



IWK Health

Pediatric Rehabilitation
Services

The Village News

February's Special Dates

2 – Groundhog Day

7 – Isri and Mi'raj

10 – Lunar New Year

13 – Shrove Tuesday/Pancake Day

14 – Ash Wednesday

14 – Valentines Day 

15 – National Flag of Canada Day

19 – Nova Scotia Heritage Day

February 2024

-Club Inclusion-Drop-in &
Program Calendars

-Recruiting for F-words
Foundation Course

-Transition to Adulthood
(Town Hall)

-Parents of Complex Children
Support Group

-Autism Education Series

-Recruitment Flyer--Transition
Framework Co-Design

-McMaster University
Research Study

-Manual Wheelchair Study

-Transition Tips

-Interplay Research Study

-Parasport

-Rehab Kids Patient
Recruitment Study

-Pediatric Power Wheelchair
study

-CP Pain Survey

-Recruiting Caregivers of IWK
Rehab patients

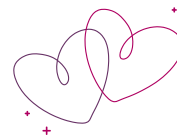
Contact:

angela.samson@iwk.nshealth.ca

Phone: 902-470-7039

Fax: 902-470-8348

5850/5980 University Ave
Halifax, NS B3K 6R8



DROP IN FEBRUARY 2024

CLUB INCLUSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Afternoon Drop In 1 3pm to 6pm What is Black History Month? Dance Team Practice & Flag Making Craft	Evening Drop In 2 7pm to 9pm Circle Sharing Music Therapy	Special Outing 3 Boxing Team Outing to Queensbury Rules Boxing Studio 1pm to 4pm Registration Required
4	Afternoon Drop In 5 3pm to 6pm Book Club: First Meeting Walking Club Black History Trivia	Evening Drop In 6 7pm to 9pm GAME SHOW NIGHT! Family Feud Minute to Win It Games	Afternoon Drop In 7 3pm to 6pm Circle Games Play Rehearsals Member's Council	Afternoon Drop In 8 3pm to 6pm Scattergories Dance Team Practice Snoezelen & Stories	Evening Drop In 9 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 10 1pm to 4pm Pajama & Movie Day! Movie Trivia & Popcorn Movie - TBD
11	Afternoon Drop In 12 3pm to 6pm Heads Up 7 Up Book Club Walking Club Scooter Hockey	Evening Drop In 13 7pm to 9pm Valentine's Day Date Night Cookie Decorating Match Game	Afternoon Drop In 14 3pm to 6pm Candy Gram Day! Valentine's Day Cards Karaoke Play Rehearsals	Afternoon Drop In 15 3pm to 6pm SOUP CLUB \$6 Memory Tray Dance Team Practice Animal Trivia	Evening Drop In 16 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 17 1pm to 4pm Black History Bingo Boxing Team Practice Card Games
18	PROGRAMS CLOSED Heritage Day	Evening Drop In 20 7pm to 9pm Culture Club with Kiera Sparks Lucas: Celebrating Traditions in African NS Culture	Afternoon Drop In 21 3pm to 6pm Making Decorations Play Rehearsals Member's Council	Afternoon Drop In 22 3pm to 6pm Making Decorations Dance Team Practice Remember the Beat	Special Event 23 7pm to 9pm Summer Beach Party! \$20 Admission	Afternoon Drop In 24 1pm to 4pm Volleyball Mafia - Drama Game Just Dance!
25	Afternoon Drop In 26 3pm to 6pm 2 Truths 1 Lie Book Club Walking Club Balloon Keep Up	Evening Drop In 27 7pm to 9pm Spa Night Face Masks Nail Painting Self Love Activities	Afternoon Drop In 28 3pm to 6pm Learning about Bell Hooks Play Rehearsals Member's Council	Afternoon Drop In 29 3pm to 6pm Workshop: Wontanara African Drum & Dance! Writing Leap Day Letters to Ourselves		

Club Inclusion

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

How Can I Join?

To join our Drop In Program please reach out to Linnea
LinneaSinclair@PrescottGroup.ca

Registration & Fees

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

Where to find us

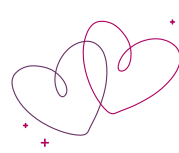
Drop In Club is located at St James Anglican Church Hall, on the Armdale rotary, 2652 Joseph Howe Drive. Fully accessible. Adult change table. Quiet space.

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

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

Thank you

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



PROGRAMS FEBRUARY 2024

CLUB INCLUSION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Day Program Halifax 9am to 2:30pm 1	Day Program Halifax 9am to 2:30pm 2	Community Meet Up 3 Movie Outing - Argyle 6:15pm to 9:30pm Registration Required
Inclusive Choir 4 Grace United Church Club Dartmouth 2pm to 3pm	Day Program Halifax 9am to 2:30pm 5	Day Program Dartmouth 9am to 2:30pm 6 Music & Movement Halifax 1pm to 4pm	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 10 Halifax 4pm to 8pm Registration Required
Inclusive Choir 11 Grace United Church Club Dartmouth 2pm to 3pm	Day Program Halifax 9am to 2:30pm 12	Day Program Dartmouth 9am to 2:30pm 13 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 14	Day Program Halifax 9am to 2:30pm 15	Day Program Halifax 9am to 2:30pm 16	Lunch Club 17 Halifax 9am to 12:30pm Registration Required
Inclusive Choir 18 Grace United Church Club Dartmouth 2pm to 3pm	PROGRAMS CLOSED 19 Heritage Day	Day Program Dartmouth 9am to 2:30pm 20 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 21	Day Program Halifax 9am to 2:30pm 22	Day Program Halifax 9am to 2:30pm 23	Supper Club 24 Halifax 4pm to 8pm Registration Required
Inclusive Choir 25 Grace United Church Club Dartmouth 2pm to 3pm	Day Program Halifax 9am to 2:30pm 26	Day Program Dartmouth 9am to 2:30pm 27 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 28	Day Program Halifax 9am to 2:30pm 29		

Club Inclusion

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

General Manager:

JackieRivers@PrescottGroup.ca

Supervisor - Youth Initiatives & Opportunities:

LinneaSinclair@PrescottGroup.ca

Supervisor - Day Program & Skills Development:

JustinMcGarragh@PrescottGroup.ca

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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United Way of Halifax Region, and generous donors in the community.

Club Inclusion is a part of Prescott Group

<https://prescottgroup.ca/>



Recruiting for F-words Foundations Course

Are you a service provider to, or a family member (parent/caregiver) of, someone with a developmental concern in Canada?

If so, we would like to invite you to be part of our F-Words Foundations Course study! The 'F-words for Child Development' (Functioning, Family, Fitness, Fun, Friends, Future) provide a family-centred, strengths-based, holistic approach to child health and development.

For the study, you will choose to complete one of two versions of the online F-words Foundations Course: (i) the self-paced version; or (ii) an online facilitated version that involves the self-paced version plus weekly one-hour online discussion groups with other caregivers and service providers.

You will also be asked to complete a questionnaire at baseline, program completion, and three months post-completion. A subset of parents and service providers will be asked if they would like to participate in an optional interview upon of completing the program.

Please contact Sarah, hopmansn@mcmaster.ca, if you would like more information about the study.

Thank you!

Transition to Adulthood During COVID-19 Virtual Town Hall

Join the conversation on February 8, 2024, and add your voice to the discussion about improving healthcare transition for Canadian youth with special healthcare needs.

This patient-oriented research project is exploring the impact of the COVID-19 pandemic on young adults aged 16-24 years with special healthcare needs, including developmental, physical, or mental health conditions. The Virtual Town Hall Meeting will be an opportunity to review experiences, suggested solutions, and priorities that have been identified through interviews and surveys with youth and families.

Transition vers l'âge adulte pendant la COVID-19 : Forum virtuel

Joignez-vous à la discussion le 8 février 2024 et faites entendre votre voix sur l'amélioration de la transition en matière de soins de santé pour les jeunes Canadiens ayant des besoins spéciaux en matière de santé.

Ce projet de recherche axé sur le patient explore l'impact de la pandémie de COVID-19 sur les jeunes adultes âgés de 16 à 24 ans ayant des besoins spéciaux en matière de santé, incluant des conditions de développement, physiques ou de santé mentale. Le Forum virtuel sera une occasion de revoir les expériences, les solutions proposées et les priorités identifiées grâce aux entrevues et aux sondages menés auprès des jeunes et de leurs familles.

DIRECT LINKS TO EVENT-BRITE SIGN UP:

French Town Hall, Thursday, February 8, 2024 at 9-12 am ET. Sign up here: bit.ly/CT-Forum-Fr

English Town Hall, Thursday, February 8, 2024 at 1-4 pm ET. Sign up here: bit.ly/CT-TownHall-En



Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting
Thursday, February 1st, 2024
Thursday, March 21st, 2024
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



Autism Education Series

Explore resources to support your family in learning more about autism.



Scan here with your smartphone camera to learn more and access the Autism Education Series:



[Visit the IWK Health Website](#)



Autism Education Series:

The resources below have been created to support families with preschool-age children to learn more about autism.

Understanding Autism / Comprendre l'autisme

EN: Learn about the features of autism, support services, and autism acceptance.

FR: Découvrez les caractéristiques de l'autisme, les services de soutien, et l'acceptation de l'autisme.

Making Sense of Behaviour

Understand the meaning of behaviour and strategies to teach skills.

Parent Perspectives

A Parent and Family Advisor shares their family's autism journey.

Exploring Play

Explore ideas for playing together with your child.

Engagement

Set up the stage for your child's communication.

Social Communication

Build your child's social communication skills.

Positive Behaviour Support

Respond to behaviours of concern and teach your child new skills in daily routines.

Toileting

Prepare to teach toileting, practice the skills, and show your child that they are successful.

Self-Care for Parents and Caregivers

Reminders about how important it is to ask for help and to take care of yourself.

PATIENTS AND CAREGIVERS INVITED TO DESIGN A TRANSITION STRATEGY FOR THE IWK AND NOVA SCOTIA HEALTH

The transition from **pediatric to adult care** is an important time for youth and their parents and/or caregivers.

To **improve health outcomes** along this transition, a project is underway to create **an implementation strategy** that will help the IWK and Nova Scotia Health to improve the transition to adult care.

Co-design sessions start this November!

Participants will join a **2-hour virtual session** to create practical strategies for the IWK and NSH to use based on their own experiences with the transition process.



Who can join? Patients (14-24 years old) and caregivers of a patient with **one of these health conditions:**

- Sickle Cell Anemia
- Thalassemia
- Complex Care
- Inflammatory Bowel Disease
- Complex Ear Disease
- Tracheostomy



scan to register



To register for a co-design session, please scan the QR code or contact Megan Churchill: Megan.Churchill@iwk.nshealth.ca



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



MPOC 2.0: Field-testing the new MPOC

WHAT IS THE STUDY 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 surveys to tell us about your experiences with healthcare services.
- Participants will receive a **\$20 e-gift card** for their time.

INTERESTED IN PARTICIPATING?

Contact us at
mpoc2@mcmaster.ca



This study has been reviewed by the Hamilton Integrated Research Ethics Board under project #15702 Version #3 May 18 2023

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)



TRANSITION to Adult Health Care

Getting
ready for
adult care

Know your health history and
treatment plan

Find out who to talk to if your health
changes before your adult care
appointment

Make a back-up plan
in case things don't go as you expected

Trust your gut! Speak up
if you are not sure about something

TRANSITION to Adult Health Care

What to
know before
you go to
adult care

Who your new provider will be
and how to contact them

When to expect your first appointment

Look for allied health providers too,
like physio, dietitians or psychology
(if needed)

Have enough medication refills and
supplies to last to your first appointment

TRANSITION to Adult Health Care

Getting
ready for
your
appointment

Invite someone to support you
at your appointment, if you choose

Check what prescriptions to renew
or forms to fill out

Write down your questions
before your appointment

Confirm where you are going
and how to get there

Track your symptoms
to share with your care team

TRANSITION to Adult Health Care

At your
appointment

Go to your appointment
even if you are feeling well!

Ask when to contact your specialist,
your primary care provider/walk-in
clinic or go to the ER.

Find out what happens if you miss an
appointment. Keep the contact
information for the clinic in your phone.

Know the follow-up plan
before you leave.
Ask questions if you don't understand.

TRANSITION to Adult Health Care

Start Early! Tips for Caregivers

Create space for youth to be excited and ready to move into their new role.

Help your youth to prepare for their appointment
Ask what they want to talk about with the team and how you can help

Check in after the appointment
Find out how you can support them for their next appointment

If you will be supporting your youth into adulthood, talk to your team to help you to navigate this transition

You are not alone! If you are worried about transition, talk to the health care team



You're in Charge Workshops

Building the skills you need
to care for your health

.....
Register now for our
next online session



Info on the
IWK website





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.





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]

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

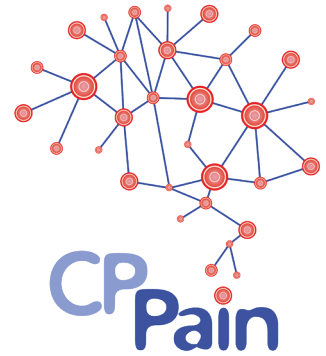
Participants will each receive a \$25 gift card for their time

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

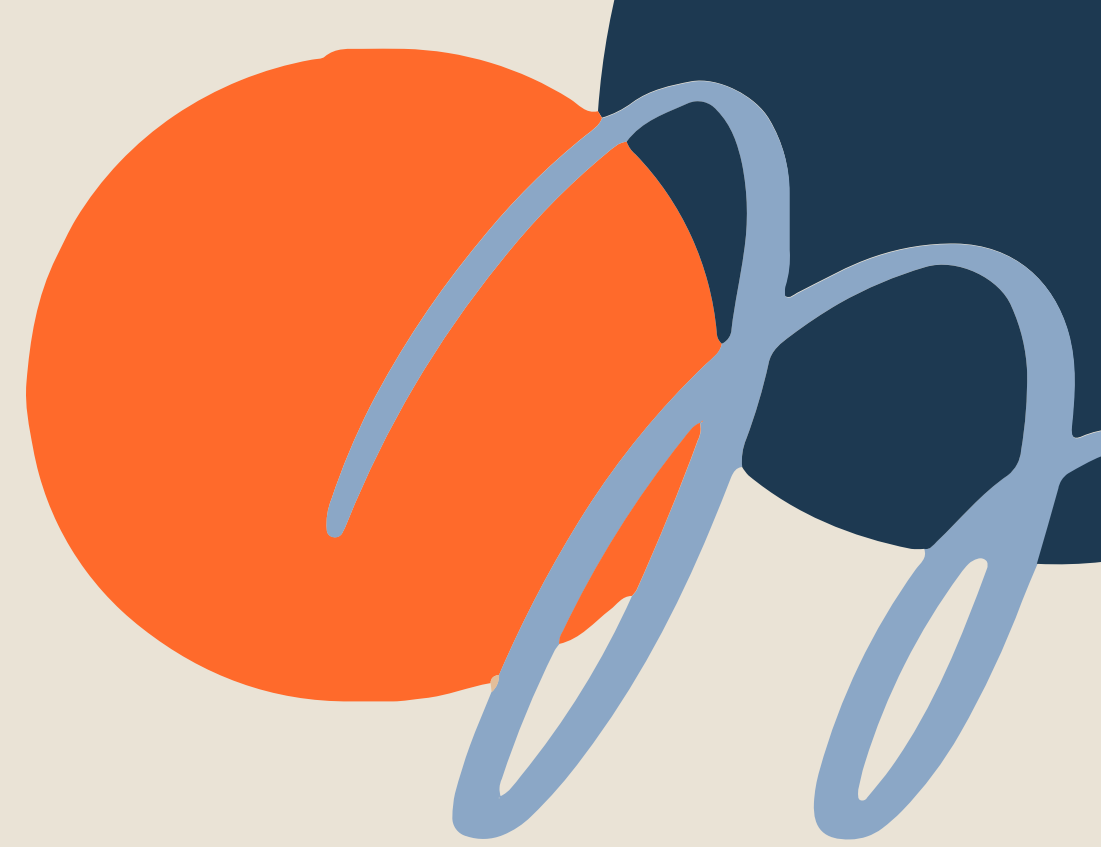
This study received approval from the IWK Health Centre Research Ethics Board

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

