

## Awareness & Prevention

Along with our core programs of support and education, we emphasize proactive solutions and public awareness activities. These include:

### Teaching Awareness Through Puppetry & Kids on the Block

We sponsor these award-winning programs that teach school-age children about disabilities and accepting differences. Puppet troupes present scripted shows about hydrocephalus and spina bifida.

### Prevention Campaign - Every Healthy Baby is a Victory

SB&H promotes the use of folic acid, for all women of child bearing age and women in high risk groups. Folic acid has been proven to reduce the incidence of neural tube defects, such as spina bifida, by as much as 70%. Visit [www.folicacid.ca](http://www.folicacid.ca) for more information.

### Normal Pressure Hydrocephalus (NPH) Awareness Campaign - Bridging the Gap

We are the first in Canada promoting awareness of this condition that affects adults over 55, and is often misdiagnosed as Alzheimer's or Parkinson's Disease, or Dementia. This little known form of hydrocephalus is treatable and symptoms are partially or fully reversible.

**We provide information and support to professionals in the healthcare, education and social services fields on all aspects of spina bifida and hydrocephalus.**

**SB&H endorses and funds research that will contribute to finding a cure and improving the quality of life for people with sb/h and their families.**

## Our Mission

To build awareness and drive education, research, support, care and advocacy to help find a cure while always continuing to improve the quality of life of all individuals with spina bifida and/or hydrocephalus.



### For more information please contact:

#### Spina Bifida and Hydrocephalus Association of Ontario

16 Four Seasons Place, Suite 111  
Toronto, Ontario M9B 6E5

416-214-1056 or 800-387-1575

Fax: 416-214-1446

Email: [provincial@sbhao.on.ca](mailto:provincial@sbhao.on.ca)

[www.sbhao.on.ca](http://www.sbhao.on.ca)

[www.folicacid.ca](http://www.folicacid.ca)



# PROGRAMS & SERVICES

**L**iving with spina bifida and/or hydrocephalus (sb/h) can be challenging. The Spina Bifida and Hydrocephalus Association of Ontario (SB&H) is here to help. Our programs respond to the unique needs of individuals with these conditions, their families, and caregivers in Ontario communities.

When you contact SB&H, you will receive personal support, guidance and educational materials to help you understand and cope with the issues that arise with sb/h.

## Toll-Free Phone and Online Help

You should never feel alone or isolated. By calling our toll-free help line or by sending us an email you can access specific information about sb/h. You can receive advice on education, financial assistance, family dynamics, accessibility and employment, to name just a few. By understanding your concerns, we can provide guidance and emotional support and help you advocate for your own needs. Our referral service can connect you to resources in your community.

## Connections

Share your experiences and knowledge through our regional network of support/social groups that bring people together to meet others affected by spina bifida and hydrocephalus. Through our Linking Program, we encourage one-to-one support between individuals with similar experiences to share coping strategies and information about medical procedures, therapy and available community services.

## Information and Education

SB&H is your best source for information about any aspect of spina bifida and/or hydrocephalus.

- Researched, quality information is provided on education, disability related issues and all medical topics such as bowel management, incontinence and tethered cord.
- Adults with sb/h receive complimentary books, publications and other materials to help manage daily living.
- Parent members receive Educator's Guides, Parent Handbooks and other helpful resources.
- Children and youth receive age-appropriate books through our **Kidz & Youth Book Club** that teach them about their condition and its effects in a way they can understand.
- CURRENT magazine, CURRENT BULLETIN and the STAYING CONNECTED e-newsletter keep you informed of the latest developments, and feature motivational stories about individuals living with sb/h.
- We distribute SB&H's - A GUIDE TO HYDROCEPHALUS, an informative resource for all affected by this condition and their caregivers and health providers.
- Our Resource Centre houses the best information about sb/h and disability related topics. This free lending library has the most recent books, articles, CDs, DVDs and videos.

## Social Media & Community Forum

Online information, updates and peer support are available through the SB&H website, Facebook page and Twitter feed. This is your opportunity to connect with other adults, parents or caregivers to talk about concerns and share information in a monitored setting.

## "Kids Stuff" and "Youth Zone"

SB&H offers two interactive areas, one for children and one for tweens, teens and youth, providing age-appropriate information in a safe, secure and monitored environment. Youth can chat about their issues or ask sensitive questions, play games and learn about available resources.

## Scholarship Program

If you have spina bifida and/or hydrocephalus, you can apply for a scholarship or bursary. The Dr. E. Bruce Hendrick Scholarship and the Luciana Spring Mascarin Bursary encourage and support students, regardless of age, who are planning to continue their education at an accredited post-secondary institution.

**We are the only organization in Ontario providing programs and services to individuals and their families living with the unique challenges of spina bifida and hydrocephalus.**

**SB&H is not government funded. We generate 100% of our operating revenue from fundraising initiatives.**