



# Impact Report 2024

# Summary

- Inaugural full year
- Developed and Launched Online Resource presence:
  - Website
  - YouTube® Channel
- Empowering Caregivers:
  - Sponsored events
  - Sponsored attendee participation in “Train the Trainer” Seminars
  - Accessing content suitable for empowering Trainers/Caregivers
- Creation Glossary of Terms
- Governance and Accountability

# Website Launched!



[www.marf.org.my](http://www.marf.org.my)

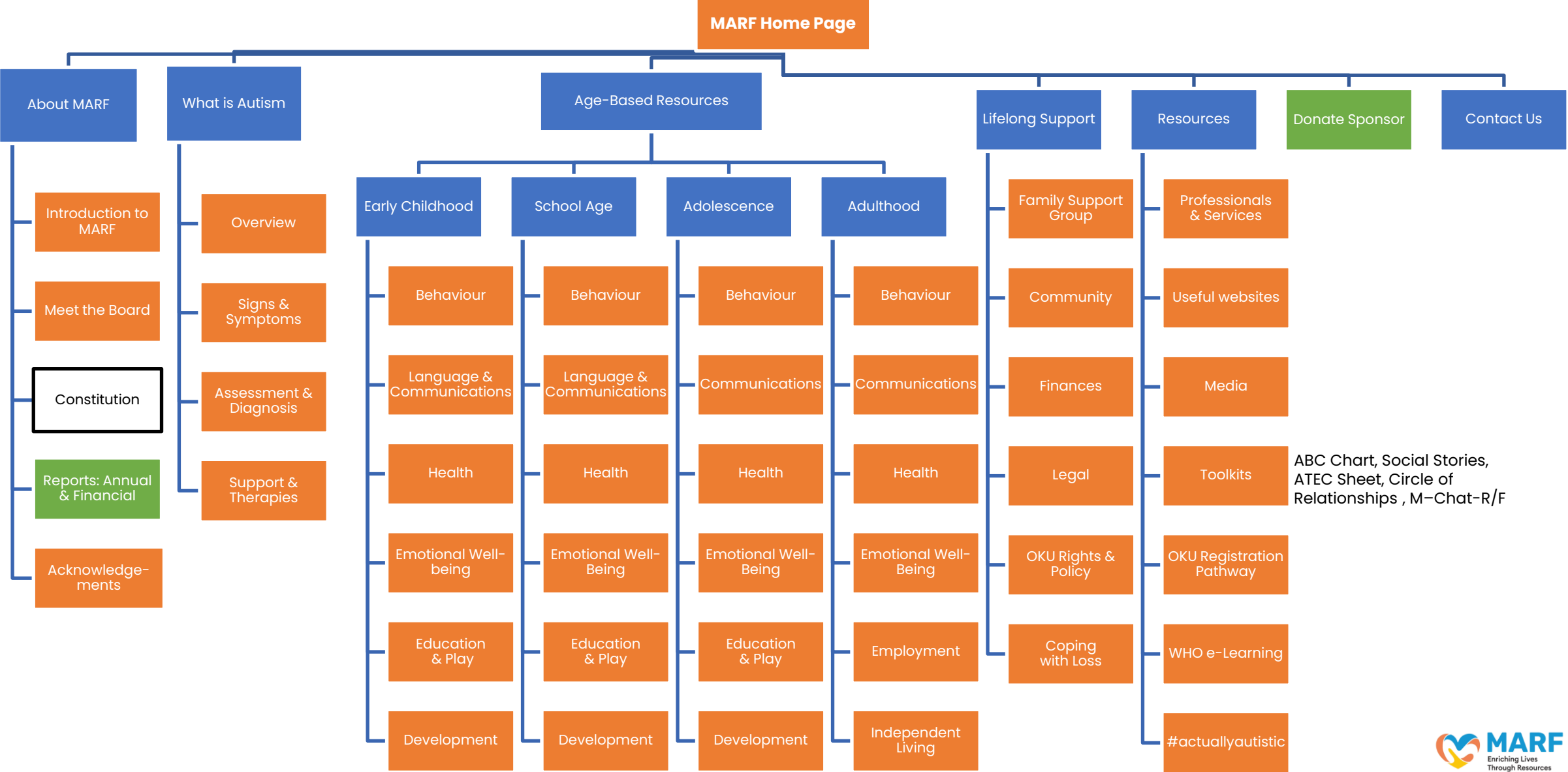
- Live in October 2024 in English, followed by Bahasa Malaysia and Chinese in December
- We hope this will be a well-visited Online resource to empower caregivers and autistic adults in Malaysia
- The website is locally flavoured. It aims to raise autism awareness and foster understanding of different life stages
- Serves as a safe and inclusive space where individuals and their families can learn about autism

# Website Launched!

- The main content is categorized into Age-Based Resources:
  - 1)Early Childhood 2)School Age 3)Adolescence 4)Adulthood 5)Lifelong Support
- It is a platform that is linked to other very useful local websites e.g., the directory of speech therapists in Malaysia, local podcasts on autism, OKU registration process.
- Addresses a wide range of topics including Legal, OKU rights, Finances, Coping with Loss.
- Content was mainly collated and written by a Chevening scholar with a strong interest in mental health and disability.
- Some of the articles were also contributed by allied healthcare professionals who are experts in the topics.
- To summarise, this was a major undertaking by a large extended team, and we are very grateful to everyone who contributed. [Acknowledgements](#)

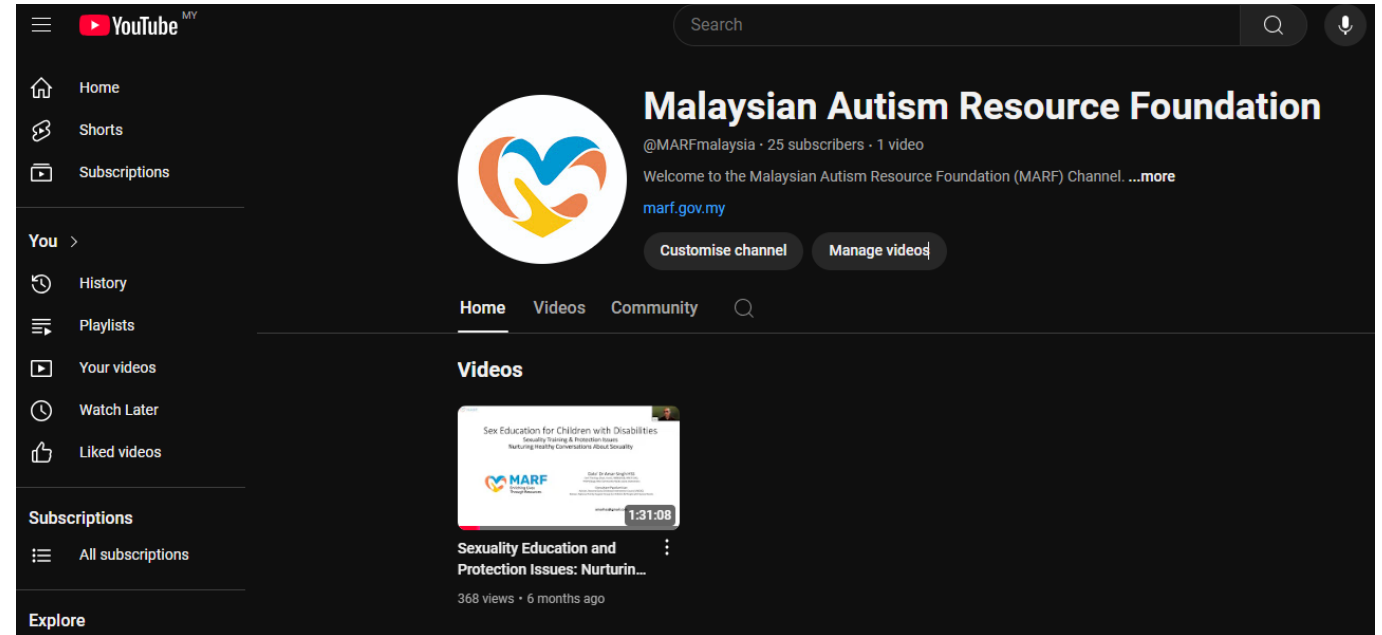
# MARF Sitemap Launch

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# MARF Official YouTube® Channel

- Launched April 2024 as part of Autism Awareness Month
- Sexuality Education and Protection Issues: Nurturing Healthy Conversations about Sexuality – Datuk Dr Amar-Singh



# School Readiness Permata Kurnia Parent Workshop @Gleneagles Hospital KL



- First official free public events that empower caregivers
- 24 February 2024
- Co-organized with Permata Kurnia and Gleneagles Hospital Kuala Lumpur
- 130 attendees, they are mainly parents and ended with lively, interactive Q & A

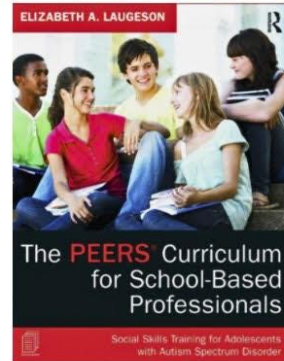


# Attendee Participation in TtT Workshops

## UCLA PEERS® FOR ADOLESCENTS SCHOOL-BASED TRAINING SEMINAR

### You Will Get :

- An eBook of the PEERS®, proprietary measures and forms
- Curriculum for School-Based Professionals (Laugeson, 2014)
- Over 100 role-play videos
- Inclusion on the PEERS® School-Based Certified Providers directory



### TRAINING WILL BE HELD ON:

**2 - 4 October 2024**  
Wednesday - Friday

**9am - 5pm**  
Penang, Malaysia

**Early Bird (Before 30/6/2024)**  
Local : **RM3200**  
International : **SGD 980**

**Normal**  
Local : **RM3700**  
International : **SGD 1100**

- For educators and school-based professionals, mental health professionals, medical professionals, speech and language pathologists, occupational, recreational, and behavioral therapists, researchers, and other professionals who work with youth with social challenges
- PEERS® is the ONLY publicly available evidence-based social skills program for autistic adolescents and adults, youth with ADHD, anxiety, depression, and other socioemotional challenges.
- This training will enable providers to implement PEERS® in educational or clinical settings as PEERS® Certified School-Based Providers, and/or in online settings as PEERS® Certified Telehealth Providers.

### MORE INFORMATION

**+6017 473 7098**



**DR. ELIZABETH LAUGESON**  
Founder & Director of the  
UCLA PEERS® Clinic



Pacific Speech Therapy <https://pacificspeechctx.my/> enquiry@pacificspeechctx.my

## DEVELOPING SELF-ESTEEM & FRIENDSHIP SKILLS: A 1-DAY COURSE

The development of a healthy self-esteem is not straightforward & is affected by many factors, but it is crucial to happiness. The connection between self-esteem & relationships is well documented: if you feel valued & accepted by others, you will generally have a higher self-esteem than the person who doesn't, & people with low self-esteem often lack the social skills to make & maintain friendships.

**Early Birds**  
(Before 30/6/2024)  
RM 1100 / SGD 390 (1 Day)

RM 2400 / SGD 750 (2 Days)

RM 3200 / SGD 980 (3 Days)

**Normal Fees:**  
RM 1300 / SGD 480 (1 Day)

RM 2700 / SGD 850 (2 Days)

RM 3700 / SGD 1100 (3 Days)



Alex Kelly  
Speaker

## ASSESSING & TEACHING SOCIAL COMMUNICATION SKILLS: A 2-DAYS COURSE

The course is aimed at anyone supporting children and/or adults with social and emotional learning in a range of settings. It is a highly practical course which answers the questions you need to ask when developing social communication skills... Where do I start? How do I teach it & which approach will work best? In addition, we will cover how you can help someone to generalize the skill and how you can set targets & measure progress. Alex and her team use a mixture of lecturing, practical exercises, & videos to keep you interested and engaged.

15th

1 Full  
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Alex Kelly  
Speaker



Naomi Pearson  
Speaker

**Sunday & Monday**  
13th -14th October, 2024

**9am - 5pm**  
2 Full Day Workshop

Penang Malaysia

### What will you learn?

- An introduction to self-esteem, friendships & quality of life
- Defining & understanding the development of self esteem
- Exploring how self-esteem is affected by factors such as contingencies of self-worth & attachment
- Assessing & developing self esteem through ten key aspects to intervention
- Defining friendships & the impact on development
- How relationships start
- Assessing & developing friendship skills



Pacific Speech Therapy  
<https://pacificspeechctx.my/>



### 1st Day

- An introduction to social communication & the causes of difficulties in social skills
- The theory and research behind the hierarchy of skills
- Assessing social communication skills
- Planning where to start & setting targets
- Using targets to measure effectiveness of intervention

### 2nd Day

- Understanding the wider context: why, where, & motivation
- Group approaches including setting up & running groups
- Other approaches to teaching skills including modelling & role play, media, & 1:1 approaches such as problem solving
- Practical exercises on planning intervention around a Talkabout activity



**JOIN NOW**



Pacific Speech Therapy  
<https://pacificspeechctx.my/>

**+6017 - 473 7098**  
enquiry@pacificspeechctx.my



# Attendee Participation in Train the trainers Workshops

- Sponsored 8 teachers working with autistic adolescents in the public schools in Sarawak to attend 2-3 days seminars in Penang taught by overseas autism experts.
- Participants learned evidence based strategies in a structured manner to work on the social communication skills of the neurodiverse individuals in school and community settings
- Good opportunities for teachers from Sarawak to network with other allied health professionals from other states in Malaysia

# UCLA PEERS<sup>®</sup> For Adolescents School-Based Training Seminar – Attendee Feedback

**Chong Fui Fong, SMK Tabuan Jaya, Kuching**

“The quality of the content is superb and informative....I gained vast knowledge in how to help my students with social challenges to make and keep friends. However, in school we are facing multiple groups including autism, ADHD, intellectual disability etc with multiracial students. To implement it, this programme must be modified in order to suit their culture and language....Overall, all the topics that were taught during the training were useful and relevant to apply in my teaching. Kudos to the organizers. I sincerely appreciate MARF for the training....”

**Lin Ying Zhen, SMK Asyakirin, Bintulu**

“...It has provided me with valuable insights into systematic approaches for teaching social skills to individuals with Autism Spectrum Disorder..... I believe my students will be excited to engage in the sessions, especially with the interactive activities outlined in the PEERS syllabus....Overall, this will be a great experience for individuals with special needs to develop social skills and build friendships.”

**Wong En Ji, PPD Sibu**

“As a person working with autistic adolescents, I found this workshop to be an invaluable resource as it provides a comprehensive explanation of social skills needed to be developed in autistic individuals to enable them to succeed in their social life. The workshop offered practical strategies and tips that can be directly applied in everyday life. The strategies were easy to understand and implement. The role-playing exercises were a great way to practice social skills in a safe and supportive setting.”



# Talkabout® Program – Attendee Feedback

## **Shirling Wong, SMK Kidurong, Bintulu**

“...invaluable, especially for higher-functioning and verbal autistic adolescents. The workshop provides targeted strategies for understanding social nuances, enhancing conversational skills, and building confidence in various interactions....essential for students who may grasp language but struggle with social cues and appropriate responses. Tailoring this workshop...makes it especially impactful, allowing them to deepen skills they already possess and use them more effectively...creates a supportive learning environment where these adolescents can practice with peers and gain real-world readiness.”

## **Chong Shu Chyong, SJKC Thai Kwang, Sibul**

“A great course, led by two knowledgeable speakers supported with handouts and activities. It's a structured program for teaching and measuring social skills to our increased numbers of autistic kids. But I think it's more suitable, especially to those high-function verbal kids. An interesting part is that the assessments and activities can be put into practice in our Individual Education Plan. We can always modify or translate to suit the cultures and background of our clients.”

## **Su Li Na, SMK St Joseph, Miri**

“Overall my expectation was it could apply on pupils' behavioural issues in autism. My focus is on their bad habits, etc. However, this program does help me to be aware that we need to build trust and a secure environment for them before they can share their emotion and needs rather than tantrums. I do find I learnt a lot about self-awareness on how to handle pupils with their self-esteem, relationships, friendship and communication.....It will be a good tool for me to use to find the root cause of my pupils' anxiety, emotional problems fear etc. My plan is to give in-house sharing with all the teachers in Miri and I try to apply to a few of my students.”



# WHO Caregiver Skills Training (CST) – BM version by UKM

- Programme Owner : SEAMEO SEN and UKM
- Targets caregivers who look after children with developmental disabilities and delays including autism.
  - To provide caregivers with tools to help their children grow by including them in daily activities and implementing techniques that enhance their communication skills development and reduce challenging behaviour.
- Observed pilot studies 2024
- Discuss potential areas for future collaborations





# Creation Glossary of Terms relevant to ASD community

- Expanded the Glossary, especially for Bahasa Malaysia
- Undertaken by Certified Translator together with inputs from healthcare/allied healthcare professionals

Malaysian Autism Resource Foundation (MARF)

## Translation of Terminologies (BM-Eng-Chi)

Updated November 19, 2024

### Disability-related

<u>Ketidakupayaan</u>	Disability	<u>身心障碍</u>
Orang Kurang Upaya (OKU)	Persons with Disabilities	<u>身心障碍者 / 人士</u>
Kurang upaya pendengaran	Hearing disability	<u>听觉障碍</u>
Kurang upaya Penglihatan	Visual disability	<u>视觉障碍</u>
Kurang upaya Fizikal	Physical disability	<u>肢体障碍</u>
Kurang upaya Pertuturan	Speech disability	<u>言语 / 语言障碍</u>
Kurang upaya Mental	Mental disability	<u>精神障碍</u>
Kurang upaya Pelbagai	Multiple disabilities	<u>多种身心障碍</u>
Kurang upaya Pembelajaran	Learning disability	<u>学习障碍</u>

Kanak-kanak berkeperluan khas	Children with special needs	<u>特殊儿童</u>
Murid-murid berkeperluan khas (MBK)	Students with special needs	<u>特殊需求学生</u>
<u>Rangkuman</u>	<u>Inclusion</u>	<u>融合性</u>
<u>Rangkuman ketidakupayaan</u>	Disability inclusion	<u>身心障碍融合性</u>
<u>Keterangkuman</u>	<u>Inclusivity</u>	
<u>Terangkum/Inklusif</u>	<u>Inclusive</u>	
<u>Pengecualian</u>	Exclusion	<u>排斥性 / 豁免</u>
<u>Pengasingan</u>	Segregated	<u>隔离性</u>
Integrasi (Penggabungan)	Integration	<u>整合性</u>
<u>Kebolehsampaian / Persekitaran mudah didatangi</u>	Accessibility/accessible environment	<u>无障碍环境和设施</u>



# Governance and Accountability

- We would like to uphold a high standard of governance and accountability. These principles guide our decisions, and actions, ensuring transparency in all our undertakings.
- Our board of directions comprises experienced professionals with diverse perspectives and skills. Their oversight ensures that our operations are aligned with our missions and ethical standards.
- We intend to publish our annual financial statements and impact reports on the foundation website.

**“Inclusion goes beyond mere acceptance. It requires us to actively advocate for and uplift the voices of those who are often marginalized.**

**Together, we can build a world where every individual has the opportunity to shine and contribute to the extraordinary.”**

**– Ivan Chin**



[marf.org.my](http://marf.org.my)



+6 012 9388115  
marfcoordinator@gmail.com  
Malaysian Autism Resource Foundation  
202301008906 (1502827-T)