



Ottawa Children's Treatment Centre
Centre de traitement pour enfants d'Ottawa
Founded in 1951 Fondé en 1951

Connections

Spring 2010

FAMILY SPOTLIGHT Jaeden: Another OCTC Success Story

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Two and a half years ago, Jaeden had just finished a very challenging year in grade three. He had difficulty adjusting to new situations and found it hard to make friends. He was also hypersensitive to noises and textures, and struggled with the pronunciation of several common sounds. The slightest change in his normal routine could trigger a "meltdown." At

home, his primary interests were the computer and the family's cats.

The psychologist from Jaeden's school board thought he was showing many of the symptoms of Asperger's syndrome, an autism spectrum disorder. When the diagnosis was confirmed, she suggested the family call the Ottawa Children's Treatment Centre for guidance.

Jaeden began receiving speech therapy sessions and attending social skills programs at OCTC. After two sessions, Jane, his speech and language pathologist, was able to set up a program of daily practice for him to follow at home. His language processing skills have improved dramatically and, with Jane's ongoing guidance, he's currently working on the more challenging "l" and "th" sounds.

In addition, Jaeden's parents, Andrea and Len, enrolled in OCTC's parent training to learn new behaviour management strategies. Through a home visit, Glenna, the behavioural consultant helped the family choose "meltdowns" as a target behaviour for improvement. Through these OCTC services, the family gained a greater understanding of why the behaviour was happening and developed strategies and skills to reduce its occurrence. Jaeden has gone from having multiple daily meltdowns to an average of one per month.

Now 11 years old and doing very well in grade six, Jaeden *still loves cats and computers, but for the first time he also has human friends.*

In his mom, Andrea's, words: "We have had a wonderful experience with OCTC, and are extremely pleased with and grateful for its ongoing support. OCTC has done so much for Jaeden and has given us the confidence and skills to help him grow into a wonderful preteen." •

Did you know ...

about the Grandparent Workshops at OCTC?

OCTC's social workers have offered these workshops for a number of years.

Grandparents are a significant component of families of children with disabilities. Whether they are actively participating in the direct care of their grandchild or offering more indirect support, the role of the grandparent can be invaluable.

Many grandparents, however, say that they do not always have an accurate understanding of their grandchild's diagnosis or are unsure of how to be of assistance. When grandparents learn that their grandchild has a disability they grieve twice — once for their child and again for their grandchild.

The Grandparent Workshop is offered to grandparents of children with special needs, regardless of diagnosis, who are clients of OCTC, between zero and eight years of age.

The workshop's goals include:

- meeting other grandparents and sharing common concerns;
- learning about programs and services; and
- discussing strategies that would enable the grandparents to be supportive to their grandchild and their parents.

Additional needs identified by grandparents include how to balance time with other grandchildren, how to link with resources in the community, how to be aware of recognizing stress on the child's parents, as well as practical hands-on help (for example, speech therapy and physical therapy).

The response from grandparents has been overwhelmingly positive. According to one grandmother, "It was a nice chance to hear from other grandparents who have the same worries and concerns as I. We talk to our close friends, but they do not always understand." Another grandmother shared that "no matter what the diagnosis, all the grandparents felt similar emotions." The "Tips for Grandparents" sheet is also very well-received as it highlights strategies to better support their relationship with their grandchild as well as with the child's parent.

If you would like more information about the Grandparent Workshop, please contact Julie Abgrall-Cowan (jabgrallcowan@octc.ca) or Barb Juett (bjuett@octc.ca). •



Celebration of People Award Recipients

Youth Award Recipient

Christina Judd-Campbell joined a rhythmic gymnastics program in high school and discovered her natural talent. Now 21, Christina is an elite athlete in the sport, winning five medals for Team Canada at the 2007 Special Olympics Summer World Games. With a busy life of work, classes and caring for two horses, she is also a public speaker and Special Olympics advocate. •



Volunteer Award Recipient

Darcy Quartermaine has contributed more than 200 volunteer hours to OCTC in just two years. Much of her work has been in the school — where she supports delivery of special education and therapies for young students, especially in literacy activities. Darcy has also been a volunteer for the past seven years with Heartwood House. •



Every year in Ottawa people with disabilities are celebrated for their achievements. The Spirit of Achievement Awards, sponsored by Citizen Advocacy, also put the spotlight on individuals and organizations that promote inclusion and excellence through their personal or corporate example. Award categories are: Accessibility by Design; Advocacy Award in Memory of Agnes Wee; Artistic Excellence Award; Career Award; Citizenship Award in Memory of Cathy Kerr; Education Award; Employee Award; Employer Award; Hospitality and Tourism Award; Sports Award; Volunteer Opportunities Award; and Youth Award in Memory of Susan Meyer. OCTC sponsors this last award, which recognizes a youth with a disability who has demonstrated excellence and perseverance in achieving a significant personal goal or in serving others.



Customer Service for People with Disabilities

January 1, 2010 marked an important milestone at OCTC. The *Accessibility for Ontarians with Disabilities Act's* (AODA) Customer Service for People with Disabilities Standard is now in place. Madeleine Meilleur, Minister of Community and Social Services, indicates that this is the first standard under the accessibility legislation and is a first significant step toward achieving the goal of an accessible Ontario by 2025.

This standard will provide opportunities for all Ontarians to gain equal access to customer service throughout the province.

People with disabilities will be welcome to use their own personal assistive devices to access OCTC services and will be encouraged to seek support from staff and volunteers as they require it. A service animal or a support person who accompanies a person with a disability to assist in accessing service will be welcome on OCTC premises that are open to the public.

Clients will be provided with as much notice as possible in the event of a planned or unplanned disruption of OCTC facilities or services usually relied upon by people with disabilities to access services (for example, elevator, accessible washroom). Alternative facilities or services will be identified if available.

OCTC staff and volunteers have been trained on the Customer Service Standard and its requirements, including best practices in interacting and communicating with people with disabilities, and will be familiar with the location and use of assistive devices available on OCTC premises.

OCTC is committed to the delivery of services to our clients, their families and all people with disabilities within a fully accessible environment that is both welcoming and respectful. Feedback from clients and their families as they experience service delivery at OCTC is welcome and appreciated. This feedback can be made by e-mail, direct comment to a service provider/staff member, or a written or verbal complaint or compliment at the reception area of each OCTC site.

Request for additional accessibility-related information or documentation may be directed to directors or program administrators in writing, by e-mail or in person. OCTC will endeavour to provide this documentation in a format that takes into account the person's disability within an agreed-to timeframe. As well, you can find information links on OCTC's website at www.octc.ca, "About Us." •

OCTC participates in province-wide advocacy campaign 2010: Every kid matters

Join in and share your experiences

OCTC, together with other children's rehabilitation providers across the province, is currently working to remind the Ontario government that children and youth with disabilities in the province of Ontario need the support and services they receive from their local rehabilitation centre.

As a parent/caregiver/community partner of a child/youth that receives services, we know that you understand the importance of effective, efficient and optimally funded services. We need to let the Government of Ontario know. If you want to have your voice heard, please consider doing any/all of the following:

- write your story and send it to your local MPP (linked on OCTC's website);
- share this same story with the Minister of Child and Youth Services: Hon. Laurel C. Broten, Minister of Child and Youth Services, 14th Floor, 56 Wellesley St. W., Toronto, ON M5S 2S3
- share it also with the local MCYS office: Tori MacLean, 347 Preston St., 3rd Floor, Ottawa, ON K1S 3H8
- when it's election time, ask the candidates about their support for children/youth with disabilities

Your message outlining the importance of OCTC is instrumental in gaining funding, shortening waiting times and creating a stronger future for children and youth with disabilities. Some questions to consider including in your message/letter are: *What would you and your child have done if OCTC did not exist? How has it helped?*

You can also visit our website at www.octc.ca to obtain sample letters and more information. •



STAFF EXCELLENCE

In October 2009, OCTC launched a new staff recognition program with three new “Inspiration Awards”

- ◆ **Inspire to Serve** – recognizing excellence in the area of Client/Customer Service.
- ◆ **Inspire to Improve** – recognizing excellence in the area of Creativity and Innovation
- ◆ **Inspire to Learn** – recognizing excellence in the areas of teaching and learning

And the winners were ...

INSPIRE TO SERVE

Nominations in this category were: Micheline Benoit, Michele Murphy, Kathleen Poulin, Letty Salahor and Pamela Shea.

Michele Murphy, a physiotherapist, was the winner of this award. Michele gladly shares her expertise and personal learning resources with her colleagues. She is flexible to accommodate both the needs of her clients and the centre. She has received positive feedback from families about her family centred approach and for her high level of expertise. Congratulations, Michele!



INSPIRE TO IMPROVE

Nominations in this category were: the Getting Started Working Group (Cécile Bisson, Margo Belanger-DeLeo, Dominique Fournier, Lyse Fournier, Shanon Gasser, Jane Heintz-Grove, Elaine Hendry, Janet Robinson, and Josée Seguin), The Getting Started Implementation Team (Cécile Bisson, Dominique Fournier, Lyse Fournier, Bonnie Grandy, Elaine Hendry, Jane Heintz-Grove, Jodi Jaffray and Amanda Young) and Pamela Shea.

The **Getting Started Working Group** and the **Getting Started Implementation Teams** were the co-winners of this award. These groups were described as having shown innovation and creativity in putting together and implementing a new service designed to improve access for clients and their families who are new to OCTC. This new service has met with high levels of satisfaction from families. Congratulations to the Getting Started teams!

INSPIRE TO LEARN

Nominations in this category were: Communications Disorders Assistants and Clinic for Augmentative Communication Program Assistant (Dominique Fournier, Shanon Gasser, Brittany Plummer and Anne Wittich), Marie Brien, Dr. Jerry Cavallaro, Amita Furgoch and Linda Kealey.



The Getting Started Group – recipients of the 2009 Inspire to Improve Award: (l-r) Jane Heintz-Grove, Elaine Hendry, Dominique Fournier, Janet Robinson, Lyse Fournier, Jodi Jaffray, Bonnie Grandy, Cécile Bisson. Absent: Margo Belanger-DeLeo, Shanon Gasser, Josée Séguin and Amanda Young.

Linda Kealey, a physiotherapist, was the winner of this award by inspiring others in demonstrating her unwavering commitment to learning, teaching and research over a 30-year career at OCTC. She is an eager, lifelong learner who readily adopts new clinical approaches, sometimes well before they become standard in the field. Linda plays a pivotal role in establishing best practices for OCTC physiotherapists and shares her considerable expertise with others by mentoring her OCTC teammates and providing training for students and external colleagues in her field. Congratulations, Linda! •



Paralympics Pump Up 2010!

1948 ~ The year of the first ever International Wheelchair Games, which coincided with the 1948 London Olympic Games. The event gradually grew, encompassing other sports and other disability groups, and now the Summer and Winter Paralympic Games are the ultimate international competitions for world-class athletes with a disability.

1097 ~ The number of medals that Canada's Paralympic Team has won since 1968 (this just happens to make them the fourth most successful Paralympics nation of all time!)

486 ~ The number of athletes who participated in the 2006 Winter Olympics in Torino. Canada sent 33. They are expected to send 55 to Vancouver.

137 ~ km/hr – the top speed that a Canadian ice sledge hockey player has shot a puck

100 ~ km/hr – the speed a Paralympic alpine skier can reach going down the hill (the same as the average speed of a roller coaster!)

40 ~ The number of nations sending their best athletes with a disability to Vancouver and Whistler to compete in the X Paralympic Winter Games



Todd Nicholson, member of Canada's Paralympic sledge hockey team, and his biggest fan, Kellen Schleyer.

36 ~ The number of OCTC clients, staff, volunteers and athletes who came out to our OCTC Paralympic Pump Up on Friday, January 15 at Dovercourt Recreation Centre. It was an evening designed to get everyone pumped up about the upcoming Paralympic Games in Vancouver. All of the families who attended had a chance to get together, eat some pizza, play some adapted indoor curling, win some prizes, learn a little bit more about the Paralympics, and even get to meet three members of Canada's own

Sledge Hockey Team, Todd Nicholson, Jean Labonté and Hervé Lord.

12 ~ The number of days left until the Vancouver 2010 Paralympic Games (as of March 1)

For Paralympic event scheduling and/or to view events online, visit www.ctvolympics.ca/paralympics/index.html or the International Paralympic Committee's website, Paralympic Sport TV, at <http://player27.narrowstep.tv/assets/players/4304/html/index.html>. •

RESEARCH AT OCTC

Intensive Virtual Reality Program Improves Balance and Mobility of Youth with Cerebral Palsy

This research study, conducted by physiotherapist Marie Brien in the summer of 2009, received OCTC's first clinical research grant.

The purpose of this study was to examine the effect of an intensive, short duration, virtual reality (VR) intervention on balance and functional mobility in four males from 13 to 18 years of age with mild cerebral palsy (GMFCS level I).

GestureTek's Interactive Rehabilitation and Exercise System (IREX) was used to provide virtual games that immersed the youth's bodies into a virtual world to interact with on-screen images and objects. This therapeutic system allows for a higher degree of adjustability for level of difficulty than the popular Wii system.

The intervention consisted of five consecutive days of an intensive 90-minute virtual reality balance program using a series of virtual games such as soccer, snowboarding, car racing and sharkbaiting.

Youth were tested using four outcome measures the week before the intervention, during the week of the VR intervention, each day of the intervention, and one week and one month after the intervention. Changes in their balance, gross motor skills, walking endurance, and time taken to walk up and down stairs were all documented. Results showed significant improvements during the week of the program. These were maintained for at least one month following the VR training.

This study provides evidence that balance and functional mobility are modifiable in ambulatory adolescents with CP in GMFCS Level I and that they can improve with an intense, short-duration VR intervention. Changes in complex balance skills and endurance in walking may lead to increased physical activity levels and community participation with peers. This study demonstrates that virtual reality is a promising rehabilitation tool. Next steps will involve presenting the results at a scientific conference and publishing an article in a peer-reviewed journal. •



Foundation News

**AUCTION
TIME**

The Annual "For The Kids" Charity Auction plan now for a fabulous evening May 10, 2010!

A wonderful evening with a musical theme is coming up very soon. It's the 13th annual **"For The Kids" Charity Auction!** Three charities benefit: the Ottawa Children's Treatment Centre, Ottawa Rotary Home and Autism Ontario – Ottawa.

"For The Kids" offers you and your friends an elegant cocktail-style buffet dinner, along with \$500 in discount coupons per table towards your auction purchases, at the Diamond, Platinum, Gold and Silver levels. Tables for 10 start at \$1,000. You can also purchase individual tickets at \$100 each, eligible for a \$40 tax receipt. **Call (613) 738-4335 during business hours to reserve your table or tickets, and join us on May 10 for a fabulous evening!**

Year after year, our most sought-after Live Auction items are the diplomatic dinners so generously hosted by many ambassadors! This year, the following countries are donating a dinner with their ambassador: Mexico, Germany, Norway and Cuba! The British High Commission's gift is a traditional "High Tea" for 10 people, with a tour of the residence "Earnscliffe", one of Ottawa's most elaborate homes, built in 1855 and at one time the home of our first Prime Minister, Sir John A. Macdonald.

**We are proud to announce
our four generous Auction
Diamond sponsors:
Minto Group Inc., the *Ottawa Citizen*,
TD Financial Bank Group and
the Hampton Inn.**

More than 300 silent auction items will also be up for bids. Our fundraising goal is \$200,000. At this event, the bidding is fun and the competition is friendly. We promise you lots of special "Wow!" appeal. Our entertainers for the evening will be the wonderful Capital City Chorus, a men's *a cappella* chorus that performs singing in the barbershop style. Barbershop harmony is the Black Belt of *a cappella* singing! •



Guests enjoying our 2009 auction.

LEGACY GIVING

Pauline Jodouin, an Early Childhood Consultant at OCTC, is someone who plans for the future. She recently decided to add the OCTC Foundation in her will. Donating through your will is a wonderful legacy, and we take this opportunity to thank Pauline Jodouin for her future donation. If you would like further information about making a gift through your will, please contact the OCTC Foundation at (613) 738-4336.



Foundation News

WE CELEBRATE THE CONTRIBUTIONS OF MANY MAJOR DONORS ~ July to December 2009 ~

Harold Crabtree Foundation
Ottawa Dragon Boat Foundation
RBC Foundation

Abloom Landscape Contractors Inc.
"Bump N Smash" volleyball tournament participants, pledge donors, organizers and volunteers
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Capital Ridge Recruitment Consultants
Central Precast Inc.
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Fondation Fournier-Ethier
"For The Kids" Auction sponsors, donors, guests, organizers and volunteers

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Les Suites Hotel
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OCTC employees and Board members
OCTC Foundation employees and Board members
TD Canada Trust
TELUS Health Solutions
United Way Greater Toronto donors
United Way Ottawa donors
Valley Woodturners of Ottawa, Ontario

2009 Individual Donors \$500 & Over

The OCTC Foundation appreciates the generosity of all our donors. In addition to four anonymous donors, the following individuals contributed \$500 or more in 2009.

Gifts of \$500-\$999 Gifts of \$1,000 & over

- | | |
|---------------------------|----------------------------|
| John Archer | Robert G. Blackburn |
| Nicole Bernard | Grace Chan |
| Sandra Cairns | Andrew Doyle |
| Bill Dickie | Dr. David Doyle |
| Drs. Wade and Emma Gofton | Mostafa Fallah |
| Ruth B. Herrick | Catherine Harris |
| Dr. Peter Humphreys | David and Suzanne Jacobson |
| Audrey Kenny | Emily Manolakos |
| Leah Lepage | Maryanne Murphy |
| Josef Oeschger | Dr. Frederick Matzinger |
| Lori Raycroft | Réjean Saumure |
| Mary Redmond | Anna Tosto |
| Shirley Rogers | Regis Trudel |
| Louise Saumure | |
| Patricia Shapiro | |
| Kathleen Stokely | |

Hats off to Foundation volunteers!

"Those who can, do. Those who can do more, volunteer." At the OCTC Foundation, volunteers are indispensable, since our staff is limited to two people. Hats off to Paula Archer, Gisèle Malette, Rania Odeh and Andy Pinsent, all of whom help regularly in our office. And a special thanks to our many special event volunteers too!



Gisèle Malette and her husband, Michel Letellier, during a recent visit to Disneyworld. Michel is a volunteer woodworker for OCTC!



Foundation News

So many ways to raise funds for the OCTC Foundation!



L to R: Fundraisers Suzanne Jacobson and Angela Leonforte, Foundation Director Patricia Shapiro; OCTC Board members Jack Hunt, Caroline Stone, Kathleen Stokely (CEO), J.P. Boisclair (Chairperson) and Cécile Bisson, Clinical Coordinator.

Cookbook sale

Angela Leonforte and her husband, Emanuele, are the proud parents of Anthony, a young boy with autism. They also own Pocopazzo, an Italian restaurant in Stittsville. When Angela heard of QuickStart – Early Intervention for Autism, she wanted to help. QuickStart (led by Suzanne Jacobson) helps fund the new OCTC pre-diagnosis clinic called *Getting Started Services*. Angela and Emanuele had seen first-hand the importance of early intervention with their own son Anthony.

Angela came up with the idea of a cookbook with the unique twist of having local restaurants share their recipes to put into *Pocopazzo & Friends*, a cookbook in support of autism.

Copies of *Pocopazzo & Friends* are available at all OCTC locations, or stop by Pocopazzo Restaurant to pick up your copy. Sincere thanks to Angela and Suzanne! The OCTC Foundation has received \$20,000. Mamma mia! Grazie, Angela, Emanuele and Suzanne!

Sale of knitting

At the age of 86, Madame Louise Saumure knits as a hobby and also to exercise her hands. With the help of her daughter Françoise, in



Madame Saumure, champion knitter!

December 2009 she sold her beautiful knitted items and presented the Foundation with a cheque for \$600. Merci Madame Saumure!

Ask friends and business associates

Steve Prudhomme, owner of Abloom Landscape Contractors Inc., wanted to raise nearly \$10,000 to help the OCTC Foundation purchase a machine that “speaks” for children who cannot. The “Eyemax” lets users control their communication appliance *using their eyes* — very helpful for those who cannot use their hands to operate equipment. In late fall, Steve mailed a letter and details about Eyemax to a large group of his business contacts. This was a great move: as of mid-January 2010, Steve has raised close to \$5,000 from many supporters, with more to come! **Watch someone using the Eyemax:** www.youtube.com/watch?v=gDKFNqrmTz4. Sincere thanks, Steve. Your kindness is truly appreciated!

Golf anyone?

On June 7, 2010, the International Golf Classic is celebrating its 10th anniversary at the Kanata Golf and Country Club. This year’s tournament promises to be more spectacular than ever! For foursomes, please contact Krishan Gupta (613) 599-3753. Mr. Gupta has supported QuickStart and OCTC’s partnership by donating more than \$63,000 to the *Getting Started Services Clinic*! Thank you, Krishan, for your extraordinary generosity! •



L to R: LtGen (ret’d) Paddy O’Donnell, Gen (ret’d) Rick Hillier, Krishan Gupta (Founder, International Golf Classic) and Don McClure (Lockheed Martin Canada).