtual reality solution was sponsored by Micron Singapore, who has been our partner in enabling us to find innovative solutions to improve our clients' progress and rehabilitation.



#### 7. Small Steps Towards Emotional Wellness

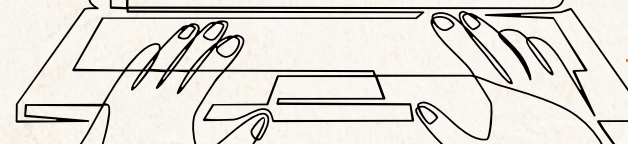
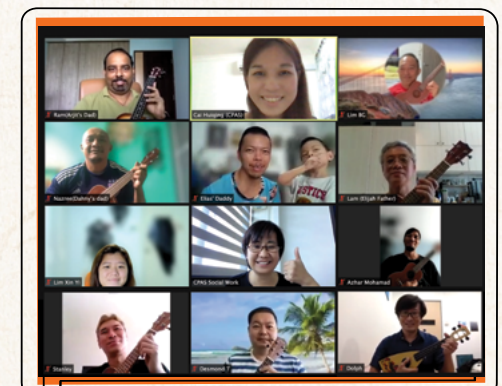
CPAS Psychology Department has introduced a new programme called Small Steps, which aims to enhance emotional regulation and self-awareness for clients with cerebral palsy and multiple disabilities. The 10-week programme is conducted in small groups and includes two facilitators each. The pilot programme, which was conducted between November 2022 and March 2023 for our Goodwill, Rehabilitation and Occupational Workshop trainees, saw positive results with participants reporting increased self-awareness and improved emotional responses. Participants were also able to learn strategies for managing their emotions and to apply these techniques in their daily lives.

#### 8. U Ku Dads! - Strumming, Sharing, and Supporting: A programme for Fatherly Fun!

'U Ku Dads! was a specialised programme designed by CPAS Social Work to facilitate bonding and sharing among fathers at CPAS. The programme included three fathers' support sessions, which took place on three consecutive Saturdays in July 2022 conducted via Zoom. The primary objective of these sessions was to provide a safe and supportive platform for fathers to share and discuss their experiences in caring for children with special needs.

During the sessions, fathers engaged in a variety of activities aimed at fostering bonding and emotional support. Notably, a bonding and sharing session was held where fathers had the opportunity to exchange their thoughts, challenges, and triumphs. Additionally, fathers participated in learning basic ukulele together, promoting a sense of camaraderie and shared interests.

The feedback received from the fathers who attended the sessions was overwhelmingly positive. They found the sessions to be both helpful and enjoyable, gaining valuable insights and coping skills along the way. Importantly, the fathers appreciated the realisation that they were not alone in their experiences, as they connected with other fathers facing similar challenges. The sessions also equipped them with strategies to handle aspects that may be beyond their control, providing a sense of empowerment.







### 9. Eye Gaze Technology for Enhanced Communication

CPAS Speech and Language Pathology Department has made significant strides towards improving communication for our clients with cerebral palsy and multiple disabilities. With generous donations from Micron Singapore and Marina Bay Sands, we procured state-of-the-art eye gaze devices, SKYLE and TD Pilot, for our clients' use. These devices have enabled our clients to communicate, engage and participate in leisure activities independently. The implementation of eye gaze technology has brought about significant positive changes in our clients' lives and has been met with enthusiastic feedback from our clients and their caregivers.

to clients under HMP, increasing access to these vital services for those in need. We are proud to have taken this step towards meeting the diverse needs of our clients and their families.



### 10. Expanding Access to Speech Therapy Services

CPAS is pleased to announce the extension of Speech Therapy services to clients under the Home Management Programme (HMP). Thanks to funding from SG Enable, approximately 35 clients have benefitted from safe feeding, swallowing management, and/or communication interventions. This marks the first time that Speech Therapy services have been extended

### 11. Frame Running @ CPAS: Empowering Individuals with Disabilities Through Para-Sports

CPAS introduced Frame Running, a custom-built tricycle designed for people with disabilities to participate in Para-Sports. With sponsorship from the Singapore Disability Sports Council (SDSC), CPAS has acquired 6 Frame Runners and conducted training sessions every Friday for 15 students from CPAS school, 1 student from our Early Intervention Programme for Infants and Children, and 1 client from the Day Activity Centre. Furthermore, one of our physiotherapists, Ms June Hwee, attended the Frame Running Coaching Course in Denmark, sponsored by SDSC, to enhance her expertise in coaching individuals with disabilities in Para-Sports.

### 12. Robotic Upper Limb Exerciser for Enhanced Rehabilitation

CPAS Occupational Therapy Department received the ArmMotus M2 Pro robotic upper limb exerciser in late 2021 under the Tech Booster Grant of the National Council of Social Service. In 2022, the equipment was implemented to help 30 clients, including Ding Kai from our Day Activity Centre, who has Cerebral Palsy Spastic Quadriplegia. Ding Kai was unable to use his right hand for self-care activities and was dependent on his left hand and his caregivers. However, after 10 months of consistent use of the robotic upper limb exerciser, supplemented by home activities/exercise via the MedBridge Telehealth App, Ding Kai's muscle strength and coordination significantly improved. He could perform more complex tasks and use his right hand for a longer period. The therapy significantly impacted Ding Kai's daily life and well-being, and the success of this initiative has brought hope to many others.





# Events

## Internal Events

### Charity Dinner 2022

Our Charity Dinner 2022 was a long-awaited event that marked a significant milestone in CPAS' fundraising journey. After two years of digital fundraising events, the return to a physical event was nothing short of spectacular. Held at Marina Bay Sands on 6 October, the dinner was a night to remember, packed with exciting live performances, interactive programmes, and thrilling auction segments. The atmosphere was electric as guests mingled and networked, all while contributing to a great cause.



The event was made possible by the unwavering support of countless sponsors, partners, and donors, who went above and beyond to ensure its success. Thanks to their unwavering support, we raised more than \$260,000 for our beneficiaries with cerebral palsy and multiple disabilities. We are grateful to all who made it possible and look forward to more successful events in the future.

### Spare Your Change for Suzy 2022

To commemorate World Cerebral Palsy Month in October 2022, CPAS launched its annual Spare Your Change for Suzy campaign. The campaign, which revolves around our official fundraising mascot Suzy, aims to raise funds for our clients with cerebral palsy and multiple disabilities. Suzy has been in the public eye for decades, rallying support from individuals and corporations alike.

We encouraged individuals, corporate partners, and staff to launch their own campaigns on Giving.sg or donate to our various #SpareYourChangeforSuzy campaigns. The

response was overwhelming, with donations pouring in from all corners. Thanks to everyone's generosity and support, we were able to raise close to \$300,000 throughout the campaign. We are grateful to all who participated in the Spare Your Change for Suzy campaign, and we would like to express our heartfelt appreciation to our donors, partners, and staff. The funds raised will go a long way in providing much-needed support and services to our beneficiaries with cerebral palsy and multiple disabilities.



## External Events

### CPAS Students Shine at National Art Exhibition

CPAS students had the opportunity to showcase their artistic talents at the Expressions Through Art exhibition by Singtel on 17 August 2022. The exhibition featured artworks from all 21 local special education schools, providing a platform for students to display their creativity and talents to the larger community.

CPAS student Mohamed Raziq Bin Mohamed Zin presented his artwork 'Three Happy Fishes in the Pond' to Madam President Halimah Yacob with confidence and enthusiasm. Artworks created by our Special Art CCA students under the guidance of Mr Patrick Yee, were also on display at the exhibition. On 19 August 2022, the Special Art CCA members visited the National Gallery Singapore to view the artworks, celebrate the achievements of their fellow students, and gain inspiration for their own artistic pursuits.



# Awards and Achievements

## 1. CPAS Athletes Excel at 11<sup>th</sup> ASEAN Para Games

CPAS is proud to announce that one of our students, Aloysius Gan Kai Hong, along with three CPAS alumni, Jeralyn Tan, Neo Kah Whye and Toh Sze Ning, were selected to represent Team Singapore in the 11th ASEAN Para Games held in Solo, Indonesia from 30 July 2022 to 6 August 2022. A total of 37 athletes competed in nine sporting categories, and our Boccia team performed exceptionally well, clinching one gold medal, two silver medals and one bronze medal. Aloysius Gan, coached by Ms Chew Zi Qun, won a silver medal in the individual event and a gold medal in the pair event with Toh Sze Ning. His remarkable achievements are a testament to his dedication and the unwavering support of his coach, ramp assistant and Boccia CCA teachers. We are grateful that our athletes have had an opportunity to learn from and form friendships with athletes from different countries.



## 2. CPAS Students Receive Singapore Disability Sports Council Team of the Year Award

CPAS is proud to announce that two of our students, Aloysius Gan Kai Hong and Yan Jia Yi, were honoured with the Singapore Disability Sports Council Team of the Year Award at the 2022 ceremony. The award recognises outstanding achievements and contributions made by individuals and groups in the disability sports community. Aloysius and Jia Yi

received this award for their exceptional performance in the Boccia competition at the 2021 Asian Youth Para Games, where they won the first Boccia medal for Singapore. This recognition is a testament to their hard work, dedication, and commitment to the sport. It also highlights the success of CPAS in nurturing and empowering individuals with cerebral palsy and multiple disabilities. We are proud to see our students excel in the field of disability sports and continue to strive towards greater heights.







### 3. Go-Ahead Singapore and CPAS Collaborate on Commemorative EZ-Link Card

To mark their 6<sup>th</sup> anniversary in Singapore, Go-Ahead Singapore collaborated with CPAS to commission a limited-edition EZ-Link card featuring artwork by Goodwill, Rehabilitation and Occupational Workshop trainee Ang Wei Lun. His design was printed on the card and launched in 2022. This initiative is a testament to our commitment to promoting inclusion and creating opportunities for individuals with disabilities to showcase their talents. We are proud of Wei Lun's contribution to this project and grateful to Go-Ahead Singapore for their support.

living in the heartlands of Singapore. This nomination is a testament to her hard work and dedication in tirelessly working towards empowering individuals with disabilities through sports.

### 4. CPAS Coach Makes a Difference in Disability Sports

In June 2022, the Singapore Disability Sports Council nominated CPAS staff Yurnita Omar for the Boccia Coach (Developmental) of the Year. Her athletes have gone on to achieve excellence on the global stage, and she has also worked to introduce Boccia to residents



### 5. NUS Recognises CPAS Social Work Department's Dedication to Field Education

CPAS Social Work Department's commitment to providing field education to NUS Social Work students has been recognised by the National University of Singapore (NUS) during the Celebration of Achievement and Excellence Awards Ceremony in November 2022. CPAS Social Work Field Educators have been providing regular weekly individual supervision sessions to social work undergraduates, guiding them in integrating theory in practical scenarios. With a compulsory 400 field placement hours within 10 weeks, students were able to gain practical experience, working alongside CPAS professionals, in various programmes offered by CPAS. CPAS is honoured to receive this recognition and looks forward to continuing its collaboration with NUS in the future.



### 6. CPAS Psychologists Share Research Findings at International Conference

CPAS Psychologists Christabel See and Chng Jia Hui were invited to present their research findings at the 8th International Congress of Clinical and Health Psychology in Children and Adolescents held in Elche, Spain from 16-19 November 2022. Their research project, SuperSib, which was funded by the National Council of Social Service, focuses on methods to support siblings of children with disabilities, and the presentation highlighted the positive impact of the program on the mental health and well-being of these siblings.







## 7. The CARE Bus Project: Raising Awareness for Disability Inclusion in Public Transport

The CARE Bus project was a collaboration between Go-Ahead Singapore and CPAS School (CPASS) to raise awareness on the needs and challenges faced by persons with disabilities during their public transport commute. The CARE Bus was specially decked out with backseat stickers and wrapped with artwork by students from CPASS. These inclusive visualisations by our creative CPASS students extended to the bus stop display panels outside CPAS. The illustrations were adapted from the artworks designed by Yan Jia Yi, Aloysius Gan and Asher Das. Jia Yi's design featured a bus captain wheeling a student up the bus, Aloysius illustrated a CPASS student showing a helping hand card to the bus captain, while Asher drew a commuter with mobility impairment navigating his way in the bus.

## 8. CPAS Allied Health Professionals Achievements

- Manju Mohta, Head of Department of Assistive Technology, has received the Assistive Technology

Professional certification by the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA), which recognises demonstrated competence in the field of Assistive Technology.

- Ramlan Bin Hamim, from Assistive Technology and Jessica Low from Speech & Language Pathology completed the Certificate of Advanced Professional Development in Assistive Technology Applications by California State University, Northridge, USA.
- Lim Yi Yu from Physiotherapy attended the Boccia International Sports Federation (BISFed), Boccia Classification Course in Bahrain from 2nd to 4th November 2022, which was sponsored by the Singapore Disability Sports Council (SDSC).
- Sunitha Sendhilnathan, Senior Principal Speech Therapist, and Head of Department of Speech & Language Pathology was re-appointed as member in Speech and Language Therapy Credential Committee and Curriculum Review Committee by Allied Health Professions Council, Singapore (AHPC). She has also been appointed as Chairperson for the Speech Therapy Programme Review Panel.

## Learning, Development, and Consultancy (LDC)



### Completed Training Courses:

- Certificate in Ayres Sensory Integration Module 3
- Strategies in Training Persons with Physical Disabilities to perform basic ADL - Feeding, Dressing and Grooming
- Developmental Trauma and Attachment Disorders, the cause, symptoms and effects
- Certificate in Ayres Sensory Integration Module 6
- Happiness 1.0 (mind and body relaxation techniques)
- Fundamental Principles of Seating and Positioning, Wheelchair Maintenance - 11<sup>th</sup> Run & 24-Hour positioning- 3<sup>rd</sup> Run
- Hand Function, Pre-Writing & Handwriting Skills for Children - 8<sup>th</sup> Run
- Foundation Skills in Handling Children with Food Refusal Issues
- Promoting Emergent Literacy skills (Online)
- Oral Placement Therapy for Speech Clarity and Feeding
- Accelerate student learning through interactive teaching for students with special education needs (Online)
- Introduction to Profound and Multiple Learning Difficulties (Online)
- Introduction to TransDisciplinary Practices in Special Education
- Social Story™ Intervention: Writing Social Stories (Online)
- Facilitating Language Communication Skills in Children with Developmental Delays - The Hanen Way
- Sensory processing and Sensory Integration dysfunction commonly found in Children with special needs
- Toilet training for Children with Special Needs - 9<sup>th</sup> Run
- Music Strategies in the Special Education Classroom
- Multi-Modal Communication in 2022
- Pragmatic Organization Dynamic Display Introductory Workshop
- Recognising Visual Perception Difficulties: Nurturing Visual Perception Skills
- Upper Limb Neurorehabilitation - Managing Hypertonicity and Optimising Outcomes
- Assistive technology for Cerebral Palsy - 4<sup>th</sup> Run
- Universal Design Daily: Supporting All Students in the Diverse Classroom
- Certificate in Ayres Sensory Integration Module 1
- Basic First Aid with CPR and AED (School)
- Respond to Fire Incident in the Workplace
- Basic First Aid with CPR and AED (DAC)



# Future Plans

## 1. Expanding Access to Early Intervention Programmes for Infants and Children

CPAS is working towards expanding access to our Early Intervention Programmes for Infants and Children (EIPIIC). As part of this effort, we are offering caregiver training workshops in collaboration with the LDC Department. These workshops aim to support parents on the waitlist for EIPIIC with topics such as toilet training and foundational skills for facilitating eating, drinking, and swallowing. In addition, we are conducting engagement sessions for parents to learn simple strategies applicable in their home setting. To support the waitlist of students waiting to receive intervention at EIPIIC, we are introducing a new initiative, DS-Plus Direct Placement. This initiative involves increasing training for DS-Plus Interventionists, increasing screening sessions, expanding the network of community partners, such as preschools, and collaborating with Early Childhood educators.



## 2. Strengthening GROW's Business Capabilities

Goodwill, Rehabilitation and Occupational Workshop (GROW) is actively enhancing its commercial capabilities to cater to the growing demand in the market. As part of this expansion, GROW is significantly enhancing its printing capabilities and equipment to handle a greater volume of commercial printing assignments. This strategic move includes a dedicated focus on advancing the printing skills of its trainees and acquiring specialised machinery to meet evolving market demands.

Furthermore, GROW is currently in the process of becoming a registered supplier on GeBiz, the e-procurement portal of the Singapore Government. This strategic move would open doors for GROW to pursue diverse projects, enabling trainees to gain invaluable vocational training experiences and gainful employment opportunities.



## 3. Advancing Rehabilitation with New and Innovative Physiotherapy Services

Our Physiotherapy department is excited to explore three new services aimed at revolutionising rehabilitation outcomes for our clients. Our trial of the TurtleBrace Ankle-brace allows for personalised alignment and flexibility adjustments, ensuring optimal support and functionality. The LusionMATE tele-rehabilitation gaming device engages clients through gamified therapy, while the Neofect Smart Balance Board provides real-time feedback for balance and posture training. These cutting-edge technologies enable us to enhance personalised care, maximise therapeutic interventions, and track progress more accurately. By integrating these innovative services, we are committed to delivering exceptional physiotherapy, improving outcomes, and promoting successful rehabilitation journeys for all our clients.





# Summarised Financial Statements

## Cerebral Palsy Alliance Singapore

### Statement of Financial Position

For year ended 31st March 2023

	FY22/23	FY21/22
Assets	S\$	S\$
Non-Current Assets	9,912,452	11,477,090
Current Assets	21,671,291	20,758,346
	<b>31,583,743</b>	<b>32,235,436</b>
Liabilities and Funds		
Current Liabilities	2,446,666	2,266,761
Deferred Capital Donation & Lease Liabilities	8,398,728	10,145,715
Funds	20,738,349	19,822,960
	<b>31,583,743</b>	<b>32,235,436</b>

### Statement of Comprehensive Income

For year ended 31st March 2023

Income	Total S\$	Total S\$
Government Grants	8,179,407	7,746,051
Specific Donations	915,358	694,777
General Donations	914,634	1,371,630
Programmes / Therapy Treatment Fees	576,031	539,454
Wage Credit Scheme / JSS	385,441	658,644
Others	4,819,823	4,375,540
TOL Fee	827,258	825,972
	<b>16,617,952</b>	<b>16,212,068</b>
Expenditure		
Manpower	10,466,383	9,696,630
General & Administrative Costs	1,657,364	1,554,104
Upkeep and Utilities	506,556	385,292
Utilisation of Specific Funds	1,148,991	1,455,977
TOL Fee	-	-
Interest Expense & Depreciation (ROU Asset)	810,922	832,298
Others	1,112,348	851,491
	<b>15,702,564</b>	<b>14,775,792</b>
Surplus/(Loss)	<b>915,388</b>	<b>1,436,276</b>

For our full annual report and financial statements for FY2022/2023, please visit our website: at [www.cpas.org.sg](http://www.cpas.org.sg)  
We sincerely thank all donors, volunteers, supporters, friends and well-wishers who have helped make a difference in the lives of our clients

# Summarised Financial Statements

## Cerebral Palsy Alliance Singapore School

### Statement of Financial Position

For year ended 31st March 2023

	FY22/23	FY21/22
Assets	S\$	S\$
Non-Current Assets	1,096,904	1,169,436
Current Assets	6,784,287	7,312,050
	<b>7,881,191</b>	<b>8,481,486</b>
Liabilities and Funds		
Current Liabilities	1,223,678	1,480,175
Deferred Capital Donation	446,493	471,236
Funds	6,211,020	6,530,075
	<b>7,881,191</b>	<b>8,481,486</b>

### Statement of Comprehensive Income

For year ended 31st March 2023

Income	Total S\$	Total S\$
Government Grants	10,016,583	9,607,270
Specific Donations	65,541	94,650
General Donations	9,467	3,983
Programmes Fees	301,301	155,487
Others	747,967	775,419
TOL Fee	669,593	668,553
	<b>11,810,452</b>	<b>11,305,362</b>
Expenditure		
Manpower	6,291,588	5,248,049
General & Administrative Costs	2,923,997	2,474,183
Upkeep and Utilities	272,132	266,216
Utilisation of Specific Funds	1,713,168	1,423,544
TOL Fee	669,593	668,553
Others	259,029	292,669
	<b>12,129,507</b>	<b>10,373,214</b>
Surplus/(Loss)	<b>(319,055.00)</b>	<b>932,148</b>

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## **CEREBRAL PALSY ALLIANCE SINGAPORE**



65 Pasir Ris Drive 1,  
Singapore 519529



6585 5600



[hqadmin@cpas.org.sg](mailto:hqadmin@cpas.org.sg)



[www.cpas.org.sg](http://www.cpas.org.sg)

