



IWK Health

Pediatric Rehabilitation
Services

The Village News

May's Special Dates

- 3 - Orthodox Good Friday
- 4 - Orthodox Holly Saturday
- 5 - Orthodox Easter
- 6 - Orthodox Easter Monday
- 6 - Yom HaShoah
- 9 - Ascension Day
- 12 - Mother's Day
- 14 - Yom HaAtzmaut
- 19 - Pentecoste
- 20 - Victoria Day
- 26 - Trinity Sunday
- 26 - Lag B'Omer

May 2024

- Club Inclusion-Drop-in Calendar
- Club Inclusion-Program Calendar
- Parents of Complex Children Support Group
- Camp Triumph
- Brigadoon Camp Dates
- Camp Inclusion-Summer Camp
- Recruiting for F-words Foundation Course
- Autism Education Series
- Manual Wheelchair Study
- Interplay Research Study
- Parasport
- McMaster University Research Study
- Parent Well Being Study
- Pediatric Power Wheelchair study

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www.iwk.nshealth.ca



CLUB INCLUSION



DROP IN MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Afternoon Drop In 1 3pm to 6pm Whiteboard Wordle Play Rehearsals Member's Council	Afternoon Drop In 2 3pm to 6pm Time Flies Dance Team Practice Monopoly Card Game	Evening Drop In 3 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 4 1pm to 4pm STAR WARS DAY Star Wars Bingo Death Star Dodgeball
5	Afternoon Drop In 6 3pm to 6pm Book Club - The BFG Walking Club Huckle Buckle Beanstalk	Special Event 7 7pm to 9pm ZUMBA Night w House of 8 & 50/50 \$10 Admission 	Afternoon Drop In 8 3pm to 6pm Body Break Dance Circle Play Rehearsals Member's Council	Afternoon Drop In 9 3pm to 6pm Members Market POP UP SHOP \$ Dance Team Practice Making Mothers Day Cards	Evening Drop In 10 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 11 1pm to 4pm Backyard Fun! Tent Party Frisbee Games
12	Afternoon Drop In 13 3pm to 6pm Book Club - The BFG Walking Club NYT Connections Game	Evening Drop In 14 7pm to 9pm May Flowers Paint Night Painting together step-by-step	Afternoon Drop In 15 3pm to 6pm Mad Libs Play Rehearsals Member's Council	Afternoon Drop In 16 3pm to 6pm Pictionary Dance Team Practice Name That Tune	Evening Drop In 17 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 18 1pm to 4pm Sports Day! Soccer Baseball Volleyball
19	PROGRAMS CLOSED 20 Victoria Day	Evening Drop In 21 7pm to 9pm Game Show Night Jeopardy! Lip Sync Battle	Afternoon Drop In 22 3pm to 6pm SOUP CLUB \$6 This or That? Play Rehearsals Member's Council	Afternoon Drop In 23 3pm to 6pm Guess Who? Dancercize! Play-Doh Creations	Evening Drop In 24 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 25 1pm to 4pm Picnic at Horseshoe Park! Lawn Games Chalk Art
26	Afternoon Drop In 27 3pm to 6pm Book Club - The BFG Walking Club Making May Bloom Decorations	Evening Drop In 28 7pm to 9pm Date Night Ice Breaker Games The Dating Game Mocktails	Afternoon Drop In 29 3pm to 6pm Giant Jenga Play Rehearsals Member's Council	Afternoon Drop In 30 3pm to 6pm Making May Bloom Decorations Dance Team Practice Celebrity Trivia	Special Event 31 7pm to 9pm May Bloom Dance \$10 Admission 	

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.



CLUB INCLUSION



PROGRAMS MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Day Program Halifax 9am to 2:30pm 1	Day Program Halifax 9am to 2:30pm 2	Day Program Halifax 9am to 2:30pm 3	Community Meet Up 4 Mic Mac Mall 6:30pm to 8:30pm Registration Required
Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm 5	Day Program Halifax 9am to 2:30pm 6	Day Program Dartmouth 9am to 2:30pm 7 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 8	Day Program Halifax 9am to 2:30pm 9	Day Program Halifax 9am to 2:30pm 10	Supper Club 11 Halifax 4pm to 8pm Registration Required
Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm 12	Day Program Halifax 9am to 2:30pm 13	Day Program Dartmouth 9am to 2:30pm 14 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 15	Day Program Halifax 9am to 2:30pm 16	Day Program Halifax 9am to 2:30pm 17	Lunch Club 18 Halifax 9am to 12:30pm Registration Required
Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm 19	PROGRAMS CLOSED 20 Victoria Day	Day Program Dartmouth 9am to 2:30pm 21 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 22	Day Program Halifax 9am to 2:30pm 23	Day Program Halifax 9am to 2:30pm 24	Supper Club 25 Halifax 4pm to 8pm Registration Required
Inclusive Choir Grace United Church Club Dartmouth 2pm to 3pm 26	Day Program Halifax 9am to 2:30pm 27	Day Program Dartmouth 9am to 2:30pm 28 Music & Movement Halifax 1pm to 4pm	Day Program Halifax 9am to 2:30pm 29	Day Program Halifax 9am to 2:30pm 30	Day Program Halifax 9am to 2:30pm 31	

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

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

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





Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting
Thursday, May 2nd, 2024
Wednesday, June 12th, 2024
7:00-8:30 p.m.

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



VOLUNTEER **as a Camp Counsellor**

A camp for children who have a family member with an illness or disability

Help to lead activities. Build relationships with the campers.



Session 2: July 20 - 27

Session 3: July 27 - Aug 3

Session 5: Aug. 10 - 17

Session 6: Aug. 17 - 24

Apply online at camptriumph.ca

Where kids with a sick family member GET TO BE KIDS AGAIN.



A camp for children who have a family member with an illness or disability



APPLY
NOW



Registration is FREE For more info and to apply, visit: CAMPTRIUMPH.CA

BRIGADOON

VILLAGE

2024
Camp
Programs



WEEK 1

June 30th - July 5th

Camp Silly-Yak
Celiac Disease

**Summer Leadership
Program**

WEEK 2

July 7th - July 12th

Camp Whatcha Say
Deaf or Hard of Hearing

Camp Lots-a-Wata
Kidney Disease

Camp Braveheart
Heart Conditions

Camp Trailblazers
Craniofacial Differences

WEEK 3

July 14th - July 19th

Camp JoinTogether
Juvenile Arthritis

WEEK 4

July 21st - July 26th

Camp Solace
Family Bereavement

Camp BELIEVE
Parental Mental Illness

WEEK 5

July 28th - August 2nd

Camp Treasure Chest
*Asthma, Anaphylaxis,
Lung Conditions*

Camp Clots-of-Fun
Bleeding Disorders

WEEK 6

August 4th - August 9th

**Canadian Cancer Society's
Camp Goodtimes**
*Living with
or Beyond Cancer*

WEEK 7

August 11th - August 16th

Camp Guts & Glory
IBD & Ostomies

Camp Got2Go (ON+QC)
IBD & Ostomies

WEEK 8

August 18th - August 23rd

Camp Carpe Diem
Epilepsy

Camp See-Ya
Blind or Visually Impaired

Camp Brainiac
Neurosurgery Conditions

Giving extraordinary kids a chance to be ordinary

Visit our website to learn more and apply!

1-888-471-5666 | camp@brigadoonvillage.org

www.brigadoonvillage.ca



CLUB INCLUSION

Summer Camp 2024

Club Inclusion Halifax- St. James Church Hall, 2652 Joseph Howe Drive and in the community!

Week 1: Wet and Wild July 2-5 (Excludes Canada Day Holiday Monday)

Cool off with this wet and wild week! Activities include: Water squirt challenges, fruit smash pinatas, water gun painting, sink or float boats, body painting tic tac toe, wet games and water fights, slime, whipped cream diving, swimming at Albro Lake, and more!

Week 2: Retro Vibes July 8-12

Journey through time with favourite activities from years past. Activities include: Historical theater, the capture of Bonnie and Clyde, 90's Grunge lip sync contest, classic cooking, Club style soda shoppe and car hop drive in, vintage games, dance, fashion show, roaring 20's prohibition party, trip to Steele Wheels Car Museum, and more!

Week 3: Explore Sports July 15-19

The perfect place to try new sports and show off your skills! Activities include: Hockey, non-contact boxing, using the inclusive gym, dodge-battle ball, healthy snack cooking, soccer baseball, cheerleading, badminton, pickleball, ping pong, gaga ball, brunch club, tent party, trip to Halifax Boardwalk, and more!

Week 4: Explore Sports Performance July 22-26

A great way to get sporty with non-traditional sports and fitness! Activities include: Parachute games, dance with House of 8s, giant billiards, Drumfit, mini golf, yoga, community friendship day with DJ Ace, dunk tank, big human curling, Indianan Jones boulder run, Zumba, picnic, bowling at Bowlarama, and more!

Week 5: Medieval Week July 29- August 2

Calling all lords and ladies! Experience the magic of the Middle Ages- your quest awaits! Activities include: Flag making, wheelchair jousting, giant catapults, carole dancing, medieval games, dragon egg hunt, dungeons and dragons, medieval feast, king's tournament, trip to Africville Park: capture the king, and more!

Week 6: Halifax Adventure August 6-9 (Excludes Natal Day)

With an outing every day, we will explore our great city. Activities include: Divider ball, frisbee golf, dunk tank and water games, bocce, trivia, baking, dance, bus trip to Shubie Wildlife Park, and walking trips to Westmount Spray Park, giant sling shots at Flinn Park, and campfire with hot dogs and s'mores!

Week 7: Challenges August 12-16

This week is all about friendly competition! Activities include: One-night werewolf, obstacle course, capture the flag, name that tune, deal or no deal, minute to win it, minefield, secret dancer, manhunt, blind man's bluff, limbo and other dance games, riddles, water games, challenges at York Redoubt, and more!

\$250 (9AM-3PM)

\$175 Bring your own support (9AM-3PM)

\$325 (8:30AM-5:30PM)

Each week includes at least 1 private bus outing. Sookie the Dog visits on Fridays.

Please note: If you require 1:1 support- please provide. Ratios are typically 1:4 and spaces are limited. Personal care available. Wheelchair accessible. Quiet room available. Ages 12+.

Complex Needs- let us know and we will work together. All outings and guests are TBC. Spaces will be given first to people who regularly used Club programs throughout the past year.

To register email Jackie Rivers at jackierivers@prescottgroup.ca before 3pm April 19th.

Club Inclusion is a part of



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!



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.

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)





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 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



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)

