



## AccessABILTY Business Guide

AccessABILTY Business Guide is a free application for both IOS (<https://apps.apple.com/ca/app/accessability-business-guide/id1645582316>) and Google Play Store (<https://play.google.com/store/apps/details?id=org.ytilibassecca.app>), available Canada wide.

The app was created with input from the disability community to raise awareness about accessibility barriers in communities using two key approaches:

1. by alerting businesses to areas that are working well and areas to be improved in their physical and online spaces, with reviews provided by those with lived experiences, and
2. by helping people with disabilities navigate which businesses are accessible to their unique accessibility needs.

The app has the option to review areas within a business based on a variety of accessibility criteria; signage and media, entrance and exits, bathroom accessibility, sensory accommodations, hearing loops and more! To learn more and follow along on the journey follow us on instagram [@accessabilitybg](https://www.instagram.com/accessabilitybg)

We welcome all feedback and suggestions! Feel free to reach out to us at [megan@accessabilitybg.com](mailto:megan@accessabilitybg.com)



SCAN ME FOR APP STORE

## Cerebral Palsy

Cerebral Palsy (CP) is a term used to describe a group of conditions affecting body movement and muscle coordination. It is not a disease. Medical dictionaries define CP as a “bilateral, symmetrical, non-progressive paralysis resulting from developmental defects in the brain or from trauma at birth.”

<https://www.cpalberta.com/what>



CP can be as mild as just a weakness in one hand, ranging to an almost complete lack of movement. Sometimes the movements of people can be unpredictable, muscles can be stiff or tight, and in some cases people may have shaky movements or tremors.

Any damage to the developing brain, whether caused by genetic or developmental disorders, injury or disease, can result in cerebral palsy. The damage to the brain is in the region that controls and coordinates muscular action. Most often it occurs during pregnancy, labour or shortly after birth. Most cases of CP are called congenital cerebral palsy because they are related to the development and child-bearing processes. The condition is not inherited.

Acquired cerebral palsy, usually occurring before two years of age, is less common. It is usually caused by a head injury (motor vehicle accidents, falls, child abuse). CP can also be a result of a brain infection. Cerebral pal-



[www.vadsociety.ca](http://www.vadsociety.ca); [vad@vadsociety.ca](mailto:vad@vadsociety.ca)  
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**Cerebral palsy** (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture.

Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles.



### Cerebral Palsy Awareness Month 2023



sy, except in its mildest forms, can be seen in the first 12-18 months of life as it presents itself when children fail to reach movement milestones.

#### WHAT ARE TYPES OF CEREBRAL PALSY?

There are several different types of cerebral palsy which are grouped into three main categories:

##### **SPASTIC CEREBRAL PALSY**

This is the most common form of cerebral palsy. Spastic refers to stiffness or tightness in the muscles being relayed incorrectly through the damaged part of the brain.

##### **ATHETOID CEREBRAL PALSY**

Uncontrolled movements that occur, most noticeable when a person starts to make a movement. People with athetoid cerebral palsy often have very weak muscles and feel floppy when carried.

##### **ATAXIC CEREBRAL PALSY**

This is the least common form of CP. This refers to the shaky, unsteady movements and often causes problems with balance.

##### **MIXED TYPES**

Many individuals will not have just one type of cerebral palsy, but rather a mixture of Spastic, Athetoid, and Ataxic. The rarest form of mixed cerebral palsy is a combination of ataxic and athetoid. Regardless of the combination of symptoms, mixed cerebral palsy is usually caused by head injury (motor vehicle accidents, falls, child abuse).

#### HOW IS THE BODY AFFECTED?

This is different from one person with cerebral palsy to

another. Certain words are used to describe the parts of the body which are affected:

##### **HEMIPLEGIA**

It affects the leg and the arm on one side of the body.

##### **DIPLEGIA**

Affects both legs and arms, but legs are significantly more affected than the arms.

##### **QUADRIPLEGIA**

It affects both arms and legs and can affect muscles in the trunk, mouth, and face.

#### WHAT ARE FORMS OF TREATMENT & MANAGEMENT FOR CEREBRAL PALSY?

Although this condition does not progress, the brain injury is permanent. While cerebral palsy is not curable, training and therapy can help significantly. Management is a more accurate word than treatment. Management consists of helping a child achieve maximum potential in growth and development.

People with cerebral palsy can go to school, have jobs, get married, raise families and live in their own homes. Most of all, people with cerebral palsy need the opportunity for independence and full inclusion in our society.

#### VAD Membership Drive

Scan the QR code to go directly to VAD's website and sign up to become a member. Already a member and need to renew? Email [Teresa@Vadsociety.ca](mailto:Teresa@Vadsociety.ca) for your website credentials.



*Together, We Hold the Power!*

**Full Participation - Accessibility - Equity**



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<https://albertahumanrights.ab.ca/50for50/Pages/default.aspx>

# MARKS 50 YEARS

## 50 YEARS: UPHOLDING HUMAN RIGHTS IN ALBERTA

The year 2023 represents a major milestone for human rights in Alberta, marking 50 years since the Commission's establishment and the enactment of legislation that formed the basis of the *Alberta Human Rights Act* we know today.

Since 1973, the Commission—and understanding of human rights in Alberta—has come a long way.

- We have increased our collaboration with non-profit organizations, employers and businesses, unions, civil society, all levels of government, legal professionals and justice sector organizations, post-secondary institutions, community groups, coalitions, and networks.
- We have seen many changes to the Act, including the addition of new grounds to protect those with physical disabilities and mental disabilities, recognize Indigenous spirituality, prohibit sexual harassment, recognize equal pay for equal work, and much more.
- For more than 30 years, we oversaw the Human Rights Education and Multiculturalism Fund, a fund that provided grants to community organizations for projects that fostered equality and reduced discrimination and supported educational initiatives. In that time, we administered more than \$20 million in grant funding and supported non-profit organizations and public institutions to reduce individual, institutional, and systemic racism and discrimination so that all Albertans could fully participate in all aspects of society without discrimination.
- Over the past 25 years, the Commission has resolved more than 18,000 human rights complaints in Alberta. In 2019, we launched the Case Inventory Resolution Project to manage the growing number of complaints that had been waiting a significant time in our system. This project concluded in 2021, closing more than 1,300 complaints. Since then, we have revised the complaints process to incorporate the learnings from the project. Combined, these efforts have helped reduce the time it takes to resolve complaints of discrimination.
- In 2021, with community feedback, we launched our Indigenous Human Rights Strategy. This strategy aims to address and reduce systemic discrimination against Indigenous people; to ensure our programs, services, and operations are accessible, meaningful, responsive, and culturally relevant to Indigenous people; and to strengthen and expand our relationships with Indigenous communities and organizations. The implementation of this strategy is supported by the Commission's Indigenous Advisory Circle, comprised of Indigenous individuals from all regions of the province.

While some things have changed over the years, our commitment to human rights has not. We are working to continuously improve our processes to better serve people across Alberta.

*Together, We Hold the Power!*

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<https://edmontonepilepsy.org/march2023epilepsyawarenessmonth/>

# MARCH IS EPILEPSY AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>MARCH</b>	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## What is happening at the Edmonton Epilepsy Association this March 2023!

- **EVERY DAY IN MARCH:** Check our epilepsy post of the day! We will focus on brain health!
- **EVERY DAY IN MARCH:** Join our "Neurons" project! Learn more on our website!
- **GET SOCIAL:** Join us for a tea on March 15, 2023 and for a game of BINGO on March 24, 2023! Contact the office for more info!
- **MARCH 8 AND 16, 2023** - Visit us at the Stollery Children's Hospital, at the University of Alberta for a display table between 11:00 and 1:30 p.m.
- **MARCH 10, 2023:** We publish our Focus on Epilepsy Newsletter!
- **MARCH 11 through March 31, 2023:** Check our special bridge banners across Edmonton and in Fort McMurray!

- **MARCH 15, 2023** - ACCESS for ALL Edmonton and Northern Alberta Live Kickoff Event! We are engaging with parents online and provide free information about epilepsy, our programs and services and all education opportunities for kids in schools who need support while living with epilepsy!
- **MARCH 16, 2023:** We will host a special presentation about Advocacy and Success Stories for the Alberta Epilepsy Education Webinars. Special guest Cassidy Megan, Founder of Purple Day!
- **BUILD A NEURON WITH US!** Join a wonderful learning and awareness project with us! More info on the EEA website! Everyone can participate!

- **MARCH 20 and 27, 2023** - Register for our first Tapping Sessions, to help with mental health challenges. You must be an EEA member to register. Limited spots available.
- **MARCH 25, 2023!** We invite everyone to the Oil Kings final home game, at Rogers Place, at 2:00 p.m. The Hockey game will be purple and we are raising funds on this day! Volunteer with us and purchase tickets at reduced price!
- **MARCH 26, 2023!** International Purple Day! The High Level Bridge in Edmonton will be lit purple! Stop by, take photos and share them with us!

**780-488-9600**

[www.edmontonepilepsy.org](http://www.edmontonepilepsy.org)

[info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)

**EEA**  
*Ask Me Why*

*Together, We Hold the Power!*

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