“Dialysis does not stop me from working. I can still lead a normal life.”

Mr Aris Abdul Kadir, 66
Kidney patient at Simei Dialysis Centre
NKF launched the Patient Employment Rehabilitation Programme on 24 November 2015 to help patients find suitable employment within the Foundation or with external employers. NKF has successfully employed 18 patients, actively playing the roles of Administrative Assistant, Exercise Assistant, Patient Relations Officer and Peritoneal Dialysis Care Assistant. The programme was made possible with a generous gift of $2.3 million by the Kwan Im Thong Hood Cho Temple.

“We're looking at it as rehab because when patients start to work, they gain a lot of dignity and self-worth. And what better way than to have patients look after patients...we should set the example, if we want people to employ our patients then we should show them that they can work.”

Edmund Kwok, NKF CEO

"Even though we are suffering from this disease (kidney failure), we still can do good jobs.”
Mr Tan Eu Cheng, patient relations officer at Serangoon dialysis centre.

Being gainfully employed contributes to patient’s quality of life

Mr Aris Abdul Kadir, 66, is a kidney patient from Simei dialysis centre. Aris has been on dialysis for 5 years. Despite being a kidney patient, he holds a full-time job as an environmental health officer in National Environment Agency for the last 41 years.

Aris enjoys working and takes pride in his job. He supervises a team, working with them to address different challenges at work daily. His job requires him to perform vector control and investigations into infectious disease outbreaks around the neighbourhood. When he found out his kidneys had failed, Aris disclosed his condition to his supervisor. To his surprise, NFA encouraged him to continue working and rearranged his working schedule to fit the dialysis timings.

"NFA has helped me tremendously. I am able to support my family financially. My supervisors also often check on me to see if I am coping well. I am deeply thankful for their concerns,” said Aris.

Aris’s health has improved gradually over the years, empowering him to perform his job effectively. He will go for his dialysis treatment on alternate afternoons and make up for the time lost by working on Saturdays.

"I lead an active lifestyle. I have made many friends at work and I enjoy working with them,” said Aris. He does not want to retire and will continue to serve for as long as he can. Juggling dialysis and work might be tough, but with a positive mindset, Aris is able to cope and take good care of his health.

Aris was awarded the NKF Courage Award for his long service with NEA during the Launch of NKF’s Patient Employment Rehabilitation Programme.

NKF continues to offer holistic care to our patients through social gatherings and weekly exercise classes.

"It is very important for me to attend NKF exercise classes on a regular basis so that I can remain fit and healthy.”

Mr Tan Eu Cheng, patient relations officer at Serangoon dialysis centre.

LAUNCH OF PATIENT EMPLOYMENT REHABILITATION PROGRAMME

EXTRAORDINARY EMPLOYERS & PATIENTS COURAGE AWARDS

<table>
<thead>
<tr>
<th>PATIENT</th>
<th>ORGANISATION</th>
<th>YEARS IN SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Supaya S/O Main</td>
<td>National Environment Agency</td>
<td>45 years</td>
</tr>
<tr>
<td>Mr Aris Abdul Kadir</td>
<td>National Environment Agency</td>
<td>41 years</td>
</tr>
<tr>
<td>Mdm Chew Jui Cart Hwee</td>
<td>NTUC Fairprice Co-operative Ltd</td>
<td>37 years</td>
</tr>
<tr>
<td>Mdm Sandra Tay Gek Kiang</td>
<td>DBS Bank Ltd</td>
<td>35 years</td>
</tr>
<tr>
<td>Mr Albert Teo</td>
<td>People’s Association</td>
<td>31 years</td>
</tr>
<tr>
<td>Ms Hoe Foo Hoo Kelyn</td>
<td>Austen Maritime Services Pte Ltd</td>
<td>21 years</td>
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</tbody>
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Join us as an Advocate!
For more information, call us at 9380 4094

Patient outings to Gardens by the Bay brought joy to patients as they enjoyed the flora and fauna in the serene ambience with their nurses and other patient advocates.
NKF showed its appreciation for all volunteers on Volunteer Appreciation Day on 24 October 2015 at NKF HQ.

As the volunteers stepped into the main entrance of the NKF building, they were greeted with loud cheers and whistling from the patients who were waiting to welcome them. Volunteers were invited to participate in a meaningful project – The Gift of Warmth. They were given a pair of socks to fold and to write an encouraging message. The socks and messages will be given to patients in the Grains of Hope programme.

“Volunteering with NKF has been very meaningful as I get the opportunity to interact with and relate to kidney patients on a personal level. I enjoy offering a listening ear to them, and can always feel their appreciation for my time spent with them!”
- Mr Issac Lee

We are deeply thankful to all our volunteers for giving of their time and efforts to brighten up the days of our patients. They are truly our superheroes and superheroines!