



IWK Health

Pediatric Rehabilitation  
Services

# The Village News

## September's Special Dates

2 – Labour Day

16 – Milad un Nabi (Mawlid)  
– Tentative

22 – First Day of Fall

30 – National Day of Truth &  
Reconciliation

September 2024

-Parents of Complex Children  
Support Group

-Transition of Care  
Committee

-Serial Casting Study

-Young Caregivers Program

-Registration for Parasport  
Boccia

-Speed Skate & Speed Sledge

-NHI Child Culture Study

-Recruiting for F-words  
Foundation Course

-Autism Education Series

-Manual Wheelchair Study

-Interplay Research Study

-Parasport

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[www.iwk.nshealth.ca](http://www.iwk.nshealth.ca)



# Support Group for Parents of Children with Complex Care Needs



## Next Virtual Meeting

Thursday, September 26<sup>th</sup>, 2024

Wednesday, November 6<sup>th</sup>, 2024

Thursday, December 12<sup>th</sup>, 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](mailto:jacklynn.pidduck@iwk.nshealth.ca)





# TRANSITION OF CARE COMMITTEE



- ✓ Are you a Patient or Parent/Caregiver at the IWK?
- ✓ Heading to Adult Care?
- ✓ Looking to improve the transition to adult care for others while building skills for your own transition?

The Transition of Care Committee brings together patients (14-24 years old), family members & healthcare providers to improve the transition from pediatric to adult health care.

We meet virtually once a month to create resources, do research and advocate for improved transitions of care. We are at our best when we hear from the diversity of patient voices from across the Maritimes to help make transition better for everyone.

**For more information**  
[IWKTransition@iwk.nshealth.ca](mailto:IWKTransition@iwk.nshealth.ca)

[iwkhealth.ca/get-involved/transition-care-committee](http://iwkhealth.ca/get-involved/transition-care-committee)





# Has your child had serial casting treatment?

Looking for parent and child volunteers for survey  
about casting experiences

## Who?

- Children with cerebral palsy or idiopathic toe walking who have had serial casting of the ankle and foot and their parent/caregiver

**What?** 10-15 minute anonymous, online survey about your experiences with serial casting treatment.

**Why?** Help healthcare workers and researchers understand the experiences of children and families who have serial casting treatment.

**Where?** Via QR code, link, or contact [kyra.kane@saskhealthauthority.ca](mailto:kyra.kane@saskhealthauthority.ca)



This study has been approved on ethical grounds by the Research Ethics Board of the Saskatchewan Health Authority (REB 23-55).

<https://redcap.rqhealth.ca/apps/surveys/?s=HPCRD38XWMEPFHJ7>

Free program for

# YOUNG CAREGIVERS



## Caregivers aged 8-12

Join us for six weeks of fun, learning and support.

Gain new skills and make new friends.



October 16 - November 20



Every Wednesday, 6 - 8 p.m.



St. Andrew's Community Centre,  
Halifax, Nova Scotia

### Who are young caregivers?

Children and youth, who care for a family member due to:

- chronic illness
- disability
- mental health concern
- addiction

Help can be in a form of:

- personal care
- emotional support
- sibling care

For more details, visit [caregiversns.org/events](https://caregiversns.org/events)



# Register now for the Paraspport of Boccia at LeBrun Centre



Halifax Boccia is partnering with Sport Nova Scotia and the Halifax Parks and Recreation Department's LeBrun Centre (36 Holland Avenue, Bedford), to offer Boccia.

Register now for an eight-week Boccia program. Two programs will be offered on Saturday afternoons at the LeBrun Centre, beginning this fall on September 28th.

**2:00pm to 3:00pm program is offered for youth ages 13 to years**

**3:15pm to 4:15pm program for adults ages 18 years and older**

**\*\*\*Participants in both programs, needing additional support must bring their own caregiver.**

## A little bit about the sport of Boccia

Boccia is a Paraspport that can be played by anyone with a physical disability or mobility challenge.

It is played recreationally and competitively.

Boccia is a co-ed sport, similar to curling or lawn bowling, it can be played one on one, in teams of three, or in pairs.

Boccia is played indoors, on a court that is similar in size to a badminton court

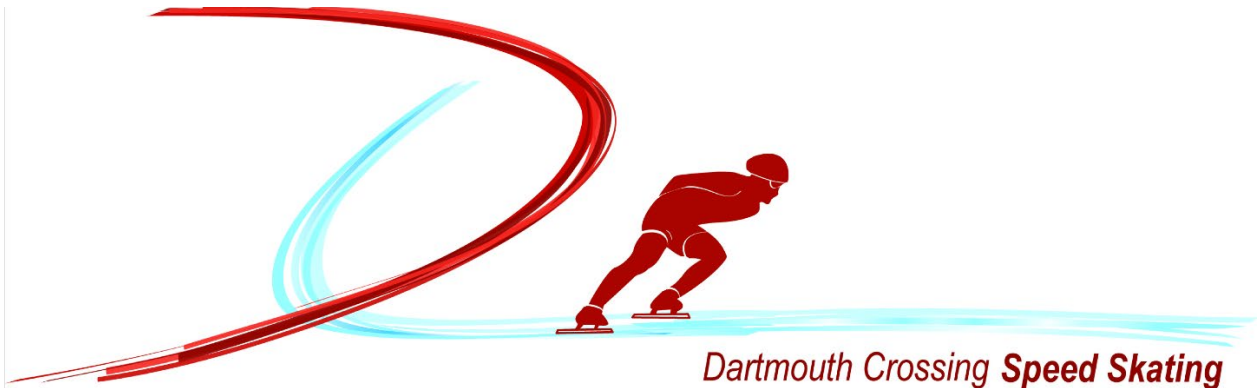
For more information about the sport Of Boccia go to [bocciacanada.ca](http://bocciacanada.ca)



## Registration is open!

If you are new to Halifax Parks and Recreation online registration system, you must create an account. Go to [Halifax.ca/MyRec](http://Halifax.ca/MyRec) and click Login or Create a new Account.





*Dartmouth Crossing Speed Skating*

## **2024 -25 Season**

# **Try Speed Skating & Speed Sledge**

**RBC Center Area D**

**3pm to 4pm**

**Saturday 7th September, Saturday 14th September,  
Saturday 21st September, Saturday 28th September**

To register for a day please email [info@dcspeedskate.ca](mailto:info@dcspeedskate.ca)

Come early to get fitted  
for Skates or a Sledge, from 2pm



[info@dcspeedskate.ca](mailto:info@dcspeedskate.ca)  
[dcspeedskate.ca](http://dcspeedskate.ca)

# TAKE PART IN A RESEARCH STUDY!



WE ARE LOOKING FOR KIDS WITH DISABILITIES TO JOIN OUR TEAM AS CO-RESEARCHERS!

## STUDY INFORMATION:

- We are looking for kids with disabilities, grades 3-6, living in **Halifax Regional Municipality, to join our team as Co-Researchers!**
- With help from kids as co-researchers, Dalhousie University researchers want to understand more about:
  - what kinds of things matter most to kids?
  - what do inclusion and belonging mean to kids?
- To answer these questions, Co-Researchers will help us come up with a research idea, choose kid-friendly activities or tools to study it, make sense of what we find out together, choose who to share our findings with, and choose how to share our findings in fun and creative ways.
- If you join our research team, we will meet 4 times as a small group.
- Co-Researchers will help to decide where and how the meetings will take place. All forms of communication and mobility are welcome!
- Co-Researchers will receive \$100 in gift cards of their choice for their time and contributions.

**CONTACT US AT**  
**[dalshift@dal.ca](mailto:dalshift@dal.ca)**  
**FOR MORE INFORMATION**

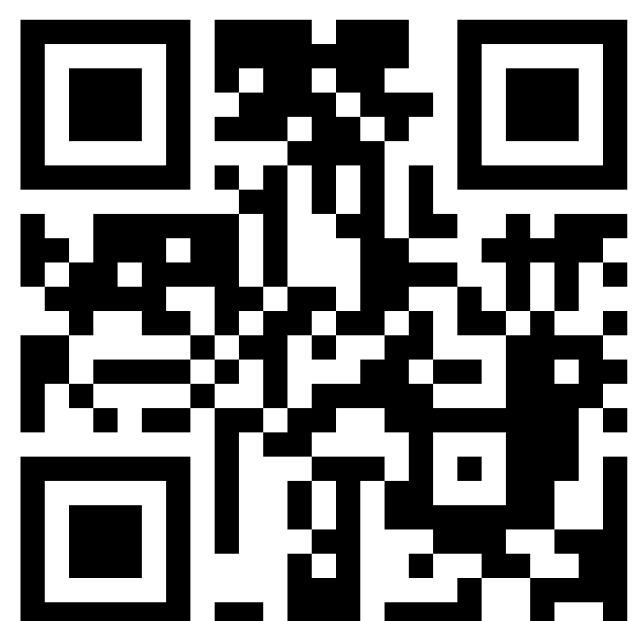
PROJECT LEAD: DR. SHANON PHELAN, DALHOUSIE UNIVERSITY

Dalhousie REB# 2024-7083

PROJECT TITLE: Promoting Health and Well-Being of Children experiencing Disability through Inclusion in Child Culture



Learn more about the Research Team here!



DALHOUSIE UNIVERSITY



## 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](mailto: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](mailto: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](mailto: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](http://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;

- |  |                    |   |                              |
|--|--------------------|---|------------------------------|
|  | <b>Para Hockey</b> |  | <b>Wheelchair Curling</b>    |
|  | <b>Boccia</b>      |  | <b>Wheelchair Basketball</b> |
|  | <b>Para-Canoe</b>  |  | <b>Ski &amp; Snowboard</b>   |
|  | <b>Goalball</b>    |  | <b>Powerchair Soccer</b>     |

*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](http://www.parasportns.com) to see which sport might be the best fit for you, or you can reach out to [parasport@sportnovascotia.ca](mailto: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](http://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](mailto: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](http://www.parasportns.com) to see which sport might be the best fit for you, or you can reach out to [parasport@sportnovascotia.ca](mailto: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](http://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](mailto: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.

