

# Lending a Helping Hand

By Sunlove Abode for Intellectually-Infirm Ltd

## Our beginning

In 1986, Sunlove Abode for Intellectually Infirm Ltd started with humble beginnings, in an unused chicken farm in Lim Chu Kang. It was converted to a makeshift home by founder Mr Wee Lin, to house 20 psychiatric patients who had nowhere to go. Eventually, with assistance from the Ministry of Health, it moved to Trafalgar Home, located at Lorong Buangkok, which was converted and refurbished in early 1995 to take in mentally infirm residents.

Due to the increasing number of patients and clients, we have expanded our operations and are now running two homes at full capacity, with about 208 and 249 mentally infirm patients at Sunlove Home (at Buangkok View) and Surya Home (at Lorong Buangkok) respectively. They are managed by a team of dedicated, trained and experienced full-time staff, with the support of regular volunteers. We have also developed many projects for the community in different locations by providing various programmes and services.

## Our aim, attitude and beliefs

Our main aim is to offer compassionate psychotherapy, occupational and social therapy, including medical treatment.

We believe that with the help of these programmes and treatment, we will be able to restore hope for every individual, by rebuilding their self-esteem and self-worth so that they will eventually be accepted back into the community.

Our secondary aim is to eradicate the public stigma attached to mental illnesses, and to eradicate the misconception that mentally ill patients are violent and cannot be restored back to a stable condition. With early diagnosis and treatment, 70% of patients with mental illnesses like schizophrenia, have a chance to function meaningfully in the community.

The homes have opened their doors to share insights into volunteering, thus gradually working towards removing the social stigma on psychiatrically ill individuals.

We regard and assist everyone with care, respect and sincerity to the best of our ability.

We welcome recommendations for improvement and betterment of everyone in these homes, and are continuously

improving ourselves through training and development.

The following are our community-based programmes:

### 1. Ang Mo Kio Rehab Centre

- Provides about 100 clients with:
  - Rehabilitative programmes (occupational therapy and physiotherapy) for individuals with physical disabilities, such as stroke, Parkinson's disease, fractures, neurological dysfunctions and geriatric problems
  - Home rehab (physiotherapy/occupational therapy)

### 2. Dementia Day Care

- Provides elderly clients diagnosed with dementia with:
  - Door-to-door service
  - Respite and rehabilitative programmes
- Provides support, information and education to caregivers of dementia clients

### 3. Home Medical & Home Nursing

- Provides nursing care and medical treatment to the homebound elderly, such as:
  - Urinary catheters
  - Wound care
  - Prevention of pressure sores education
  - Monitoring chronic medical problems
- Cases are seen by our doctors and nurses

### 4. Bukit Merah Student Care Centre

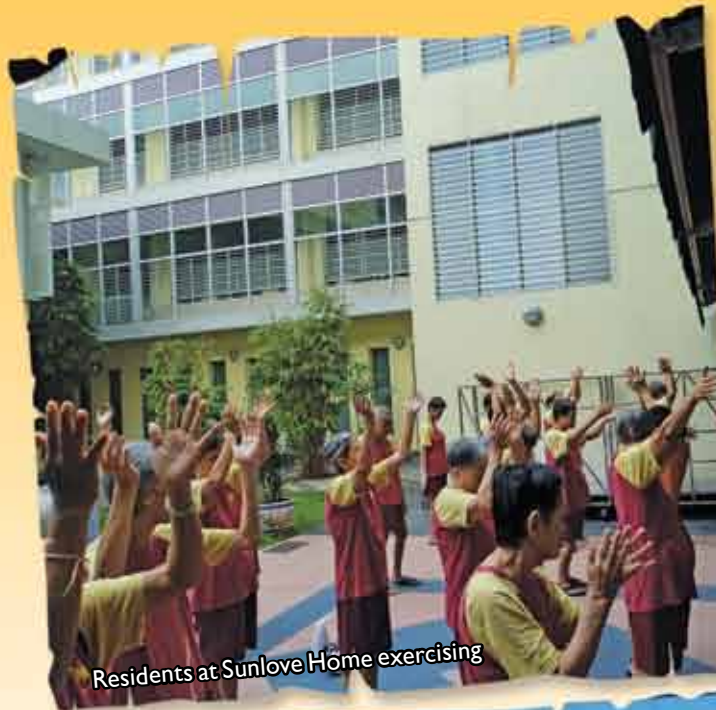
- Provides students with strong and effective education programmes, to help them develop healthy lifestyles and enhance their intellectual growth and development as they become responsible members of society

### 5. Sai Skills Development Centre (Autism)

- Provides autistic clients with day care services

### 6. Home Help Services

- Provides 250 frail and homebound elderly with accessible and affordable services like:



Residents at Sunlove Home exercising



Escort services for the elderly



Free medical consultations and medications provided at mobile clinics



Free health screenings provided by volunteer doctors

- Meals on wheels
- Home maintenance
- Personal hygiene
- Laundry services
- Escort services

**7. Chai Chee and Marsiling Senior Activity Centre**

- Caters to 1,000 young and old residents:
  - First stop centre for residents to obtain information on social services, interact and form mutual help group
  - Social activities and programmes that promote intergenerational bonding

**8. Sunlove COPE (Community Outreach Programme for Elderly) (Eunos)**

- Provides 150 poor senior residents with a healthy living lifestyle

**9. Hougang Senior Activity and Wellness Centre**

- Runs a broad array of programmes and activities targeted at 100 residents, both young and old, providing holistic care for them to live in the community

**10. Teen Training Centre@Hougang**

- Integrates 100 at-risk teens into the community with a combination of education and community service programmes

**11. Sunlove free medical services**

- Provide free medical consultations and medications to the needy at various locations

**12. Free medical health screenings**

- Provide free medical health screenings to the general public at various locations, benefiting 5,000 people over the years

We are in the midst of expanding our services to reach out to as many less fortunate people as possible. Currently, we have only two doctors running our medical services, and are therefore looking for additional volunteer doctors who can provide medical care to our residents, clients and staff. The doctors can help by:

- Monitoring and providing general care to patients in wards, clinics, and so on
- Providing medical examinations for the local and foreign staff
- Examining patients and diagnosing their medical conditions

We need your support to give us the strength, support and encouragement to continue serving the community. Your generous help, in any form, will mean a lot to the residents and clients at our homes. Thank you and we hope to receive your kind support for the less fortunate.

To find out more about Sunlove, please visit <http://www.sunlovehome.org.sg>. To register as a volunteer, please contact Aida at 6386 2763 or email [sunlovehome@hotmail.com](mailto:sunlovehome@hotmail.com). **SMA**