

No. 3 / 2025

# LMED

# BULL'

FACULTY OF MEDICINE UTM



eISSN 2805-4628

9 772 80 546 20 00

**PARTICIPANTS** listen to the DREAMS talk on 12<sup>th</sup> of July.

## DREAMS: DIAGNOSIS, RIGHTS, EDUCATION, AVAILABLE AID, MENTAL HEALTH SUPPORT, SOCIAL SUPPORT

**DR. HANIZAH** delivering her talk title- Education for Parents: *Pengurusan Tingkah Laku Anak-anak.*



Dr. Nor Hidayah Jaris, Dr. Iman Mohamed Ali, Dr. Nurul Aqma Mohd Kamil, Dr. Anie Farhana Ngimron, Dr. Aiza Nur Izdihar Zainal Abidin, Dr. Hayatul Nawwar Miptah, Datin Dr. Haizlene Abd Halim & Prof. Dr. Salmi Razali

**L**ack of information on the support and services related to children with learning disabilities significantly impacts the mental health of parents and caregivers. Limited knowledge and support not only make it difficult for them to understand their child's condition but also restrict their ability to seek early intervention and fully utilise the resources necessary to support their child's development<sup>1</sup>. The inadequacy contributes to more significant psychological distress, such as stress, anxiety, and depression<sup>2,3</sup>.

To address this gap, the Department of Psychiatry, Department of Rehabilitation Medicine, Department of Primary Care Medicine, Palliative Care & Patient Support Unit, Department of Medicine at Faculty of Medicine & Hospital Al-Sultan Abdullah (HASA), in collaboration



**PARTICIPANTS** listen to Dr. Hanizah's talk on 23<sup>rd</sup> of August 2025.

with IKRAM Health Malaysia and Belia Berkaliber Malaysia, organised DREAMS, a program that aimed to provide education and empower the mental health of parents and caregivers of children with learning disabilities.

The DREAMS program, held in two sessions on 12 July and 23 August 2025 at INK Library Café, Eco Grandeur Puncak Alam, brought together 30 parents and caregivers for

**DR SAKINAH**  
delivering her talk  
titled Mental Health  
Support: *Sakongan  
Kesihatan Mental  
untuk Ibu Bapa dan  
Penjaga.*

an empowering learning experience. Participants were guided on the importance of early assessment and timely diagnosis, the rights of children with disabilities and their access to education in Malaysia, practical parenting skills for behaviour management, strategies to care for their own mental health and family wellbeing, and ways to build strong community support networks.





**PROFESSOR DR. NURAI SYAH CHUA ABDULLAH** delivering her talk titled *Rights: Hak dan Undang-undang Anak Kelainan Upaya.*



**DR. YUSMA** delivering her talk titled *Diagnosis Awal dan Tepat.*



**ENCIK ZULHAFIZSYAM** delivering his talk titled *Education: Pendidikan Anak-anak Peringkat Rendah dan Tinggi.*



**CIK UMMUL HADHIRAH** delivering her talk titled *Education for Parents: Keperluan Anak-anak Sebelum Ke Sekolah.*



**ENCIK MUHAMAD ZAIFOL** delivering his talk titled *Available Aid: Bantuan yang disediakan untuk anak-anak.*

This multidisciplinary program was delivered by experts from various fields, including a paediatrician, a law lecturer, a special education teacher, a social welfare officer, an occupational therapist, a behavioural therapist, a clinical psychologist, and experienced parents.

A DREAMS guidebook

was also developed in conjunction with the program and distributed to participants at the end of the sessions. This book comprises information, references, practical steps, and experiences to serve as a guide for parents, not only to enhance their knowledge but also to provide motivation to

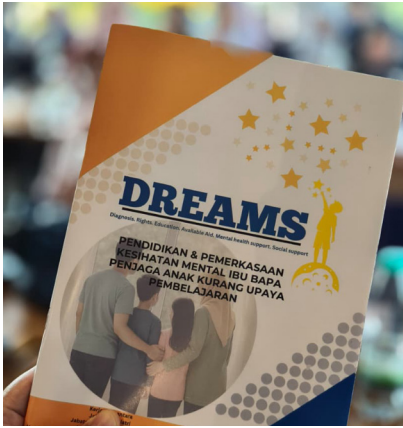


This multidisciplinary program was delivered by experts from various fields, including a paediatrician, a law lecturer, a special education teacher, a social welfare officer, an occupational therapist, a behavioural therapist, a clinical psychologist, and experienced parents.

move forward with their beloved children.

The program received positive feedback from parents, including:

- “DREAMS was very beneficial as it enhanced my knowledge and provided



**DREAMS** book for the participants during the program.



**DREAMS** Committee with the speakers on the 12 July 2025.

*new insights into the care and education of children with special needs.”*

- *“The program helped me better understand what I can do within my own capacity and offered a new perspective on educating my child.”*

- *“The program provided emotional and social support, helped me understand my child’s behaviour, and became an important support system, especially for new parents.”*

- *“DREAMS was rich with useful information,*



**DREAMS** committee with Assoc. Prof. Dr Nurul Azreen on the 23 August 2025.

*allowed me to build new networks, and served as a motivational boost to continue guiding our special children with enthusiasm.”*

References:

1. Ali MM. Meneroka Cabaran yang Dihadapi oleh Ibu dalam Menguruskan Anak Berkeperluan Khas: Exploring the Challenges Faced by Mothers in Managing Children with Special Needs. *JQSS*. 2020;4(2):63-75. doi:10.33102/JQSS.VOL4NO2.86
2. Osmani K, Stanojkovska-Trajkovska N. Psychological impact on parents and educational strategies for children with developmental disabilities. *Int J Manag Stud Soc Sci Res*. 2024;6(6):174-91. doi:10.56293/ijmssr.2024.5324
3. Rahmi I, Rulanggi R, Mufitasari D, Yapsir A. Caregiver’s mental health of children with learning disabilities: A scoping review. *Inklusi*. 2024;11:223-46. doi:10.14421/ijds.110206



**DREAMS** Participants receive their DREAMS books.