

News Coverage

Straits Times
24 September 2023, Sunday
Page A2



Mr Ismail Didih Ibrahim said his nine-month jail sentence opened his eyes to the lives of men behind bars and he is now focused on giving them a second chance. ST PHOTO AZMI AHMED

Ex-convict sets up eatery to help other former prisoners

Mr Ismail Didih Ibrahim's rage once had such a strong hold on him that he threw a Molotov cocktail at his former wife's house and was jailed. Today, the 38-year-old is a changed man. After his release from prison, he opened a nasi padang stall about two months ago and hired former convicts to run it. Mr Ismail, whose family runs the popular nasi padang restaurant, Eji Maimunah, said his nine-month jail sentence opened his eyes to the lives of men behind bars. Many of them have parents who were abusive, or fathers who were repeatedly incarcerated. In turn, the men followed in their fathers' footsteps. He said: "My focus is to give former convicts, especially those from the Brotherhood programme, a sec-

ond chance. I want to give them the opportunity to develop new skills and to give them a living wage, so they don't have to go back to illegal methods (to make a living)". The Brotherhood programme is a support group for men who have hurt their loved ones, said Mr Ben Ang, principal social worker at Theye Hua Kwan (THK) Family Services. THK started the programme in 2019 to help the men better understand the roots of their violence, and to give them the skills they need to better manage their anger and other emotions. Mr Ismail has hired two men to help run the stall. Both are former convicts, and one of them, a fellow member of the Brotherhood programme, spent over 30 years behind bars for

a string of serious offences. Mr Ismail, who has a Master of Business Administration, joined the Brotherhood programme in 2021. While he said he never laid hands on his former wife during their short marriage, the anger and resentment he felt towards her continued even after their divorce. "Things came to a head when he 'went berserk' after serving a 14-day quarantine during the height of the Covid-19 pandemic in 2020. He was unable to see his psychologist at the time for his mental health issues and what quickly followed was the Molotov cocktail incident. "I was someone who suppressed my anger but when it blew up, it blew up very hard," said Mr Ismail. No one was physically hurt, al-

though the house was damaged. The Brotherhood programme was a lifeline and taught him how to manage his anger. It also helped him learn more about himself. Mr Ismail, who has since remarried, said: "The most useful thing I receive from the brothers. I know there will always be someone who will make time for me if I need it. Everyone has critical moments when they just need someone to talk to." One of his staff is JG (not his real name), a 52-year-old who has spent over 30 years behind bars for seven sentences. It includes jail terms for drugs, racing, and harassing and assaulting his former wife. The former gang member, who left school after Primary 5, is

thankful to Mr Ismail for hiring him as a stall assistant. "I'm happy here as I feel Ismail understands me," JG said. "It's not easy for me with a violent record to get a job. People are scared (to hire me)." JG said he had a very short fuse and was prone to violent fights. The Brotherhood programme taught him how to manage his temper. It gave him a "second home", with the love and support shown by the other men in it. And, crucially, it also strengthened his resolve to change for good. JG recently brought his mother to a session of the programme for family members. He knelt down in front of the elderly woman and kissed her feet. "I wanted to ask for my mother's forgiveness, as I was in and out of

ENCOURAGE AND SUPPORT

The most useful thing is the encouragement and support I receive from the brothers. I know there will always be someone who will make time for me if I need it. Everyone has critical moments when they just need someone to talk to.



MR ISMAIL DIDIH IBRAHIM, on the Brotherhood programme, a support group for men who have hurt their loved ones (in) by Theye Hua Kwan (THK) Family Services.

jail and had tried to kill myself," he said.

The men join the programme of their own accord and Mr Ang from THK said it helps them be accountable for their actions. It also helps them repair relationships torn apart by abuse.

There are currently over 40 men in the Brotherhood programme and many of them have abused their wives or former wives. Many of them were also either abused by their fathers, or had fathers who abused their mothers.

Mr Ang said the men learnt to be abusive from their fathers, and he counts on the programme to break the inter-generational cycle of violence.

Seven months ago, THK set up a Time-Out Fund to pay for a budget hotel stay of up to three days for men who feel they are on the verge of violence.

"When violence happens, it is the women and children who are removed from the home. It should be the men who leave (the home)," Mr Ang said.

"So we started this lifeline. When the brothers are in conflict, instead of hitting their wives, they call us and they get out of their house for a few days to calm down."

During the time-out, social workers would calm the men down and come up with a plan to keep the family safe, among other actions.

Mr Ang said Mr Ismail has grown from being withdrawn when he first joined the programme, to someone who is now like a big brother to the other men.

He said: "One of the most significant changes in Ismail is that he wants to contribute to society and to help others."

Theresa Tan

Summary of news article

Ex-convict sets up eatery to help other former prisoners

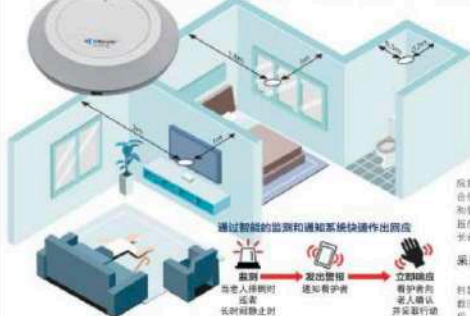
Straits Times featured Mr Ismail Didih, a member of the **THK** Brotherhood programme. In 2021, he joined the programme to seek help to manage his anger and appreciate the support he receives from the brothers. He recently set up a nasi padang stall to help others like him. Mr Ben Ang, Principal Social Worker from **THK** Family Services, shared that there are currently 40 men in the programme.

实况报道
王瑞莹
Reporter@zhq.com.sg

在新加坡，每年有大约三分之一的65岁及以上老年人有跌倒的经历。跌倒可能导致骨折或头部受伤等严重后果，甚至可能失去日常生活的自理能力。随着新加坡社会老龄化趋势持续加剧，开发能够实时监测独居老人行动，并有效预防跌倒的系统和技术尤为重要。数码科技技术的应用不仅可以预防跌倒这种状况，还有助于减轻老年护理行业长期存在的人力短缺问题，从而释放更多人力资源，用于其他更需要人与人接触的工作上。

实时追踪 一摔倒就发警报

科技监测助独居老人居家养老



在新加坡管理13个活跃服务中心的太利健康机构正在同本地一家科技公司合作，在本地独居老人家中安装一种名为P5系统的健康监测设备。该系统可以实时追踪老年人的行动轨迹，并在一旦检测到异常时立即发出警报。该系统旨在帮助独居老人及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。

开发这个系统的本地科技公司瑞建家(瑞建 Home)是由在加坡运营的医疗科技公司瑞建家与本地一家科技公司合作。瑞建家是一家专注于为老年人提供健康监测和跌倒预防解决方案的公司。瑞建家与本地一家科技公司合作，在本地独居老人家中安装一种名为P5系统的健康监测设备。该系统可以实时追踪老年人的行动轨迹，并在一旦检测到异常时立即发出警报。该系统旨在帮助独居老人及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。

瑞建家公司首席执行官王瑞莹表示，公司创始人王仁曾医生在临床工作多年，见过太多老人跌倒受伤的情况。有些老人跌倒后无法及时求救，导致病情加重。因此，公司开发了这款P5系统，旨在帮助老人及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。

雷达监测足够私密 换衣冲凉不会被看到

老年人跌倒不仅导致身体伤害，还可能引发心理问题。他们可能会感到自尊心再次受损，因此限制了自己的活动范围，进而影响生活质量。因此，开发能够实时监测独居老人行动，并有效预防跌倒的系统和技术尤为重要。数码科技技术的应用不仅可以预防跌倒这种状况，还有助于减轻老年护理行业长期存在的人力短缺问题，从而释放更多人力资源，用于其他更需要人与人接触的工作上。

运用科技解决人手紧缺问题

随着老龄化趋势加剧，老年护理工作面临巨大挑战。护理人员短缺问题日益严重，给老年人的生活带来了极大的不便。因此，开发能够实时监测独居老人行动，并有效预防跌倒的系统和技术尤为重要。数码科技技术的应用不仅可以预防跌倒这种状况，还有助于减轻老年护理行业长期存在的人力短缺问题，从而释放更多人力资源，用于其他更需要人与人接触的工作上。

按客户需求量身定制方案和监测配套

瑞建家公司首席执行官王瑞莹表示，公司创始人王仁曾医生在临床工作多年，见过太多老人跌倒受伤的情况。有些老人跌倒后无法及时求救，导致病情加重。因此，公司开发了这款P5系统，旨在帮助老人及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。

试用系统后觉得特别安心

79岁的苏亚妮最近正在试用瑞建家的P5系统。她觉得这个系统非常实用，能够帮助她及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测她的日常活动量，帮助护理人员了解她的健康状况。她觉得这个系统非常实用，能够帮助她及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测她的日常活动量，帮助护理人员了解她的健康状况。

瑞建家公司为老年人提供跌倒预防和生命体征监测的解决方案

- 当老人跌倒时，系统会自动发出警报，通知家人或护理人员前往查看。
- 系统可以实时追踪老年人的行动轨迹，并在一旦检测到异常时立即发出警报。
- 系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。
- 系统还可以与护理人员沟通，提供个性化的护理建议。

瑞建家公司首席执行官王瑞莹表示

公司创始人王仁曾医生在临床工作多年，见过太多老人跌倒受伤的情况。有些老人跌倒后无法及时求救，导致病情加重。因此，公司开发了这款P5系统，旨在帮助老人及时发现跌倒等紧急情况，并通知家人或护理人员前往查看。此外，该系统还可以监测老人的日常活动量，帮助护理人员了解老人的健康状况。该系统还可以与护理人员沟通，提供个性化的护理建议。该系统还可以与护理人员沟通，提供个性化的护理建议。

Summary translation of news article

Leveraging on technology to support manpower shortage

In the news feature by Lianhe Zaobao, the shortage of manpower is a common issue amongst other organisations. With the increasing number of seniors, Mr Dennis Oen, Senior Operations Manager, shared that **THKMC** is actively exploring on the use of technology to support staff, so that they may focus on other vulnerable seniors.

The RS fall monitoring system is currently in its initial phase with 20 seniors being invited by **THKMC** to participate in the programme. **THKMC** serves about 10,000 seniors across Singapore, with 78% of them living alone.