



**2019**  
Annual Report  
**Focusing** on the things  
that makes us **Heroes**

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# Greetings

**As we reflect on the achievements of Cerebral Palsy Alberta, while navigating an unsettled future in the light of the 2020 pandemic, we are encouraged by the strength and resilience of our clients, staff and volunteers.**

From meeting the needs of our participants through programs and services such as counselling, funding assistance, and a variety of recreational and therapeutic activities to adapting programs to an online presence shows that CPAA is poised for the future and committed to its goal to create capacity in our communities, recognizing that every person offers something of great worth, and are seen as contributing and valuable members of our society.

Early in 2019, we were excited to announce federal funding of our national initiative, the CP Canada Network. Working with provincial cerebral palsy associations, researchers and physicians, we are now able to promote a national strategy for cerebral palsy and act as a resource not only to organizations but also to persons with cerebral palsy across Canada. To meet this extraordinary opportunity, Janice Bushfield now acts as National Director for Cerebral Palsy Canada Network and Joanne Dorn has assumed a role as Acting Executive Director for Cerebral Palsy Alberta.

We are thrilled to present our 2019 annual report, highlighting our achievements and those of the individuals we serve.

We couldn't do what we do without the wonderful volunteers, staff and supporters. Thank-you for making a difference, and in creating a "Life Without Limits" for persons with cerebral palsy and other disabilities.

**Janice Bushfield**  
National Director

**Joanne Dorn**  
Acting Executive Director

# Our **Vision**

**Cerebral Palsy Alberta is committed to social change and progress for persons with cerebral palsy and other disabilities.**

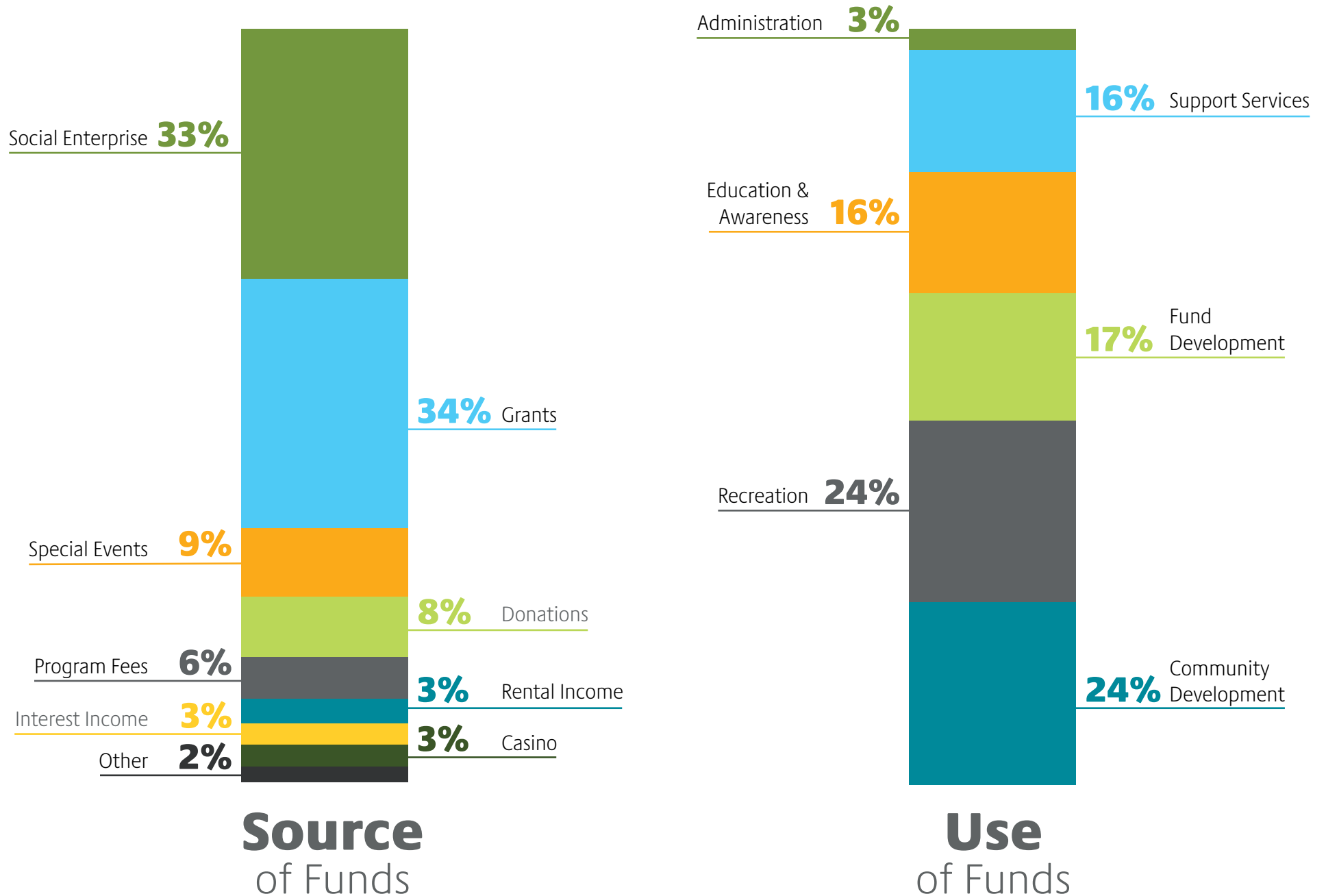
We strive to ensure the inclusion of persons with disabilities in every facet of society – from the web to the workplace, and from the classroom to the community. We provide services such as individual and family supports, social and recreational programs, assistive technology, referrals, employment assistance and advocacy.

The CPAA is an influential and strong organization that is a recognized leader in the development of collaborative programs and initiatives to ensure that persons with disabilities are able to achieve equality of opportunity, social and economic participation. We continually strive to build a better world for tomorrow – today.

Our vision is to create a Life Without Limits for people with cerebral palsy and other disabilities.



# Performance & Results



# Our **Operations**

In 1995, Cerebral Palsy Alberta established a clothing donation program to generate revenues that would provide funding support for the valuable programs and services offered to our clients. Through a partnership with Value Village, donations of gently used clothing and small household items dropped off at bins placed around the community are exchanged for revenue. In 2008, that partnership was expanded to include ABCRC with a bottle recycling program. We also partner with various non-profit organizations, schools, clubs, groups and businesses for mutual benefit.

**8** Attended Donation Stations (ADS) throughout the province



**3068** Home Donation Pick-Ups Provincially



**Clothing Bins 120**  
outdoor clothing bins

**80** locations

and **39** indoor clothing bins provincially



**146** Spring Clean-Ups & Clothing Drives

**30** Clean-Up Events And **116** Clothing Drive Events Provincially



**73,000**

Beverage Containers

**24,316** kWh of energy saved, cutting **7,094** kg of greenhouse gas emissions & more than **3,733** kgs from landfills

**Recycling Program** Generates **33%** (NET) of our annual income, directly supporting CPAA's programs & services

**3,179,443**

Lbs Of Clothing Collected Provincially

# Programs & **Services**

## 2019 Program Offering

Art Programs  
Aqua Therapy  
ComputAbilities Programs  
CookAbilities Programs  
Dance without Limits Programs  
Friday Fun Seekers Program  
Horticultural Therapy  
Massage Therapy  
Music Therapy  
Swim Without Limits Programs  
Yoga Programs  
CMUG – Calgary Meet-Up Group

## Support Services

**We offer services that assess needs and identify the strengths in our members of all ages. We are on hand to help support, enrich and enhance the lives of our clients.**

One-on-One Supports  
Counselling  
Crisis Support  
Patient Support & Home Visits  
Advocacy & Advocacy Training  
Collaboration with Community Agencies  
Development of Local Support Groups  
Parent Support Groups



## Community Outreach

**In 2019, we provided a total of 55 presentations to schools, agencies, businesses, organizations and partners throughout the province, raising awareness of cerebral palsy and promoting inclusivity.**

We collaborated with numerous agencies and businesses including Children's Link, PDD, Autism Calgary, Scope, FSCD, AISH, AB Health Services, McMann Services, Grand MacEwan University Physical Education, Edmonton Mennonite Centre, Ability 4Good Society, Dr. Margaret Ann Armour School, Sage Association, Winnifred Steward Association, OnSite Placement Employment Agency, Premier Council for People with Disabilities, Churchill Manor Senior Residence, University of Alberta, DATS and Municipal and Provincial Governments

## Program Quotes:

*My son, Andrew has participated in Tempo Gusto (Music Therapy) with CP Alberta for a number of enjoyable years. He is he is legally deaf-blind and non-verbal (due to his brain's processing disability). As well he is confined to a wheelchair, has CP and is unable to complete very simple tasks and is tactile defensive. Consequently, any activity which he expresses an interest in is paramount to his enjoyment of life. The two main activities he enjoys are assisted horseback riding and music therapy. I find that he has progressed significantly in his enjoyment of music through your program instructors "hand on hand" approach in strumming a stringed instrument while the therapist is chording it for him, shaking maracas or drumming. As a result of this success, we are working with at home with an electronic xylophone on playing his favorite song, BINGO.*

**Bill, Parent**

*Having the Cerebral Palsy Alberta programming available for young adults gives a safe environment to meet new friends, socialize with old friends while learning new skills. Our daughter enjoys her weekly outings and always comes home with a project in hand and smile on her face.*

**Sandra, Parent**

## Funding Request Program

**Our Funding Request Program helps individuals achieve a better quality of life! 43 applications were approved for \$22,802.47 in assistance.**

Computers & Tablets  
Camp, Tuition & Therapies  
Accessible Home Renovations & Equipment  
Life Essentials / Medication  
Wheelchairs & Accessories  
Augmented Equipment

## Educational Workshops

**Hosted monthly and attended by over 115 clients throughout the year. Workshop topics included:**

Wills & Estate Planning, Parent Socials with topics covering Therapies, Programs & Future Care Plans, Personal Goals, Chair Yoga, Drum Aerobics, Sexuality, Meals on Wheels presentation, Nutrition, Mindfulness Ambiguous Grief, Sensory Rooms, Transitioning to Seniors

## Vacation Villa

15 families enjoyed the Vacation Villa from May through September.  
56 Nights were booked at the Villa.





**21** Provincial Programs

**490** Program Clients

**1049** Classes

**1500** Hours of Support Services

**798** Support Services Clients

**128** Workshop Attendees

# Community **Development**

## CP Canada Network

The CPAA was thrilled to learn that the Government of Canada will support the Cerebral Palsy Canada Network over the next three years beginning April 2019. Goals and objectives of the Network include the engagement of partner organizations and community stakeholders, development of stakeholder survey and meetings to discuss and address regional challenges and barriers, and the development of a national strategy for cerebral palsy. Staff assigned to the network, include Janice Bushfield as National Director and Jaime Winkler as National Coordinator.

Ongoing activities include monthly partner calls for provincial and research discussions, regular meetings with disability groups and partner development activities through individual consultations and recommended strategies for improvement. The CP Canada Network assisted a number of provincial partners with board development, new ED orientation, fundraising and agency operational support.

Our communications team developed a new website, social media and branding materials, available to all partner CP organizations. New partners included Canadian Cerebral Palsy Sports Association, Living Outside the Lines (Halifax), Neurological Health Charities and Active Living Alliance for Canadians with Disabilities

We distributed information on cerebral palsy and information to the newly elected Members of Parliament and Senate, introducing the network, identifying issues and challenges facing persons with cerebral palsy and offer to act as a resource to them and their constituents

A face to face Partner meeting was held in Montreal on Oct 7/8 celebrating World CP Day. Partners from most provinces and research teams from McGill and Laval Universities presented Boccia, Sport and Recreation Research, Jooyay and Board Development. Thanks to the Quebec Cerebral Palsy Association and Ipsen for their support of this event.

Currently we are disseminating a national needs survey with the goal of collecting information to address the complex health needs, social issues and barriers to inclusion that individuals with CP face. We hope to use the information gathered to present to policy makers and define the need for a National Strategy for Cerebral Palsy.



# Calgary Ability Network

The Calgary Ability Network (CAN), an initiative of Cerebral Palsy Alberta, is a collaborative of organizations, businesses and advocates from the disability community, whose main goals are to:

- **Build and strengthen community capacity**
- **Impact policy, decision making and systems change**
- **Create action plans which will improve the quality of life for persons with disabilities**

## There are five working tables that make up CAN:

### Poverty Reduction

**Mission:** Advocate for adequate income and exceptional support for Albertans with disabilities

**Vision:** Reduce poverty to improve the well-being of all people.

### Transportation

**Mission:** Promote inclusive, accessible and affordable transportation through advocacy

**Vision:** Transportation for all.

### Human Rights

**Mission:** Promote equal opportunities for persons with disabilities through advocacy and education

**Vision:** Human rights for all.

### Recreation

**Mission:** Promote the important of recreational opportunities to persons with disabilities

**Vision:** Recreation for all.

### Newcomers with Disabilities

**Mission:** Address the unique barriers faced by persons with disabilities who are new to Canada

**Vision:** When everyone is included, everyone wins.



At our five working tables, partners work together to address issues, increase awareness and education and link the community and government around the remaining challenges facing persons with disabilities.

CAN is actively involved in the community, ensuring a disability lens is represented in conversations. CAN participates in a variety of committees and initiatives including:

- Voices of Albertans with Disabilities
- The City of Calgary Advisory Committee on Accessibility
- The International Day of Persons with Disabilities (IDPD) Planning Committee
- Accessible Driver Appreciation Day
- International Day of Persons with Disabilities
- Community discussions and workshops related to table goals.
- Initiation of the task group for an Accessibility Act in Alberta
- Fair Fares Low Income Sliding Scale Transit Pass
- Accessible Canada Act Review

CAN has approximately **130** members representing government, agencies, community and self advocates.

# Development

**In 2019 we hosted 5 major events with over 800 participants and generated \$218,000.**

The Development Team planned & executed annual events & activities, gave presentations around the province, met with donors and sponsors, and submitted numerous grants. The successes of these activities continue to support the Life Without Limits Abilities Centre and the vital programs and services that the CPAA offers.

## HUSH Gala

225 guests attended the HUSH Gala...the event that took our guests back to the Prohibition of the 1920's at the secret speakeasy location - Trolley 5 Brewpub in downtown Calgary! The Roaring 20's were never so loud as \$90,000 was generated through silent and live auctions, 50/50 and the Bootlegger Bonus Tickets!

## Annual Golf Without Limits Tournament

Our 2nd Annual Golf Without Limits Tournament was held at Sirocco Golf Club where 67 golfers tee'd off to raise \$27,000.

## Life Without Limits Challenge

343 participants ran, walked and wheeled along the 5km course in both Calgary and Edmonton. Numerous individuals also took part in the Virtual Challenge and four teams raced around the track for bragging rights in the Wheelchair Challenge. Limits were pushed, goals were met, and personal successes were achieved to help raise over \$86,000

## Poker For A Cause Tournaments

Our Poker For A Cause Tournaments were hosted in both Calgary and Edmonton – a spring and fall tournament in each city. 143 participants went all in for a cause at Casino Edmonton, Starlight Casino, Deerfoot Inn & Casino and Cash Casino. The four events generated \$15,000.

## Third Party Fundraising Events

**13 events were hosted throughout the province raising over \$30,000**

Shaw Charity Classic - Birdies For Kids  
Calgary Hitmen Teddy Bear Toss  
Edmonton Marathon  
Facebook Fundraising Events  
Fundscrip  
Gifts From the Heart  
Giving Tuesday  
Millwoods Town Centre

Scotiabank Charity Challenge  
Skip The Depot  
Spectrum Hospitality Canada  
Students For A Life Without Limits  
Wildrose Brewery





# Volunteers

**We served over 3,900 clients in 2019.** 31% of our volunteers donated their time in programs and services, 35% with special events and 4% in the administrative department. 30% served as community ambassadors, did community clean-ups and worked in our warehouse.

We had 552 volunteers in 2019. Our volunteers are passionate individuals dedicated to giving their time and sharing their knowledge.

A total of 7,322 volunteer hours were donated by our amazing group of supporters. 289 volunteers were new to CPAA in 2019.

# Our Donors

We would like to thank the following major supporters.

## **Endless Possibilities (\$50,000+)**

Government of Alberta  
Government of Canada  
Telus Corporation  
United Way of Calgary

## **Partners Without Limits (\$10,000+)**

ABCRC  
Allergan International Foundation  
Calgary Community Foundation  
City of Edmonton  
CO-OP Home Health Care  
Edmonton Community Foundation  
InterPipeline  
Ipsen Biopharmaceuticals Canada Inc  
Shaw Charity Classic – Birdies For Kids  
TD Friends of the Environment Foundation  
Telus Community Foundation  
Weir Bowen LLP Barristers & Solicitors  
The Wawanesa Mutual Insurance Co.

## **Best Friends Without Limits (\$1,500+)**

Botting  
Building Trades of Alberta Charitable Foundation  
Calgary Properties Lions Club  
Colin Shaw  
Crescent Lodge #81 Independent Order of  
Oddfellows & Rebeccas  
Cuming and Gillespie Barristers & Solicitors  
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Janice Bushfield  
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Schlumberger Canada Ltd.  
Suzanne & Tony Brazao  
Sydney Welding  
TD Commercial Bank  
ToolePeet Insurance  
United Cerebral Palsy Inc.  
University of Alberta - Community Service Learning  
University of Calgary - Committee of 10,000  
Value Village Stores  
X-Calibur

## **Friends Without Limits (\$500+)**

Alberta Blue Cross - Hearts of Blue  
Bayview Credit Union  
Benevity  
Byron Shikaze  
Canmore Bottle Depot  
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Reliable Property Management Inc.  
Scotiabank Charity Challenge  
Terry Royer  
Vithya Gnanakumar

## **Friends of the CPAA**

A Charmed Affair  
Air Canada Foundation


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Calgary Stampede Chuckwagon Committee  
Calgary Superheroes For Hope  
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Woodford Reserve


**Thank you to our anonymous and in-direct donors, event supporters & attendees, volunteers as well as our community partners.**



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**Cerebral Palsy**  
**ALBERTA**

*Life Without Limits*

