

**Action Plan 2006
(J0600956)
Intellectual Disabilities II
– Inclusion of Intellectual
Disability into Community
Development -**

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Organisation: Malaysian Care**

1. Background and Present Situation

- Throughout the year in our services for people with special needs, we realized that PWID can learn and work and live independently when opportunities, training and support are given to them.
- However, due to lack of support system in the society in getting suitable jobs and company has to do job modification for PWID, Malaysian Care plays an important role to the community in imparting its vision and experiences on creating employment opportunities for PWID towards independent and meaningful living.

1. Background and Present Situation

- Besides, we also learnt that PWID can learn to speak up when opportunities, training and support are given to them despite of the different level of understanding. However, we tended to give instructions and expected them to follow our instructions so that they will get a good result in their evaluation report. Thus, this has deprived their rights as a person.
- With this realization, Friendship Club was formed in 2003 to be a place for them to find friendship and to build up and learn from each other.

1. Background and Present Situation

- The role of 'trainers' is important in giving the needed training for PWID. As such, trainers need to be flexible to adjust their function from giving instructions to facilitate discussion. This is very appropriate for PWID in my context including my organization and country.

2. Objectives

2.0.1 Long Term Objective

2.0.1.1 PWID – Towards a more independent and meaningful lifestyle

2.0.1.2 A Workplace Model to other NGOs and the community which will have more employment opportunities for PWID

2.0.1.3 PWID can be effective leaders in the community particularly to their peer members

2.0.1.4 Staff/ Trainer/ Facilitator are more competent and confident to supporting PWID at different level.

2. Objectives

2.0.2 Short Term Objective

2.0.2.1 To set up a Workplace Model - Care Café.

It will be a place for PWID to be able to work and contribute to the community at their capacity. It is an opportunity for our trainees to enhance their daily living skills in a café setting.

2.0.2.2 To facilitate Leadership Skills Training for PWID using Participatory Learning Action

2.0.2.3 To plan and organize interactive workshop for staff who work with PWID

3. Target Population/Area

- 3.0.1 PWID from Malaysian Care Services *
People with Special Needs(PSN) – Adult
Services, Kuala Lumpur
- 3.0.2 PWID from other Self Advocacy
Groups in Klang Valley
- 3.0.3 Malaysian Care Services * PSN Staff
- 3.0.4 Other interested staff from other
NGOs in Klang Valley

4. Duration & Method

4.0.1 August 2006 to December 2006

	Activity	Timeline (Draft)	Timeline (Done)	Remarks
1.	To set up 3 rd Floor, Wisma Care a) Concept Paper b) Asset list c) Minor renovation	August August December	November	Project Budget 2007
2.	To outsource food	Aug - Dec	December	Ongoing
3.	Modular Lessons for PWID i. Food Preparation & Simple Cooking ii. Money Management & Accounting iii. Customer Service iv. Physical Set Up & Clear Up	Aug - Dec	December	Continue developing in 2007
4.	a) To facilitate Friendship Club b) To share with other Self Advocacy Groups	Aug – Sep Oct – Dec	Nov & Dec Nov	PLA exercise
5.	To plan and organize workshop	Oct - Dec		Postponed

4. Duration & Method

4.0.2 January – December 2007

	Activity	Action	Timeline
1.	Care Cafe	Once a week Twice a week	Jan – June July – Dec
2.	Modular Lessons for PWID	i. To develop lessons using Power Point Presentation ii. To conduct a module	Jan – Mac Mac
3.	Friendship Club	To co-organise workshop with Resource & Development Unit	June
4.	Workshop for facilitators	Outline Planning	June

5. Type of Budget Needed

i. Project Budget for Care Café

Estimated: RM 50,000 for buying equipment

Method of getting fund:

To write to Corporate Company for Community Sponsorship Project

Estimated: RM200 for each running of Café (food)

Method of getting fund:

Malaysian Care to provide a start up fund of RM200, fund will be used after each running of Café with some profits to prepare for the next Session

ii. Operation cost for running Workshop for PWIDs

Estimated: RM100 per session (Stationery, notes and refreshment)

Method of funding:

Friendship Club yearly budget by Malaysian Care

6. Pre-condition and possible obstacles of my action

- As we look forward to support PWID to live independently and meaningfully, there is much to be done.
- Lack of committed human resources is always a threat for us.
- To train human resource is a time consuming work besides training PWID. The support from each other in the working team is very needed and appreciated.

7. Changes made on my draft of action plan

- The budget made on my draft of action plan needed to be changed. As I do not have much experience in doing such, guidance from my Director is needed.

8. What have I achieved in 6 months?

i. Care Café

- 3rd Floor of Wisma Malaysian Care which was vacant was set up and being used to run the project on weekly basis. It was implemented in September and Café was started operating in October.
- Trainees from Work Based Centre have more job training using the setting of café. They have expressed interest in learning new and more things like making drinks, cooking, setting up, cleaning up and serving the customers.
- Besides, resources like pictures have been collected and compiled and will be translated into teaching aids using power point presentation. This will be used as one of the Modular Programme in Work Based Centre for the trainees. The Modular Programmes for Cafeteria are Interpersonal Relationship, Work Attitude, Safety and Protection and Food Preparation. This will be conducted in 2007.



Our Set Lunch (yummy...)



Trainees enjoying their training



Setting up of 3rd Floor



Customers in!



We are preparing the food for you...



Good afternoon, may I take your order, please?



**I serving 'Crunchy Lemonade' –
our speciality drink**



I am the cashier



**I am serving
the food**



**I wash the
plates**

8. What have I achieved in 6 months?

ii. Leadership Training for PWID at Friendship Club

- With some new Exco members joining the team, I managed to conduct Seasonal Calender with the Exco members for their 2007 activities on 2 December 2006. It was interesting to see them making their own plan for 2007.



Friendship Club Plan for 2007



Member shared about 'Their Dreams' after the PLA exercise

8. What have I achieved in 6 months?

iii. Workshop for other Self Advocacy Groups

- I have discussed the idea with other Self Advocacy Groups. They are interested to join if the plan and schedule are notified in advance.
- I was invited to conduct a workshop on 'Sexuality' to the members of United Voice on 5 November 2006. Using PLA approach, we had a good & interactive workshop. The workshop will be conducted for another 2 sessions in 2007.

Workshop at United Voice



9. What are the things I couldn't achieve? And why?

- i. Leadership Training for PWID at Friendship Club couldn't be implemented as planned. It was due to change of Exco members in the existing team where the main Exco member (i.e Chairman) was placed at work starting September 2006. Although there was suggestion to get new Exco member to join the team, it needed time to train and explain to them the purpose and function of Friendship Club besides their new role as Exco members. This is planned to be done in 2007 where they planned to have monthly Exco meeting and bi-monthly members' meeting. During the meeting, the supporting friends will have to train and support them in understanding the functions and purposes of Friendship Club.

9. What are the things I couldn't achieve? And why?

- ii. Workshop for Facilitators was not able to be planned and carried out due to tight schedule of staff and there are many other training available for staff. However, hopefully I still can conduct it at Unit Level while developing the training materials for later use.

**Towards A More Independent
and Meaningful Lifestyle**

Thank you