



Spinal Cord Injury BC



Annual Report 2013  
**TOGETHER**



# Spinal Cord Injury BC

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



## Making an **Impact** Together

Formerly known as the BC Paraplegic Association, Spinal Cord Injury BC (SCI BC) is a not-for-profit organization dedicated to helping people with spinal cord injuries (and related disabilities) and their families 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 here to help.

This year, the theme is **Together** because we know that all our successes, big and small, wouldn't happen without you, our supporters. Whether you are a family member, a friend, a member, a peer, a donor, a volunteer, a sponsor or community partner, we wouldn't exist without your continued support.



Ed Milligan,  
Board Chair



Chris McBride,  
Executive Director

### SCI BC BOARD OF DIRECTORS 2012-2013

Ed Milligan, Chair  
Scott McCloy, Vice Chair & Treasurer  
Laurie Jones, Secretary

Tony Ariganello	Gerry Price
Lise Belanger	Tom Romano
Don Danbrook	Roy Teather
Bernie Fahy	Rhonda Willms
David Gradley	Karen Wood
Terry LeBlanc	

Committees of the Board:  
Audit, Finance, Fund Development,  
Governance and Programs.

Five board members are individuals living with a spinal cord injury or related disability.



**12,000**

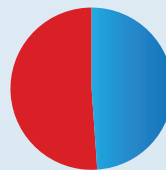
estimated **number** of British Columbians with a spinal cord injury



**500**

approximate number of **new** spinal cord injury cases each year in BC

**49%** non-traumatic



**51%** traumatic

**causes** of new spinal cord injuries



**1.6 to 3 million**

estimated **lifetime cost** of care for an individual living with a spinal cord injury in BC

This year, **325 volunteers** made a big impact by giving **2,271 hours** to SCI BC. That's more than **one year of full-time work!**

## BUS STOP HOP



### The **DEFINITION** of spinal cord injury

- Includes **traumatic** injuries, such as those caused by vehicle accidents, falls, impact by an object, sports, or violence.
- **Non-traumatic** injuries, such as those caused by illness or congenital conditions. For example: tumours, bacterial or viral infection, neurodegenerative diseases, post-surgical complications, spina bifida.

### A special note from one of our volunteers...

"I had always thought of volunteering as an unpleasant undertaking and merely a requirement for graduation. This all changed when I volunteered for the Bus Stop Hop.

The Bus Stop Hop is a team-based event where disabled participants race across Vancouver, using accessible transit. During their journeys these people completed various activities and collected points. My duties involved registration and score keeping. As I logged people's attendance for the event, I was amazed to see how cheerful these individuals were.

Without exception they each expressed their gratitude for my help in preparing for the day's events! As the day progressed, they continued to come by and thank me for volunteering.

Their comments had a great impact on my perspective of the volunteer experience. Volunteering, I finally realized, was not about amassing a sufficient number of hours to gain the necessary credit. It is about having a positive impact on the lives of others."

— Aaron Yeung, *volunteer*

Sources: Rick Hansen Institute and Statistics Canada

**3 billion**

estimated annual **economic cost** of traumatic new SCI in Canada



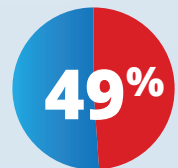
**85,556**

estimated number of people **living** with a spinal cord injury in Canada



**170,000**

estimated number of Canadians who use a manual wheelchair, power wheelchair or a scooter to **get around**



percentage of Canadians living with a spinal cord injury aged **60 and older**

# OUR ACCOMPLISHMENTS

## 1 Building strong communities of support

From the time we meet people with new injuries in Vancouver to the time they go home and adapt to their new lives, our peer and information services staff are always just a phone call away. Our Peer events are helping people with SCI and their families make new connections and enjoy an active lifestyle in communities throughout the province.

Here's what some of our members had to say this year:



Sometimes it's really easy to trap yourself inside or just give into depression. I met Sonya about five years ago and she got me to start playing tennis and just opening up to new things and new experiences. If you help someone who's just fresh in a chair, it's for the better. I find that people who are fresh in the chair can even help those who have been in it for a long time."

—Scott James, Vernon

My son had a spinal cord injury in January and I can't express how much the Kelowna group means to him. Lots of mentorship, and a group he feels so comfortable with, knowing they all understand. Thank you Spinal Cord Injury BC!"

—Debbie Waitkus, Kelowna

It really is nice to get together with people of like minds and in similar situations, as well as meet new people and connect with those from different backgrounds. We appreciate all your hard work and dedication. It has been great to connect with you and SCI BC. Looking forward to future events."

—Holly Langlais, Victoria



## 2 Solving problems

In 2012, our Information Services staff answered 1,489 InfoLine requests, and our SCI Information Database received a total of 8,582 website visits—that's more than double from last year! Our callers and online visitors ranged from people with SCI, to their family and friends, to health care professionals and researchers. The top requests were related to housing, equipment and funding.

One researcher, Rachel, sent us this feedback: "I'm currently researching on spinal cord injury. I thought I'd send you some quick feedback and tell you your SCI Information Database ([www.sci-bc-database.ca](http://www.sci-bc-database.ca)) has helped me get the information I need without having to go through a lot of fluff pages and low quality resources. Thank you for making it easier for people to get the correct information they need especially when it comes to health care."





### 3 Housing made accessible

Accessible housing is one of the biggest issues facing British Columbians with spinal cord injury. Last year, 25% of all calls to our InfoLine were related to finding accessible homes.

To bridge the demand between accessible housing seekers and housing providers, we launched BC's first accessible housing board and resource website ([AccessibleHousingBC.ca](http://AccessibleHousingBC.ca)). As of March 31st, more than 1,600 people visited the website to scour listings and find information and resources for housing providers as well as those looking for a new home.

Meanwhile, our Info Services and Peer Support program staff continue to help people in their search for safe, affordable and accessible homes. Christopher Edwards, a filmmaker and entrepreneur who became quadriplegic last year, is one of them:

"I had a really, really hard time finding a place," says Christopher. "A lot of the places I saw were almost third world country conditions, and I was really discouraged and depressed.

"Peer mentors from SCI BC were very proactive in helping me stay positive to find a place. It was very helpful for me to keep strong and it paid off because a week later I got the call!"

Today, Christopher resides at Linden Tree House, a new accessible and affordable housing complex in Vancouver's Kitsilano neighbourhood, which coincidentally SCI BC helped develop.

### 4 Pushing global boundaries

Created by travelers with disabilities for travelers with disabilities, our Accessible Travel Project ([sci-bc.ca/travel](http://sci-bc.ca/travel)) is helping people with disabilities explore the world.

The Accessible Travel Project includes tutorial videos and an Accessible Travel Tips e-book. In the first three months, our travel videos were watched almost 30,000 times on YouTube and earned coverage on *CBC Radio* and *The Tye*.

Thanks to our sponsor, the Vancouver Airport Authority (YVR), we are giving

airport tours to peers who are nervous about traveling in a wheelchair.

Sean Lynn was one of the first participants on our *YVR Peer Experience*: "I learned that traveling in a wheelchair is easier than you think. The tour took away the worries of how you'll get on the plane. It helps you realize that this is an accessible world we're living in."

### 5 Connecting workers with employers

Unemployment is a huge issue for people with physical disabilities, and there are many questions facing both employers and employees.

With our sponsor WorkSafeBC, [AccessibleEmploymentBC.ca](http://AccessibleEmploymentBC.ca) was launched. Employers can list jobs and job seekers can post resumes; it also has resources to improve job search skills and help bust myths about hiring people with disabilities.

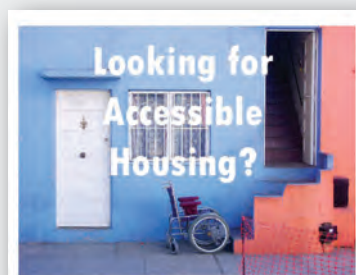
Arnold Cheng is a university graduate who spent two years looking for work. The turning point came during an employment workshop led by Melisa Crosby, SCI BC's former Information Resource Specialist.

"My biggest impediment was not knowing what to do when an employer would ask something related to my disability," says Arnold. "Melisa helped us prepare answers and we rehearsed them together."

"One thing this workshop helped me realize is that I already have the skills, it's how I go about applying for the job that needs to change."

Today, Arnold is gainfully employed helping others feel more comfortable looking for work.

"They're a little bit timid about getting out there so I've been trying to use my story. I was kind of like that until I started doing recreational stuff and it totally boosted my confidence. Once you get confidence, it will show in your job search."



Visit [www.AccessibleHousingBC.com](http://www.AccessibleHousingBC.com)

- The site is entirely FREE to use.
- Search for properties anywhere in B.C. by location or accessibility features.



[AccessibleEmployment.com](http://AccessibleEmployment.com)



# Spinal Cord Injury BC

## 1,717 MEMBERS LIVING IN COMMUNITIES THROUGHOUT BC

### PEER SUPPORT PROGRAM



**1,523** people with spinal cord injury or related disabilities, and their family and friends attended at least one of the **58** Peer events held in communities throughout BC.

**183** people attended a Peer webinar.

**433** one-to-one Peer matches were organized.

**128** new people were served by the Peer Support Program.

### INFORMATION SERVICES

**1,489** information requests

**952** phone requests

**537** email requests

**8,582** visits to our online SCI database

**4,813** visits to our housing and employment sites

### TOP 5 CATEGORIES FOR INFORMATION REQUESTS

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

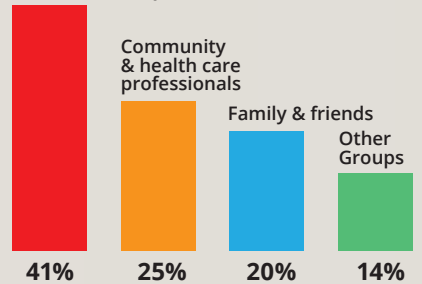
### OUR SUPPORTERS

Almost **\$1.65 million** was contributed by government, gaming grants, corporations, foundations, individuals and community groups.

### WHO CONTACTED OUR INFOLINE?



Persons with SCI or related disability



### OUR COMMUNITY

**4,300** people receive *The Spin* magazine quarterly

**34,852** visits to our website

**33,589** views of our Employment HeadStart videos

**29,264** views of our Accessible Travel video series

**54,536** YouTube views

**214** YouTube subscribers

**1,578** Twitter followers

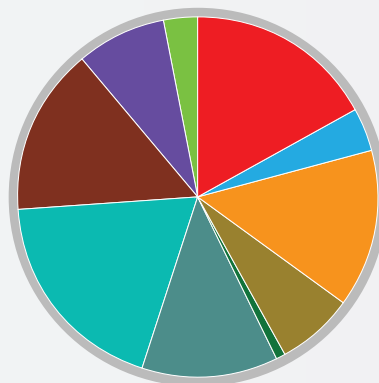
**403** Facebook fans

**55** Klout Score

### REVENUE SOURCES

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(for year ending March 31, 2013)



- BC Paraplegic Foundation 17%
- Bequests 4%
- Community Organization Grants & Donations 14%
- Corporations 7%
- Events & Projects 1%
- Fees for Service 12%
- Gaming 19%
- Government 15%
- Individual Donations 8%
- Other 3%

## 2012/2013 FINANCIAL SUMMARY SPINAL CORD INJURY BC

### SUMMARY OF OPERATIONS

	2013	2012
<b>Revenue</b>		
Donations, Bequests and Fundraising Projects	\$ 568,759	\$ 813,245
Government Funding	289,200	389,299
Gaming	368,000	294,500
BC Paraplegic Foundation	325,000	325,000
Fees for Service	221,439	227,361
Community Groups and United Way Donations & Grants	88,703	57,211
Other	54,392	70,521
Membership Fees	996	1,205
	1,916,489	2,178,342
<b>Expenses</b>		
Programs	1,129,744	1,108,194
Fundraising	221,429	377,864
Administrative and support services	641,207	657,989
	1,992,380	2,144,047
Write-off of capital assets		19,330
<b>Surplus (Deficit)</b>	\$ (75,892)	\$ 14,965

### SUMMARY OF FINANCIAL POSITION

<b>Assets</b>		
Current Assets	\$ 1,073,926	\$ 1,058,464
Restricted Cash	308,000	369,562
Capital Assets	48,878	114,309
	\$ 1,430,804	\$ 1,542,335
<b>Liabilities</b>		
Current Liabilities	\$ 608,613	\$ 624,201
Deferred Contributions	89,581	109,634
Net Assets	732,610	808,500
	\$ 1,430,804	\$ 1,542,335

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](mailto:info@sci-bc.ca)



Website: [www.sci-bc.ca](http://www.sci-bc.ca) | InfoLine: 1-800-689-2477

## WORKING TOGETHER

It would be impossible for Spinal Cord Injury BC to provide the support we do without the support of our donors, sponsors, volunteers and partners. We are tremendously grateful to each and every one, and sincerely regret that space does not allow us to list all donors here. We are restricted to listing funders of \$2500 and over, and also have purposely not listed individual donors in consideration of their privacy. But to all, we extend our very heartfelt appreciation.

### DONORS & SPONSORS

- The 1988 Foundation
- Allen & Loreen Vandekerkhove Family Foundation
- Allergan Canada
- BC Gaming Commission
- BC Paraplegic Foundation
- Boughton Law LLP
- Bryan Adams Foundation
- City of Vancouver
- Collette Parsons Lawyers
- Coloplast Canada Corporation
- Craig H Neilsen Foundation
- David H. Doig & Associates
- District of North Vancouver
- The Dominion of Canada General Insurance Company
- Future Holdings
- Gyro Club of Vancouver Charitable Foundation
- Hammerberg Lawyers LLP
- Henderson Structured Settlements

- ICBC
- The J.W. McConnell Family Foundation
- The Law Foundation of BC
- Murphy Battista LLP
- MV-1 Canada
- Pacific International Cup
- Paine Edmonds LLP
- Provincial Employees Community Services Fund
- Rick Hansen Institute
- Sharon Martin Community Health Fund (SMART Fund)
- Steele Urquhart LLP
- Thrifty Foods
- United Way - Lower Mainland
- United Way - Northern BC
- Vancouver Coastal Health
- Vancouver Foundation
- Vancouver International Airport Authority
- Vancouver Regional Construction Assoc.
- WorkSafeBC

We were very honoured and grateful to receive bequests from the following:

- Estate of Linda Stefanson
- Estate of Marguerite Marion Reeves
- Estate of Shaughan Patrick Bryan

### PARTNERSHIPS

SCI BC is also very fortunate to work closely with many other community organizations, to which we extend our thanks for their partnership and support:

- BC Housing
- BC Personal Supports Network
- BC Wheelchair Basketball Society
- BC Wheelchair Sports Association
- Canadian Wheelchair Sports Assoc.
- Cris Adaptive Adventures
- Disabled Skiers Association of BC
- GF Strong Rehabilitation Centre
- ICORD
- Kits Neighborhood House
- McMaster University
- Neil Squire Society
- Real Wheels Theatre
- Sam Sullivan Disability Foundation
- SCI Action Canada
- ScotiaBank Charity Challenge
- Spinal Cord Injury Canada & Provincial Corporate Partners
- Vancouver General Hospital
- Vancouver South Lions Club

### WAYS TO MAKE AN IMPACT!

- Make a donation
- Volunteer
- Become a monthly donor
- Consider a bequest

Visit our website or call 604-324-3611 (1-877-324-3611 TF) for more information on how you can help people with spinal cord injuries, related disabilities, and their families to adjust, adapt and thrive in communities throughout BC.

### HEAD OFFICE

780 SW Marine Drive, Vancouver, British Columbia V6P 5Y7

604-324-3611/TF 1-877-324-3611



| [www.sci-bc.ca](http://www.sci-bc.ca) | twitter: @sci\_bc | Facebook: SpinalCordInjuryBC | YouTube: SpinalCordInjuryBC |

Charitable Business # 11883 5024

Operating as "Spinal Cord Injury BC", we are registered as a Provincial Society under "Canadian Paraplegic Association (BC)"