

Canadian Paraplegic Association (Manitoba) Inc.

Mission:

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



CPA Member Scott Coates earns a Masters of Education degree



CPA Member Carlton Reimer experiences freedom behind the wheel



2008/09 Annual Report

Nature and Purpose of the Canadian Paraplegic Association (Manitoba) Inc.

CPA (Manitoba) Inc. is a non-profit organization representing persons with spinal cord injuries (SCI) in Manitoba. Accountable to a membership comprised of persons living with these disabilities, their families and supporters, CPA employs professional staff, uses committed volunteers and encourages peer-linkages to achieve its mission.

CPA's Core Services

CPA (Manitoba) Inc. operationalizes its Mission through CPA's Rehabilitation Services Framework and the delivery of six Core Services. This transitional framework focuses on four phases: Recovery and Rehabilitation—early intervention hospital; Reintegration—community services upon return to home; Community Participation and Growth; and Sustainability—continued lifelong support.

Rehabilitation Counselling

Professional counselling services assist individuals in their return to an independent life in the community. CPA offers continuous support, information, community links and follow-up.

Service Coordination

A unique framework ensures overall coordination for the rehabilitation process, from onset through community integration.

Vocational/Employment Services

These services assist individuals to identify vocational options and obtain employment consistent with their values, skills, abilities and interests.

Peer Support

"Someone who's been there" can act as a mentor and role model to encourage and sustain others through the challenges they face.

Community Advocacy

CPA strives to create a society based on inclusiveness. These efforts involve identifying, reducing and working with others to eliminate barriers to full community participation, including leadership in prevention efforts.

Information Services

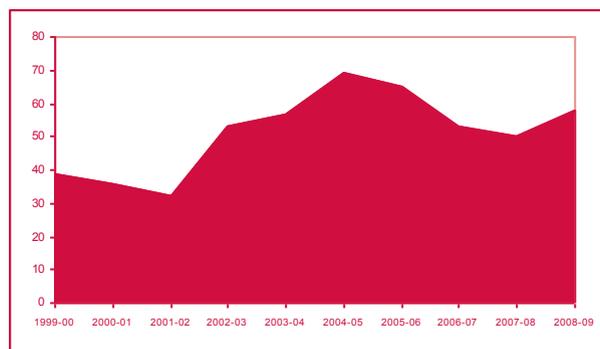
CPA provides comprehensive and relevant information for stakeholders that includes individuals with spinal cord injuries, their families, employers, community agencies, insurers and governments.

What is Spinal Cord Injury?

SCI is damage to the spinal cord whether it occurs by physical trauma, illness or disease. The spinal cord is the neural tissue in the spinal canal that connects the brain to the body below the head. This neural tissue cannot normally regenerate, thus damage to it is considered permanent.

- A person with **paraplegia** has paralysis in the lower extremities and part of the torso.
- A person with **tetraplegia** has, in addition, a partial or complete paralysis of the hands and arms due to a spinal cord injury in the neck area.

New Injuries



58 new SCI between April 1, 2008 and March 31, 2009. Of these

- 24 traumatic, 31 non-traumatic, 3 other injuries,
- 30 paraplegia, 21 tetraplegia, 7 other diagnoses
- 13 complete, 45 incomplete injuries
- 11 new injuries aged 35 and under, 47 aged 35+
- 37 male, 21 female
- 47 non-Aboriginal, 11 Aboriginal

Outputs—Client Services

CPA's computerized Case Management System tracks program activities (outputs). Indicators are derived through various analyses of such outputs. Rehabilitation services staff completed 10,758 client services outputs during the year for 461 clients (see Services Table).

Services Table

	Number of Services	Percentage of Total Services Provided:
Accommodation	683	6%
Client Identified Issues	34	.5%
Education/Vocational	1227	11.5%
Employment/Vocational	500	5%
Equipment & Supplies	619	6%
Family & Other Significant Relationships	311	3%
Financial	656	6%
Health & Wellness	3003	28%
Legal Issues	79	1%
Recreation & Leisure	94	1%
Sexuality	64	1%
Supports for Independence	150	1%
Transportation	198	2%
Overall Services Coordination/Quality Assurance	3140	28%
TOTALS:	10,758	100%

Outputs—Information Services

The CPA (Manitoba) Inc. website www.cpamanitoba.ca was maintained by webmaster George Tataryn. In addition to the information contained on this website, CPA provides information resources including:

- ParaTracks (provincial newsletter—layout and design Mike Nickle)
- Total Access (CPA National Magazine)
- Life After Spinal Cord Injury book
- Life After Spinal Cord Injury for Incomplete spinal cord injuries book

- Guide to Pressure Ulcer Prevention book
- Children's book "....so Dad uses a wheelchair"
- Life Interrupted: For Youth with Spinal Cord Injury and their families book
- STEP-UP Stakeholders Training and Education in Pressure Ulcer Prevention Program
- Brochures, articles, videos about SCI issues.

Outputs—Community Advocacy

In addition to regular client services activities, CPA was involved in a wide variety of community advocacy activities this past year including:

- Participation on City of Winnipeg Access Advisory Committee
- Solution Team leadership for Rick Hansen Foundation
- Collaboration with Family Services and Housing
- Active involvement in SCI Team to heighten community awareness of ongoing health issues
- Resources to community, citizens, business and other ancillary organizations
- Identification of speakers for schools and other community systems
- Joint Community and Government Members Committee on Disability-Related Employment and Income Assistance Issues
- Handi-Transit Policy Advisory Committee
- Parking Permit Advisory Committee
- WRHA Wheeled Mobility Committee
- WRHA Wound Care Strategic Planning Committee
- Ten Ten Sinclair Housing Inc. Board of Directors
- Manitoba Spinal Cord Injury Research Committee
- Barrier-Free Manitoba Initiative
- Partnership with University of Wisconsin-Madison Department of Rehabilitation Psychology "Understanding the Potential Role of Hope in the Participation and Subjective Well-Being of People with Spinal Cord Injuries: A Structural Equation Modeling Approach"
- Representation at "Rapid Transit" open house
- Participation with Disability in Emergency Management Network

President and Executive Director's Report

The past year has been an unusual one both in terms of challenges and promise.

The association created a business plan (in collaboration with the Rick Hansen Foundation) for the "Going Forward Together: Government of Manitoba's Contribution to Spinal Cord Injury Leadership in Manitoba" Proposal funding. We are pleased to report that the plan was well received by the Government of Manitoba and that the funds are now available to enhance the capacity of the organization in service delivery and to support much needed research.

Continuing our tradition of prudent financial management, the association completed the fiscal year in a positive financial position. We anticipate this to continue even as we add to our capacity and available service resources in the coming year.

As a part of our efforts in support of the "Going Forward Together" Agreement, CPA has facilitated the formation of the Manitoba Spinal Cord Injury Research Committee (MSCIRC), chaired by Dr. Grant Hatch and composed of a group of eminent researchers and scientists. The MSCIRC is laying the groundwork for the review and approval of funding for research projects targeted at improving the quality of life for those with spinal cord injuries. This is a truly exciting development for all, not just those who will benefit from the funded research, but the researchers who so clearly need the support for their efforts.

We must recognize the invaluable contributions of our dedicated volunteers, who contribute so much, so selflessly to the organization. Once again in the last year, they have more than risen to the challenges before us and have contributed in invaluable ways. The organization could not succeed without them, and they deserve our thanks and our gratitude. They truly are at the heart of our organization and what we do.

Our volunteer board is, of course, an integral part of the organization's success. The contributions of time and expertise made by board members during the last year have made our recent successes possible. To those board members who are retiring from service this year, please accept our special thanks for your years of service and contribution. You will be missed, and your contributions have been and will be valued.

Highlights of some of the accomplishments of the past year include:

- Submission and approval of the "Going Forward Together" Business Plan, with the result that additional resources are now available to us.
- The continued success of the two-year pilot program titled "Stakeholder Training and Education for Pressure Ulcer Prevention" (STEP UP). Through the delivery of a community-based health education and motivation program, this project is addressing the immediate needs of individuals who are high risk for getting a pressure ulcer.
- The addition of new team members to help us build much needed service capabilities for members. CPA (Manitoba) Inc. will continue to recognize and respond to priority issues affecting Manitobans with spinal cord injury. We will remain committed to consult and collaborate with other community stakeholders to attend to future challenges

including:

- Continuing to facilitate and support the MSIRC as they work to support much needed research in Manitoba.
- Ongoing involvement in the development of treatment and prevention initiatives regarding pressure ulcers.
- Expanding our staff resources to enhance our ability to meet service provision needs.
- Continuing to provide consultative input to the Winnipeg Regional Health Authority regarding the planned move of the Health Sciences Centre Rehabilitation Hospital Spinal Cord Injury Unit to the Riverview Health Centre.
- Initiating strategic operational planning to help address the effective use of current resources and the priorities for the future.

In these uncertain times there are a wide number of needs and causes in our community joining in the chorus of requests for funding and support for their organizations. We are very thankful to have the support of steadfast individuals and organizations that provide the stable support and resources we require to provide the services our clients so urgently need.

It is our hope that these words of thanks and gratitude can at least partially express how valued the contributions of all these individuals are. While we have met and overcome some significant challenges in the last year, new challenges remain. These challenges, however, represent great opportunity for the CPA Manitoba team as we continue to strengthen and enhance our resources and capacity to deliver services to our members. We are blessed in having the committed and passionate staff we do, and look forward to an exciting year ahead.

—John Wallis and Ron Burky

2008/09 CPA (Manitoba) Inc. Board of Directors

Art Braid*—Executive	Bill Neill
Corrine Deegan*	Leonard Steingarten*
Nicole Dubois	—Treasurer
Dr. Karen Ethans	Debbie VanEttinger*
Ed Giesbrecht—Vice President	Lynda Walker
Jeannette Gougeon	John Wallis—President
Shannon Guerreiro	John Wyndels*
Ernie Hasiuk—Past President	JoAnn Young

CPA (Manitoba) Inc. Staff

Ron Burky—Executive Director
Darlene Cooper—Director of Rehabilitation Services <small>BGS,BSW,CCRC</small>
Adrienne Conley—Executive Assistant
Roslyn Dooley—Accounting Officer
Greg Winmill*—RRP, Rehabilitation Counsellor
Maria Cabas—Rehabilitation Counsellor
Alan Schultz*—Rehabilitation Technician
Val Reith—Rehabilitation Counsellor/Health Educator
Laurence Haien—Senior Rehabilitation Counsellor
Scott Coates*—Rehabilitation Counsellor

*paraplegic or tetraplegic

Canadian Paraplegic Association (Manitoba) Inc. Summarized Financial Statements March 31, 2009

Financial Position	2009	2008
Assets		
Cash	\$191,556	\$176,778
Accounts receivable	790,550	121,251
Fixed assets	2,025	10,066
	\$984,131	\$308,095
Liabilities and Net Assets		
Accounts payable and accrued liabilities	\$13,994	\$9,610
Accrued vacation pay	24,323	24,094
Deferred revenue	697,468	84,861
Funds held in trust	51,722	51,722
Net assets	196,624	137,808
	\$984,131	\$308,095

Auditors' Report

To the Members of Canadian Paraplegic Association (Manitoba) Inc.

The accompanying summarized statement of financial position and statement of revenue and expenses and changes in net assets are derived from the complete financial statements of the Canadian Paraplegic Association (Manitoba) Inc. as at March 31, 2009 and for the year then ended. In our auditor's report on the complete financial statements dated May 27, 2009, we expressed a qualified opinion because we were unable to satisfy ourselves concerning the completeness of donation revenue. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of the Canadian Institute of Chartered Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline above.

These summarized financial statements do not contain all the disclosures required by Canadian generally accepted accounting principles. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the entity's financial position, results of operations and cash flows reference should be made to the related completed financial statements.

DELOITTE & TOUCHE LLP
Chartered Accountants
Winnipeg, Manitoba

Revenue and Expenses and Changes in Net Assets	2009	2008
Revenue		
Grants and contracted revenue		
Province of Manitoba	\$256,400	\$252,600
Health Canada	82,500	82,500
United Way of Winnipeg	119,500	117,150
Winnipeg Regional Health Authority	57,897	56,027
Workers Compensation Board	20,000	20,000
CPA National project grants	16,089	3,958
Manitoba Opportunities Fund	-	41,297
Manitoba Paraplegia Foundation Inc.	6,517	26,458
Rick Hansen Foundation	7,918	16,485
Step-Up Program	40,780	33,376
	638,071	649,851
Fees for service – MPI & other	11,434	11,663
Miscellaneous	34,527	44,019
Recovery of equip. & training costs from/on behalf of paraplegics	116,637	71,454
Total revenue	770,199	776,987

Expenses	2009	2008
Rehab. Services Program		
Amortization	8,041	14,873
Salaries & Expenses	451,430	516,054
Vocational Assist.	116,637	71,454
Advocacy/Information Program	135,275	155,589
Total expenses	711,383	757,970
Transfer to Manitoba Paraplegia Foundation	-	-
Excess of Revenue over Expenses	58,816	19,017
Net Assets, Beginning of Year	137,808	118,791
Net Assets, End of Year	\$196,624	\$137,808

A complete set of financial statements and Auditors' Report may be obtained from the Association.

Research

Through the Manitoba Paraplegia Foundation Inc., CPA directs funds toward treatments and a cure for spinal cord paralysis. CPA also supports spinal cord research through its active role in Rick Hansen Wheels in Motion, and by informing CPA clients and members of research participation opportunities.

Treasurer's Report

On behalf of the Board, I am pleased to report that we continue our success of balancing our budget with the 2008/2009 year ending with an Excess of Revenue over Expenses of \$58,816.

Our Total revenue decreased by \$6,788 overall. Major differences are \$6,517 from Manitoba Paraplegia Foundation Inc. and \$7,918 from Rick Hansen Foundation. Other small variances in funding make up the difference.

Our expenses decreased by \$46,587, mostly a result of decreased Salaries and benefits. The rest of the expenses were consistent with the prior year.

We wish to extend our sincere gratitude to our funders, members and donors for their continued support of CPA's programs and services.

I wish to thank our Accounting Officer, Roslyn Dooley for her hard work and dedication, and thank Gabriella Zaporozan and Robert Tremblay of Deloitte & Touche LLP for their services in the preparation of our Audited Financial Statements.

—Leonard Steingarten, Treasurer

In addition to our funders listed, CPA (Manitoba) Inc. wishes to also thank its other grantors and donors, including the following sustaining, char-

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| • Bradley Boisselle | • George Murphy |
| • Patricia & Dieter Bonas | • Brian Ouellette |
| • Frank Borowski | • Kristi Peters |
| • Arthur Braid | • David Prasol |
| • Randy Colbert | • Jim Richardson |
| • Corrine Deegan | • Phillipe J. Sebastian |
| • Doug & Sandra Doerksen | • Arnold & Orpha Schryvers |
| • Dr. Karen Ethans | • Spinal Cord Research Centre—U of M |
| • Freda Brown Estate | • Leonard Steingarten |
| • Keith G. Collins Ltd. | • Arthur Summers |
| • Derek Legge & Kay Stewart | • Harold Swalwell |
| • Beryl Maguire | • Jean Wenzoski |
| • Barbara Millward | • Robert Wroblewski |