



HEALTHY TOGETHER



Spinal Cord Injury BC

MESSAGE TO OUR SUPPORTERS

Healthy together is a philosophy that applies more than ever to our approach to the services we provide and how our organization operates because working together toward common goals leads to healthier, more impactful outcomes.

Through our sixty-seven years of delivering services in BC, we know how isolating the lifelong journey with a spinal cord injury or related disability can be for individuals and family members alike. There are so many unknowns, so much uncertainty, so many barriers, and so many challenges that are better faced together than being faced alone. Whether it is through our ever-evolving Provincial Peer Support, Information Services, or Access BC programs, we are bringing people together to help make connections, share information and build communities of support.

But we can't do what we do on our own. To make the kind of positive impact our services have on individuals with SCI and their families requires a healthy organization that attracts and retains outstanding staff and volunteers and has the resources to support our members throughout the province. The vibrant health of our organization is the result of the strength of our membership; of our government, tourism, private sector, and research partners; and of the relationships we have with our diverse base of philanthropic supporters. As a result, we have been able to add capacity for delivering more in-person support in Northern BC, the Okanagan, and the South Coast, and online through our expanding online Peer Health Coaching and Aging with SCI services.

As we celebrate the successes of the year that has passed we look forward to the work that lies ahead – work that will continue to bring people and organizations together to sustain our health as an organization and of those we are here to serve and support.

OUR MISSION: “To help people with spinal cord injury (and related disabilities) and their families adjust, adapt, and thrive as they deal with a new injury or struggle with the ongoing challenges of living and aging with a physical disability.”



Chris McBride
Executive Director



Edward Milligan
Board Chair

SCI BOARD OF DIRECTORS (2023/2024)

Edward Milligan*
(Chairperson)
Scott McCloy
(Vice Chair & Treasurer)

Jennifer Leyen
Harry Hole
Bernard Fahy**
Anthony Ariganello

**Living with spinal cord injury*
***Bernie passed away in*
2024. We will honor his
legacy in our next report.

IMPACT 2023/2024 HIGHLIGHTS

We supported...

...**2,983 members** with SCI and related disabilities, as well as their families and friends.

We expanded...

...our SCI BC staff with **7 new hires** to increase our impact, including new peer support staff in the North, Okanagan, and the South Coast. We strengthened our team in Communications, Events, and Philanthropy, as well as introducing new Peer Health Coach positions to better support our peers and the SCI community.

We maintained...

...our commitment to employing people with SCI and related disabilities. Of the 35 SCI BC staff members and 11 volunteer peer mentors, **72%** are people living with an SCI or other disability. Another 6 people with disabilities provided accessibility assessments thanks to wage subsidies provided through the Neil Squire Society.

Our dedicated volunteers...

...donated **1,581 hours+** to support SCI BC programs, services, and events.

We cheered on...

...our very own **Rob Shaw** for his outstanding wheelchair tennis career. Rob was selected as Canada's flag bearer for the opening ceremony of the 2023 Parapan Am Games in Chile and went on to win Silver. He later competed at the 2024 Paralympics in Paris.

We launched...

...the **Peer Health Coaching Program** for participants to work on their personal health goals with our specially trained SCI peer health coaches in one-on-one sessions.

We partnered...

...with ICORD (UBC), McGill, and the University of Toronto to advance priority areas of SCI research. In addition to our knowledge translation and participant recruitment activities, we co-authored **10 published research articles** with another 8 being prepared for publication.

We provided...

...over **1,039 resources** in the SCI Info Database for the SCI community.

We advanced accessibility...

... Our Access BC team provided **287 accessibility assessments** using the new app developed in partnership with researchers at UNBC. We also completed 262 community assessments/HelloBC accessibility checklists through partnerships with our tourism association partners on Vancouver Island, Cariboo Chilcotin Coast, Vancouver Coast Mountain, and Prince George tourism regions.

We raised...

...more than **\$78,000** through the 2024 Charity Challenge—we passed our fundraising goal and claimed the #3 spot for top fundraising charity! 133 members joined Team SCI BC, including 6 corporate teams, and peers from all across BC participated in our 6 regional Charity Challenge events.

We created...

...our **Aging with SCI Program** which includes online discussion groups and educational webinars. Resources on aging can be found on our newly created website at sci-bc.ca/aging.

MEET ROBIN

For Robin, it's all about family. This hit home for the father of three when an SCI changed his life forever.

Two years ago, Robin was on a mountain bike in Powell River when he suddenly went over the handlebars. In that instant he was paralyzed.

“There is so much change in the beginning that you are literally just trying to survive. Your whole family is impacted. Kate and I have young kids and we have always been very active. We were scared of what our future would look like.”

During his rehab stay, Robin learned of our programs and met others facing similar challenges. “I can't tell you how critical it is to connect with someone who understands what you've been through. To see a glimpse of what your future can hold and the opportunities that are out there.”

Back home in Victoria, Robin stays in touch with our local Peer Coordinator. At our “Nordic Ski” adventure last winter, Kate and the kids were right there beside him. He is so pleased that we welcome family members at all our events.

“To find out that I can still ski alongside them is huge. It brings joy to our lives. And it's all the other wonderful opportunities you have for people to get outside and actively participate with their loved ones. That's the biggest motivation for me.”

Robin is immersed in the craziness that comes with having three young ones, but he knows he can count on our peer connections. What matters is that Robin, Kate and the kids will be together. He will never forget what it's like to wake up in the hospital and hear the news that your whole world is turned upside down.

An SCI can be traumatic in the beginning, but with access to peer support and resources, we know that families like Robin's have the ability to bounce back and live a fulfilling life together.



SCI BY THE NUMBERS

FACTS, FIGURES & IMPACT OF SCI IN BC AND CANADA

500 new injuries every year ▶ **12,000** people in BC are living with an SCI

- **8,600** Canadians are living with an SCI
- **4,300** new cases of SCI occur per year

★ Location of Peer Coordinators in BC

\$3.6B

estimated annual economic cost of traumatic SCI in Canada



\$1.6-3M

estimated lifetime cost of living with SCI in BC

By 2030...

- **121,000** Canadians will live with an SCI
- **5,800** new cases of SCI will occur per year



CAUSES OF SCI

49%
Non-traumatic

51%
Traumatic

49% of people with an SCI are aged 60 or older ▶ **80%+** of people with an SCI are men

A LASTING LEGACY

Leaving a gift in your will is one of the most significant and simple ways to create a lasting legacy that will support SCI BC in its mission to help people with physical disabilities and their families adjust, adapt, and thrive—not only today but in the future as well. This past year, we received \$203,986 through bequests, gifts that will have an immediate and lasting impact. Learn more about the importance of legacy giving and how these incredible donations make a powerful impact on people with SCI: sci-bc.ca/support-our-work/legacy-giving

KNOWLEDGE IS POWER

CONNECTING PEERS WITH CRITICAL INFORMATION

SCI BC Peer Program

8,747 Total direct service contacts

2,993 Attendance at our **293** in-person peer meetups and events

2,738 Attendance at our **376** Reach Out online peer groups

57 Participants in our new Peer Health Coaching program

Website/Online Community*

154,436 Total web sessions

384,204 Total page views

11,516 Number of people in our online community

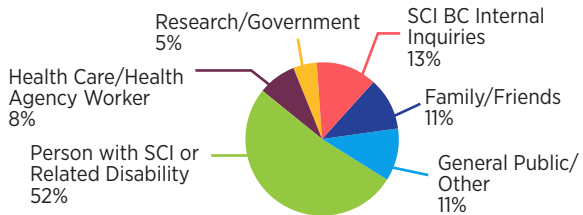
*Includes sci-bc.ca, scisexualhealth.ca, and livingwithsci.ca

SCI BC InfoLine

The SCI BC InfoLine responded to **1,435** phone calls* and **1,577** emails/messages for a total of **3,372** information requests.

Top 5 InfoLine Requests

1. Accommodation (13%)
2. Health (11%)
3. Equipment (10%)
4. Counselling (9%)
5. CSIL (8%)



*23% of the calls were over 15 minutes, indicating the complexity of callers' challenges.

The Spin Magazine

16,000 Number of readers per quarterly issue

"[My husband] and I enjoy *The Spin Magazine*. It is a top quality SCI magazine (we have lived in Western Northwest Territories, Nova Scotia, and British Columbia—but your magazine is tops!)."



Our Peer Support is province-wide!

Peer Coordinators live with SCI and understand what you're dealing with. They are located throughout BC and are always there to lend an ear, answer questions, or host a unique in-person or online event. Our Peer Coordinators can be found in Fort St. John, Terrace, Prince George, Kamloops, Vernon, Kelowna, Penticton, Courtenay, Nanaimo, Duncan, Victoria, North Vancouver and Metro Vancouver*. To ensure no one is left out, they also provide connections online. Get in touch with your local Peer Coordinator at sci-bc.ca/our-staff.

*Metro Vancouver cities include: Burnaby, Delta, Maple Ridge, Richmond, Surrey, Tri-Cities, and Vancouver.

SCI BC's pioneering Aging with SCI Program helps peers grow older and wiser.



Duncan Campbell is no stranger to helping peers live healthy, active lives. From inventing “murderball” (wheelchair rugby) to supporting newly injured peers at GF Strong and now SCI BC's Peer Support Specialist, he knows a lot about living with an SCI. However, as he aged, Duncan found there was a lack of information relevant to him. He explains, “We're the first generation of people with spinal cord injuries that have had enough options in our lives to keep ourselves healthy.”

To address this gap, SCI BC launched the Aging with SCI program, led by Duncan, in January 2024. A 2023 survey completed by 132 SCI BC members allowed Duncan to identify peers' priorities and preferences for the program.

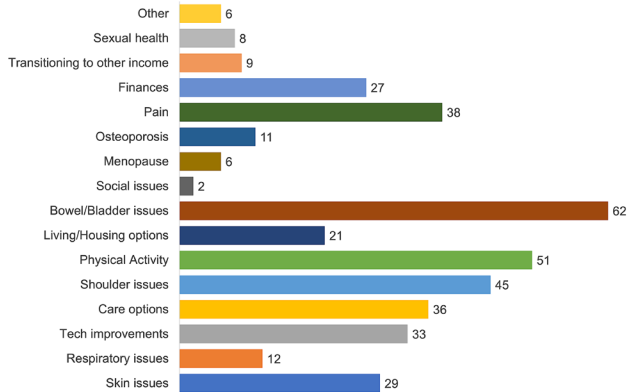
Peers meet on the second Tuesday of each month to discuss a set topic, share experiences, and generate questions for experts. On the fourth Tuesday, an expert joins the group to deliver a presentation and answer any further questions. Duncan shares, “It's been pretty successful in my

mind. The discussion group is really forthcoming, appreciative, and intelligent. We come up with really good questions for the presenters. The presenters appreciate it because it gives them a little more direction and feeling that they're going to address the issues that people want addressed.”

So far, the Aging with SCI program has covered bladder and bowel management, physical activity, pain, mental health, and shoulder management. All education sessions are recorded and uploaded to SCI BC's YouTube channel. Check out the Aging with SCI webpage for more details: sci-bc.ca/aging.

With up to 30 peers regularly joining both discussion groups and education sessions, it's clear that peers want to know more about aging with SCI. Next, the program will roll out a series of videos in collaboration with SCIRE, along with a survey to gather feedback on the program. Duncan concludes, “I've learned a ton of stuff, but the biggest thing I've learned is that aging is, or should be, a priority. It's bigger than anybody thought.”

Aging with SCI Survey Results: Priorities for Aging



A WORD FROM OUR PEERS

“As a long-time observer of SCI BC, I appreciate and applaud your organization’s positive impact on the lives of persons with disabilities and on the wider community as well.”



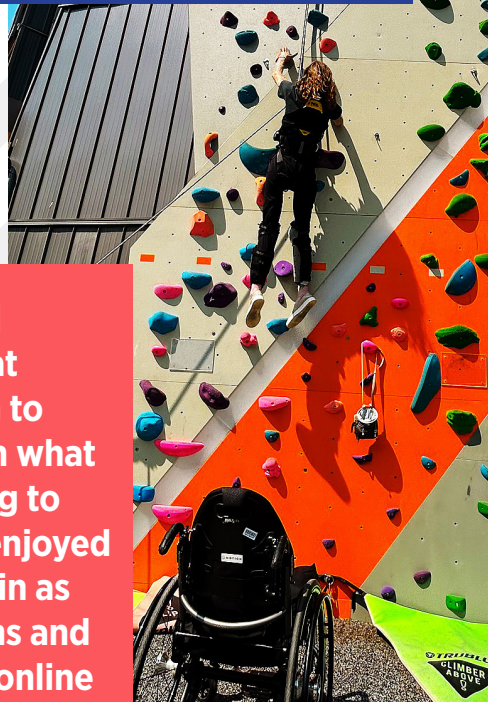
“It’s a wonderful opportunity to connect with family, meet fellow adaptive cyclists, and inspire those who might be new to adaptive biking. Each ride is a chance to celebrate my personal achievement and encourage others to embrace their own adventures.”



“I thought I would never be able to visit interesting places again. It is nice to see someone with a similar injury doing the same things that I love.”



“[I] learned a lot of great information to help explain what is happening to me. I have enjoyed taking part in as many forums and gatherings online as possible.”



FINANCIAL SUMMARY

APRIL 1, 2023 - MARCH 31, 2024

SUMMARY OF OPERATIONS

REVENUE	2024	2023
BC Paraplegic Foundation Donations	\$645,841	\$525,318
Individual Donations	190,059	195,863
Fundraising Events & Sponsorship	138,799	207,060
Government Grants	523,129	522,092
Gaming Grants	250,000	250,000
Bequests	203,896	-
Fees for Service	202,813	287,651
Corporate/Foundation Donations & Grants	263,752	199,711
Community Groups & United Way Donations	98,267	134,799
Other	97,177	79,461
Membership fees	410	320
	\$2,614,142	\$2,402,275

EXPENSES	2024	2023
Programs	1,887,201	1,650,857
Fundraising	234,278	204,171
Administrative & Support Services	492,397	549,034
	2,613,876	2,404,062
Surplus (Deficit)	\$266	(\$1,787)

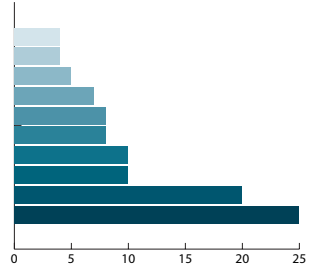
SUMMARY OF FINANCIAL POSITION

ASSETS	2024	2023
Current Assets	\$1,105,211	\$1,011,888
Restricted Cash	250,010	250,500
Capital Assets	24,563	34,254
	\$1,379,784	\$1,296,642

LIABILITIES AND NET ASSETS	2024	2023
Current Liabilities	\$682,880	\$598,094
Deferred Contributions	1,910	3,820
Net Assets	694,994	694,728
	\$1,379,784	\$1,296,642

Complete financial statements, audited by Tompkins Wozny LLP, as well as the auditors' reports on those financial statements, are available upon request by calling (604) 324-3611 or by emailing info@sci-bc.ca.

REVENUE SOURCES



- 4% Other
- 4% Community Groups & United Way Donations
- 5% Fundraising Events & Sponsorship
- 7% Individual Donations
- 8% Fees for Service
- 8% Bequests
- 10% Gaming Grants
- 10% Corporate/Foundation Donations & Grants
- 20% Government Grants
- 25% Donations from the BC Paraplegic Foundation

Spinal Cord Injury BC

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Vancouver, BC V6P 5Y7

Charitable Business #11883 5024
Registered under Canadian
Paraplegic Association (BC)

(604) 324-3611
info@sci-bc.ca

www.sci-bc.ca



CELEBRATING OUR COMMUNITY

We could not do what we do at SCI BC without the commitment of our incredible donors. Donor support drives our success—it helps us elevate our peer events and programs. To show our gratitude, we'd like to celebrate some of our longstanding donors, who helped make our accomplishments possible.



Chairstuff is one of our most generous and committed supporters, donating more than \$160,000 over the last decade for people living with spinal cord injuries and related disabilities. As a proud provincial sponsor of SCI BC, Chairstuff has dedicated years to helping us develop and enhance our programs and services, creating countless opportunities for peers across BC to regain their independence and quality of life following an injury.

In June 2024, Chairstuff participated as one of our corporate teams in SCI BC's biggest fundraising event, the Vancouver Half-Marathon Charity Challenge. Team Spare & Chair raised over \$10,600 for SCI BC, helping us bring in a grand total of \$78,000.



Vancouver Regional Construction Association

Vancouver Regional Construction Association has been a proud supporter of SCI BC for many years, donating over \$222,000 since 1993. Their commitment to helping others thrive has made a significant impact on the lives of so many peers across BC, and their passion for supporting SCI BC helps create life-changing opportunities for those look to SCI BC for support and services.

THANKING

OUR SUPPORTERS

We're grateful for the generous financial support that makes our programs and services possible.

GRANTS

BC Gaming Commission, Ministry of Finance
BC Paraplegic Foundation
BC Parks
BC Rehab Foundation
Canadian Red Cross
City of Nanaimo
City of North Vancouver
City of Vancouver
City of Victoria
District of North Vancouver
District of West Vancouver
Government of Canada's Community Services Recovery Fund
Insurance Corporation of BC
Iren Energy
Neil Squire Society
Prince George Community Foundation
Progressive Intercultural Community Services Society
Province of British Columbia
Provincial Employees Community Services Fund
Sharon Martin Community Health Fund (SMART Fund)
Spinal Cord Injury Canada
Stollery Charitable Foundation
United Way Northern BC
University of BC (ICORD)
Vancouver Coastal Health
Vancouver Foundation
Walmart Canada Corp.
WorkSafe BC

DONORS & SPONSORS

\$30,000 +

Chairstuff

\$10,000 - \$29,999

Coloplast Canada
The 1988 Foundation
West Shore Holdings Ltd.

\$5,000 - \$9,999

Gift Funds Canada, Margo Ramstad Grant
Macdonald's Home Health Care
Vancouver Regional Construction Association

Under \$5,000

Alliance Mobility
All-Span Engineering & Construction Ltd.
Andrew Mahon Foundation
BC Fraternal Order of Eagles
Enterprise Holdings Foundation
The Fahy Family Charitable Trust
Fraternal Order of Eagles – Cranbrook
Fort St. John Huskies
Ian Harris Family Foundation
Jireh Stone Ltd.
Lohn Foundation
Mel and Geri Davis Charitable Trust
Pipe and Piling Supplies Ltd
Royal Canadian Legion Br 052
Royal Canadian Legion Br 164
Royal Canadian Legion Br 265
Trotter & Morton Facility Services Inc.
Vancity Community Foundation, Margaret Greenfield Accessible Housing Project Fund
Victoria Foundation

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

Agnes Tsui Yuk Chan	Joan Fahy
Allan Watson	Kathleen Green
Bill Salhany	Larry Paulson
Bob Slater	Norman Haw
Boblou Hundle	Parminder Kaur Sidhu
Cathy Fairbairn	R. Vance Milligan
Dan Leblanc	Terry LeBlanc
Jamie Stout	Wolfgang England

We were honoured to receive a gift from the estate of:

Marcia Kristensen Maria Luisa Macrae



We are grateful for the support of more than 1,300 individual donors, who are not listed out of respect for their privacy.