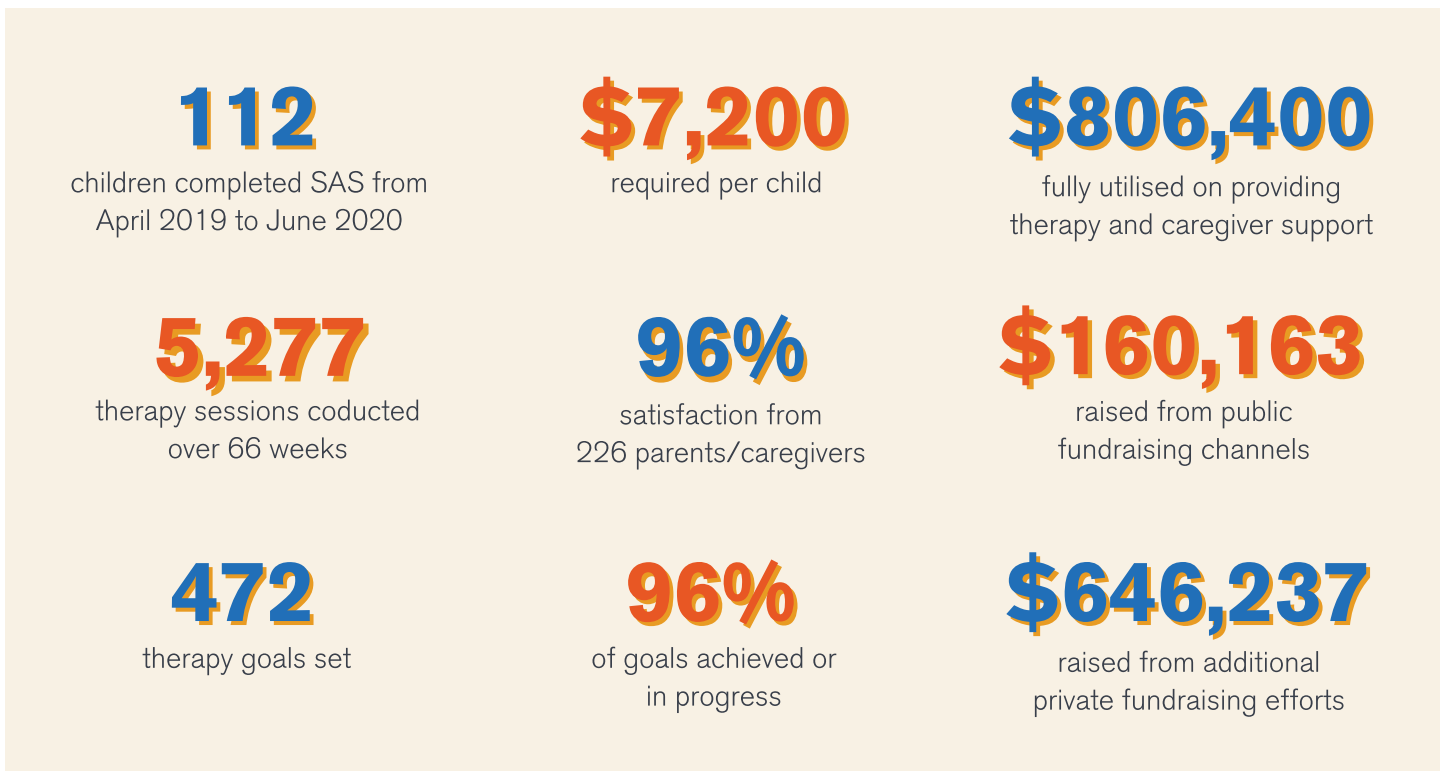


Fully Sponsored Programme for Low-income Families

Targeted at children aged 1 to 12 years old from families on Financial Assistance Schemes, Sponsor A Star (SAS) is a fully sponsored programme that provides up to 48 weeks of child-centric integrated therapy services, exposure to the performing arts, as well as support for parents and caregivers. The programme commenced in April 2019 and concluded in June 2020.

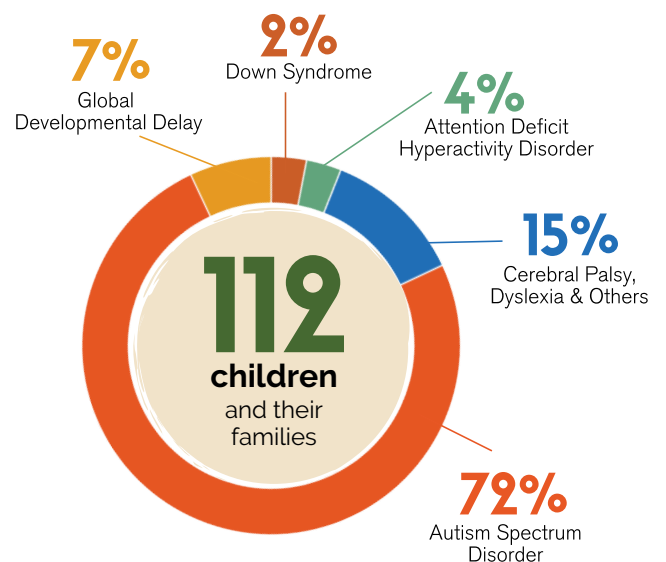


Profile of Beneficiaries

We supported 112 children and 226 caregivers, excluding 9 families who dropped out due to:

- Distance - travel time to centre was too long
- Health - child was unwell for an extended period of time and could not attend the sessions

The profiles of beneficiaries are detailed in the diagram on the right.



Programme Goals

For the purpose of evaluating the programme, a different set of target outcomes was identified for the children and their parents/caregivers.

Therapy goals were discussed with each child's parents/caregivers and set according to each child's needs. A total of 472 therapy goals were set for all 112 children in five different domains/disciplines. The goals are then reviewed in 12 weeks by the multidisciplinary team.

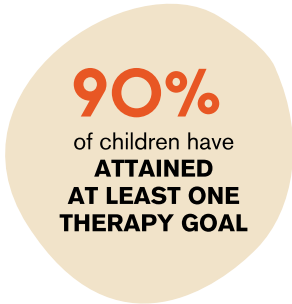
Target Outcomes for Children

By the end of the programme,

At least 75% of the children in the programme will achieve at least one therapy goal and improve from qualitative baseline assessment findings.

At least 50% of the children in the programme will have participated in one performing arts activity conducted by Extra•Ordinary People.

Achieved Outcomes

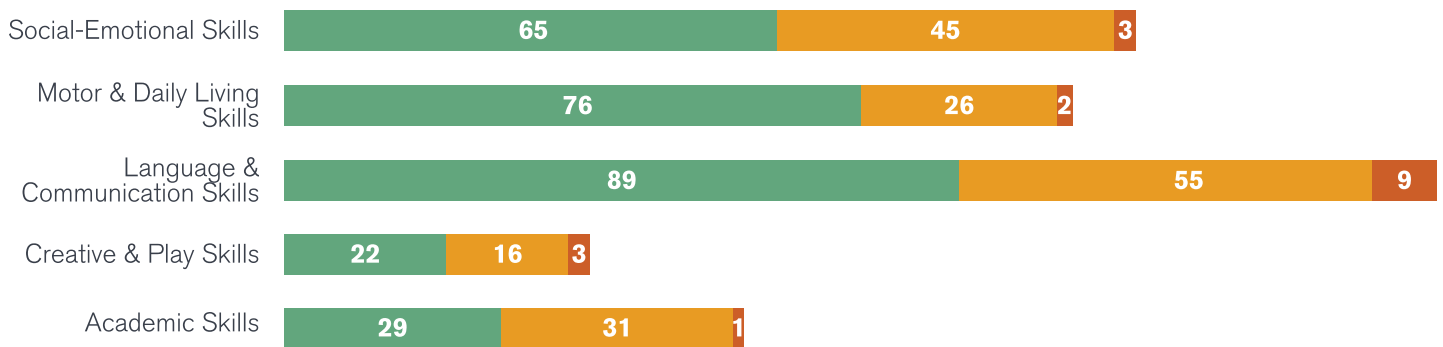


The targeted outcomes for children on the SAS programme were achieved.

A total of 101 (90%) children who underwent the SAS programme achieved at least 1 therapy goal. These 101 children also demonstrated improvements in accordance to the assessment findings used by their respective therapists.

Of the 112 children, a total of 62 (55%) children and families in the SAS programme participated in one Arts activity conducted by Extra•Ordinary People. These activities included a variety of activities, including making music, playing instruments, dance expression, creating stop motion videos and visual arts.

Table 1: Achievement of Therapy Goals (as of 3 June 2020)



■ Achieved

■ In Progress

■ Not Achieved
(Due to irregular attendance arising from COVID-19)

Target Outcomes for Parent/Caregivers

By the end of the programme, at least 75% of parents/caregivers will:

Understand their child's needs better

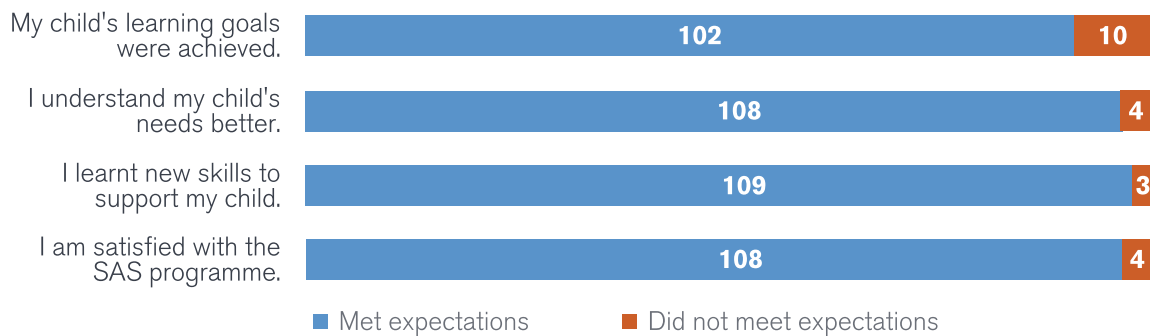
Apply at least one parenting strategy with their child

Be satisfied with the programme

Achieved Outcomes

A post-programme survey was conducted to understand how parents/caregivers felt about the SAS programme. Based on the responses of the parents/caregivers of all 112 children, the targeted outcomes of the SAS programme for parents/caregivers were achieved.

Table 2: Post-programme survey responses



"Grateful to Extra•Ordinary People for taking time to understand my foster daughter and her needs, and tailoring therapy services to best suit her. She enjoys the sessions and learns a lot from them. I am also impressed that despite the Circuit Breaker period, the engagement and therapy did not stop, nor did the quality diminish. If anything, sessions are better and the feedback from therapists both after sessions and in emails are really great."

- Joyce, foster mother of 8-year-old child

Testimonials from Parents/Caregivers

"Our daughter's reading and speaking skills have improved with the therapy sessions. She has also become more confident with each exposure to a new lesson. As the main caregiver, I felt supported with the programmes they offer at the centre. It gave me some respite from my daily routine."

- Rosa, mother of 7-year-old Angeline

"Darius has improved tremendously in his writing skills, and in picking up concepts such as addition and subtraction. The therapists also taught me how to break the skills down into simple steps and guide him along the way. Darius has also picked up skills such as dressing up and brushing his teeth. All these would not happen without the dedicated commitment and guidance from the therapists."

- Mother of 8-year-old Darius

"The therapists gave direct instructions to my child and taught us how we can better support him at home. All therapists use various tools to closely follow up and monitor my child's progress, even during the Circuit Breaker period. The programme also relieves the financial stresses for families with individuals with special needs, like us. Really blessed by the SAS programme!"

- Guo Jing, mother of 8-year-old Xavier

Journeying Forward into Growing Extraordinarily Together

Adapting to COVID-19

- Circuit Breaker commenced 7 April 2020, disallowing face-to-face therapy sessions
- Within one week of preparation, all therapy services were moved online from 8 April 2020 for the first time
- Online therapy was conducted in close consultation with parents/caregivers, with feedback collected after every session to tailor the sessions to each child
- All 112 children successfully attended sessions online from 8 April 2020 till 30 June 2020

Learnings

- Parent/Caregiver involvement is crucial to the child's development
- Online therapy is a viable option for families with difficulty travelling
- Provide regular and positive feedback to parents/caregivers to encourage weekly attendance

Future Plans

- To offer all sessions online (additional to in-person) in view of safety with the current COVID-19 situation, and to ease travelling and logistical burdens on the parents/caregivers
- To create opportunities for social interaction through group therapy
- To integrate creative therapies like Art Therapy and Music Therapy with Occupational and Speech-Language Therapy
- Direct therapy goals towards functional and practical skills like self-regulation, social skills, building inner resilience, and daily living skills

Concluding Remarks

We are very encouraged by the results seen from our SAS programme despite unprecedented changes brought about by the COVID-19 situation.

We will translate our learnings from SAS and COVID-19 into our next programme, Growing Extraordinarily Together, a series of online and in-person group therapy programmes, where we will seek to build the resilience of children and youth with special needs **together with their** parents and caregivers in our next Extra•Ordinary Journey together.