The ‘F-words’ in Childhood Disability

Dr.s Peter Rosenbaum, a developmental pediatrician, and Jan Willem Gorter, a pediatric physiatrist, published a paper “The ‘F Words’ in Childhood Disability: I Swear This is How We Should Think” in Child: Care, Health and Development (vol 38, July 2012). This article described the ‘F-words’ in childhood disability; function, family, fitness, fun, friends and future. Dr. Rosenbaum was the cofounder of CanChild Centre for Childhood Disability Research, while Dr. Gorter is currently the Director of that program. Dr. Rosenbaum discussed the ‘F-words’ in a short video, vimeo.com/46752649 or by accessing the CanChild website http://canchild.ca/en/canchildresources/multimedia_hub.asp#fwords. Excerpts of the video are summarized below.

The first ‘F word’ is function. Despite disability, children can be very functional and participate in activities, although may do things differently. Things don’t have to be done in a particular way.

The second ‘F word’ is family. The family is the environment in which the child develops in.

The third ‘F word’ is fitness. Children with disability may be less able to participate with a level of intensity in fitness activities that are common for peers/friends. Promoting physical fitness is very important.

The fourth ‘F word’ is fun. Life should be fun for children! Find out what a child wants to do.

The fifth ‘F word’ is friends. Some children with disability may not get the same social opportunities as other children. Encouraging friendships is very important.

The sixth ‘F word’ is future. We need to keep promoting development into adulthood as a long term goal.

CanChild Centre for Childhood Disability Research is a research and educational centre located at McMaster University. Their research is focused on improving the lives of children and youth with disabilities and their families.
Controlling the Spread of Germs at CDRP

At CDRP, we aim to control the spread of germs as much as we can by doing the following:

1. Washing our hands before and after handling each child
2. Washing any toys that have been put in or near a child’s mouth
3. Washing the mats with anti-bacterial wipes after each use
4. Washing towels after each use
5. Cancelling children’s appointments if we are unwell

We ask that you cancel your child’s appointment if he or she is sick. We are not overly concerned about becoming ill ourselves, however we recognize that we are easy carriers of germs given the number of children we see in a day, and we frequently work with children whose immune systems are significantly compromised.

Family Resource Centre

Located at the Chedoke Campus the Family Resource Centre offers information to staff and families on parenting, child development, common childhood disorders and other health related topics.

Please drop by and check out some of our newest arrivals. We are located in the Evel building room 140.

http://www.mcmasterchildrenshospital.ca/body.cfm?id=220

Operation Oasis

Operation Oasis is a community-university partnership which began in 1996 as a student research project. Families in the Hamilton region identified difficulties in accessing babysitting, companion and respite services for their children with special needs. Occupational therapy students identified a desire for more opportunities to interact with families and children. Operation Oasis serves to bring the parties together.

Operation Oasis is not a volunteer program. The students are paid for their time and the rates are negotiated with the families directly. We have had many successful matches between the students and children and their families. The students are typically in their mid-twenties, all have undergraduate degrees and many have had prior experience with children.

Families who want to access the services of a student should contact Nancy Pollock in the School of Rehabilitation Science at McMaster University at 905-525-9140 ext 27812 or email pollock@mcmaster.ca. We can’t guarantee a match, but we are one more resource that you may want to try!

Carlly’s Cafe

This video by Carly Fleischmann and her father, Arthur, won the Silver Lion award in the cyber, public service category at Cannes Lions International Festival of Creativity, held in France. It gives people a sense of what it’s like for a person with autism to go out for coffee.

http://carlysvoice.com/carlyscafe/
Dear Client and Family Members:

Since we last wrote to you in January 2013, activity to plan for the new McMaster Children’s Health Centre (MCHC) has continued at a steady pace. We are committed to keeping you informed about our progress and hope you will take a few moments to read this update.

As you know, the MCHC is our new facility being built on Wellington Street, across from the Hamilton General Hospital and Regional Rehabilitation Centre. The MCHC will be home to the Autism Spectrum Disorders, Child and Youth Mental Health, Developmental Pediatrics and Rehabilitation Programs (CDRP), and Prosthetics and Orthotics Service, all currently located at the Chedoke site of McMaster Children’s Hospital.

Since we last updated you, many teams of staff, physicians and family representatives have continued working on committees to make sure as many needs as possible will be met in the design of the new building. This has included visits to more than 20 similar centres, talks with HHS experts and many looks at innovative products. We have sought feedback through surveys, suggestion boxes, conversations and emails. The result was a more than 2000-page document that describes how to approach all aspects of the new facility. We want to make sure that this building is best suited to you, our clients and families.

Three building/design groups have been shortlisted to design and bid on the building project. The planning work is far from over. We will continue to meet with the shortlisted groups over the next few months to make sure that the final proposals truly meet as many needs as possible. The final firm will be chosen early next year, with construction set to begin in early 2014. The final detailed design will occur after the successful bidder has been selected.

We are very interested in your views on this new building. We know one of the concerns is parking, and that is an area we will continue to look at. Accessibility is also an issue, and we will ensure the building is fully accessible and best suited to the unique needs of the children, families and adults being served.

We welcome your feedback. Please contact one of us with any suggestions and/or concerns.

Sincerely,

Colleen Fotheringham, Director Autism, Child and Youth Mental Health, Eating Disorders, Developmental Pediatrics and Rehabilitation, McMaster Children’s Hospital. Ext. 75395 or fotheringha@hhsc.ca

Randi Robicheau, MSW RSW, Clinical Project Manager, McMaster Children’s Health Centre, Ext. 77414 or robichea@hhsc.ca
Our Accomplishments at CDRP

The YMCA Spinathon

This year the annual Spinathon at the YMCA Les Chater took place April 6th/13. The CDRP Y Fit 4 U volunteers and some participants spun for hours to raise money for the Y Strong Kids Campaign. The Strong Kids Campaign allows youth who might not have the financial means, the opportunity to take part in the various programs offered at the YMCA.

Chaz Fisher, a hospital volunteer, spins for the Strong Kids Campaign.

Parasport Fitness School

Summer 2013

Once again, McMaster University Sports and Fitness School in partnership with Parasport Ontario, Children’s Developmental Rehabilitation Programme and the Hamilton Accessible Sports Council ran the Parasport Fitness School summer 2013. It ran for 2 weeks, July 29th – Aug. 9th. and was a huge success! Six kids participated in a variety of parasports like roller sledge, wheelchair basketball, fitness, and a multi sport. They also went swimming everyday. This year, able bodied participants were able to join into the fun in basketball and roller sledge. Plans are in the works for summer 2014 where participants will also be able to participate in the parasports as well as some of the other sports offered by McMaster Sports and Fitness School. Contact Denise McArthur, (905) 521-2100 ext 74482 for more information.

THE CDRP YAC YEAR END BBQ

Friday June 7th was the annual CDRP all ages BBQ, hosted by the CDRP Youth Advisory Committee. Over one hundred clients, their families, friends and staff attended this year’s event. Karaoke, games and arts and crafts all related to this year’s beach theme wowed the crowd, as did a superb musical performance by Chad Pilon (a former CDRP client). We expect next year’s event to continue to grow. Look for more information in May 2014.

DEPARTMENT OF PAEDIATRIC REHABILITATION IS NOW ON FACEBOOK!

Check us out! www.facebook.com/DPRpage
DATES TO REMEMBER!

YAC

The Youth advisory Council meetings will begin again on the first Friday of every month. If you are 12 years of age and older, and would like to meet new friends and help plan some social activities for the group... COME ON OUT AND HAVE FUN!

Denise McArthur (905) 521-2100 ext. 74482 for more information. (Hours spent planning and helping out can be used towards your 40 hours of community service required to graduate high school, if you register with the hospital as a volunteer).

Road to Hope Nov. 2 2013

Road to Hope is the organization that runs the Hamilton Marathon. This weekend of racing runs Nov. 2nd and 3rd and it raises money for Haiti Hope, City Kidz, Hamilton Challenger Baseball as well as some other worthy organizations in the Hamilton area. The 1k, 5k and 10K events are run on the Saturday. (Nov. 2nd)

This is an excellent opportunity to have fun as a whole family or an individual and to raise money for a worthy cause. There is a division running for individuals with a disability in the 1k and the 5k events. You can choose which organization the money you raise (in pledges) goes to.

Contact: www.hamiltonmarathon.ca for more information or Denise McArthur (905) 521-2100 ext. 74482. There is the possibility that the registration fee can be waived if you raise over $150 in pledges and have a disability. Contact Denise for more information.

Check it out on Facebook!

Please consider participating in this wonderful event and help us spread the word!

Registration and donations can be made online:

Register to participate in the event:

https://www.onlineregistrations.ca/or/orders/136501312430104

*Be sure to select Hamilton Challenger Baseball Association in the “Charity Name” drop down box located at the bottom of the registration page.*

During the month of October come out to McQueston Park to train for the Road to Hope on Sundays at 10:30 am. All are welcome! Meet Lindsay Bray to train!
DATES TO REMEMBER! (cont.)

Dance options plus Drama:
1. Rising Star Dance Studio
   937 Center Rd., Carlisle (Flamborough)
   5-14 yrs, Sat. 4:00 - 5:00 pm
   Contact: 905-689-3222
2. Not Just Another Dance Studio
   2481 Upper James St. (Upper level)
   18 mths - 2 yrs Wed 10:00- 10:30 Mom and Me
   2- 3 yrs Wed. 10:30 - 11:00 Creative Movement for Tots
   3- 4 yrs Wed. 11:00 - 11:30 Pre Dance
   4- 7 yrs Mon. 5:30 - 6:15 Jazz/ Ballet/ Creative Movement
   Contact Amanda Jeffrey (905) 529-9885
3. Especially You Dance and Drama
   Marydale Park 5999 Chippewa Rd. Mount Hope
   Mini Class - 18 mths - 5 yrs (parents of children under 3
   are asked to participate with their child)
   Intermediate: 6 - 14 yrs
   Senior Class: 15 and up
   Contact: 905-578-1009 for more info or
   especiallyyouprogram@gmail.com

Adapted Aquatics:
1. City of Hamilton: (905) 546-4944 Bennetto Rec. Center
2. Making Waves Program: (888) 530-5618 ext 102
3. L’lil Sharks: YMCA (905) 667-1515

Register now for Indoor Soccer with Saltfleet Soccer Special Team:
Call Frank Ragona (905) 643-0504 or e-mail jklm_frank@hotmail.com or
laura.ragona@hotmail.com for more information.

Curling:
1. Brantford Curling Club.
   www.brantfordgolf-cc.com
   Call: Kaye Clarke (519) 752-3731
   for more information.
2. Special Olympics lister@hotmail.com
   Call: Ted Lister (905) 870-9180 for more information.

Fall / Winter / Spring Programs., Call Denise McArthur (905) 521-2100
ext 74482 for more information. DON'T be a Couch Potato, GET INVOLVED!!

Sledge Hockey:
Is running NOW.
Contact Jan Cavanaugh (905) 309-4696 or Brenda Jackson (905) 388-8176 for
more information or to register.

Sea Wheels:
Accessible Travel Specialists:
Shauna Petrie and Dave Krook
(dedicated to facilitating travel opportunities for persons with
disabilities). * Member of the
Society of Accessible Travel and
Hospitality (SATH)
(416) 805-7065 phone or
fax (905) 271-4411

Contact Information:
Holbrook Building, Chedoke Hospital
Box 2000, Hamilton, L8N 3Z5
C.D.R.P. fax: 905-521-2636

Comments about the COMMUNICATOR please
Email: lockhart@hhsc.ca
      mcdonm@hhsc.ca
      logel@hhsc.ca
Thank you to Tracey Logel for her technical assistance!