

# Accessible BC



**Spinal Cord Injury BC**  
**2018 ANNUAL REPORT**

**We know that a spinal cord injury can happen to anyone at any time. And that no one should go through it alone.**

**THAT'S WHY SINCE 1957** Spinal Cord Injury BC (SCI BC) has been reaching out to British Columbians with spinal cord injuries, and their families and friends, to help them adjust, adapt, and thrive. Whether someone is dealing with a new injury or struggling with the ongoing challenges of living and aging with a physical disability, we're there to ease the transition back to everyday life and open up a new world of possibilities.

Throughout British Columbia, we're working with our members, staff, volunteers, supporters, and local partners to increase connection, confidence, and participation. In addition, we're building networks of support and bringing accessible opportunities to individuals and families throughout BC. Together, we're working to ensure our incredible outdoor spaces and recreational facilities are accessible to visitors exploring the region—and to the diverse community that calls our province home.



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Board Chair



**Dr. Chris McBride**  
Executive Director

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**More than 12,000 British Columbians live with a spinal cord injury, with 500 new injuries occurring each year.** As the population ages, the number of people with SCIs grows.



### **SUPPORT.**

Our local events, meetup groups and one-to-one Peer matches connect British Columbians with spinal cord injuries and their families with people who have been there too.



### **INFORMATION.**

Our online Resource Centre, Information Database, and toll-free InfoLine offer essential information on a variety of topics.



### **CONNECTION.**

Our blog, videos, and *The Spin* magazine highlight SCI experiences and innovations, while our social media pages and Virtual Peer Group offer community—anywhere, anytime.



# SPINAL CORD INJURY

## FACTS & FIGURES

people living with SCI in Canada

# 86,000

121,000 projected by 2030



SCI BC Peer  
Coordinator  
locations in BC



number of new cases of SCI each year

# 4,300

5,800 a year by 2030



# 3.6 BILLION

ESTIMATED ANNUAL  
\$ ECONOMIC COST  
OF NEW TRAUMATIC  
SCI IN CANADA.

# 500 > 12,000

new injuries  
every year

British Columbians  
with a spinal cord injury

over 80% of people with SCI are men



> **49** are aged 60 and older  
**PERCENT**

# \$1.6 - 3 MILLION

ESTIMATED LIFETIME COST  
OF LIVING WITH A SPINAL CORD  
INJURY IN BRITISH COLUMBIA

49% NON-TRAUMATIC



## CAUSES OF SPINAL CORD INJURY

51% TRAUMATIC

Last year, our **SCI BC INFOLINE** service received **3,134 information requests**. 1,785 were phone calls and 1,301 were sent by email.

**16,917** visits to our online  
SCI BC Database

**11,714** visits to our housing  
and employment websites

### TOP 5 REQUESTS

1. Equipment
2. Health
3. Housing
4. Transportation
5. SCI BC

## NOT BEING ABLE TO WALK, COLE

never expected to be able to fly down a rugged mountain trail. Or to do so with his friends by his side. But when Kootenays Peer Coordinator Josh Dueck invited the 18-year old from Castlegar to a mountain bike and paddleboard camp, the possibilities changed Cole's life.

"It blew everything that I ever expected I would be capable of even doing out of the water," says Cole, who was paralyzed in a ski accident at age 11. "It really opened my eyes, a lot bigger, to see what is possible for somebody like me—especially because my injury is rather high."

That weekend, Cole didn't just find an adrenaline-fueled adaptive sport. Or a new confidence in his own abilities. He found an entire group of like-minded people who get it because they've been there too: "It's very important to meet a Peer group who has been through something similar. To meet those other people in wheelchairs and ask the personal questions that you've been unable to ask anyone else because nobody else would know. If they can overcome those challenges, I should be able to overcome mine."



## COMMUNITY

### THE PEER-TO-PEER CONNECTION

**Last year, attendance at our 64 peer events and 292 "Bean There" meetup groups** throughout the province exceeded **4,000**.

**Our REACH OUT Virtual Peer Group** connected with **202 members** in BC communities to provide at-home engagement, answers, and support.

**86 new people with SCI or a related disability** registered with our Peer Support Program.

**“I definitely had to reframe what outdoor adventure meant to me after my injury.**

Nature's a great teacher: Whether it's biking, paddling, or surfing. Whether it's moments of solitude. Or whether it's collective conversations and shared experiences. There's something about self-realization in these environments that helps us transcend the limitations of our physical bodies and give in to something that's a bit bigger than ourselves."

**–Josh Dueck**

*SCI BC Kootenays Peer Coordinator  
Paralympic Sit-Ski Champion*



**“ SCI BC offers an escape from the daily challenges of living with a disability. We’re meeting each other, making new connections and, for a while, just feeling like ourselves again.**



**“ I have not been fishing since my accident fifteen years ago. It made me think about family, and how I would love to bring my children and grandchildren out next year.**





**“ We’ve always wanted to open up my daughter’s world. This weekend she got that sense of, ‘Oh, there’s a whole world out there I can access and I can be a part of—and I’m not limited in any sense.**



**“ It’s very important to meet a Peer group who has been through something similar and ask the questions that you’ve really been unable to ask anyone else.**



# POSSIBILITY

## BUILDING THE FUTURE

### WHEN JESSICA WAS ACCEPTED

into the Baking & Pastry Arts Program at Vancouver Community College in 2017, she became the pastry school's first student in a wheelchair.

"When I first applied for Pastry School there was a small ember of excitement but it felt like a distant dream that might never come to fruition," recalls Jess, a longtime member and former employee of SCI BC. "Nearly a year and a half later here I am, a fully-fueled fire of excitement, fortunate enough to wake up every day and know that I am going to spend it doing something that I really truly love."

Those who have sampled her "homework" enthusiastically vouch for her outstanding abilities. And the icing on top? Jess was able to offset the costs of her schooling with funding from the new GRAGOPEAN Scholarship, administered by SCI BC and the Vancouver Foundation to award bursaries to BC post-secondary students with SCI, just like Jess.

“ I think that my presence in the program has served to be an eye-opener in the best of ways for not only my classmates, but also my teachers and the administration. **Living with a spinal cord injury does not limit us, it challenges us to be inventive and to work harder; it teaches us to forget the word no, and learn the phrase 'I will find a way'.** I think that this mentality is what is allowing me to succeed in the program thus far.”



**A LEARNING LEGACY** This year, the inaugural GRAGOPEAN Scholarship awarded more than **\$83,000** to eleven post-secondary students with SCI, in disciplines ranging from engineering, law and psychology, to aviation and baking. The BC Paraplegic Foundation helped ease the transition back to school, too, handing out **\$12,000** to five BC students with SCI and related disabilities.



## ACCESSIBLE BC

### CREATING OPPORTUNITIES FOR EVERYONE

**WE KNOW BRITISH COLUMBIA IS BEAUTIFUL. TOGETHER, WE'RE MAKING IT ACCESSIBLE.** Outdoors shouldn't mean out of reach! That's why SCI BC's Access BC Initiative collaborated with tourism associations, local and regional governments, and community stakeholders, to provide accessibility and Universal Design training, and to audit and improve hundreds of outdoor spaces and rec areas throughout the province. Our new Access BC website ([www.accessiblebc.ca](http://www.accessiblebc.ca)) features in-depth accessibility specifications for each audited area, as well as virtual tours and videos, suggested driving routes and maps, accessible tourism tips, and more. Let your accessible adventure begin!

## IMAGINE LEAVING YOUR HOMELAND AND COMING TO A NEW COUNTRY AS A REFUGEE.

### NOW IMAGINE DOING IT WITH A PHYSICAL DISABILITY...

When Salah arrived from Sudan as a refugee, he faced many uncertainties: Can I find accessible housing? Where will I work? Can I sing again? Will I be happy? After years of failing to find accessible and affordable accommodation, he contacted SCI BC's InfoLine. Right away Salah felt hopeful. "Every time I call there, I know they care. They really want to help. I can feel it." Within a year, Salah got the news he was longing for. It's been three months since he's moved into a new accessible apartment! With housing sorted out, Salah is turning his energy towards finding a job. And he still makes time to volunteer with new immigrants, especially those with disabilities.



### LAST YEAR



**92,891**  
visits to our  
website



**16,600**  
readers per issue of  
*The Spin* magazine



**8,000+**  
people in our  
online community

Our InfoLine service received  
**3,134** information requests.

### WHO CONTACTED US?



Family &  
Friends



General  
Public



Persons with  
SCI/Related  
Disabilities

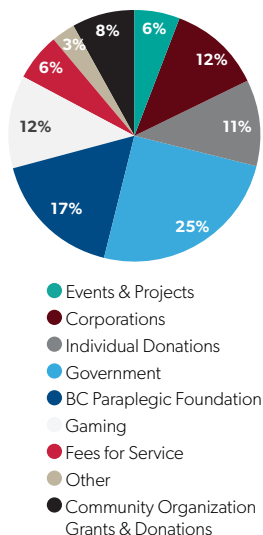


Healthcare  
Agencies/  
Professionals

People throughout BC, and from as far away as Finland, Uruguay, and Kyrgyzstan, engaged with us online.

# FINANCIAL STATEMENTS

## Revenue Sources



## Summary of Operations

Revenue	2018	2017
Donations, bequests & fundraising projects	\$ 597,197	\$ 626,639
Donations for the BC Paraplegic Foundation	346,637	347,273
Government Grants	500,101	473,390
Gaming Grants	250,000	250,000
Community groups and United Way donations & grants	129,992	209,123
Fees for service	122,162	137,646
Other	59,561	55,892
Membership fees	785	880
	<b>2,006,435</b>	<b>2,100,843</b>
Expenses		
Programs	1,252,418	1,413,610
Fundraising	173,254	142,907
Administrative and support services	567,878	579,462
	<b>1,993,550</b>	<b>2,135,979</b>
<b>Surplus (Deficit)</b>	<b>\$ 12,885</b>	<b>\$ (35,136)</b>

## Summary of Financial Position

Assets	2018	2017
Current Assets	\$ 1,138,606	\$ 1,138,606
Restricted Cash	250,000	250,000
Capital Assets	37,251	37,251
	<b>\$ 1,425,857</b>	<b>\$ 1,425,857</b>
Liabilities and Net Assets		
Current Liabilities	\$ 602,601	\$ 472,579
Deferred Contributions	137,762	92,299
Net Assets	685,494	672,610
	<b>\$ 1,425,857</b>	<b>\$ 1,237,488</b>

Complete financial statements, audited by Manning Elliott LLP, as well as the auditors' reports on those financial statements, are available upon request by calling 604-326-1225 or by emailing [info@sci-bc.ca](mailto:info@sci-bc.ca)



In Prince George members hit the gym—and the kitchen—for a series of **fitness bootcamps and healthy cooking classes.**

# 2018 HIGHLIGHTS

**WE SUPPORTED 2,451 MEMBERS WITH SPINAL CORD INJURIES AND RELATED PHYSICAL DISABILITIES, AS WELL AS THEIR FAMILIES AND FRIENDS.**



**Our first Learn to Camp weekend,** in partnership with Power to Be, was a wild time. (Already looking forward to more adventures next year!) Need we say s'more?



In partnership with local and regional tourism associations, **SCI BC's Access BC initiative** worked to assess and improve the accessibility of parks, rec areas and rest stops throughout the province.



**54 VOLUNTEERS DONATED OVER 1,000 HOURS.**

Once again, SCI BC's **Guys' Garage** was a smashing success, with live bands, adaptive tech, craft beer and pizza, and more than 140 men from Metro Vancouver's SCI community.

Of our **30 staff, spread across 11 communities** around BC, **56%** are people living with physical disabilities.



**We brought together immigrants with SCI** to help us learn what they wish they'd known when they arrived in Canada, so newcomers with disabilities can get the supports they need.



Our inaugural **Kootenays adaptive mountain bike camp** gathered novice riders and adrenaline junkies for equal doses of peer support and adrenaline on BC's first purpose-built aMTB trail, The Spine.



**76 Walk 'n' Rollers raised more than \$61,000** for SCI BC in our best Scotiabank Charity Challenge yet.



# THANK YOU

**It would be impossible for us to reach out through programs, services, and support without the generosity of the broader community — our donors, sponsors, volunteers, and partners.**

## GRANTS

Allen & Loreen Vanderkerkhove Foundation  
BC Gaming Commission, Ministry of Finance  
BC Paraplegic Foundation  
City of North Vancouver  
City of Prince George  
City of Surrey  
City of Vancouver  
District of North Vancouver  
District of West Vancouver  
Insurance Corporation of BC  
Neil Squire Society  
North Peace Savings & Credit Union  
Northern Health  
Prince George Community Foundation

Province of British Columbia  
Provincial Employees Community Services Fund  
Sara Spencer Foundation  
SPARC BC  
Spinal Cord Injury Canada  
United Way of Central & Northern Vancouver Island  
United Way of Greater Victoria  
United Way of Northern British Columbia  
University of BC (ICORD)  
Vancouver Coastal Health  
Vancouver Foundation  
Victoria Foundation  
WorkSafe BC

## DONORS & SPONSORS

*We have not listed individual donors in respect of their privacy.*

### \$10,000 +

The 1988 Foundation  
CHAIRstuff Sales Ltd.  
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### \$5,000 to \$9,999

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Gyro Club of Vancouver  
Helping Hands of WorkSafe BC  
Kamloops Paddlewheelers Lions Club  
Knights of Columbus (BC)  
Len's Transportation Group  
Neptune Terminals Canada  
Pipe & Piling Supplies BC  
Royal Bank of Canada  
Walmart Canada

**And we were moved and grateful to receive gifts in honour or memory of:**

Tom Letchford  
Nicholas Matous  
Gladys Piller

Robert Ross  
Jan Scott

**We greatly appreciate and value every contribution - thank you to everyone for an outstanding year!**

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**Spinal Cord Injury BC**

[www.sci-bc.ca](http://www.sci-bc.ca)

