

## Community Partnerships:

In partnership with families, caregivers, communities, educational institutions and government, Sunny Hill is dedicated to improving the quality of life for persons with disabilities.

In collaboration with our partners we are able to:

- Provide assistance and guidance with accessibility and inclusion issues
- Provide information on adapting equipment, space and activities
- Facilitate effective collaboration between community recreation groups
- Provide support to practicum students
- Provide placements for community volunteers

## Evidenced Based Practice:

- We are committed to the use of current best evidence in decision making



## About Sunny Hill

Sunny Hill Health Centre for Children is a provincial facility offering specialized services to children with disabilities, their families and communities throughout British Columbia. Using a family-centred approach, Sunny Hill helps promote the healthy development of children and youth by supporting families and community service providers in their efforts. It is also a resource for educational services and information about disabilities. Services are delivered close to home in a child's community, or on site at Sunny Hill, located in Vancouver.

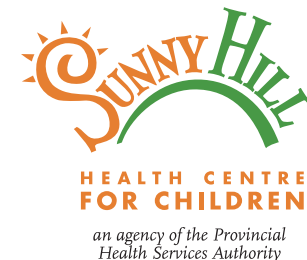
## How To Contact Us

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**Sunny Hill Health Centre For Children**  
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*Promoting Better Health for Children with Disabilities  
through Clinical Services, Education and Research*



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## Guiding Principles:

All children should have opportunities to experience a wide variety of activities to foster their physical, mental, social and emotional well-being. The pursuit of leisure provides an opportunity for optimum experiences in one's personal growth and development regardless of one's age or ability. We support the belief that recreation activities are essential life experiences, and that community integration and family involvement are key components in enhancing quality of life. Every child has a right to grow and develop through participation in recreation endeavors of his or her choice.

**Therapeutic Recreation:** Offers a variety of recreation opportunities to enrich the child's quality of life. Sometimes assistance is necessary to help the child achieve a satisfactory level in leisure pursuits and/or to increase awareness of what recreation resources are available.

**Aquatics:** Uses the properties of the water to provide sensory movement experiences. The focus can be on skill development, individual rehabilitation goals, and of course fun! Aquatic assessments look at the use of adaptive equipment and techniques and what aquatic resources are available in the child's own community.



**Music Therapy:** Combines music and musical elements to provide a creative medium to help achieve therapeutic goals and increase quality of life. The nonverbal and multi-sensory aspects of music make it a wonderful resource for reaching and working with children. Sessions focus on a variety of goals including communication, self expression, self awareness, motor skills and cognitive functioning.

## Services Offered:

**Inpatient Services:** Individual, small group, and large group activities usually focus on three areas:

1. The rehabilitation of leisure skills, which aides in the restoration and/or adaptation of social, physical, intellectual and emotional functioning to enable participation.
2. Integration of the child into the community which facilitates a supportive transition from the health centre to the community.
3. Improved quality of life experiences.

Recreation, aquatic and music therapists work alongside other interdisciplinary team members which includes the family as the most important link. Participation in recreation activities often serves to reinforce other treatment efforts and offers an environment for the generalization of skills to occur.



**Outpatient Services:** The Recreation Therapist provides consultation and/or education for children with disabilities, their families, and community partners. Information gained from the family, community caregivers and the team is used to identify recreation and leisure interests and the supports required for participation. Therapeutic recreation consultations look at the child's leisure interests, barriers to participation and possible solutions, adapting program activities, friendships, adapted equipment, accessibility issues, and strategies for adapting physical education classes.

**Outreach:** Following a referral to Sunny Hill, outreach can be provided at the community's request. Each outreach is individually designed to meet the child's, family and community needs.

