




Spinal Cord Injury BC



C O N N E C T E D





“ Thank you once again not only for the work you do,
but the personal approach and way you 'bring it'.

Since 1957 we have helped thousands of people with spinal cord injury, or related disabilities, and their families adjust, adapt, and thrive in their communities. Whether learning to live with a new injury or dealing with the ongoing challenges of living and aging with a disability, Spinal Cord Injury BC (SCI BC) is a trusted connection to essential information and support.

Today, SCI BC supports individuals throughout British Columbia via a network of regional staff and volunteers and through our online services, which extend the access and reach of our services while fostering the growth of an online community of members and supporters.

Through our two core programs, Peer and Information Services, SCI BC provides answers, information and unique experiences that help create and connect a vibrant and supportive community.

The SCI Community Services Network



The SCI Community Services Network is comprised of five community-focused organizations dedicated to improving the lives of over 12,000 British Columbians with spinal cord injury. In working collaboratively we learn, we find solutions and we celebrate success with each other and our community.

Connections that Strengthen Community



Spinal Cord Injury BC

A New Name for a New Era

Formerly the BC Paraplegic Association, Spinal Cord Injury BC (SCI BC) delivers the same innovative services, but our new name is reflective of the changing face of spinal cord injury:

- There are now as many people living with quadriplegia as with paraplegia.
- Spinal cord injury results from a broad range of causes, such as traumatic accidents, cancer, infection or other spinal disorders.
- An aging demographic means people are suffering injuries as they get older and that young risk takers aren't the only ones getting injured.

While our new name more accurately reflects the communities we serve, it's still business as usual. SCI BC continues to provide answers, information and community experiences. Our focus has always been spinal cord injury but we have always been inclusive of other, related physical disabilities — and that hasn't changed.

Our operating name is formally registered as Spinal Cord Injury Organization of BC, recorded as a partnered name with our legally incorporated entity, Canadian Paraplegic Association (BC).



PEER

“The Bus Stop Hop has changed the way I understand accessibility...it is possible to move about given time and awareness of resources”

Provincial Peer Program

There's no better way to learn than from someone who's been there. There's also no better feeling than to help someone through the benefit of your experience. This is the basic philosophy of SCI BC's Peer Program, a service that connects people with spinal cord injuries or related disabilities and their friends and families through social events, one-to-one matches and education forums. The goal of the program is to provide opportunities for individuals to learn from professionals and each other, creating connections that deliver answers, understanding, solutions and friendship — connections that help people thrive.

“SCI BC's Peer Program is always available to help you find the answers. I am not aware of any other program in BC that provides this level of information, social connection and support.”

Events & Activities

Ranging from coffee groups to a Whistler adventure that filled four days with kayaking, hiking and gliding, Peer Program events all have a common thread — they are community experiences that reduce isolation and weave connections between participants that last long after everyone has gone home. While some activities are purely social, like a summer barbeque or holiday gathering, many others combine learning and fun. A perfect marriage of the two is the annual Bus Stop Hop (BSH). Showcasing the Lower Mainland's accessible transit system in an “Amazing Race” style format, the BSH creates confidence for participants who have not tried riding a bus or the SkyTrain. At the finish line, participants are welcomed with good food, great company and a newfound knowledge of an accessible world waiting to be discovered in their own backyard.



Health, Wellness & Lifestyle

What's the latest news on spinal cord research? How do you avoid the pitfalls of travelling in a wheelchair and enjoy the trip of a lifetime? How do you combine good nutrition and regular exercise for health and increased energy? These are just a few examples of areas covered at the Annual SCI Forum or through PeerWeb's monthly information sessions that can be attended in person or online from home. Participants can listen and watch guest presenters online, ask questions or share answers related to living with a spinal cord injury.





BC Paraplegic Association*

ANNUAL REPORT 2011/2012

Since 1957, the focus of the BC Paraplegic Association (BCPA) is to build welcoming communities that foster living well with a spinal cord injury (SCI). Our mission is to help people with SCI or related disabilities and their families adjust, adapt and thrive by establishing strong connections that support and inform. Today's technologies afford even greater opportunities to create truly effective connections that contribute to the lives of people living with SCI, other related disabilities and their families. In the last twelve months, we have continued to focus on our services, adjusting the lens as needed, to meet these goals.

Board of Directors:

Ed Milligan, Chair

Jeff Narod, Past Chair

Scott McCloy, Vice Chair

Laurie Jones, Secretary

Chuck Pearson, Treasurer

Tony Ariganello

Lise Belanger

Bernie Fahy

David Gradley

Terry LeBlanc

Gerry Price

Tom Romano

Roy Teather

Rhonda Willms

Finance Committee

Volunteer, Don Danbrook

Executive Director,

Chris McBride

Four board members are individuals living with an SCI or related disability.

**Subsequent to the end of the 2011/12 fiscal year on March 31st, the legally incorporated Canadian Paraplegic Association (BC) changed our operating name from BC Paraplegic Association to Spinal Cord Organization of BC. Both BCPA and SCI BC remain operating partnerships with the Canadian Paraplegic Association (BC).*

2011/2012: A Year of Innovation, Connection and Collaboration

- Expanded our Peer Program and created a Peer Support Specialist position in Victoria, funded through local community efforts.
- Opened the first SCI Regional Community Resource Centre in Prince George.
- Created the position of Information Resource Specialist to support complex information delivery.
- Launched a new website featuring greater functionality, flexibility and interactive capacity.
- Welcomed the BC Wheelchair Sports Association, Canadian Wheelchair Sports Association, BC Wheelchair Basketball Society, Disabled Skiers Association of BC, and Kinsmen Foundation of BC to share our office at 780 SW Marine Drive in Vancouver.
- Developed a new, peer support-based service relationship with WorkSafeBC.
- Established video conferencing centres in Vancouver and Prince George for PeerWeb infosessions and enhanced intraprovincial connections.
- Increased social media activities and established Tyze, an online personal support network.
- Introduced iPad technology to facilitate Peer Program Coordinators' ability to provide resources and collate program data.
- Launched the inaugural "Ugly Ties Change Lives" fundraising campaign with 35 local businesses.
- Participated in SCI Community Services Network staff summit to increase provincial collaboration.
- Collaborated with other SCI Community Services Network partners for Rick Hansen's 25th Anniversary Celebrations.
- Benefited from the support of the curling community through two major tournaments.
- Participated in developing a national service delivery plan with our CPA partners across the country.
- Formalized a national peer mentor network and initiated the development of a peer mentor manual.
- With Paul Gauthier of the BC Personal Supports Network, helped lead the creation of a new network of disability-related community service organizations that provide peer support.

Community Contributions and Partnerships

Forced by space constraints to list only our major supporters and community partners for 2011/2012, we wish to stress that we greatly appreciate each and every contribution. Please note that we have not mentioned individual supporters, in consideration of their privacy. To every person, company or agency that has made a contribution to the successful delivery of our services this past year, we extend our heartfelt thanks.

The 1988 Foundation • 49 BeSpoke Inc. • The Andrew Mahon Foundation • Aquabus • BC Club Challenge • BC Gaming Commission • BC Housing • BC Paraplegic Foundation • BC Rowing/Adaptive Rowing • BC Wheelchair Basketball Assn. • BC Wheelchair Sports Assn. • Black Press • Boughton Law Corporation • Boulevard Magazine • Bridges to the Future • Canadian Direct Insurance • Canadian Wheelchair Sports Assn. • Central 1 Credit Union • City of North Vancouver • City of Vancouver • CTV • Coast Hotels & Resorts • Coast Mountain Bus Company • Coloplast Canada Corporation • CRIS Adaptive Sports • Current Swell Music • David H. Doig & Associates • Disabled Skiers Association • The Discovery Club • District of North Vancouver • District of West Vancouver • Dominion of Canada General Insurance Co. • Ex 'N Flex International • Fairmont Hotels & Resorts • Fasken Martineau DuMoulin LLP • Fifth Avenue Holdings Ltd. • Fraternal Order of Eagles - Aerie #3318 • Freedom 55 Financial • German Auto Import Network • GF Strong Rehab Centre • Government of Canada • The Great-West Life Assurance Co. • Henderson Structured Settlements • Hollister Limited • Horsefly Board of Trade • ICBC • ICORD • Invesco Trimark • Iqaluit Curling Club • Island Farms • Kinsmen Rehab Foundation • Knights of Columbus # 8927 • Ladysmith Health Care Auxiliary • Laval University • Lions Club (North Surrey & Spruce City) • McConnan Bion O'Connor & Peterson • J.W. McConnell Family Foundation • Motion Specialties • Murphy Battista LLP • Orangeville Raceway Ltd./Fraser Downs • Orion Financial Group Limited • Pacific International Cup • Paine Edmonds LLP • Park Inn & Suites • Philanthropy Preceptorship Fund • Phillips Hager & North Investment Management Ltd. • Pot & Kettle Club International • Province of British Columbia • Provincial Employees Community Services Fund • RealWheels Theatre • Regency Medical • Rick Hansen Institute • Royal Canadian Legion • Sam Sullivan Disability Foundation • SCI Solutions Network • Simpson Thomas & Associates • Slater Vecchio Barristers & Solicitors • Spinal Cord Injury Canada & Provincial Partners • Steele Urquhart LLP • Sugden McFee & Roos LLP • TELUS Community Board of Victoria • Thrifty Foods/Sobeys Inc. • Times Colonist • Tom Harris Cellular • Toronto Dominion Bank • TransLink • United Way (Lower Mainland & Northern BC) • Vancouver Coastal Health • Vancouver Foundation • Vancouver International Airport • Vancouver Pot and Kettle Club • Vancouver Regional Construction Assn. • Walter Gagen Bookkeeping Services • The West Coast Fishing Club • WestJet • West Shore Holdings Ltd. • Whistler Adaptive Sports • The Wolrige Foundation • Wolrige Mahon • WorkSafeBC • YVR Airport Authority • ZLC Financial Group

PEER PROGRAM

1,514 Peer Members living in communities throughout BC



1,913 people with spinal cord injury or related disabilities, and their family and friends attended at least one of the 38 peer events held in communities throughout BC.

303 people attended a peer program info session (either in person or via the internet).

232 one-to-one peer matches were organized.

111 new people were served by the peer program.

INFORMATION SERVICES

1,924 Information requests were made

 **1,252** phone requests

 **672** email requests

 **3,337** visits to our online SCI database

Top 5 Information Requests

1. Housing
2. Equipment
3. Funding
4. Recreation, Travel/Tourism
5. Transportation

Regular updates on accessible housing vacancies were sent to a list of over **170** individuals and health care professionals.

Who Contacted Us:

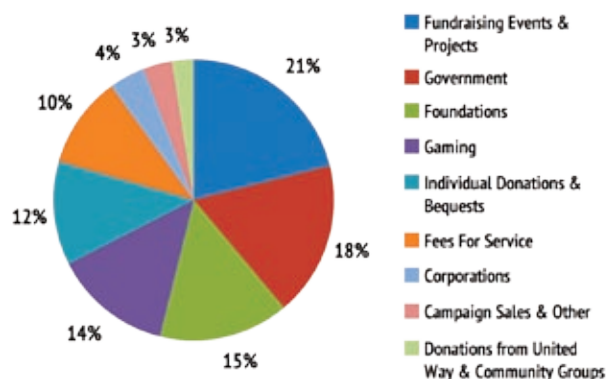
- 41%** persons with SCI or related disability
- 24%** community and health care professionals
- 14%** family and friends
- 21%** other groups

OUR SUPPORTERS

Over **300** volunteers gave **2,358** hours of their time

Almost **\$1.9 million** was contributed by government, gaming grants, corporations, foundations, individuals and community groups.

REVENUE SOURCES



OUR COMMUNITY

23,061 visits to our website

33,204 views of our Employment HeadStart videos

4,000 people received The Spin magazine

 **579** fans on Facebook



1,011 followers / **921** tweets

SUMMARY OF OPERATIONS	2012	2011
Revenue		
Donations, Bequests and Fundraising Projects	\$813,245	\$677,700
Government Funding	389,299	420,890
Gaming	294,500	428,000
BC Paraplegic Foundation	325,000	325,000
Fees for Service	227,361	194,304
Community Groups and UW Donations	57,211	59,750
Interest and other	70,521	15,881
Membership Fees	1,205	2,120
	\$2,178,342	\$2,123,645
Expenses		
Program Delivery	\$1,108,194	\$1,058,125
Fundraising	377,864	346,555
Administrative, Facilities & Support Services	657,989	779,439
	\$2,144,047	\$2,184,119
Write-off of capital assets	19,330	
Surplus (Deficit)	\$14,965	(\$60,474)
SUMMARY OF FINANCIAL POSITION	2012	2011
Assets		
Current Assets	\$1,058,464	\$1,144,167
Restricted Cash	369,562	313,621
Capital Assets	114,309	151,656
	\$1,542,335	\$1,609,444
Liabilities		
Current Liabilities	\$624,201	\$748,349
Deferred Contributions	109,634	67,560
Net Assets	808,500	793,535
	\$1,542,335	\$1,609,444

Complete financial statements, audited by KPMG LLP, as well as the auditors' report on those financial statements, are available upon request by calling 604-326-1225 or emailing info@sci-bc.ca.



“Your hotline is a wealth of information. I was having difficulty finding what I needed, but your experts knew exactly where to look and so quickly too!”

Spinal Cord Injury 101

Perhaps the most fundamental purpose of the Peer Program is for those already living with spinal cord injuries to share their experience and knowledge with those just starting out. Many have recalled years later how incredibly powerful it was for them, as a newly injured person still in the hospital or the rehab centre, to meet an individual with a spinal cord injury who was healthy, active and living a vibrant and full life in the community. SCI BC Peers, both staff and volunteers, are active at Vancouver General Hospital and the GF Strong Rehabilitation Centre to encourage those with new injuries, to share their personal knowledge and to answer questions that only a peer can answer. Weekly get-togethers known as “Rehab Rap” are hosted by the SCI BC Peer Program at GF Strong to help people connect with peers.

Circles of Support

Tyze Personal Networks is a super-secure, private and personal online social network that helps groups of people connect, care, collaborate and contribute to an individual's wellbeing. This program allows SCI BC to increase our reach to ensure that all our members have the support they need, whether they live in an urban centre or in a remote area of our province.

More information or registration for a free Tyze Network membership is available through SCI BC's Peer Program or Information Services.



Information Services

SCI BC's Information Services connect people with resources and advice on living with a spinal cord injury or related disability, delivering valuable resources and answers via different mediums on an array of topics ranging from housing to employment, to recreation and travel to transportation.

We have a dedicated and knowledgeable staff available to provide the best possible answers that you seek. We collect and maintain current information about accessible housing, government benefits, equipment, transportation, recreation options and much more.

- **InfoLine:** Connect directly with an Information Services Agent at 1-800-689-2477 from 9:00am to 5:00pm, Monday to Friday or email info@sci-bc.ca.
- **SCI Information Database:** Answers can be found online by accessing our SCI Database — please visit www.sci-bc.ca.

Thousands of requests for information are managed each year through these connections. Consistently, the most urgent and frequent need has been for information on accessible housing. SCI BC responds to this priority by sending regular housing updates to interested parties and is developing an online housing database.

“So many have appreciated and benefited not only from your experience and expertise, but equally, if not more so, your personal concern and genuineness.”

SCI Community Resource Centres

Our first regional SCI Resource Centre opened in Prince George in January 2012 and was met with great enthusiasm from not only our peers and their families but from the broader community as well. In the first few months, the Centre welcomed dozens of visitors seeking information, peer support and/or group infoessions about health, travel and much more. Along with the new Resource Centre, community resource information services at GF Strong and the Blusson Spinal Cord Injury Centre (in partnership with ICORD), we are also planning additional Centres for other cities in BC. Community connections are growing every day.

Visitors enjoy browsing our SCI database, the most comprehensive source of information available on all aspects of living with a SCI or physical disability in BC.

Nurturing Independence and Success

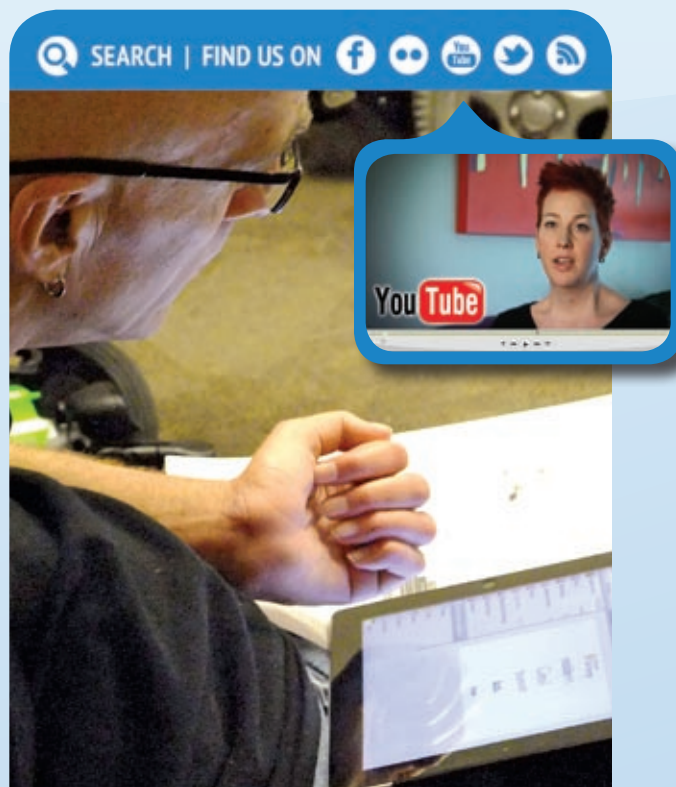
Since developing our *YouTube Employment HeadStart* videos in 2010, there have been over 50,000 views. This innovative project connects Peer and Information Services to suggest how many potential career paths there are following a spinal cord injury by hearing first hand from peers who are teachers, designers and chefs, to name a few. Complementing the videos is an online resource, *Strategies for Finding Career Satisfaction and Success*, with plans for an online job board as well.

For people who need assistance for many activities in their daily lives, support can be arranged through an agency or the provincial *Choice in Supports for Independent Living* program. CSIL allows much more autonomy and flexibility in managing your support care, but for many, the thought of becoming an employer is a daunting one. An online CSIL workbook at www.sci-bc.ca provides information about the benefits and responsibilities as well as details on how to apply to the Ministry of Health for acceptance into the CSIL program.

Spreading the Word

Spinal Cord Injury BC's magazine, *The Spin*, is distributed four times a year to 4,000 individuals with SCI or related disabilities and their families, as well as community agencies and organizations. Stories are sourced locally, nationally and abroad. News, views and articles about research, new technologies and equipment, and living life to the fullest can all be found within the pages of *The Spin*.

The SCI BC website is a tremendous resource that's updated regularly. Visit www.sci-bc.ca to keep connected with peer and fundraising events or upcoming PeerWeb infoessions. Visitors enjoy browsing our SCI database, the most comprehensive source of information available, and the "Swap n Shop" free classifieds for modified vehicles, wheelchairs, housing and more. You can also use the website to register as a member or volunteer, or to learn about opportunities to join the SCI BC team. We encourage visitors to voice their opinions, so feel free to post a comment on our blogs or take a survey. There's a lot to see, learn and do at www.sci-bc.ca.



COMMUNITY SUPPORT

“Spinal Cord Injury BC is great! I was very impressed with how the volunteer work not only fit my skills, but how I was also able to really help the organization.”



VOLUNTEERS

They don't just do the work, they make it work.

We rely on more than 300 volunteers annually to help provide exceptional services to the SCI community across British Columbia. Volunteers are extremely important to the organization and every bit of help is always greatly appreciated. Many of our volunteers have friends and family in the SCI community and know how much the organization continues to help their loved ones.

Whether you like sales, writing, filmmaking, running events or just hanging out and learning something new, we're always looking for volunteers with different skills to help our community.

Our volunteers cherish giving back to the community, like Vancouver's Gabe Michaan. "Spinal Cord Injury BC is great! I was very impressed with how the volunteer work not only fit my skills, but how I was also able to really help the organization hands on. It's nice to know that we are making a meaningful difference in the lives of others."

COMMUNITY SUPPORT

We can't help without it.

Whether it comes from an individual, a business or an organization, community support is invaluable to those we help adjust, adapt and thrive.

From a cocktail event at an elegant Victoria home to herald the Spring Equinox Gala, to Current Swell's online benefit concert, third party support is on the rise.

SCI BC greatly appreciates caring companies that support program delivery. Campaigns such as "Ugly Ties Change Lives" give businesses a chance to involve their employees in a great cause and have fun at the same time.

Grants from community gaming and specific government programs provide key ongoing support. The BC Paraplegic Foundation (BCPF) provides essential annual support to SCI BC, as well as annual scholarships and bursaries to students with disabilities. Also vital to our programs is other long-standing support from agencies such as the Sharon Martin Trust Fund, the Rick Hansen Institute and the United Way.



Helping people with spinal cord injury and related disabilities and their families adjust, adapt and thrive in their communities.



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www.sci-bc.ca

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