

Annual Outcomes Management Report

The Community Brain Injury Program for Children and Youth produces an Outcomes Management Report each spring to report on the previous fiscal year. The entire report can be read on the **BC Centre for Ability** website at <http://bc-cfa.org>.

Some interesting facts from the report:

- Between April 1, 2013 and March 13, 2014, the program provided therapy to 136 children and youth.
- Last year, 68% of our clients were male and 32% female.
- In the same period, we had 27,747 hits on our website www.mybrainonline.ca.



New Library Resources

We don't have updates for our own library resources but have been getting e-mail copies of a worthwhile magazine, **Brain Injury Journey** from Lash and Associates Publishing.

You can subscribe for your own free online subscription at this link: <http://www.lapublishing.com/blog/brain-injury-journey-magazine/>

Breaking news---BC Government to launch Accessibility Secretariat

Between December 2013 and March 2014, the BC Government undertook a province-wide consultation on the needs of those with disabilities. This resulted in **The Disability Consultation Report: Moving Together Toward an Accessible B.C.** which was published on May 16, 2014. One of the strongest messages to come from this consult was that people with disabilities need help navigating the system to better understand and access supports and services. To make this happen, the provincial government has pledged to have an Accessibility Secretariat set up by the fall of 2014.

To complete this work, the BC Government is also holding a Summit on June 16 in Vancouver and will partner with the BC Coalition of People with Disabilities to select 100 participants. For more information and to see the report visit:

<http://www.newsroom.gov.bc.ca/2014/05/disability-report-opens-door-to-greater-accessibility.html>.

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Brainbridge

The Newsletter

Community Brain Injury Program for Children and Youth in BC



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Program Updates

We were sorry to say good-bye to **Youth Transition Social Worker, Carly Schneider**, in March. Carly worked on a short term project with youth and their families to access appropriate resources and gain skills and confidence for the youth's transition to adulthood. Carly worked individually with families and youth, as well as developed a province-wide teleconference support group focused on transition skills, advocacy and resources. We send best wishes to Carly on her future endeavors.

In late August 2013, we welcomed social worker, **Joan Fisher**, as the new **Coordinator**, assisting **Team Leader, Josh Myers**, with the Community Brain Injury Program for Children and Youth. Joan comes with six years of experience working with adults with brain injuries in a comprehensive community and residential program. Prior to that, Joan worked in both adult and children's mental health for several years, as well as working as an advocate in the political arena as a constituency assistant. While at Fraser Health, Joan also founded the biannual **Brain Injury Film Festival**, with the help of her super team. (One of Joan's favourite BIFF fictionalized movies, **The Lookout**, can still be seen on Netflix or in DVD bins).

Former CBIPCY client is a Hero of Ability

"I think everything happens for a reason now, but I had so much fear and uncertainty when this all happened it was easy to want to give up in the beginning. I really just woke up one morning and my whole left side was paralyzed." This is how Shelby Swanson describes the beginning of her journey through brain injury. It began one morning in 2011, when she was sixteen years old. She learned from a MRI that she'd suffered a bleed from a cluster of abnormal vessels in her brain, called a cavernoma. Not only did Shelby lose the ability to walk and function independently, but this young singer and clarinetist also believed she had lost her dream of a career in music.

After being medically stabilized at the hospital and a few months of inpatient rehabilitation at Sunny Hill Health Centre, Shelby was discharged home for intensive community rehabilitation with the Community Brain Injury Program at the BC Centre for Ability.

Shelby recalls one pivotal moment when she turned the corner, "I remember thinking, what is the point, it's not making a difference even if I do this exercise 20 times." Despite this, she persevered, "I remember I was sitting with my therapist it was just like the day before doing the exercises but, then I saw it, I saw my fingers curl." Shelby and her therapists cried, Shelby called her mom who joined in their happy tears. (cont'd)



Hero of Ability (continued)

Although, it may have seemed like something small at that time to train her body to curl her fingers, the accomplishment of that one small movement generated great momentum for Shelby.

Shelby gained incredible inspiration, “every little improvement I started to see I gained more and more momentum and it built my confidence, even knowing that I won’t be 100% better it was still encouraging because it’s a chance of having my life back.”

From curling her fingers to moving her hand and arm and then progressing from a wheelchair to a crutch and then unassisted walking, Shelby took charge of her own rehabilitation alongside the Brain Injury Program. Although the crisis turned Shelby’s life upside down, she didn’t let it defeat her, Shelby says, “It gave me so much faith to believe that everything happens for a reason and taught me to have the courage to accept it and learn from it.”

Last year Shelby finished school with a full course load and was accepted into the music program at Columbia Bible College. Shelby is now pursuing music in school and in the community through a music group that travels the province twice a month.

Shelby will be celebrated as one of the true **Heroes of Ability** at the June 2014 **Dining for Dreams**. Josh Myers, Community Brain Injury Program Team Manager, who supported Shelby and her family and coordinated her rehabilitation services, says that Shelby is one of his heroes. “It’s her spirit, courage and maturity; it has helped her face her injury head on and achieve her goals despite the road bumps.”



Accessible sports and camps

Having spoken to parents of former clients as part of our program outcome surveys, we know that families outside the Lower Mainland often struggle to find accessible activities for their children. With that in mind, we have looked for fun ways to participate in communities beyond Vancouver.

Note: You and your child’s doctor have the best idea of what your child can safely do, but if you are looking for guidelines related to brain injury, Sunny Hill Health Centre

has a very good 4-page guide at

http://www.childdevelopment.ca/Libraries/CDR_Documents/Guide_to_Sports_Participation_after_Brain_Injury.sflb.ashx.

2014 RCD Summer Camp

Week long day camps and outings for ages 6-16 with mild to moderate disabilities, Includes sports, arts and crafts, cooking, music, outdoor games. Garratt Wellness Centre Kitchen (7504 Chelsea Place, **Richmond**) \$ 80/week. Registration starts in May www.rcdrichmond.org.

British Columbia Mobility Opportunities Society

This non-profit offers adapted opportunities for hiking (using the multi-terrain vehicle, the TrailRider), kayaking for those with limited grip strength and soaring over the Fraser Valley in a glider. The program operates May to August only. For more information email bcmos@disabilityfoundation.org.

Power for All adaptive paddling

This Fort Langley based program is committed to meeting the paddler’s needs for equipment, location and teaching styles. For information, check the website at www.wix.com/powerforall/adaptivepaddling or e-mail powerforall@evergreenadventure.ca, or call 778-885-7953 or 604-888-3697.



Whistler Adaptive Sports Program

A volunteer led program that offers year round recreational opportunities either individually or in groups for people with physical and cognitive challenges. The summer program includes kayaking, canoeing, hand-cycling, hiking/Trail Rider Days, gymnastics, rowing and Anything’s Possible (Wounded Warriors Program). The winter program offers ski and sit-ski lessons, snowboard lessons, Adaptive Alpine Race Program, Nordic Programs. Call 604-905-4493, or e-mail info@whistleradaptive.com.

Can You Dig It?

Inclusive food growing gardens throughout the Lower Mainland cultivate relationships and give back to their communities through food donations. For locations and information, visit www.cydi.ca, or e-mail info@cydi.ca (Look for municipal listings for Community Gardens in your community).

(Kelowna) Teen Drop Zone

Ages 11-15 year olds spend your Friday nights between now and June 13th from 7:30 to 9:00 p.m. in an easy going environment where you could make good friends. Webber Road Community Centre, 2829 Inverness Rd., West Kelowna. Cost: \$ 2.00. Call 250-768-3049 for information.

(Kamloops) KASA – Wheelchair Basketball

Join Kamloops Adapted Sports Association for weekly sessions. You’ll receive instruction in chair skills, shooting techniques, and game strategy. Chairs provided and all ages and abilities are welcome. For more information, e-mail kamloopsasa@gmail.com, or visit www.kamloopsadaptedsport.com.

(For other BC wheelchair basketball opportunities, see **BC Wheelchair basketball Society** www.bcwbs.ca info@bcwbs.ca toll-free: 1-877-333-6535).

(Kamloops) The City of Kamloops offers several adapted activities for all ages including adapted swim lessons and yoga. See their guide: www.kamloops.ca/activityguide/pdgs/14-spring/02.

Many Parks and Recreation departments have adapted programs. Give yours a call and find out what they offer and maybe give them a nudge about what you would like to see for your child. Nearly all municipalities offer some form of subsidy for programs based on income.

Most **public libraries** will have free or low cost **baby and toddler reading and play sessions** although these will be winding down towards the end of June and starting up again in September.