



IWK Health

Pediatric Rehabilitation
Services

The Village News

November's Special Dates

1 - All Saints Day

5 – Daylight Saving Time Ends (clocks go back 1 hour)

8 – National Aboriginal Veterans Day

11 – Remembrance Day



November 2023

-Club Inclusion-Drop-in
Calendar

- Club Inclusion-Program
Calendar

-Parents of Complex Children
Support Group

-Manual Wheelchair Study

-Transition Tips

-Interplay Research Study

-Parasport

-McMaster University
Research Study

-Parent Well Being Study

-Rehab Kids Patient
Recruitment Study

-Cerebral Palsy (CPPain)
Survey

-Recruiting Caregivers of IWK
Rehab patients

-Patients with Complex care
research

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Halifax, NS B3K 6R8
www.iwk.nshealth.ca



CLUB INCLUSION



DROP IN NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Afternoon Drop In 1 3pm to 6pm Scrap Paper Portraits Theatre Club Member's Council	Afternoon Drop In 2 3pm to 6pm Bocci Ball Dance Team First Performance Celebration! Paper Plane Races	Evening Drop In 3 7pm to 9pm ART MARKET Gallery & Singalong	Special Outing 4 Rebuilding Hope Conference <i>Registration required</i> DROP IN CLOSED
5	Afternoon Drop In 6 3pm to 6pm Yoga & Stretching Walking Club Musical Bingo	Evening Drop In 7 7pm to 9pm Paint Night! Painting together step-by-step	Afternoon Drop In 8 3pm to 6pm Blindfolded Pictionary Theatre Club Member's Council	Afternoon Drop In 9 3pm to 6pm Soup Club \$6 Dance Team Practice Dice Games	Evening Drop In 10 7pm to 9pm Circle Sharing Music Therapy	11 PROGRAMS CLOSED Remembrance Day
12	PROGRAMS CLOSED 13 Remembrance Day Holiday	Evening Drop In 14 7pm to 9pm Spa Night & Snoezelen!	Afternoon Drop In 15 3pm to 6pm Sewing with Fern Theatre Club Member's Council	Special Outing 16 Brian Henen Memorial Conference 5:30pm to 8:30pm <i>Registration required</i> DROP IN CLOSED	Evening Drop In 17 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 18 1pm to 4pm 2 Truths, 1 Lie AllSports Extreme Musical Chairs
19	Afternoon Drop In 20 3pm to 6pm Time Flies Walking Club Celebrity Trivia	Evening Drop In 21 7pm to 9pm Finish the Lyrics Zumba with Rafi!	Afternoon Drop In 22 3pm to 6pm Scooter Hockey Theatre Club Member's Council	Afternoon Drop In 23 3pm to 6pm Guess the Song Dance Team Practice Magic Tricks	Evening Drop In 24 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 25 1pm to 4pm 80's Theme Day! 80's Aerobics & Hairstyles
26	Afternoon Drop In 27 3pm to 6pm Madlibs Walking Club The Alphabet & Number Game	Evening Drop In 28 7pm to 9pm Date Night Speed Dating	Afternoon Drop In 29 3pm to 6pm Sewing with Fern Theatre Club Member's Council	Afternoon Drop In 30 3pm to 6pm Would You Rather? Dance Team Practice Making Holiday Dance Decorations		

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 Linnea
LinneaSinclair@PrescottGroup.ca

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: JackieRivers@PrescottGroup.ca
 Supervisor - Youth Initiatives & Opportunities: LinneaSinclair@PrescottGroup.ca
 Supervisor - Skills Development: JustinMcGarragh@PrescottGroup.ca

Club Inclusion is a part of Prescott Group <https://prescottgroup.ca/>



PROGRAMS NOVEMBER 2023

CLUB INCLUSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Day Program 1 Halifax 9am to 2:30pm	Day Program 2 Halifax 9am to 2:30pm	Day Program 3 Halifax 9am to 2:30pm	Club Dartmouth 4 6:30pm to 8:30pm Gameshow Night! The Voice Jeopardy!
Inclusive Choir 5 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 6 Halifax 9am to 2:30pm	Day Program 7 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 8 Halifax 9am to 2:30pm	Day Program 9 Halifax 9am to 2:30pm	Day Program 10 Halifax 9am to 2:30pm	PROGRAMS CLOSED 11 Remembrance Day
Inclusive Choir 12 Grace United Church Club Dartmouth 2pm to 3pm	PROGRAMS CLOSED 13 Remembrance Day Holiday	Day Program 14 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 15 Halifax 9am to 2:30pm	Day Program 16 Halifax 9am to 2:30pm Choir Concert Brian Henen Memorial Conference Choir arrives at 5:15pm. Concert 5:30pm-8:30pm	Day Program 17 Halifax 9am to 2:30pm	Club Dartmouth 18 6:30pm to 8:30pm Talent Show & Karaoke!
Inclusive Choir 19 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 20 Halifax 9am to 2:30pm	Day Program 21 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 22 Halifax 9am to 2:30pm	Day Program 22 Halifax 9am to 2:30pm	Day Program 24 Halifax 9am to 2:30pm	Supper Club 25 Halifax Register Only 4pm to 8pm
Inclusive Choir 26 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 27 Halifax 9am to 2:30pm	Day Program 28 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 29 Halifax 9am to 2:30pm	Day Program 30 Halifax 9am to 2:30pm		

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
 donors in the community.

General Manager: JackieRivers@PrescottGroup.ca
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<https://prescottgroup.ca/>



United Way
Halifax





Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting
Thursday, November 2, 2023
Wednesday, December 13, 2023
7:00-8:30pm

**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

PEDIATRIC MANUAL WHEELCHAIR USERS NEEDED

Wheelchair Skills Training Program

Partake in a study evaluate the effectiveness of a program to teach children how to safely and efficiently perform 32 manual wheelchair skills that are essential for everyday activities

Target population


Children who use a manual wheelchair for their everyday mobility




Eligibility criteria

- ✓ Be between the ages of 3 – 21 years old
- ✓ Use a manual wheelchair regularly and be able to self-propel for 10 meters
- ✓ Have your own manual wheelchair
- ✓ Understand 2-step instructions in English
- ✓ Live in (or willing to travel to) the area of Halifax
- ✗ Children using a double hand-rim (one-sided propulsion) for maneuvering their manual wheelchair are not eligible

Description of the study

 12 manual wheelchair skills training sessions held weekly with a trained occupational therapist or research assistant at/near the IWK Health Centre

 3 evaluation sessions each spaced 3 months apart to assess wheelchair mobility

 You will receive a stipend of \$50 after each of the 3 evaluation sessions

Email Pediatric-WSTP@iwk.nshealth.ca for any questions or to partake!

Primary Supervisors: Krista Best, PhD and Jordan Sheriko, MD
(Jordan.Sheriko@iwk.nshealth.ca)



Getting Ready for Adult Care?

Check out our
transition tips!

TALK ABOUT IT

Talking about the transition to adult health care will not likely make it happen any faster, but it may help you to feel more confident and prepared when you do make the move



IWK Health

IWK HEALTH TRANSITION TIPS



START EARLY, REPEAT OFTEN

Start thinking about the skills you need early. There are lots of skills to learn, like figuring out how to get medications, knowing your health history, and being an advocate for what helps you.



IWK Health

IWK HEALTH TRANSITION TIPS



KNOW YOUR CHAMPIONS

Find people to help--at home, at school or from your health care team.

Look for people who can support you as you take on more responsibility for your health care.



IWK Health

IWK HEALTH TRANSITION TIPS



ASK FOR HELP

As you take on more responsibility for your health, remember, it is ok to ask for help. Your health care team is here to support you.

If you are not sure, ask us!



IWK Health

IWK HEALTH TRANSITION TIPS



TRY IT ON YOUR OWN

Try your new health care skills
while you have a support
system around you.
It is ok to make mistakes,
it is how we learn.



IWK Health

IWK HEALTH TRANSITION TIPS



You're in Charge **is a great way to start** **the conversation**

Register now for our next
online session starting
this Fall





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

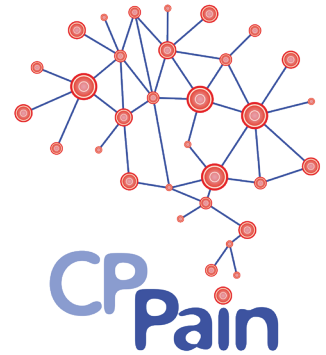
Participants will each receive a \$25 gift card for their time

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

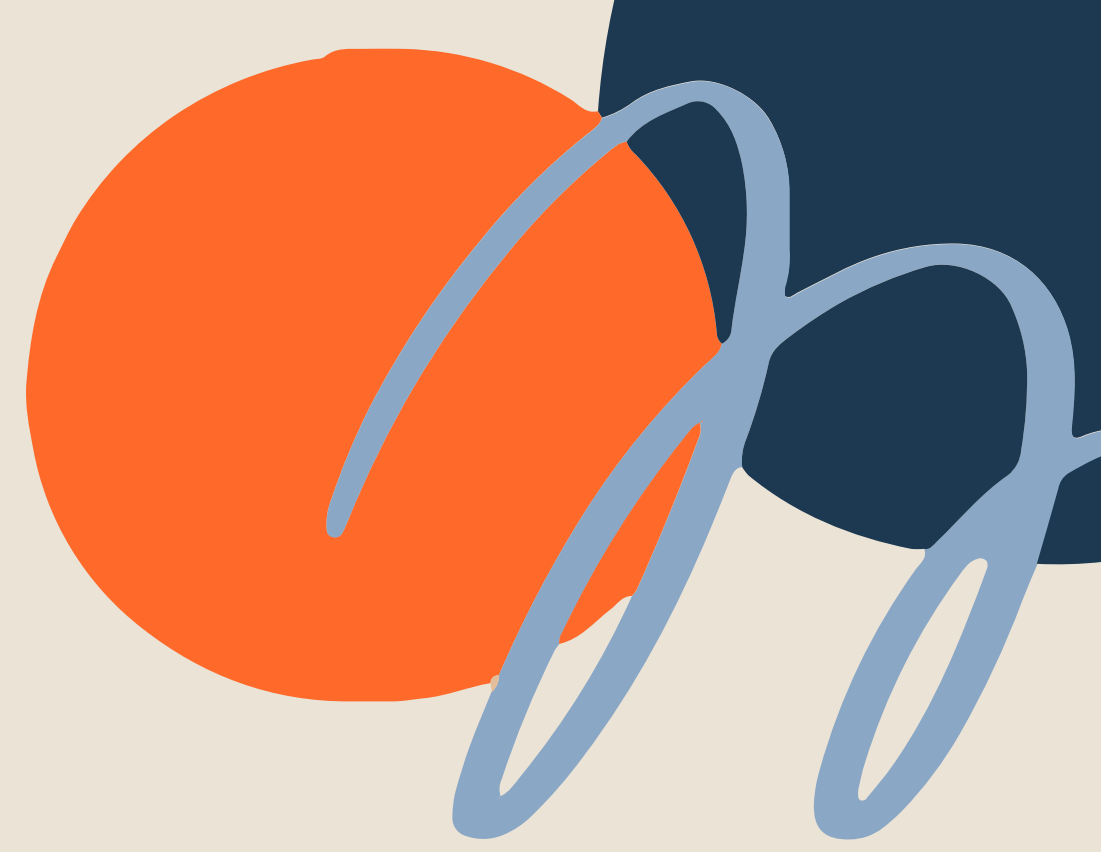
This study received approval from the IWK Health Centre Research Ethics Board

Centre
for Pediatric
Pain Research
SCIENCE HELPING
CHILDREN



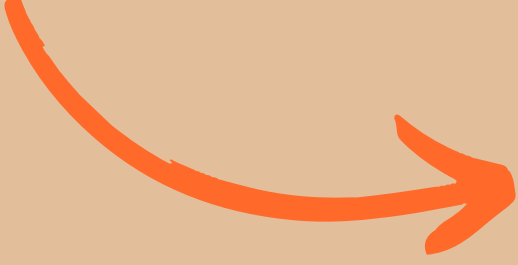
 DALHOUSIE
UNIVERSITY

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