



IWK Health

Pediatric Rehabilitation
Services

The Village News

March's Special Dates

1 – Ramadan Start (Tentative Date)

1 – St. David's Day

4 – Shrove Tuesday / Pancake Day

5 – Ash Wednesday

9 – Daylight Saving Time (ahead 1 hour)

10 – Commonwealth Day

10-14 – NS March Break

14 – Purim

17 – St. Patrick's Day

20 – 1st Day of Spring

26 – Laylatul Qadr (Night of Power)

March 2025

-Parents of Complex Children
Support Group

-Inclusive Movement

-Patient & Caregiver
Engagement Recruitment

-Transition Recruitment

-Intervention Practice Study

-NHI Child Culture Study

-Recruiting for F-words
Foundation Course

-Autism Education Series

-Interplay Research Study

-Parasport

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IWK Health



Support Group for Parents of Children with Complex Care Needs



Next Virtual Meeting

Thursday, March 20th, 2025

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



Inclusive Movement

Accessible dance classes for individuals 4 and up with diverse needs.

FRIDAYS

- ✓ 5:00pm-6:00pm (ages 18+)

SATURDAYS

- ✓ 10:45am-11:30am (ages 4-12)
- ✓ 11:45am-12:30pm (ages 4-12)
- ✓ 12:45pm-1:45pm (ages 12+)

REGISTER TODAY!



HELP SHAPE PATIENT AND CAREGIVER ENGAGEMENT AT THE IWK

Are you a patient or caregiver ?

Do you have experience being engaged in the health or research system ?

WHAT IS THIS STUDY ABOUT ?

The IWK is working to build a Learning Health System. This system will bring together clinical care, policy, research, and patients and families. We want to **understand your needs, values, and perspectives related to engagement** in this new initiative.

WHO CAN PARTICIPATE ?

You may be eligible to participate if you are a:

- Patient aged 13-18 OR caregiver
- With prior or current experience being engaged as: a partner on a research team for a pediatric study, or as a member of an IWK committee or council

HOW DO I PARTICIPATE ?

Participate in one **30-60 minute** phone or online **interview**. Participants will receive a gift card as a thank-you. Contact Grace MacIntyre for more information.

To learn more, contact:

Grace MacIntyre, Principal Investigator
GRACE.MACINTYRE@DAL.CA



We want to hear from you for a study on transition to adult health care!



Are you:

Between the ages of 18 to 24 years old?

Actively or recently transitioning to adult care services?

Living with physical or mental health conditions or disabilities?

Study Aim:

We want to identify the most important factors for a good transition experience that will ensure high-quality care across Canada.

Study Benefits:

There are no direct benefits to you participating in this study, but your response may help improve transition care in Canada.

What would you be asked to do:

Three online sessions over a six-week period

Two surveys (~1 hour) + one discussion board (~1.5 hours)

All participants will receive compensation.

To learn more about the study, contact us at
qualityindicators.transition@sickkids.ca

The Quality Indicators for Transition to Adult Care study is led by
Dr. Alene Toulany MD, M.Sc., FRCPC and Dr. Sarah Munce, M.Sc., PhD

[Click to learn more](#)

SickKids[®]

[Click to participate](#)

We want to hear from you for a study on transition to adult health care!



Are you a parent or caregiver of a young person with physical or mental health conditions or disabilities who is currently transitioning or has transitioned to adult care in the last six years?

If so, contribute your voice to improve transition care as we aim to identify the most important factors to a positive transition experience that will ensure high-quality care across Canada.

Participate in three online sessions over a six-week period. This includes two surveys (~1 hour) + one discussion board (~1.5 hours)

All participants will receive compensation

To learn more about the study, contact us at qualityindicators.transition@sickkids.ca

The Quality Indicators for Transition to Adult Care study is led by Dr. Alene Toulany MD, M.Sc., FRCPC and Dr. Sarah Munce, M.Sc., PhD

[Click to learn more](#)

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[Click to participate](#)



Do you support adolescents in their transition from paediatric to adult care?

We need your help to establish a key set of quality indicators that are important to young people and caregivers and applicable and adaptable in all health settings.

Who can participate?

Physicians, NPs, nurses, social workers, OTs, PTs, psychologists or other HCPs caring for youth with health conditions and their families

Why participate?

Improve transition care
Provide your expert opinion
Join a national multi-stakeholder initiative

Participate in three online sessions consisting of two surveys and a discussion board over a six-week period

All participants will receive compensation

To learn more about the study, contact us at qualityindicators.transition@sickkids.ca

The Quality Indicators for Transition to Adult Care study is led by Dr. Alene Toulany MD, M.Sc., FRCPC and Dr. Sarah Munce, M.Sc., PhD

[Click to learn more](#)

SickKids[®]

[Click to participate](#)



Calling all child health leaders and administrators!

We need your help to establish a key set of quality indicators that are important to young people and caregivers and applicable and adaptable in all health settings.

Who can participate?

Community agency leaders, managers, directors, VPs/executives, policy makers and other decision-makers in child health

Why participate?

Improve transition care
Provide your expert opinion
Join a national multi-stakeholder initiative

Participate in three online sessions consisting of two surveys and a discussion board over a six-week period

All participants will receive compensation

To learn more about the study, contact us at qualityindicators.transition@sickkids.ca

The Quality Indicators for Transition to Adult Care study is led by Dr. Alene Toulany MD, M.Sc., FRCPC and Dr. Sarah Munce, M.Sc., PhD

[Click to learn more](#)

SickKids[®]

[Click to participate](#)

Intervention Practices Study


We are seeking participants

for an **online OR in-person** focus group discussing the approaches clinicians use when working with bilingual children on the autism spectrum

We are looking for adults who:

- Are the caregiver of a child between the ages of 18 - 72 months who has a presumed or confirmed autism diagnosis
- Have a child who has received autism services in Nova Scotia
- Speak a language other than English (e.g., Arabic, Spanish) at home

The study involves one session that is approximately 1.5 hours long. It requires either coming in-person to Dalhousie University **OR** an internet connection and access to a computer or tablet. To thank you for your participation you will receive a small compensation after the session.



For more information or to see if your child is eligible to participate please send us an email at clicl@dal.ca with the subject "Culture Study".

Website: www.cliclabdalhousie.ca
Research Ethics Board Approval Number 1030762

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
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, 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.



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.

