



The U-shaped Administration Block greets patients at the start of their time at the centre. (Left pic) Apart from receiving rehabilitation and treatment, patients gather together for social integration activities.

# A place to heal, rest and learn



More than 2,500 patients have completed a Journey of Healing at the Tun Razak Rehabilitation Centre in Green City of Hang Tuah Jaya in Melaka.

WHERE does one turn to in times of sickness and disability? Fortunately for the 6.8 million workers in Malaysia insured under the Social Security Organisation (Socso), hope has come in the form of the Tun Razak Rehabilitation Centre – a 22ha holistic complex in Green City of Hang Tuah Jaya, Melaka.

The centre helps prepare workers with disabilities to gradually assimilate back into the workforce.

Touted as Southeast Asia's largest rehabilitation complex, it is a state-of-the-art centre offering comprehensive medical and vocational rehabilitation services.

In equal sense, the Tun Razak Rehabilitation Centre is an architectural marvel, which makes it well deserving of the coveted World Gold Award it won in the Purpose Built category at this year's FIABCI World Prix d'Excellence Awards.

Socso chief executive officer Dato Sri Dr Mohammed Azman Aziz Mohammed said the centre, which is fully owned by Socso, an agency under the Human Resources Ministry, employed cutting-edge facilities and high-tech equipment to help insured workers with injuries and diseases return to work and to be socially integrated.

Most medical rehabilitation facilities and vocational training centres are described as depressing places with an atmosphere of despair and anxiety but not the



The soothing sanctuary garden provides peace and rest.

Tun Razak Rehabilitation Centre. It is very different, imbued with a resort-like environment amid a beautiful landscape and lush greenery.

"It was designed and built to exude a sense of calmness and to remove the stigma associated with rehabilitation in the hope of expediting the healing process."

According to Mohammed Azman, the centre architecturally translates the salutogenic and biopsychosocial rehabilitation process called 'Journey to Healing', which comprises the four stages of 'Hope, Heal, Rest and Learn', into clusters of buildings that are sequentially arranged by function.

"These buildings are easily

accessible by pedestrians, wheelchairs and electric buggies through the 'Primary Spine', a 3.35m-wide pathway," he explained.

A patient's journey to healing begins at the Administration Block where one is greeted by a U-shaped building with a soaring portico, designed to instil confidence and impart 'Hope'.

"They then proceed through the primary spine to the 'Heal' stage at the Medical Rehabilitation Block, which is built in the image of a 'healing hand' with the wards and clinics as well as work hardening, industrial rehab, and prosthetics and orthotics centre forming the 'palm' and the therapy blocks as the 'five fingers' representing the sensory centre, aquatic centre,

gymnasium, physiotherapy and occupational therapy centre.

"Each patient benefits from treatments that cover the entire end-to-end spectrum of service from doctors and other rehabilitation professionals.

"All services are supervised and enhanced by high quality medical rehabilitation equipment in robotic therapy and industrial rehab training to achieve maximum recovery," said Mohammed Azman.

Located between the 'five fingers' and 'palm' is a peaceful and soothing sanctuary garden.

It features an eye-catching colourful wall comprising old-style Nyonya tiles and steel roof designed like a handheld folding fan that serves as a wind tunnel.

"The 'Rest' stage provides a comfortable stay for patients at the hostel block with a total of 150 rooms and 300 beds, in addition to 50 beds at the wards.

"As part of the spiritual healing for the Muslims, a Musolla is built opposite the hostel block whereas for non-Muslims, there is a spiritual or quiet room located in the hostels," he added.

The final phase of the rehabilitation journey is located at the Vocational Block.

This is where patients learn new skills in an environment that simulates real-working conditions in order to help them return to work.

"Following medical rehabilitation, patients undergo vocational rehabilitation to gain

additional skills according to their needs and condition so they may find suitable employment thereafter.

"The vocational modules offered include sewing, hospitality, electrical and electronics, graphic design and basic computer skills," Mohammed Azman said.

As an example, the sewing module prepares patients to construct, mend and alter garments and other textile items whereas in the graphic design module, patients learn how to create basic designs using computer software for the printing of advertising and marketing materials.

Patients can learn customer service, communications and housekeeping skills under the hospitality module whereas electrical and electronics skills taught to patients include maintenance, troubleshooting, fitting, testing and repairing of equipment such as mobile phones.

"Since opening on Oct 1, 2014, the centre has helped more than 2,500 workers regain a second chance in life post accident or tragedy.

"By healing patients physically and psychologically as well as equipping them with skills to rejoin the workforce and be socially integrated, Socso Tun Razak Rehabilitation Centre is leading Asia onto a new path," said Mohammed Azman.

For more details, log on to <https://rehab.perkeso.gov.my>.