



AdaptAbility Centre

**We
don't
fix.
We
adapt.**

 6017 - 289 6020
6012 - 427 9070

 adaptabilitymy@gmail.com

 <https://adaptabilitymy.com/>

 AdaptAbility Centre (aka Synchro Training Centre)



**Information
Booklet**

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*First,
Come to me,
Learn about me.
Then,
invite me to learn
about you,
and your world'*

– Brunei Play & Connect Parent Group (2017)



AAC PHILOSOPHY



Our core philosophy is that each child is unique and they make sense of our world in their own learning styles. One child may need to move their body (Kinesthetic learning style) to learn, while others may need to see (Visual Learner) or experience the learning process. Therefore, the old 'One-size-fits-all' method will not produce optimal outcomes for them.

AdaptAbility Centre (also known as Synchro Training Centre), believes we are now experiencing a paradigm shift in the field through these special children who are moving us to approach 'Teaching and Learning' in a new way – by meeting them from the vantage point of capacity (Anew Autism). This includes all aspects of growth: Body, mind, emotion and spirit; which are interrelated and interconnected components.

A child needs stability and balance in all areas for lasting progress.



AAC BACKGROUND

Teacher Uma (AAC Founder) was a mainstream 'O' Level language teacher with the Ministry of Education in Brunei when her son was diagnosed with Autism in 2006. She spent the following years learning and practising various Early Intervention (EI) methods, including Sensory Integration, ABA, SonRise, Yoga, Energy Healing, Drama for Autism, Neuro-dramatic Play, Meditation, and more. In 2012, she completed her Master's (MEd in Special Education) with a thesis on Autism and Communication.

Through these fifteen years of practice, observation, and ongoing research, an important discovery of the Total Communication (TC) technique was made, which makes early intervention more effective and successful. It provides room for the teaching and learning process to become purely Child-Centred

With the success of communication through the Total Communication Technique, the Synchro Training Centre (now known as the AdaptAbility Centre) – a space for young adults with Special Needs – was born in 2023. After a year of successful operations, the centre is now looking to expand its services to include Early Intervention day programmes due to popular demand. We are eager to share our one-of-a-kind technique with parents who are looking for an Early Intervention program that will foster a deeper parent/child connection, as well as have an increased ability to adapt to our world in their special way.



OUR PROGRAMS

Independent Living Skills Training Program (For 18 Years & Above)

The Independent Living Skills Training Program aims to equip young adults with the essential skills and confidence needed to navigate their path towards greater independence, fostering a sense of accomplishment and self-assurance for both the individuals and their families.



Vocational Training:

Preparing for the future is essential, and our Vocational Training program equips young adults with practical skills and knowledge for the workplace. Through hands-on training, workshops, and real-world experiences, we help them explore different career paths, develop job-related skills, and build confidence in their abilities. This program opens doors to employment opportunities and empowers them to pursue their career goals.



Chores Training:

Remember how satisfying it felt to cook your first meal or perfectly iron a shirt? We want your child to experience that same pride and accomplishment. Our Chores Training program equips young adults with essential life skills like food preparation, laundry, bed-making, and even floor vacuuming. By mastering these tasks, they'll gain confidence in their abilities and contribute to a smoothly running household.



Independent Living Skills Training Program



Physical Exercise Training:

A healthy body and mind are the foundation of a happy life. Our Physical Exercise Training program combines physical activities, deep breathing exercises, relaxation techniques, and guidance on maintaining a balanced diet. By incorporating regular exercise and healthy habits, young adults can enhance their physical well-being, reduce stress, and improve their overall quality of life.



Community Adaptation Training

Navigating the community with confidence is a significant step towards independence. Our Community Adaptation program is designed to empower young adults to thrive in various social settings. We cover essential skills like ordering at restaurants, understanding different services (like dentists and barbers), utilizing public transportation, managing money, and following schedules. By practicing these skills in real-world scenarios, young adults gain the confidence to navigate their community independently.



Leisure Skills Training

Life isn't just about work and responsibilities; it's also about being able to enjoy hobbies and leisure activities when we have free time. Our Leisure Skills Training program introduces young adults to a variety of engaging options, from drama and sports to games. By exploring different hobbies, they can discover new passions, develop their talents, and make the most of their free time in fulfilling ways.



Independent Living Skills Training Program



Self-Care Training:

This program is meticulously designed to teach vital life skills, enabling your child to take better care of themselves and, recognize potential threats in their environment – from fire and sharp objects to harmful chemicals and even strangers. We cover personal hygiene, dressing, and safety awareness, fostering independence and self-assurance.



Social Interaction Training:

Building meaningful connections is essential for a fulfilling life. Our Social Interaction Training focuses on developing crucial social skills, including understanding emotions, expressing gratitude, managing anger, and fostering lasting friendships with people from diverse backgrounds. Through interactive activities and role-playing, we create a supportive environment for young adults to practice and refine their communication and interpersonal abilities.



Early Intervention

Total Communication Program

Do you constantly find yourself struggling to communicate with your child? You're not alone. Many parents – like you – face the same struggles every day. Introducing our unique One-to-One Early Intervention Behaviour Communication Program that empowers you to understand and connect with your kids on a deeper level. This tailored program covers the three main domains of autism – Behaviour, Communication, and Social Skills. We integrate various communication strategies such as Alternative Augmentative Communication (AAC).

WHEN YOUR CHILD JOINS THIS PROGRAM, YOU'LL GET

- An in-depth assessment of your child's existing communication skills
- Guided communication sessions involving both parents and child
- Session updates after each class
- A handy guide for parents on visual communication material preparation
- Continuous monitoring of your child's behaviour and communication
- A detailed term report highlighting your child's progress in behaviour and communication

THIS UNIQUE PROGRAM TARGETS COMMUNICATION ISSUES BY

- Helping you pick and master a communication method suitable for your child and family
- Empowering you to communicate effectively with your non-speaking or pre-verbal child
- Aiding you in preparing communication materials (e.g., visual cards, social stories) for home use





Other Services

EMOTIONAL RESILIENCE ENRICHMENT PROGRAM

A safe and supportive space for students of all ages and abilities to learn lifelong skills for emotional well-being.

For: Students facing emotional or behavioral challenges at home / school
Special needs and/or typical students from mainstream schools
Individuals or groups

What will you gain?

- Tools to better understand and manage your emotions
- Strategies for self-regulation and stress reduction
- Increased confidence and self-esteem
- Improved relationships with others
- A sense of empowerment and control over your emotional life

Our goal

To empower individuals to develop effective self-regulation and coping skills within a supportive community, fostering emotional resilience and a sense of belonging for all.





PARENTS EMPOWERMENT PROGRAM

A gateway for parents who had been seeking answers for 'what' and 'why' autism. This is an inner journey to understand the other side of your child's world and to unlock the abundance of peace and power of autism. Rediscover joy and resilience in your parenting journey. Our supportive program provides a safe space for parents to reconnect to their core selves to bring out inner peace, share experiences, learn coping strategies, and find renewed strength amidst the challenges of raising a child with special needs.

Some of our techniques include :

- Deep Breathing
- Meditation
- Practicing Silence
- Mindfulness
- Being in the Present Moment





Consultation

Gain expert guidance and support tailored to your child's unique needs. Our experienced professionals offer personalized consultations to help you navigate the complexities of autism, answer your questions, and develop a customized plan for your child's success.



Respite Care

Take a well-deserved break while your child receives compassionate and engaging care in a safe environment. Our respite care services offer temporary relief for parents, providing opportunities for self-care, rest, and rejuvenation.





Why Choose Us

Behaviour

Communication
We foster deep connections to unlock your child's unique voice, whether verbal or nonverbal, through play, mindfulness, and parent coaching.

Holistic

Nurturing mind, body, and spirit for your child's unique journey. Because true progress happens when everything connects.

Multi-Method

We blend proven methods for a personalized approach that fits your child's needs in addition to our specialized method; the Total Communication (TC) technique.





Who is this program for :

This program is ideally suited for children:

- With challenging behaviors
- Diagnosed with Autism
- With communication impairments
- Undergoing communication regression
- Who need 'Communication Partners'

With this program, you can expect to:

- Connect with your children with ease
- Experience more meaningful two-way communication
- See a reduction in your child's autistic behaviors
- Witness your child being more open for social interaction
- See your child becoming noticeably calmer & happier

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CONTACT INFORMATION

Work Hours

Mon-Fri: 9.00 am – 3.00 pm

Sat-Sun: Closed

Public Holidays: Closed



6017-2896020 (Office)
6012-427 9070 (Teacher Uma)



adaptabilitymy@gmail.com



<https://adaptabilitymy.com/>
<https://www.facebook.com/AdaptAbilityCentre?mibextid=ZbWKwL>



13-2, Jln Elektron U16/E, Denai Alam, 40160 Shah Alam,
Selangor, Malaysia.

"Autism
is an invitation
to a journey on
the road less travelled.
Welcome aboard"

– Teacher Uma, AAC Founder



AdaptAbility Centre

Anew Autism