

VISION LOSS REHABILITATION

CANADA

Charting A Bright Future

Year In Review 2018/19





Charting a Bright Future

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Health consequences associated with vision loss extend well beyond the eye. Vision loss is linked to falls and injury, and impacts mental health, cognition and social function as well as employment and educational attainment. Individuals with vision loss also have difficulty managing other health conditions, such as diabetes. They have longer hospital stays, higher readmission rates and higher costs of care than those without vision loss.

Through vision loss rehabilitation therapy, we improve health outcomes for people with all levels of vision loss by helping them develop or restore key daily living skills crucial to mobility, independence and personal safety. At Vision Loss Rehabilitation Canada, we are committed to patient-centred care and a seamless, supportive health care journey for Canadians who lose their vision.

As our population ages, the number of people impacted by vision loss in Canada will increase dramatically - by more than 30 percent in just the next decade. We are charting a bright future for Canadians with vision loss through improved health outcomes and equity of care. Together, we're looking forward with confidence.

Handwritten signature of Eric Hanna.

Eric Hanna
Board Chair
Vision Loss Rehabilitation Canada

Handwritten signature of John M. Rafferty.

John M. Rafferty
President & CEO
Vision Loss Rehabilitation Canada

Jackie's Story



Jackie had always been independent. So when she was diagnosed with vision loss due to dry age-related macular degeneration around the same time as her move from a small rural town to a big city in Ontario, she was determined to not let it slow her down.

To build her confidence navigating her new neighborhood, she went shopping with a friend. As they headed of a local store, something made her stop.

“I don’t know what it was,” she said. “A sixth sense.”

Jackie was about to leave without realizing that there were unmarked concrete steps in front of her. If she hadn’t paused, her story would likely be different. She left truly shaken.

“I’m an older person” she said. “I could have fallen, broken my hip. I could have really been badly injured.”

The experience made her realize it was time to reach out for help.

Jackie contacted Vision Loss Rehabilitation Canada and was paired with Laurie, a certified Orientation and Mobility Specialist. Laurie taught Jackie white cane skills to use in her home and out in the community - a major step toward independence and safety.

With only a few sessions under her belt, Jackie has already noticed a huge difference in her confidence.

“Moving from the country to a city is a big change on its own,” she said. “Receiving vision loss rehabilitation therapy has been overwhelmingly positive. It’s really helped build my confidence in knowing I can get around safely - which is a really big deal for me.”

Vision Loss Rehabilitation Canada’s support has helped Jackie to independently explore and engage with her new community. Before being paired with Laurie, Jackie was unsure about using a white cane. With Laurie’s instruction and encouragement, Jackie has overcome her initial trepidation and is eager to learn even more.



“At first, I was nervous about being seen in public because using a white cane was new and different,” she said. “But once I began to learn, I never thought about it again. Now I just want to do even more!”



Vision Loss Rehabilitation Canada proudly serves people with vision loss from coast to coast to coast.

We work one-on-one with every client to assess their needs and goals to develop a personalized rehabilitation plan. Services may be delivered over a series of appointments in the client's home, community, workplace, over the phone, online or at one of our Vision Loss Rehabilitation Canada centers.

As a client-centered health care provider, Vision Loss Rehabilitation Canada is committed to delivering excellent care and outcomes for Canadians with vision loss. Our professional standards maximize quality and performance. Vision Loss Rehabilitation Canada therapists are certified through the Academy for the Certification of Vision Rehabilitation and Education Professionals (ACVREP), the highest standard of vision loss rehabilitation certification in North America. We implement clinical standards and the Canadian Occupational Performance measurement tool to focus therapy on a client-centered, personalized approach.

Vision loss can affect anyone, at any age. It can dramatically change:

- The way a child learns to read, work and play
- How a young adult prepares for school and a career
- An adult's ability to work and manage a household
- A senior's ability to live safely and independently in their own home



Our Certified Specialists help individuals with vision loss live healthy, safe and independent lives in a variety of ways, including:

Essential Skills of Daily Living

Provides instruction of specialized techniques that enhance safe and independent living, including meal preparation and using household appliances, identifying medications and money, and using large-print, braille, audio products and adaptive technology.

Orientation, Mobility & Travel Services

Enables safe and independent navigation - whether at home, in the community, or travelling on public transportation - including white cane instruction, safe street crossings, accessible GPS apps and wayfinding technologies.

Low Vision & Assistive Technology Services

Teaches skills for using lighting and colour contrast to maximize remaining vision and provides guidance on using low vision aids and assistive technology for everyday tasks like reading and watching TV.

Children & Families

Gives children with vision loss the specialized support they need, including braille preparation, tactile learning sessions and peer programs, and provides parents with educational materials, access to local resources, and workshops on raising a child with vision loss.

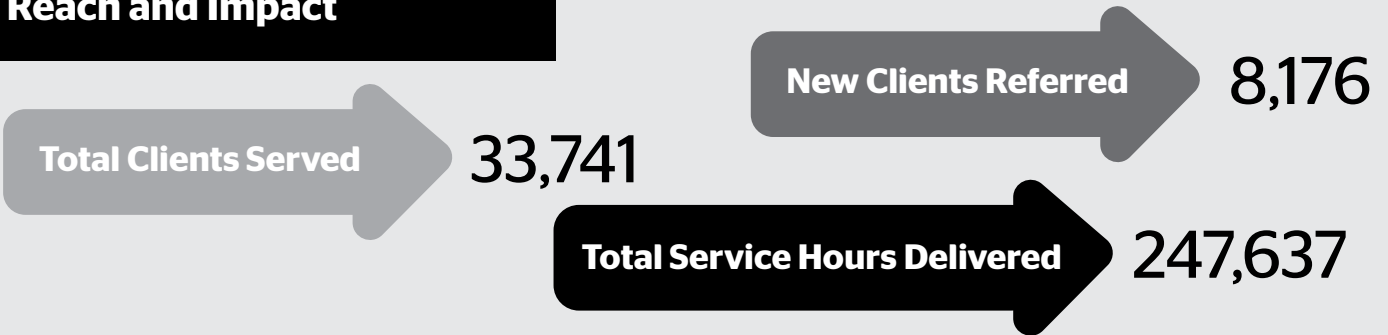
Year in Review Highlights

Last year we:

- Provided support to nearly **1,200 Canadian families with preschool children**, helping them achieve developmental milestones and be prepared for kindergarten.
- Helped over **3,000 working-age adults** with vision loss gain skills using assistive technology within their everyday routine, and to increase their readiness for participating in the workforce. This includes cutting-edge innovations such as AIRA, OrCam, MyEye 2, and smart-home automation devices such as Google Home and Amazon Echo.
- Assisted more than **4,500 seniors** with self-management skills that enhanced their level of independence and wellbeing in their homes and residences.
- Provided mobility instruction to more than **2,500 seniors** to reduce risk of injury from falls and accidents.
- Continued to play a strong advisory role across the country at the municipal level to increase **accessibility in the built environment**, including advocating for accessible pedestrian signals.
- Engaged with community partners and health care professionals to provide service to **indigenous populations living with sight loss** in remote and Indigenous communities in Ontario, Newfoundland, Labrador and Northern British Columbia.

By the Numbers

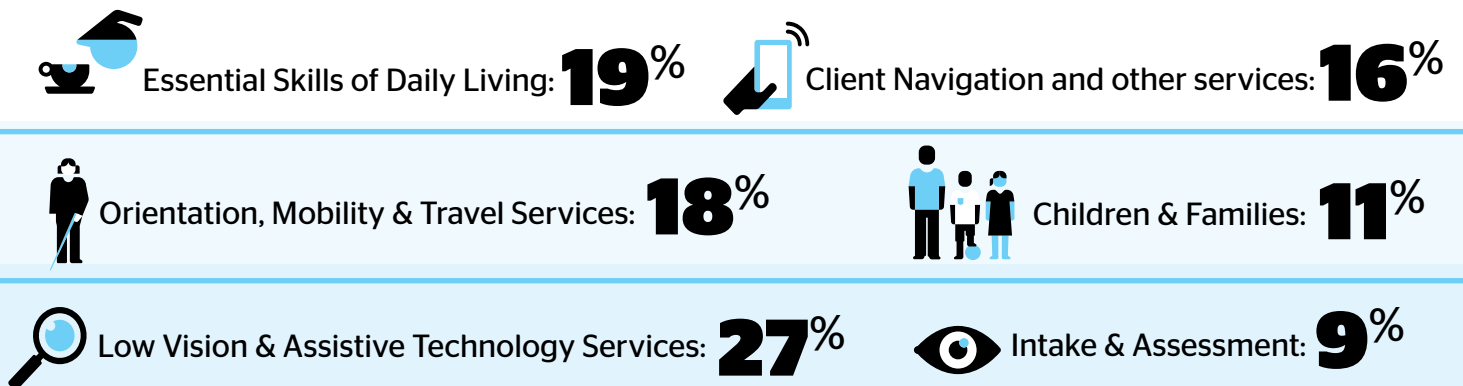
Reach and Impact



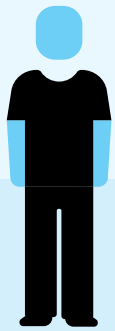
Clients by age



Service hours delivered



Vision Loss in Canada



Approximately **1.5 million** Canadians aged 15 years or older live with a vision-related disability (Statistics Canada, Canadian Survey on Disability, 2017).



5.4% of the Canadian population aged 15 years or older

Population with a vision-related disability by province (2017)

British Columbia 252,000	Newfoundland & Labrador 21,700	Manitoba 57,000
Alberta 160,000	Northwest Territories 1,220	Yukon 1,400
New Brunswick 37,750	Prince Edward Island 6,250	Quebec 205,900
Saskatchewan 43,000	Nova Scotia 49,500	Nunavut 1,280
Ontario 681,000		

- An estimated 6.1 million Canadians have one of the four most common eye conditions that may lead to vision-related disability (Gordon, based on R. Buhrmann et al, 2017).
- AMD accounts for 90% of new cases of legal blindness in Canada (Eye Physicians and Surgeons of Ontario, 2018).

Canadian Residents with a major eye disease
6,159,400

Canadian Residents with AMD
1,574,000

Canadian Residents with Glaucoma
294,600

Canadian Residents with Diabetic Retinopathy
749,800

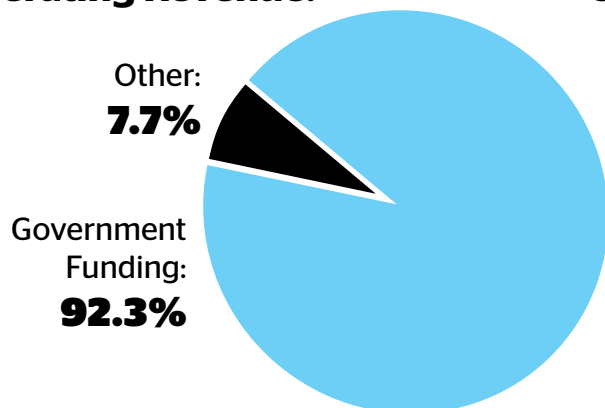
Canadian Residents with Cataracts
3,541,000

2018/19

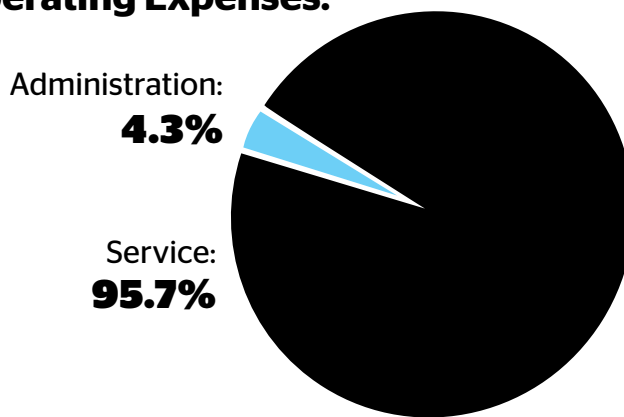
Financial Overview

Vision Loss Rehabilitation Canada takes pride in upholding the highest standard of ethics and accountability in stewarding the funding we receive from our provincial government partners. Our financial statements for the fiscal year ending March 31, 2019 were prepared in accordance with Canadian accounting standards for not-for-profit organizations, and were audited by Deloitte LLP. Visit VisionLossRehab.ca/financials for more information.

Operating Revenue:



Operating Expenses:



Board of Directors

Vision Loss Rehabilitation Canada's Board of Directors is comprised of industry leaders in a variety of fields across Canada's diverse geography including health care and education, dedicated to supporting our vital mission.

Board Chair: Eric Hanna

Board Members 2018/19

Dr. Alan Cruess
Janet Davidson
Sam Fulton
Shanti Gidwani

Dr. Alina Gupta
Glenn Hildebrand
John Magill
Shelagh Maloney
Betty Noble

Ron Noble
Dr. Tanya Packer
Lucille Roch

Vision Loss Rehabilitation Canada is a provincially funded, accredited healthcare organization that provides professional, high-quality and sustainable rehabilitation to Canadians with vision loss now and into the future.

Referrals are simple

If vision loss is impacting an individual's daily living routine or quality of life, making it difficult for them to perform everyday tasks, contact us for more information or to make a referral:

- **Visit VisionLossRehab.ca**
- **Email info@vlrehab.ca**
- **Call 1-844-887-8572**



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