



*Canadian
Paraplegic
Association
(Alberta)*

*Association
canadienne des
paraplégiques*

Annual Report 2012





Teren Clarke, Executive Director

When a spinal cord injury (SCI) happens, it doesn't mean the end of life but it does bring major changes. With your support, staff and volunteers at CPA (Alberta) are helping those with SCI see beyond their challenges and envision new beginnings. We help them access programs and services, advocate for better community accessibility, answer their questions and soothe their fears. We provide them with opportunities to learn, to connect with others, and to experience new challenges. Last year, with your help, we guided more than 500 people with SCI and other physical disabilities in their journey to greater independence and quality of life. We asked a few of them to share with us how your support has impacted their lives. Sharing their successes is our way of saying Thank You for being a part of so many new beginnings.

CPA (Alberta) Mission Statement

To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.



Patricia McNamara
SCI Fitness and Wellness Centre, Calgary

SCI Fitness and Wellness Centre, Calgary

Since I started working out at the fitness and wellness centre my life has changed in so many ways. I've become more independent. I've gotten my confidence back. I've been able to take one full dosage of my pain medication. I fall asleep in two minutes and when it's dinner time or lunch time, I'm actually hungry. ~Patricia McNamara~

Since opening in July, 2012, 25 individuals have used the CPA (Alberta) Fitness and Wellness Centre in Calgary. Your support provides adapted equipment and skilled trainers to help them exercise safely and maximize the benefits of their workout. Fifteen clients are participating with CPA (Alberta) and researchers at the University of Calgary to study the benefits of exercise on the ability to avoid respiratory infections.

Adapted Adventures

With Adapted Adventures I've gone kayaking, rock climbing and I'm trying scuba diving soon. It has been so amazing! It made me step outside my comfort zone and realize how much I can do despite my disability. I'm doing stuff I never thought I'd do. ~Michelle Lee~

Imagine the exhilaration of climbing a rock face, the serenity of sailing, or the pleasure of a woodland hike. Since Adapted Adventures began in 2011, over 130 people with disabilities have had a chance to do these things and much more! For many, it is the only chance they have to be active outdoors. Thanks to you, we will be expanding Adapted Adventures beyond Edmonton to Calgary and Grande Prairie next year with more communities to follow after that.



Michelle Lee
trying things she never thought possible.



Larry Langston,
with Ruel Seno, personal care attendant

Community Living Attendant Training Program (CLAT)

Having a personal care attendant available when I need one gives me the freedom to make my own decisions. It gives me control of my life. ~Larry Langston~

For many people with a physical disability, having a personal care attendant means the difference between living at home or living in a continuing care facility. In 2012, you helped CPA (Alberta) and several other community agencies launch CLAT, a program designed to train individuals to be care attendants for people with disabilities living in their own homes. We had ten participants and seven graduates, four of whom found work in the field in the first four months.

Rehabilitation Support and Service Coordination

CPA (Alberta) was there for me immediately [after my injury]. Doug came to the Foothills [Medical Centre] to visit me. He put my mind at ease about some very scary thoughts I was having about going home and what that would look like. It was very comforting to have him there. I know I'm not alone on this journey.

~Brenda Schultz~

The first weeks following SCI are traumatic. CPA (Alberta) is available to individuals and families from the start to answer questions, ease fears and offer hope. Later, we are there to help with the difficult transition back home. We remain available throughout peoples' lifetimes, whenever they want information or assistance. Last year, with your support, we helped 120 people with new injuries adjust to life with SCI and another 400 with issues related to everything from housing to sexuality.



Brenda Schultz
Rehabilitation Support and Service Coordination



Kylie Geddie
"Young Guns" Volunteer

Young Guns (Peer Group)

This program is very important. It helps disabled people connect. People don't realize that there's so much they can learn from each other. Coordinating Young Guns is a great way for me to do a good deed for others. ~Kylie Geddie~

CPA (Alberta) was founded on the principle of peers helping peers. Last year your financial support helped us to run six separate peer groups, hold 45 events and organize one conference. In addition, we held "meet and greet" sessions twice a month at the Foothills Medical Centre in Calgary. Our peer volunteers share first-hand knowledge of life with SCI or other physical disability. This kind of support is invaluable to those who have questions or are just looking for a friend who has "been there, done that."

CPA (Alberta) YouTube Channel

When I was looking into doing a home modification I watched several of the CPA videos. My modification utilized many "tips" from your videos and I thought it would be a good idea to add my house to the collection. I was really happy with the way my house turned out. My home works well for me and also looks great! ~Paul Newton~

CPA (Alberta) began posting informative videos to its website in 2005 and to YouTube in 2011. We currently have over 140 videos online and have over 85,000 hits per month. The videos feature individuals with SCI sharing their stories of adjusting to life with a disability and great information on topics including career and education, sports and recreation, housing and vehicle adaptations, and family dynamics.



Paul Newton
CPA (Alberta) YouTube Channel



Joshua Brindza – Youth Ambassador,
Chair-Leaders

Chair-Leaders

I was curious to see what it would be like to spend a day in a wheelchair. It's way harder to get around than you think and you see the whole world in a different way. My job is to spread awareness and get other youth involved in the event.
~Joshua Brindza~

Chair-Leaders is an annual awareness and fundraising campaign organized by CPA (Alberta). Last year you helped us run events in 11 communities and raise just over \$28,000. City mayors, MLAs, business leaders and people from every walk of life spent a day in a wheelchair to get a glimpse of what it is like to get around in a world filled with barriers. Our “chair leaders” are changing perceptions and paving the way for positive change!

Community Development (Medicine Hat)

Duane is a volunteer speaker with CPA (Alberta), Medicine Hat where he helps raise awareness of the barriers facing people with mobility challenges. He often takes his 3 year old daughter to one of the four accessible playgrounds in Medicine Hat. It's nice that I can take my daughter there without being reliant on anyone else. If she falls, I can get to her. It's nice to be active with her. She calls it “Daddy's Park.” ~Duane Burr~

While Community Development encompasses a lot of different activities, one of the priorities is to encourage greater accessibility. Last year, your support helped us conduct 107 accessibility assessments throughout the province. Assessments were done in schools, recreation centres, playgrounds and even the Jasper Park Lodge. They are raising awareness and leading to improvements in community accessibility.



Duane Burr and his daughter make use
of the accessible playground in Medicine Hat



Wanda Auger using her laptop computer

Aboriginal Program

“There are times when I’ve thought about how nice it would be to have a laptop. Last fall I received one from CPA. Winona was very helpful and assisted me with setting it up. I use it on a regular basis, often to browse the internet, connect with family members and to see what is happening in the community.”

~ Wanda Auger~

For many people with disabilities, the internet is a vital link to the outside world. Last year, through a special donation, CPA (Alberta) was able to provide 18 clients with refurbished computers. A number of these went to Aboriginal clients. Aboriginal people living in isolation because of distance or disability now have a way to access information, keep in touch with family and friends and overcome isolation.

Community Access for Persons in Continuing Care (CAPCC)

The CAPCC program is the best. It enables me to go out and do things and see things. It makes me feel alive – that I’m still a part of society. I don’t feel like I have a disability as much.”

~Catherine Baines~

More than 1200 Albertans under the age of 65 live in continuing care centres. Unfortunately, many do not have the supports they need to travel beyond the centre. The provincially-funded CAPCC program provides funding and companions so that residents can do things like go shopping, see a movie, or visit family and friends. Last year, CPA (Alberta) organized regular outings for more than 300 CAPCC clients.



Catherine Baines
CAPCC program

Statement of Revenue

Year ended March 31, 2013

	2013	2012
Government of Canada grants	235,583	242,087
Province of Alberta grants	986,518	939,336
Foundation grants	835,233	1,062,793
United Way grants	844,323	866,587
Fundraising	956,721	979,534
Other	174,422	107,745
	\$4,032,800	\$4,198,082

Statement of Expenses

Year ended March 31, 2013

	2013	2012
Client and community services	3,254,234	3,160,864
Fund development	326,624	454,451
General and administrative services	479,304	483,321
Amortization	51,761	36,499
Membership in National Federation	9,684	9,684
	\$4,121,607	\$4,144,819
Excess of revenues over expenditures	(\$88,807)	\$53,263

Summarized Balance Sheet

Year ended March 31, 2013

Assets	2013	2012
Current assets	1,316,323	1,583,226
Capital assets	77,836	62,212
	1,394,159	1,645,438

Liabilities and Net Assets	2013	2012
Current liabilities and deferred contributions	807,925	988,034
Deferred contributions - capital assets	77,662	60,025
Net assets	508,572	597,379
	\$1,394,159	\$1,645,438

This report is a brief snapshot of the difference you are making in the lives of ordinary Albertans living with spinal cord injuries and other physical disabilities. For more information about our programs and services, visit our website at www.cpa-ab.org. Audited financial statements are available on request.

Last year CPA (Alberta) helped more people than ever adjust to life with SCI and other physical disabilities, overcome isolation, and live healthy, independent lives.

We couldn't do it without your support.



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Government
of Canada

CAPCC is a program of the Government of Alberta, Human Services with coordination provided by CPA (Alberta) and other community agencies.

Charitable Number: 11883 5016 RR0001