



IWK Health

Pediatric Rehabilitation
Services

The Village News

September's Special Dates

4 - Labour Day

7 – 1st Day of School

8 – 1st Day of school for West Bedford and
West Bedford High

16 – Rosh Hashana

23 – First day of Fall

25 – Yom Kippur

27 – Milad un Nabi (Mawlid) – Tentative
Date

30 – National Day of Truth & Reconciliation

30 – First day of Sukkot

September 2023

- Club Inclusion-Drop-in
Calendar (DRAFT-may change)
- Club Inclusion-Program
Calendar (DRAFT-may change)
- Parents of Complex Children
Support Group
- Interplay Research Study
- Parasport
- McMaster University
Research Study
- Parent Well Being Study
- Rehab Kids Patient
Recruitment Study
- Pediatric Power Wheelchair
user research study
- Cerebral Palsy (CPPain)
Survey
- Recruiting Caregivers of IWK
Rehab patients
- Patients with Complex care
research

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www.iwk.nshealth.ca



CLUB INCLUSION



DROP IN SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	LABOUR DAY 4	5	First Day Back! 6 Afternoon Drop In 3pm to 6pm Summer Sharing Planning Meeting Theatre Club Member's Council	7 Afternoon Drop In 3pm to 6pm Balloon Keep Up Planning Meeting Dance with Tam!	8 Evening Drop In 7pm to 9pm Circle Sharing Music Therapy	9 Afternoon Drop In 1pm to 4pm Monkey in the Middle Backyard Fun! Planning Meeting
10	11 Afternoon Drop In 3pm to 6pm Time Flies Planning Meeting Walking Club	12 Evening Drop In 7pm to 9pm 20 Questions Planning Meeting	13 Afternoon Drop In 3pm to 6pm Theatre Club Member's Council	14 Afternoon Drop In 3pm to 6pm Science Day!	15 Special Event Welcome Back Dance with DJ Ace 7pm to 9pm	16 Afternoon Drop In 1pm to 4pm
17	18 Afternoon Drop In 3pm to 6pm Walking Club	19 Evening Drop In 7pm to 9pm	20 Afternoon Drop In 3pm to 6pm Theatre Club Member's Council	21 Afternoon Drop In 3pm to 6pm	22 Evening Drop In 7pm to 9pm Circle Sharing Music Therapy	23 Afternoon Drop In 1pm to 4pm
24	25 Afternoon Drop In 3pm to 6pm Walking Club	26 Evening Drop In 7pm to 9pm	27 Afternoon Drop In 3pm to 6pm Theatre Club Member's Council	28 Afternoon Drop In 3pm to 6pm Culture Club Learning about Truth and Reconciliation Day	29 Evening Drop In 7pm to 9pm Circle Sharing Music Therapy	30 PROGRAMS CLOSED Truth and Reconciliation Day

Club Inclusion

www.theclubinclusion.com
 Facebook: The Club Inclusion
 Instagram: @clubinclusion
 Twitter: @ClubInclusion

Registration & Fees

Pay As You Go: \$15 per session
 Monthly Membership: \$100 a month
 Registration for Drop In is not required unless stated.

How Can I Join?

To join our Drop In Program please reach out to our Connections Coordinator Linnea
Linnea.clubinclusion@gmail.com

Where to find us

Drop In Club is located at St James Anglican Church Hall, on the Armdale rotary, 2652 Joseph Howe Drive. Fully accessible. Adult change table. Quiet space.

Thank you

Supported by St James Anglican Church, Grace United Church, the United Way of Halifax Region, and generous donors in the community.

General Manager: jackie@theclubinclusion.com
 Connections Coordinator: linnea.clubinclusion@gmail.com
 Skills Development Coordinator: justinm@theclubinclusion.com





PROGRAMS SEPTEMBER 2023

CLUB INCLUSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	LABOUR DAY 4	5	First Day Back! 6 Day Program Halifax 9am to 2:30pm	7 Day Program Halifax 9am to 2:30pm	8 Day Program Halifax 9am to 2:30pm	9 Supper Club Halifax Register Only 4pm to 8pm
10 Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm	11 Day Program Halifax 9am to 2:30pm	12 Day Program Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	13 Day Program Halifax 9am to 2:30pm	14 Day Program Halifax 9am to 2:30pm	15 Day Program Halifax 9am to 2:30pm	16 Club Dartmouth 6:30pm to 8:30pm Welcome Back Party! Planning Club Dartmouth for the year
17 Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm	18 Day Program Halifax 9am to 2:30pm	19 Day Program Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	20 Day Program Halifax 9am to 2:30pm	21 Day Program Halifax 9am to 2:30pm	22 Day Program Halifax 9am to 2:30pm	24 Supper Club Halifax Register Only 4pm to 8pm
24 Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm	25 Day Program Halifax 9am to 2:30pm	26 Day Program Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	27 Day Program Halifax 9am to 2:30pm	28 Day Program Halifax 9am to 2:30pm	29 Day Program Halifax 9am to 2:30pm	30 PROGRAMS CLOSED Truth and Reconciliation Day

Club Inclusion
www.theclubinclusion.com
 Facebook: The Club Inclusion
 Instagram: @clubinclusion
 Twitter: @ClubInclusion

Where to find us

Club Halifax: St James Anglican Church Hall,
 on the Armdale rotary, 2652 Joseph Howe Drive.
 Club Dartmouth: Grace United Church, 70 King St
 Fully accessible. Adult change table. Quiet space.

Thank you

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 Church, the United Way of Halifax Region, and generous
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General Manager: jackie@theclubinclusion.com
 Connections Coordinator: linnea.clubinclusion@gmail.com
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United Way
Halifax

Grace United
Transforming Lives



Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting
Thursday, September 21, 2023
7:00-8:30

**This is a journey that does not have to be taken alone.
We can do this together!**

If you are interested in attending, please contact Jackie Pidduck
jacklynn.pidduck@iwk.nshealth.ca



IMPLEMENTATION OF
INTENSIVE THERAPY FOR
EARLY REACH THROUGH PLAY

Share your **experiences** with **HAND THERAPY**

Complete an online survey about things that may influence early intensive hand therapy for young children with cerebral palsy.

Across Canada, we'd like to hear from:

- **Caregivers** of a child with cerebral palsy under 6 years old.
- **Occupational Therapists** who provide therapy for children with cerebral palsy.
- **Leaders** who manage occupational therapy programs.



Take a picture to participate in the survey

Participants will receive \$25

Questions? Ask us at interplay.study@ucalgary.ca

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB22-1692)

Parasport's in Nova Scotia

Para or Adaptive sports are competitive and/or recreational sports that are accessible to everyone, and can be played by anyone whether living with or without a disability!



Did you know there are tons of Parasport opportunities available in communities all across Nova Scotia? Visit parasportns.com to learn more about all the individual programs that are available across the province!

Examples of Parasport's Available Across Nova Scotia include;

- | | | | |
|--|--------------------|---|------------------------------|
|  | Para Hockey |  | Wheelchair Curling |
|  | Boccia |  | Wheelchair Basketball |
|  | Para-Canoe |  | Ski & Snowboard |
|  | Goalball |  | Powerchair Soccer |

Map of Programs in Nova Scotia



Parasport FAQ's

Do you need to have a specific disability to participate in Parasport programs?

NO! Parasport's are designed to create a more inclusive and accessible sport environment. This means that at a recreational level they are open to participants of all abilities! Depending on your ability, certain sports may provide a better experience than others. You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

** At competitive National levels and above all Parasport's have classification systems to group similar abilities together for competition*

How do I register for a program?

Parasport programs are not provided directly by Sport Nova Scotia, but by a variety of different organizations across the province! Each organization has their own registration process, but a centralized list of programs, links to register, and contact info can be found at www.parasportns.com! If you are having trouble finding the info for a specific sport or program, you can reach out to parasport@sportnovascotia.ca to get started!

What is the cost?

Cost varies program to program depending on the organization providing the program. Most parasport programs in Nova Scotia are low to no cost to register! If cost is a barrier, there are funding options such as KidSport available - <https://kidsportcanada.ca/nova-scotia/provincial-fund/>. There are also a number of municipalities across the province that offer subsidies for sport registration fees for youth.



I don't know what sport would be a good fit for me/ my child?

You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

Is there a parasport program in my community?

There are parasport programs offered in communities all across Nova Scotia! You can find a map and list of available programs at www.parasportns.com!

Are there any options if there is no programs in my community?

Yes! Sport Nova Scotia offers the Parasport Program Loan which loans out the equipment, training and resources for a selection of parasports to eligible organizations to trial them in new communities! To find more info on this program visit <https://www.parasportns.com/parasport-program-loan/> or email parasport@sportnovascotia.ca

Do I need to have my own equipment?

It varies program by program depending on the organization providing the program, but for the vast majority of programs, NO! Most programs provide any specialized equipment such as sport chairs, specialized balls, etc as part of the program.





Calling parents of children with disabilities across Canada for a research study



MPOC 2.0: Field-testing the new MPOC

WHAT IS THE PROJECT ABOUT?

- Researchers at McMaster University have developed a new questionnaire to measure parents' experiences with healthcare services for their children with disabilities. Now we would like to have parents test it out!

WHO CAN PARTICIPATE?

- Parents of a child/youth who has been receiving developmental, medical, or behavioural services for at least 6 months in the past 5 years.
- Parents who have not previously participated in another phase of the MPOC 2.0 study.

WHAT WILL YOU BE ASKED TO DO?

- Complete a set of questions to tell us about your experiences with healthcare services.

Interested in participating?
Want more information?

Contact us at
mpoc2@mcmaster.ca



This study has been reviewed by the Hamilton Integrated Research Ethics Board under project #15702 Version #2 Jan 17 2023



Weekly Health Letters for Parents of Children with Developmental Disabilities

Facts about 90Second Wellbeing:

- 2 short health letters weekly
- Actionable tips to improve wellbeing
- Evidence-based health information
- Free
- ✓ For all parents of children with developmental disabilities (regardless of age)
- ✓ Flexible time commitment
- ✓ Confidential
- ✓ Complete the study and obtain a \$25 gift card

To learn more about this study, visit:

www.parentwellbeing.ca

Contact us at: Parent.Wellbeing@iwk.nshealth.ca

Phone: 1-877-341-8309 [Ext 6]

RECRUITING PATIENTS & FAMILIES IN IWK KIDS REHAB

Are you currently accessing care at the **IWK Kids Rehab Clinic**?

Would you like to **share feedback** about **your experience**?

We will ask you to complete a **1-1.5 hour interview** and you will be **compensated \$50** for your participation

Our research study is looking to interview patients and families about their experience with **goal setting**, the **intake interview**, and **overall functioning of the clinic**

To participate in this study you must be a patient or parent/guardian where...

- The patient has been **accessing care** at the Rehab Clinic for **at least the last 5 years**
- The patient **has not transitioned out of Rehab Clinic**
- The patient and/or parent is **comfortable having a conversation in English**

If you are interested in participating, please contact:

Sarah Jennings
Lead Researcher
sarah.jennings@dal.ca

Dr. Jordan Sheriko
Supervising Investigator
jordan.sheriko@iwk.nshealth.ca

SEEKING PEDIATRIC POWER WHEELCHAIR USERS FOR RESEARCH STUDY



Do you have a child that is a current power wheelchair user? Or are you younger than 18 and a current power wheelchair user?

Current pediatric power wheelchair users (aged 4-17) and their caregiver are invited to take part in a research study to help develop a **virtual reality game** for power wheelchair skills training

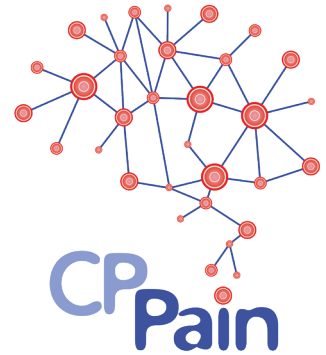
Participants will each receive a \$25 gift card for their time

INTERESTED IN PARTICIPATING OR HAVE QUESTIONS?

Please contact the Research Coordinator, Sara, at
Sara.Drisdelle@iwk.nshealth.ca

This study has been reviewed and approved by the IWK
Research Ethics Board (#1026934)





Do you have a child (<18 years old) living with cerebral palsy? Or are you younger than 18 and living with cerebral palsy?



Complete an online survey to tell us about pain experiences in cerebral palsy and its impact (those with and without pain encouraged to participate!)

<https://tinyurl.com/CPAINsurvey>

1 in 100 chance to win a \$150 prepaid VISA card

For more information contact cppain@iwk.nshealth.ca

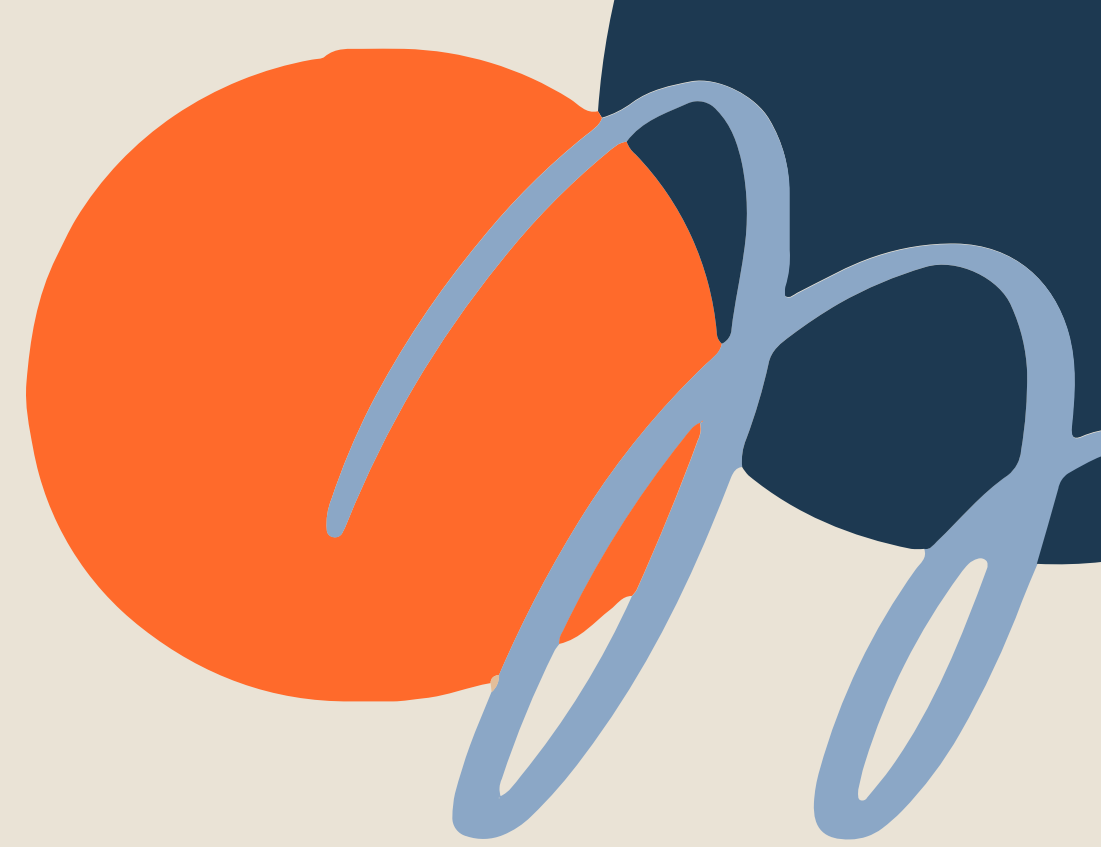
This study received approval from the IWK Health Centre Research Ethics Board

Centre
for Pediatric
Pain Research
SCIENCE HELPING
CHILDREN



 DALHOUSIE
UNIVERSITY

RECRUITING CAREGIVERS OF PATIENTS IN THE IWK KIDS REHAB



Our research study is looking to interview caregivers of children with physical disabilities to understand how disability impacts their risky play behaviours.

Who can participate ?

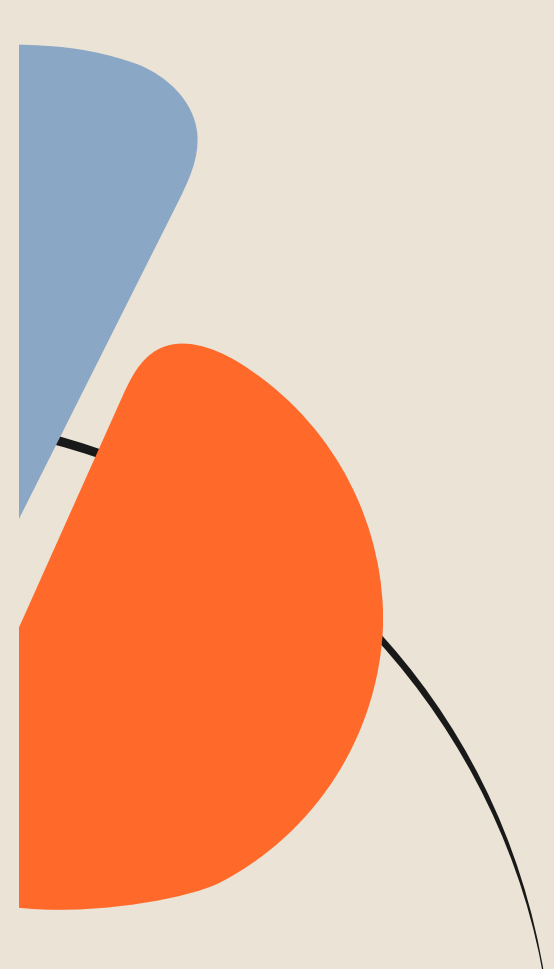
Caregivers of children aged 8-13 years, who are currently accessing the **IWK Kids Rehab Clinic** and identify with having a **physical disability**.

What you'll be asked to do:

Complete a **1-1.5 hour online interview** that will explore **family demographics** and your child's **risky play experiences**.

If you are interested in participating, please contact:

Maggie Locke
Lead Researcher
mg382955@dal.ca



RESEARCH OPPORTUNITY

If you would like to tell us your experiences, please contact:

Jennifer Lane

jennifer.lane@iwk.nshealth.ca

(902) 470-2634



Are you a youth with complex care needs?

Are you a parent or caregiver to one?

Did you live and seek care in Nova Scotia between March 2020 and March 2022?

We would like to hear your experiences with public health restrictions and service changes during the COVID-19 pandemic.

Meetings will be virtual and last about 30 minutes.



REB File #1028207