

# HI-TECH REHAB FOR ‘HURT’ WORKERS

**Socso centre in Melaka has cutting-edge facilities to enable ‘Journey to Healing’, writes NUR AQIDAH AZIZI**

- New Straits Times
- 3 Mar 2019



MOHD Nor Azry Mohd Zain woke up in Hospital Universiti Kebangsaan Malaysia (HUKM) six months ago with a vague memory of the road accident that robbed him of the ability to walk.

In the Aug 12 incident, Mohd Nor Azry, 34, was riding his motorcycle to work when a car from the opposite side skidded and rammed into him.

“It happened so fast. The next thing I know, I was in the ambulance.

“I was told that I fainted for 30 minutes and was severely injured. My left hand and right leg were broken, but I could sense that my injuries were more serious than that,” he says.

His suspicions were proven true. His doctor said he was paralysed from the waist down due to injuries to the spine.

“I was devastated. I never imagined that I would be unable to walk,” says the Kelantan native who previously worked as a technician with a private company.

Hope sprang when he learnt about the Tun Abdul Razak Social Security Organisation (Socso) Rehabilitation Centre here.

The centre, located on a 22ha site in Green City, Hang Tuah Jaya, Melaka, rehabilitates workers with physical disabilities and prepares them for their return to the workforce.

“I have been following the treatments and programmes at the centre since September.

“It has been five months. I am happy that I have been able to regain some strength in my injured arm. I am confident that I will be able to walk again on my own one day,” he tells the New Sunday Times at the centre.

He says the centre does not only provide medical care and physical rehabilitation services, but also helps people like him return to work and rejoin society following injuries and diseases.

“The programmes at the centre also focus on patients’ mental health. They lift our spirits and provide social support to help us restart our lives with reduced physical abilities,” says Azry, a father of two children aged 3 and 4.

“I want to walk again and get back to work so that I can provide for my family. My wife and kids are my motivation.”

For Shakrani Abas, 57, who began using a wheelchair due to partial paralysis on the right side of the body following two strokes last year, the centre has helped him rebuild his strength, mentally and physically.

“I have been here for two weeks and I am happy to say that I can see progress,” says Shakrani, who was a postman with Pos Malaysia in Segamat.

His commitment to return to work and lead a normal life was recharged after going to the centre, but he was reluctant at first.

“My wife and kids encouraged me to come to the centre. I remember feeling so emotional as I was in disbelief,” says Shakrani, who has three children aged 21 to 28.

Accompanied by his wife, Siti Jamilah Ahmad, 49, at the centre, Shakrani says he is expected to complete his treatment at the

The centre’s deputy director of administration, Edmund Chong, says the state-of-the-art centre offers comprehensive medical and vocational rehabilitation services with cutting-edge facilities and high-tech equipment to help insured workers with injuries and diseases return to work and society.

“We use robotics to induce limb mobility in those with spinal injuries.”

He says the centre’s hydrotherapy pool allows its depth to be adjusted via a computerised system, one of the many high-tech equipment used for rehabilitation programmes at the centre.

He says the centre’s architecture symbolises the rehabilitation process and is called the “Journey to Healing”.

“It comprises the four stages of the process, namely hope, heal, rest and learn, which are turned into clusters of buildings and sequentially arranged by function.”

The centre’s administration block symbolises “hope”. The medical rehabilitation block, symbolising “heal”, was built in the image of a healing hand.

“The block has five sections to dedicate to different types of therapies — the sensory centre, aquatic centre, gymnasium, physiotherapy and occupational therapy centre,” Chong says.

He says the centre's hostel, symbolising "rest", can accommodate up to 350 people.

"The last block, (symbolising) 'learn', is where patients develop new skills according to their needs in a simulated real-life work environment."

The vocational programmes offered at the centre include hospitality, electrical and electronics, sewing, graphic design and basic computer skills, he says.

"Food and accommodation are provided at no extra cost for the caretaker of the patient, following doctor's recommendation," he says, adding that the centre also provides counselling to patients between treatments.

"At Tun Abdul Razak Rehabilitation Centre, we do not only focus on getting workers back on track physically, but we also prepare them mentally, spiritually and emotionally."

# A resort-like environment to help workers heal

- New Straits Times
- 3 Mar 2019



**A patient working out at the Tun Abdul Razak Social Security Organisation Rehabilitation Centre.**

Touted as Southeast Asia's largest rehabilitation facility, the Tun Abdul Razak Social Security Organisation (Socso) Rehabilitation Centre offers more than just state-of-the-art medical and vocational rehabilitation services.

When you step into the sprawling facility, you will be amazed by its lush resort-like environment and beautiful landscape that exudes calm and tranquility.

Socso chief executive officer Datuk Seri Dr Mohammed Azman Aziz Mohammed says the carefully planned design is intended to create an exclusive environment, one that will help in the recovery process for workers in need.

“The environment should be that way because we want workers to feel that they don’t need anything else as everything is provided at the centre.”

He says the centre hopes to give the best services to aid in the recovery process.

“Everything, from the architecture, design, facilities, equipment, the landscape, to the team behind it, is put together to give hope to workers to return to full employment and earn a living.”

The centre has won accolades for its design and facilities, including the coveted World Gold Award in the Purpose Built category at last year’s FIABCI World Prix d’Excellence Awards. It was also picked as Malaysia’s Healthiest Workplace 2018, Highly Commended Award and the Healthiest Employer 2018. Last year, it won an award under the Small Organisation Category by AIA Vitality.

The construction of the centre on a 22ha site began in October 2014 following a successful programme by Socso to help injured and sick workers return to work.

“From the programme, we talked about setting up a centre that has everything under one roof.

“The Melaka government was impressed with the idea and gave a piece of land to set up the centre,” Azman says.

He says the buildings are accessible to pedestrians, wheelchair users and electric buggy users through its 3.35m-wide pathway that resembles the human spine.

“The pathway leads to the centre’s Medical Rehabilitation Block, where workers receive treatment according to their injuries and needs.”

He says all services at the block are equipped with high-end medical rehabilitation equipment, including robotic therapy and industrial rehab training, to allow workers to achieve maximum recovery.

“Malaysia is among the top three countries in the world after Japan and Germany to have such advanced technology and equipment in providing rehabilitation for various injuries and illnesses.”

Azman says it is not easy to get workers to go for physical rehabilitation.

“Some don’t want to leave the comfort of their home and be separated from their family.

“Others think they can no longer enjoy their favourite food. The list goes on.

“However, it is our job to help them because we want them to be able to return to work.”

Testimony from workers about the centre’s good work has convince others who need help to sign up and contributed to raising awareness about the centre.

“We are receiving many applications from people and have to screen them for eligibility.”

He says the centre will prioritise those with severe injuries and illnesses, as well as young people who can contribute to their family and society.

He says Socso will continue to offer the best services and hopes the centre can be expanded to benefit more people.

Malaysia is among the top three countries in the world after Japan and Germany to have such advanced technology and equipment in providing rehabilitation for various injuries and illnesses.