



# YEARS



Spinal Cord Injury BC  
**2017 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, whether they are dealing with a new injury or struggling with the ongoing challenges of living and aging with a physical disability.

Over the last six decades, the way we have delivered our life-changing programs, services, and information has changed considerably. But what we do and why we do it have not. The magic of peer support and the power of information will always be at the core of our services, and helping our members adjust, adapt, and thrive will always be why we work so hard, every day, in communities throughout the province.

**Together, with our members, staff, volunteers, supporters, and local partners we're building up communities, confidence, and a lasting legacy for years to come.**



**Ed Milligan**  
Board Chair



**Dr. Chris McBride**  
Executive Director

### **Board of Directors (2016-2017)**

\*living with spinal cord injury

Anthony Ariganello	Scott McCloy (Vice Chair & Secretary/Treasurer)
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Bernard Fahy	Gerry Price *
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Terry LeBlanc *	Thomas Romano *
	Roy Teather

**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 SCIs will grow.



### **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

**3.6 BILLION**

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



SCI BC Peer Coordinator locations in BC

number of new cases of SCI each year

# 4,300

5,800 a year by 2030

**\$1.6 - 3 MILLION**

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

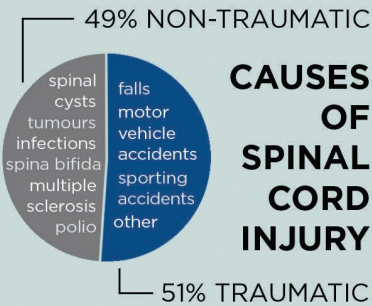
**500** > **12,000**

new injuries every year British Columbians with a spinal cord injury

2/3 of people living with SCI are men



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



Last year **2,025** people with spinal cord injuries or related physical disabilities, and their family and friends, attended at least one of the **314 Peer Events** held throughout the province.

**1,531** people found friendship and support at one of **238 "Bean There" meetup groups** across BC.

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

# 60 YEARS

## OF SCI COMMUNITY SERVICE

1957 • 2017

The closer I get to 60, the younger it seems. But reflecting back to SCI BC's start in 1957, and SCI Canada's 12 years earlier, 60 years represents a remarkably long history of service delivery excellence and innovation — a long history of helping British Columbians with disabilities and their families adjust, adapt, and thrive.

There are many things that, six decades in, continue to make SCI BC unique: our rich history, our provincial reach, our direct and innovative services, and the contributions our members make by participating in our services. The fact that more than half of our staff members are themselves people with disabilities helps to ensure the relevance and impact of our work.

We know that to truly achieve our goals, we must partner with others—be they other community service organizations, government, private sector, or research partners. Over the last 60 years, we have had and continue to have a wealth of each. Despite the challenges of running a provincial nonprofit organization these days, our great team, exceptional partners and supporters, and our diverse, active, and engaged membership enable us to achieve a lot with just a little. As we enter our seventh decade, we will continue to ensure that, in the words of one of our members, "SCI BC is the 'go to' place for information and support from people who really know what you're going through and how to help you get back to real living."

As only the fifth executive director of this great organization, it is a challenge and honour to continue the legacies established by my predecessors.

—Dr. Chris McBride, Executive Director

The British Columbia Division of the Canadian Paraplegic Association (CPA (BC)) is born.

# 1957

**1945** The Canadian Paraplegic Association is established in Toronto by seven WWII veterans who sustained spinal cord injuries during active duty. Led by retired Lt. John Counsell, they envision a group of "members helping members" to return to productive community life. Lt. Counsell joins BC veteran Ed Desjardins to create a Western Canadian division.

**1959** Stan Stronge is hired as the first CPA (BC) employee.

# THE 1960s

**focused on reversing the overwhelming under-employment for people with disabilities.** To help people get back to school, the CPA Women's Auxiliary established our first scholarships. Today, the BC Paraplegic Foundation continues our scholarship and bursaries program with several annual awards each fall.



Stan Stronge with a member from the Women's Auxiliary, 1963

The Motor Vehicle Branch had been convinced in the late '40s to give people with disabilities a license to drive with hand controls, but restricted their speed limits to 30 mph. The CPA (BC) set out to change their minds and started an **annual car "roadeo"** where everyone, including the MVB officials, drove an obstacle course using hand controls to demonstrate ability and safety. It worked – the speed restriction was lifted.

**The inspector testing Ed Desjardins for his driver's license was so nervous he insisted on sitting in the back seat for the road test!**



Cody Stiles, Vancouver's first wheelchair-using meter attendant

Active in the formation of CPA (BC), **Doug Mowat accepts the role of Executive Director.** For more than three decades, the organization flourishes under his strong, innovative leadership. Doug goes on to receive the Order of Canada in 1982 for his work with persons with disabilities.

1960



1968

**CPA (BC)'s safe driving "roadeo" and car rally events** demonstrate that people using hand controls are safe and responsible drivers. Special speed restrictions are removed.

A pioneering partnership between CPA (BC) and the Vancouver South Lions Club developed **the Lions Paraplegic Lodge**, transitional housing for people with spinal cord injuries as a 'stepping stone' between rehabilitation and the community. (The Lodge was replaced with integrated housing at Lions Millennium Place in 1999.)



# THE 1970s

**marked a decade of growth and advancement**, highlighted by the City of Vancouver's adoption of building code accessibility bylaws, the opening of the Lions Paraplegic Lodge, the initiation of the BC Coalition of Persons with Disabilities, and the establishment of a hand-equipped vehicle rental program.

**In 1976, Doug Mowat and Garth Pither of Premier Cablevision founded the BC Paraplegic Foundation over a cup of coffee, with a matching company-employee donation in memory of a co-worker with SCI. Today, the BCPF's assets exceed \$6 million, proving that even a small gift can make a big impact!**

1978



**The Lions Paraplegic Lodge opens.**

1972

**The City of Vancouver adopts building code accessibility bylaws.**

These will serve as a model for the BC Building Codes adopted in 1979.

1976

**CPA (BC) expands community-based services** to the Okanagan and Kootenay areas. Within the next few years, an office is opened in Prince George.

Member and CPA (BC) director **Lloyd Chamberlayne starts the Lloyd's Loan Program** with a hand-controlled car available for loan to help people with spinal cord injuries with transportation needs. The first Lloyd's Loan car was a trusty Ford Pinto.

# THE 1980s

**Another busy decade—particularly for accessibility and awareness!** Vancouver Taxi introduced three lift-equipped vans, and both the Stan Stronge accessible pool and Creekview Housing Co-op opened their doors. The first Creekview residents were five young quadriplegic men who, tired of institutional living and determined to reside in the community, solicited help from organizations such as ours. In 1981, people with disabilities were incorporated into the Provincial Human Rights Code. Four years later, Rick Hansen departed on his World Tour. Back at home, Expo '86 offered a model of accessibility for visitors to Vancouver.

Doug Mowat was elected as a Member of **BC's Legislative Assembly** in 1983 – the first wheelchair user to serve in this capacity. Today British Columbia has three MLAs with spinal cord injuries ably serving their constituents: Stephanie Cadieux\*, Michelle Stilwell\*, and Sam Sullivan.

\*Former BCPA staff members



# THE 1990s

Working with BC Transit, **CPA (BC) is instrumental in the development of the accessible bus program**, first established in BC's Lower Mainland, and the first of its kind in Canada.

**We solidified old partnerships and forged new ones** to support rehabilitation, research and injury prevention, and further increase the quality of life of people living with SCI. Together with University Hospital\*, the BCPA reached out to schools, teaching students about safe behaviours. The new Noble House offered self-contained apartments with shared support care for individuals living in Pearson Hospital, trading the institution for community life.

\*Now Vancouver Coastal Health



## 1980



The Stan Stronge Pool, the first fully accessible and equipped swimming pool, opens at Pearson Hospital.



**CPA (BC) played a consultative role in the planning of Expo '86, which showcased accessibility and high-tech innovations for people with disabilities.**



One of the first stops? Our Marine Drive office where CPA (BC) staff, led by Doug Mowat, gave it a try.

## 1990 CPA (BC) changes its name to BCPA.

**The first accessible bus hits the streets.** Metro Vancouver is the first Canadian city to adopt a policy offering fully-accessible transit service.

**1992 Noble House opens** in False Creek. The apartment complex is named for Stanley Noble Stronge, our first employee and rehabilitation counsellor, and the "granddaddy of wheelchair sports" in BC. Stan was inducted into the BC Sports Hall of Fame in 1980 and awarded the Order of Canada the following year.

## 1983

**Vancouver Taxi puts three lift-equipped vans into circulation**—a result of CPA (BC)'s efforts to change legislation involving taxi licenses. Today this company alone has almost 40 accessible cabs.

**1985 Creekview, the world's first integrated, self-managed housing project** with shared support services for people with high-level quadriplegia, opens in Vancouver.

## 1987

**Rick Hansen completes his Man in Motion World Tour.** CPA (BC) and the BC Paraplegic Foundation were among the Tour's first supporters.

**1998 The BCPA and GF Strong begin a partnership** in education outreach initiatives to deliver spinal cord injury information to individuals and health providers.

**The decade of Peer Power!** A new program, started under the leadership of Stephanie Cadieux and Brad Jacobsen, created a revitalized and vibrant community that honoured the original vision of “members helping members”. From get togethers such as “Bean There” coffee groups, regional BBQs and the Bus Stop Hop, to daredevil activities like bungee jumping and skydiving, our members are living and thriving in communities throughout BC.



The Peer Program is supported by Peer Coordinators and volunteers around BC.

The first issue of our quarterly magazine, *The Spin*, printed in Spring 2010, with a feature story on the Vancouver 2010 Olympics and Paralympics. Since then, we’ve been keeping readers informed, engaged and up-to-date on the latest SCI research, adaptive technology and equipment, and sharing stories of unique individuals, hobbies and achievements.



# THE 2000s & beyond

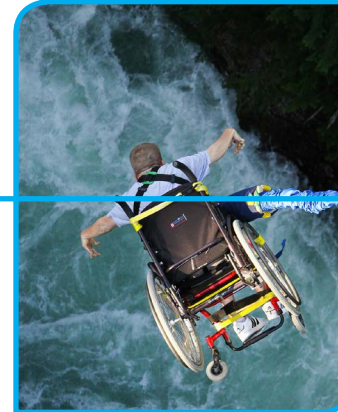
So far in this decade, we’ve harnessed the power of community and technology to support people throughout BC, across Canada, and abroad.

We launched our Infoline Service, which includes toll-free phone and email access to expert staff, along with an online database containing more than 900 resources related to advocacy, accessible housing, government benefits, equipment, transportation, recreation options, sexual health and more. We’re still passionate about accessibility, too. Just last year the Access North project conducted over 400 assessments of outdoor spaces in BC’s northern parks and recreation areas.



Stephanie Cadieux, Brad Jacobsen, and Kirsten Sharp making a Peer-to-Peer impact at our GF Strong office.

Stephanie and Brad, assisted by other well-known members of our community (Kirsten Sharp and Teri Thorson, to name a few) set the foundation for what has become the signature **Peer Support Program** service for SCI BC.



## 2001

**The Peer Support Program is established** and quickly gains momentum.

## 2002

Developed in partnership with TransLink, **the inaugural Bus Stop Hop** helps people with new injuries get familiar and comfortable with public transit.

**The first Peer event was a Summer Kick-Off BBQ held in Vancouver on July 21, 2001. Luckily the rain held off. Annual Peer BBQs are now held in communities around BC.**

## 2012

**The BCPA changes its name to Spinal Cord Injury BC (SCI BC)** to reflect the changing face of SCI. Now, as many people live, and thrive, with quadriplegia as with paraplegia.

## 2010

**The BCPA launches its InfoLine service.**

## 2016

**SCI BC continues to add to its online resources**, partnering with local health services, organizations, and governments to launch a comprehensive SCI Sexual Health website, conduct accessibility audits of outdoor spaces around Northern BC, and reach isolated members via social media and the new Reach Out Virtual Peer Group.

Teri Thorson leads SCI BC’s monthly Reach Out Virtual Peer Group.





“ I challenged myself to let my excitement take over the fear of the unknown. Now I feel empowered, liberated, and very proud of myself! I am ready to take on anything that I want.



“ Having a community like this available to us, in our hometown, is the difference between surviving and thriving... This is where we're going — together.



“ I have felt that my military family has basically left me behind. Then I found SCI BC... They listened, got me involved and introduced me to a group of awesome guys. I am once again enjoying life.



“ I used to climb before my accident... And I'm leaving here today with a new appreciation for my body, and knowing that I'm capable of much more—and especially the most paralyzed parts of me are capable of much more than I knew.

2017

## COMMUNITY

THE PEER-TO-PEER CONNECTION

### IN HIS HOME COUNTRY, PARVIZ

had a full time job and was active in wheelchair sports, until his work made him unpopular with the secret police. He was questioned and released, before fleeing to Turkey and coming to Canada as a refugee.

In Canada, Parviz received his first power chair and found SCI BC online. He became a member, joined a “Bean There” coffee group in his community, and began attending events with his new Peer Mentor Ebby. He even took up exciting new sporting opportunities with our SCI community partners.

When Parviz’s power chair broke, stranding him at home with little English or experience with local health services, our Information Resources Specialist arranged at-home repairs, a letter to Parviz’s family doctor, and an SCI BC Peer to show him the ropes of his temporary manual chair. Now, Parviz is back in English classes and out at SCI BC events with his new Canadian “family”.

“ I tried to make a new life in Canada. I’m learning everyday—the culture, the language—but it’s really hard. **I’m really happy here with Spinal Cord Injury BC because I’ve found other people with disabilities.** I am very glad for the new friends, and sports, recreation, and connection.

**It took me so long to find a disability community in Canada, and I am so happy to finally find my family again.**

### LAST YEAR



**160,996** visits to our website



**16,658** readers per issue of *The Spin* magazine



**7,000+** people in our online community



### WHAT IS IT LIKE TO LIVE WITH A SPINAL CORD INJURY IN A DIFFERENT COUNTRY OR CULTURE?

In the Spring 2017 issue of our quarterly magazine, *The Spin*, eight SCI BC members from around the world shared how their diverse cultural backgrounds have shaped the way they experience life with a disability—and how they see their new homes in BC. Readers from across the province reflected on the differences and unexpected similarities between their cultures, and let us know they finally felt included, heard, and understood.

**What do you love to do? This year’s workshop-based SCI Forum, titled “How We Do Stuff,” shone the spotlight on our most valuable SCI experts—YOU!** From writing, travel and sports, to board games, woodworking and cooking, our members showcased their passions, pastimes and expertise. Now online, our Hobby Database makes sharing easier with everyone. Visit [sci-bc.ca/hobbies](http://sci-bc.ca/hobbies).

HELLO  
my hobby is

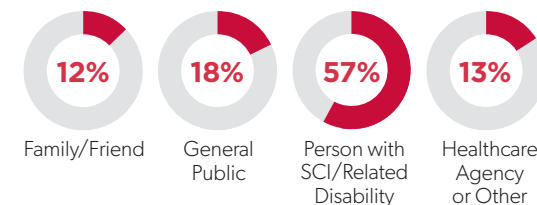
Last year, our InfoLine service received **3,049 information requests**. **1,586** were phone calls and **1,420** were sent by email.

**TOP 5 REQUESTS** 1. Housing 2. Equipment 3. Transportation 4. SCI BC 5. Funding

**14,339** visits to our online SCI BC Database

**9,517** visits to our housing and employment websites

### WHO CONTACTED US?



People throughout British Columbia, and from as far away as Guyana, Malaysia, and Macedonia engaged with us online.



# COLLABORATION

A WORLD OF POSSIBILITY



**Canadian Access and Inclusion Project** / **Projet canadien sur l'accès et l'inclusion**  
a project of Spinal Cord Injury Canada

SCI BC played an active leadership role on SCI Canada's Canadian Access and Inclusion Project (CAIP). Funded by the federal Ministry of Sport and Persons with Disabilities, the CAIP project and its 32 participating disability organizations aim to improve access, inclusion, and legislation for all Canadians with disabilities. Learn more at [include-me.ca](http://include-me.ca).



SCI BC and our BC SCI Community Services Network partners\* received \$5 million from the BC Government to continue to provide comprehensive programs and services for people with physical disabilities throughout the province—and to develop new ways to further support our SCI community!

\*BC Wheelchair Sports Association, BC Wheelchair Basketball Society, Neil Squire Society, and Sam Sullivan Disability Foundation

## SCI RESEARCH: MORE THAN TEST TUBES, STEM CELLS, AND A FAR OFF CURE

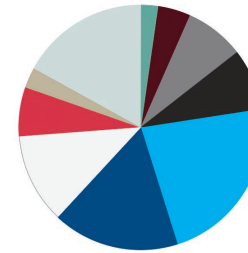
SCI BC has always believed in the importance of research and the role people with SCI can and need to play in it—not just for finding a distant cure, but for the advances it has and will continue to make in all aspects of living with an SCI. We are very proud of our partnership with the world-leading ICORD research centre and other elite Canadian researchers. Here are just some of the research partnerships we have been involved with over the past year:

- ICORD: Research participant recruitment and knowledge translation support
- Canadian Disability Participation Project: an alliance of university, public, private and government sector partners working together to enhance community participation among Canadians with physical disabilities (led by Dr. Kathleen Martin Ginis, UBC Okanagan)
- International Guidelines for Exercise for adults with SCI (led by Dr. Kathleen Martin Ginis, UBC O)
- Peer Mentorship-focused studies: Numerous studies (led by Dr. Heather Gainforth, UBC O; Dr. Shane Sweet, McGill; Dr. Kathleen Martin Ginis, UBC O)



Developing Integrated Knowledge Translation Guiding Principles for conducting and disseminating research in partnership with the spinal cord injury community (led by Dr. Heather Gainforth, UBC O)

## Revenue Sources



- 2% Events & Projects
- 4% Bequests
- 8% Corporations
- 8% Individual Donations
- 17% Government BC Paraplegic Foundation
- 12% Gaming
- 7% Fees for Service
- 3% Other
- 17% Community Organization Grants & Donations

## Summary of Operations

Revenue	2017	2016
Donations, bequests & fundraising projects	\$ 626,639	\$ 802,578
Donation from the BC Paraplegic Foundation	347,273	326,273
Government Grants	473,390	294,715
Gaming Grants	250,000	250,000
Community groups and United Way donations & grants	209,123	156,379
Fees for services	137,646	115,257
Other	55,892	54,979
Membership fees	880	925
	<b>2,100,843</b>	<b>2,001,106</b>

## Expenses

Programs	1,413,610	1,255,937
Fundraising	142,907	136,250
Administrative and support services	579,462	587,104
	<b>2,135,979</b>	<b>1,979,291</b>

<b>Surplus (Deficit)</b>	<b>\$ (35,136)</b>	<b>\$ 21,815</b>
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## Summary of Financial Position

Assets	2017	2016
Current Assets	\$ 934,624	\$ 960,316
Restricted Cash	250,000	250,000
Capital Assets	52,864	44,603
	<b>\$ 1,237,488</b>	<b>\$ 1,254,919</b>

Liabilities and Net Assets	2017	2016
Current Liabilities	\$ 472,579	\$ 450,792
Deferred Contributions	92,299	96,381
Net Assets	672,610	707,746
	<b>\$ 1,237,488</b>	<b>\$ 1,254,919</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)

# 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 & Lureen Vandekerkhove Family Foundation  
BC Gaming Commission – Ministry of Finance  
BC Paraplegic Foundation  
BC Rehab Foundation  
City of North Vancouver  
City of Surrey  
City of Vancouver  
Community Foundation of Whistler  
District of North Vancouver  
District of West Vancouver  
Greater Victoria Saving & Credit Union Legacy Fund  
Insurance Corporation of BC  
Neil Squire Society

North Peace Savings & Credit Union  
Province of BC  
Provincial Employees Community Services Fund  
Rick Hansen Institute  
Spinal Cord Injury Canada  
United Way Central & Northern Vancouver Island  
United Way Greater Victoria  
United Way Northern BC  
University of BC (ICORD)  
Vancouver Coastal Health  
Vancouver Foundation  
Vernon & District Fantastic Sports Society  
Victoria Foundation

## DONORS & SPONSORS\*

### \$5,000 to \$9,999

Allergan Canada  
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### \$10,000 +

The 1988 Foundation  
Murphy Battista LLP  
South Asian Rehab Committee  
Vancouver International Airport Authority  
Vancouver Regional Construction Association  
West Shore Holdings Ltd.

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

And we were honoured to be remembered with bequest gifts—legacies that will benefit our community for years to come:

Estate of Ruth Elizabeth Hodge  
Estate of Sylvia Ethel Minthorne  
Estate of Robert Williams

We were moved and grateful to receive gifts in honour or memory of:

Todd Addie	Thomas Letchford
Irene & Allan Bowman	Nicholas Matous
Ted Brownlee	Min
Bunty	Gladys Piller
Ruth Chamberlayne	Jurgen Posselt
Rita Gatt	Robert Duncan Ross
Larry Hamada	Jan Scott
Iver Jensen	Angeline & Andre Verstraete

We are deeply grateful to each and every one of you, listed or not. All gifts — of all sizes and types — are tremendously appreciated and valued by SCI BC and the community we serve.

**Thank you for another amazing year!**

# 2017 HIGHLIGHTS



**75 Walk 'n' Rollers** from four different countries raised **\$67,250** for SCI BC in this year's Scotiabank 5K & Half-Marathon Charity Challenge!

**OUR PEER PROGRAM** supported **2,025 people** with spinal cord injuries and related physical disabilities throughout BC, as well as their families and friends.



**Our REACH OUT Virtual Peer Group** connected with members in 30 BC communities to provide at-home engagement, answers, and support.

Our Okanagan members hit the Great Outdoors for some kayaking, cycling, and an epic **Overnight Campout**.



**90 volunteers** donated **3,955 hours of time**, and **five interns** helped out with various projects and Peer events.



Our specialized **SCI Fitness Bootcamps** took off in Vancouver and made their way to Prince George, motivating people with SCI to explore physical literacy, get fit, and have fun.

We challenged limits, conquered fears, and reached new heights in our first foray into **Adaptive Climbing** in North Vancouver. Belay on!



**OUR INFOLINE** fielded a record **328 toll-free calls in June**.



**Multi-Region events** connected members living in different areas of the province. **Groups from Vancouver, the Island and the Okanagan met in Whistler** for an unforgettable weekend of ziplining, trail riding, watersports and mutual understanding.



**We led 238 "Bean There" meetup groups**, adding a new monthly get together in Surrey and Roving Groups in four additional BC communities.



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