



A Place to *Belong*



autism
NOVA SCOTIA

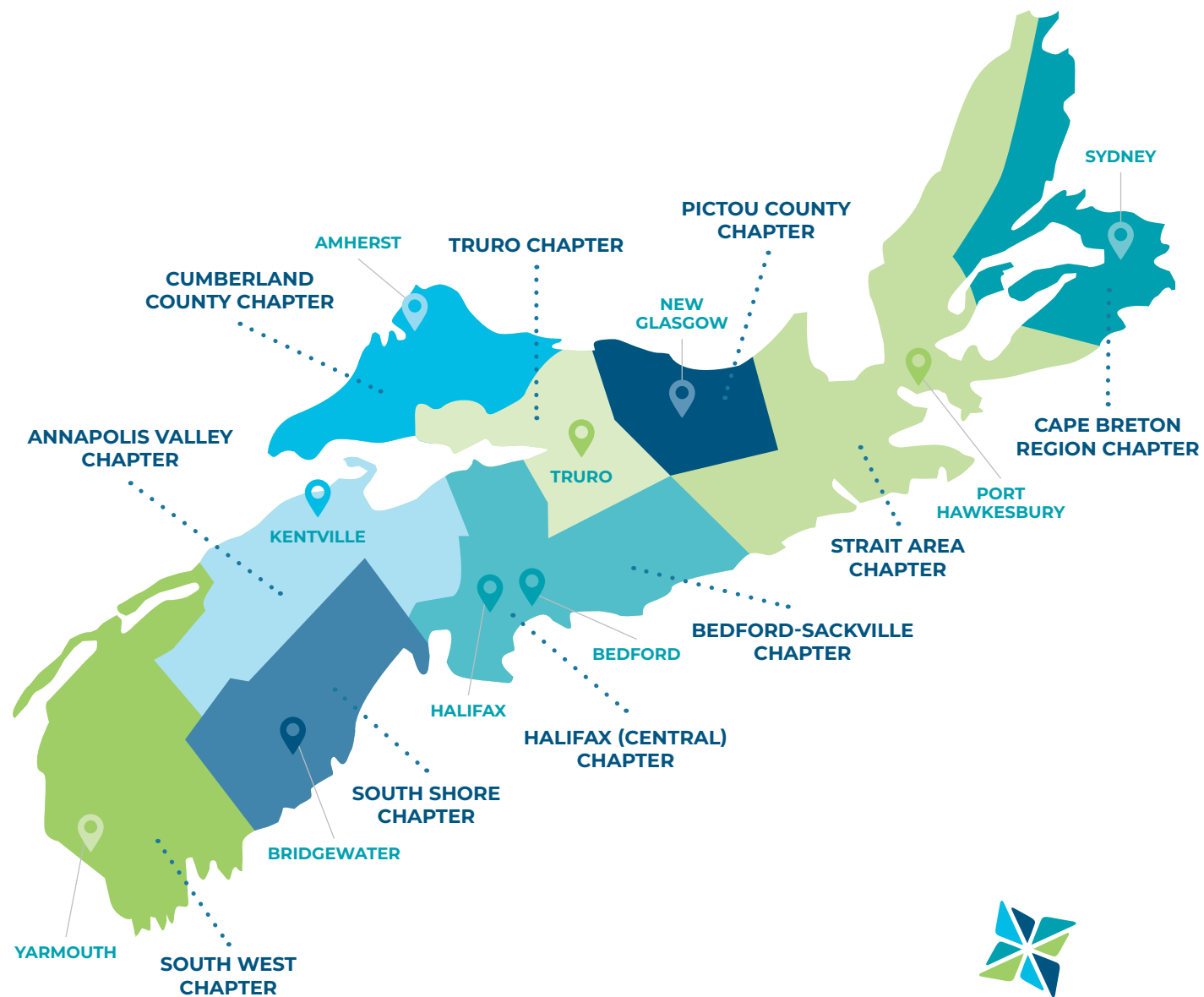
**ANNUAL
REPORT
2021-2022**



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Autism Nova Scotia acknowledges that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. We are all treaty people.

We also acknowledge that people of African descent have been in Nova Scotia for over 400 years and we honour and offer gratitude to those ancestors of African descent who came before us to this land.



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A Place to Belong

What does it mean to have a place to belong?

If you pose this question to a group of individuals, chances are you'll receive a variety of unique answers. For some people, having a place to belong is a tangible location: it is a physical home or structure where they feel safe and able to truly be themselves.

For others, it is a feeling of being understood, accepted, and included within their community.

And still for others, having a place to belong means having a sense of purpose, where they feel they are involved in their community and a valued part of something larger than themselves.

No matter how someone defines a place to belong – a structure, a feeling, a purpose, or something else entirely—Autism Nova Scotia is committed to fostering belonging and promoting acceptance in the community where we all live, work, learn, and play.

With more than 30,000 Autistic individuals and their families living in Nova Scotia, there has never been a better time to advocate for belonging and ensure everyone can live full lives according to their own dreams and aspirations. Fortunately, this year has seen some truly incredible strides towards inclusion in the province.

In fulfillment of our promise to support Autistic individuals both across the province and the lifespan, Autism Nova Scotia was very pleased to expand our suite of services this year in a variety of areas as well as offer many virtual or hybrid resource options.

With the support of the provincial government, QuickStart Nova Scotia – our parent-mediated coaching program for toddlers on the spectrum– will be expanding across the province. Since the launch of QuickStart Nova Scotia in 2018, 195 children in the Halifax Regional Municipality have been enrolled to astounding success. With the new expansion, QuickStart will now support more than 100 children in the coming year alone.

Another critical area of support we are expanding into is mental health. Earlier this

year, Autism Nova Scotia opened Pinwheel Wellness Centre to support Autistic adults with mild-to-moderate mental health needs. Not only will these necessary services support the mental health of the autism community, but it's our hope that over time they will lead to more accessible community health.

In our employment division, we have experienced some incredible growth, particularly in the Ready, Willing and Able (RWA) program, a highly successful employment initiative for individuals on the autism spectrum or with an intellectual disability, of which Autism Nova Scotia is a local delivery partner in Halifax. Nationally, RWA has facilitated over 2,900 employment outcomes within the disability community to date. Thanks to a recent federal investment into the program, Autism Nova Scotia is expanding our RWA delivery to include the rural region of Sydney, Cape Breton.

Finally, we are extremely pleased to announce that in 2022, Autism Nova Scotia is becoming an Independent Living Support (ILS) provider. As an ILS provider, Autism Nova Scotia will promote independence, self-reliance, security, and social inclusion and help individuals

achieve their personal goals. The addition of the ILS service means that Autism Nova Scotia is providing programming for preschool-aged children all the way to adulthood.

While we continue to move toward inclusion across the province, there remains much work to be done to ensure individuals and families don't fall through the cracks. With the federal government's prioritization of a National Autism Strategy—and the anticipated development and rollout of that strategy over the next 12-18 months—Autism Nova Scotia's advocacy efforts are focused on the need for a Provincial Autism Strategy as identified in the Student's First Report. It is our sincere hope that the provincial government will prioritize this strategy and continue to collaborate with Autism Nova Scotia to ensure it is action-based, sustainable, and meets the needs and wants of the autism community.

Autism Nova Scotia couldn't do all that we do without the incredible support of our autism community, donors, volunteers, businesses and corporations, foundations, and various levels of government who believe in our mission and work tirelessly to improve the lives of Autistic individuals and their families.

Together, we are propelling Nova Scotia to be a leader in inclusion and helping improve the lives of Autistic individuals for generations to come.

From our family to yours, thank you for your continued commitment to the autism community and for helping to create a place to belong for us all.

Sincerely,



Cynthia Carroll
Executive Director



Dave Nicholson
Board Chair



“

“My son Robby was blown away by this beautiful experience [at the skiing event], an exciting surprise for both of us, he was on the chair lift; I was beyond proud at that moment. Watching him come down the hill was amazing and the instructors were awesome. They were attentive and interested in his needs and invested upon arrival. Robby spent the day with the biggest smile across his face, laughing, and expressed excitement even after the skiing was complete, hopping and saying “happy” all evening. I couldn't have asked for a nicer experience.”

– Diane Patrick, Parent of Program Participant

A Future for Everyone to Belong

When we launched our five-year strategic plan in 2020, we committed to helping create a world where autism is understood, accepted, and everyone is living their lives fully. Last year, we moved closer to realizing this vision through our work provincially, regionally and on the national stage.

Our Strategic Pillars



**Delivering
Innovative Education
& Training**



**Advocating
with the Autism
Community**



**Building
Capacity in Our
Communities**



**Programming
Excellence**



**Legacy
Planning**

Delivering Innovative Education & Training

As education is key to creating an inclusive society, Autism Nova Scotia provides up-to-date, evidence-based education and training for Autistic individuals, family members, caregivers, professionals, and the larger community. Our Exploring the Spectrum website features numerous online training programs, including options for customization and resources such as information on autism, employee training, and supporting the mental health of Autistic individuals in the workplace. Autism Nova Scotia has also launched education programming, both in-person and virtually, around new initiatives such as the Healthy Relationships, Sexuality & Autism Youth program.

LOOKING FORWARD: Autism Nova Scotia will continue to expand its education topics and areas of training to support a wider range of needs across the community.

Advocating with the Autism Community

As the collective voice of more than 30,000 Autistic Nova Scotians and their families, Autism Nova Scotia is committed to ensuring that our advocacy efforts align with the wants and needs of our autism community across the province and the lifespan.

This year, Autism Nova Scotia has experienced some incredible growth in some of our key advocacy areas, including the provincial investment of \$12 M into pre-school services for children on the autism spectrum. This crucial investment will include the creation of a single point of access to supports, an increase of clinicians working on diagnosis, the creation of autism intervention teams to support families, and the expansion of our QuickStart Nova Scotia program across the province.

Another key advocacy priority that recently experienced substantial growth is increased mental health support. Earlier this year, Autism Nova Scotia was very pleased to unveil our Pinwheel Wellness Centre, which will support Autistic and/or neurodiverse individuals with mild to moderate mental health needs. Thanks to the Centre's virtual support options, these mental health services are available across the province, thereby helping to eliminate access barriers to those in rural regions.

Autism Nova Scotia's primary advocacy efforts are now focused on the need for a Provincial Autism Strategy. Due to its necessarily wholistic nature, the strategy will address all major advocacy issues facing the autism community including the need for enhanced community living options, implementation of inclusive education practices as identified in the Student's First Report (2018), and expanded autism support options. When implemented, the strategy will create a lifespan framework outlining commitment to equitable supports and services for Autistic individuals and their families.

LOOKING FORWARD: Autism Nova Scotia will continue advocating for the development and implementation of a Provincial Autism Strategy.

Building Capacity in Our Community

With 11 locations across the province, Autism Nova Scotia is actively working to increase community capacity in rural regions.

One way Autism Nova Scotia is building capacity is through our Person-Directed Planning Program (PDPP), which helps individuals discover and work towards their personal vision of a positive and meaningful life. PDPP is delivered in a collaborative and community-oriented approach which uses

pre-existing supports to build a more inclusive and supportive environment.

Another way Autism Nova Scotia is building community capacity is through direct collaboration with local organizations. One such collaboration is the Atlantic Autism Supports and Employment Network (AASEN), a regional employment skills initiative created to build the capacity of autism organizations across the Atlantic provinces to better support Autistic individuals. Coordinated by Autism Nova Scotia, AASEN is building a more inclusive labour market for Autistic job seekers in Atlantic Canada.

LOOKING FORWARD: With Nova Scotia in a housing crisis, Autism Nova Scotia is working to build community capacity by advocating and collaborating with local service providers to enhance community living options and support structures.

Programming Excellence

Accessing appropriate supports is essential to ensuring an individual can live a full life. For this reason, our organization is committed to developing and delivering the best possible programming in areas across the lifespan.

Autism Nova Scotia offers diverse programs across the province including one-on-one family support, social programming, respite, employment training

and skill-building, post-secondary support, Autistic-led programs, and so much more.

LOOKING FORWARD: Autism Nova Scotia will continue to offer programming across the province that reflect the needs of Autistic individuals and their families. One of our newest initiatives will see Autism Nova Scotia become an Independent Living Support provider, which will allow us to provide direct support to Autistic individuals interested in living independently or semi-independently.

Legacy Planning

Autism Nova Scotia strives not only to support Autistic individuals and their families today, but to also ensure we are creating sustainable support structures for generations to come. All the work we do in collaboration with the autism community is creating real change in the province and helping to shape a better place for us all to call home.

LOOKING FORWARD: We will continue to advocate for investments in autism supports and services across the lifespan; and collaborate with the autism community and other organizations to ensure equitable access to supports and services across the province.



Our Vision

A world where autism is understood, accepted, and everyone is living their lives fully.



Our Mission

We are a community-based organization that builds understanding, acceptance, and inclusion for Autistics/individuals on the autism spectrum and their families through leadership, advocacy, education, training, and programming across the lifespan.



Core Values

Core values are used to determine the overall approach of an organization's work. Over the next three years, Autism Nova Scotia will continue to incorporate inclusion, respect, collaboration, acceptance, and courage into our day-to-day activities and our longer-term projects to achieve our vision.



INCLUSION



COLLABORATION



ACCEPTANCE



RESPECT



COURAGE

Championing for Our Community

With a mission of building understanding, acceptance, and inclusion for Autistic individuals throughout the lifespan, much of Autism Nova Scotia's work is in areas of education and advocacy.



Election Toolkits

A good deal of our work happens at government tables as we work towards enhanced investments in services and inform societal shifts at systemic and structural levels.

One of the ways we promoted informed decision-making last year was creating election toolkits for both the provincial and federal elections. Autism Nova Scotia posed questions to the major political parties around issues such as the National Autism Strategy, housing, education, and employment, and summarized the submissions to help voters understand party platforms.

Throughout both elections in 2021, Autism Nova Scotia advocated strongly for the development and implementation of the National Autism Strategy as well as the prioritization of a Provincial Autism Strategy.



Over the year, Autism Nova Scotia's leadership team and board members continued to collaborate with government to ensure the needs and wants of the autism community were heard at decision-making levels. We made significant strides in investments for integrated preschool services, employment, mental health support, and additional youth and adult programming.

Adult Capacity and Decision-Making Advisory Group

We were honoured to represent Nova Scotia's autism community when the Department of Justice reviewed the Adult Capacity and Decision-

Making Act in 2021. Autism Nova Scotia participated on the review's advisory panel and encouraged first-voice members of our organization to take part in engagement sessions with the Department of Justice. From these consultations, the *Report on the Review of the Adult Capacity and Decision-Making Act* was developed for consideration by the provincial government. The proposed changes to the Act are rooted in human rights and supported decision-making – positive steps toward our vision of a future where individuals can live full lives according to their own dreams and aspirations.

Another important area of advocacy within Autism Nova Scotia is our organization's membership. Last year, we made efforts to promote our membership options and to make them more accessible. Autism Nova Scotia's members act as a community of like-minded individuals working to make positive, lasting changes in our province. As members of our organization, they form a foundation of support, understanding, acceptance, and inclusion while advocating with the autism community throughout Nova Scotia.

MEMBERSHIP TYPES:





A Home for Vital Resources

Since 2019, Autism Nova Scotia has been home to the Atlantic Canadian hub for the **Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE)**. With six hubs across the country, AIDE aims to provide Autistic individuals and people with intellectual disabilities and their families/caregivers with up-to-date resources.

Through our Atlantic hub coordinator, information and supports are also shared with the broader community including clinicians, educators, health authorities, autism specialists, and organizations across the four Atlantic provinces.

Over the past year, AIDE has supported Atlantic Canadians with referrals and webinars on areas such as sexuality, trauma, sibling support, and occupational therapy. Our hub coordinator has also developed and shared toolkits to help Autistic individuals and their caregivers access housing and funding programs. Going forward, AIDE will strive to reach further into communities with presentations, outreach, resource delivery, and navigation support.

The Housing Toolkit – Housing Options:

Housing NS has a number of housing options to fit individual and families living needs.



Public Housing for Families

Low-income families can apply:

- Rental rates do not exceed 25% of family's total gross income
- Home comes with stove, refrigerator
- Some homes include heat and hot water



Co-operative Housing

Low-income housing option for families and individuals:

- Housing options owned and managed by resident
- Monthly rent determined by annual household income



Non-Profit Housing

Low-income housing option for families and individuals:

- Housing options owned and managed by the non-profit organization
- Monthly rent determined by annual household income of the renter

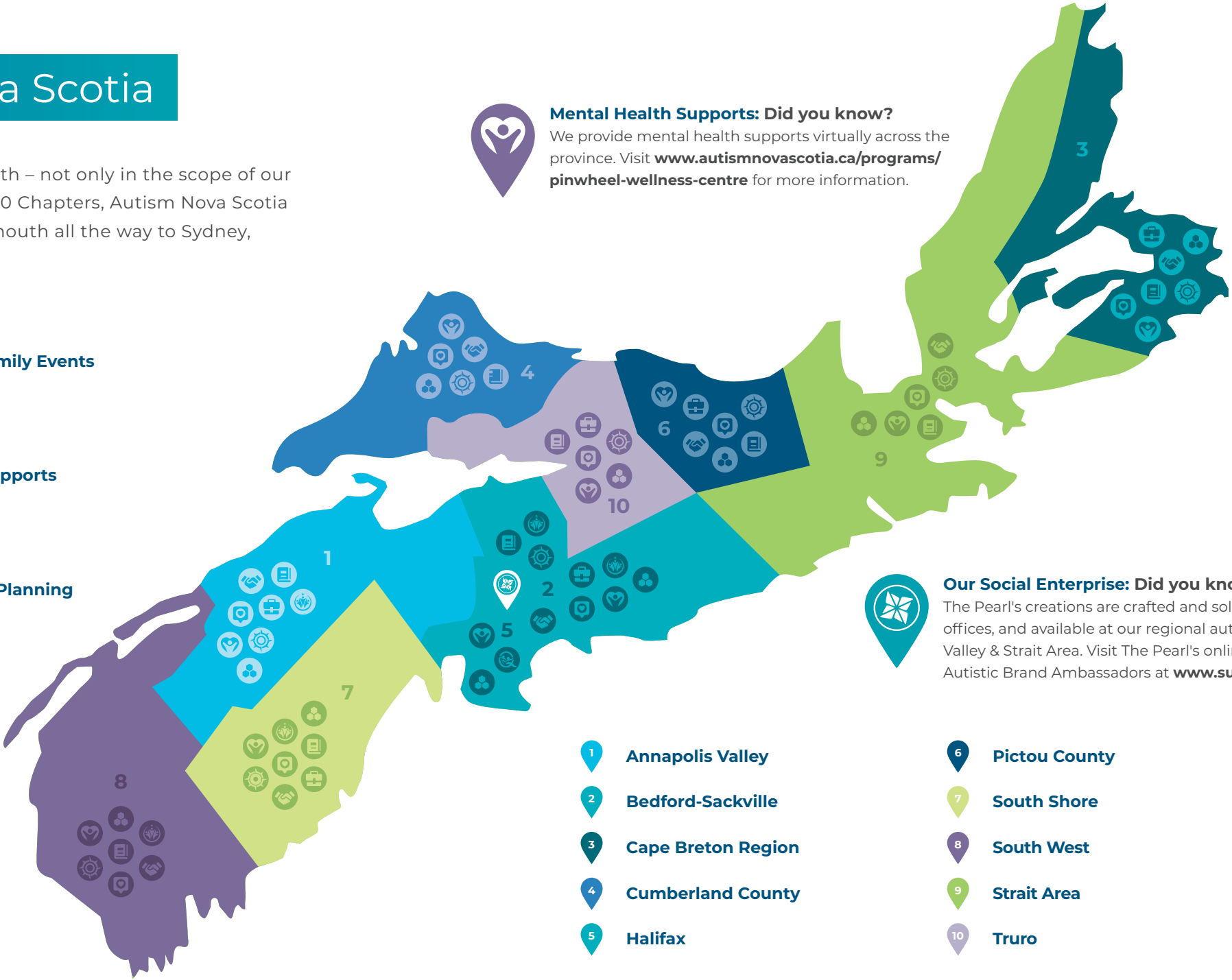
Source: *The Housing Toolkit*; Autism Nova Scotia; 2021

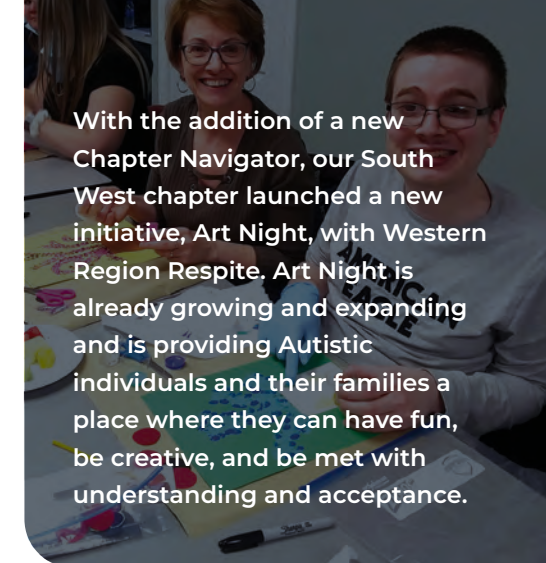


Programs & Services Across Nova Scotia

Over the years, Autism Nova Scotia has experienced tremendous growth – not only in the scope of our mission and vision, but in our reach across the province. Through our 10 Chapters, Autism Nova Scotia supports more than 30,000 Autistic individuals and families from Yarmouth all the way to Sydney, Cape Breton.

- **Navigation Services for Family & Individual Support**
- **Community & Family Events**
- **QuickStart Nova Scotia**
(Toddlers & Families)
- **Mental Health Supports**
- **Social & Community Inclusion for Youth / Adults**
- **Person Directed Planning**
- **Education & Training**
- **Respite**
- **Employment Programs & Services**





A Place to Belong... Closer to Home

“

I must say that I quite enjoyed my first experience skiing at Martock this winter. I would be willing to do it again if the opportunity comes available! Thanks very much for doing this.”

— Martin Rayworth, Autistic Adult



DID YOU KNOW?

The Strait Area Chapter moved to the Mulgrave Community Centre in 2021. This new location offers even more opportunities for support, family events, and recreation programs.



The South Shore Chapter benefits from partnerships with several organizations in its region. Last year, with HikeNS, the chapter offered a weekly walking group and in partnership with the DesBrisay Museum offered a monthly art program, Artful Opportunities.



DID YOU KNOW?

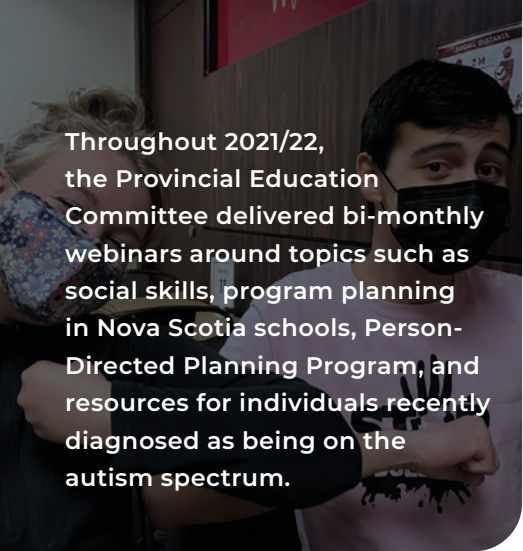
The Truro Chapter brings together parents and caregivers in East Hants through informal monthly virtual gatherings.



In 2021/22, the Strait Area Chapter continued to offer a wide variety of social and recreation opportunities for families in the region. From family swims, bowling events, movie nights, snow tubing to a “Try-it” program introducing a variety of sports to participants, there was something for everyone.

Regional chapters are crucial to helping Autistic individuals and their families find supports in their communities. Last year, in the Central region alone, chapter staff averaged 25 connections per week in support of Autistic individuals across the lifespan.





Throughout 2021/22, the Provincial Education Committee delivered bi-monthly webinars around topics such as social skills, program planning in Nova Scotia schools, Person-Directed Planning Program, and resources for individuals recently diagnosed as being on the autism spectrum.



The Cumberland County Chapter helps to make learning new life skills fun with programs like its new Cooking Club. Participants enjoyed making (and eating!) their favourite recipes while gaining valuable tools for independence.



DID YOU KNOW?

The Cape Breton Region Chapter moved into a new Autism Resource Centre in 2021. This accessible space provides program participants a place to connect, play, learn, and engage.

Bringing caregivers together is vital to helping them feel heard, validated, and not alone. Our Bedford/Sackville Chapter held virtual caregiver meetings during periods of COVID restrictions to ensure these important connections were not lost.



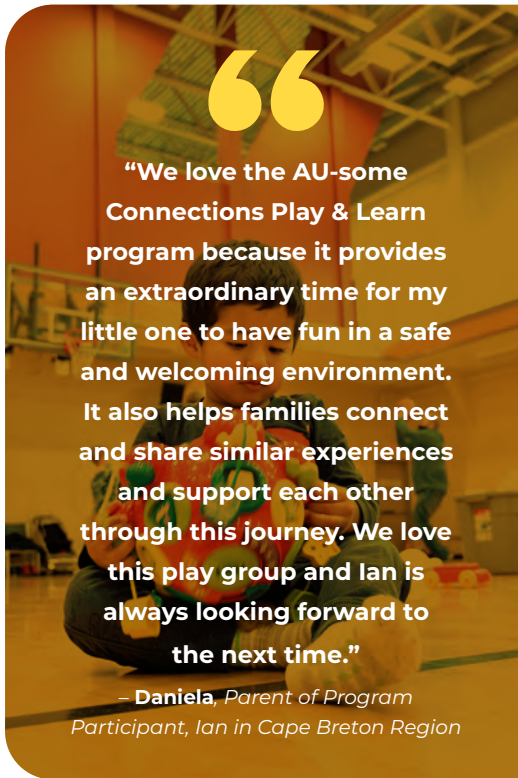
DID YOU KNOW?

Our 10 Chapters delivered **765** inclusive events, engaging more than **8,800** participants.



A highlight for 2021/22 for the Annapolis Valley Chapter was its Au-Some Winter Outdoors Program. Last year, more than 50 participants from across the lifespan took part in activities such as princess skates, downhill skiing, snow shoeing, and wagon rides.

Embracing our organization's commitment to support Autistic individuals right across the spectrum, the South Shore Chapter launched the EmploymentWorks program in their region last year.



“We love the AU-some Connections Play & Learn program because it provides an extraordinary time for my little one to have fun in a safe and welcoming environment. It also helps families connect and share similar experiences and support each other through this journey. We love this play group and Ian is always looking forward to the next time.”

– Daniela, Parent of Program Participant, Ian in Cape Breton Region



Autism Supports Right Across the Province

With 11 locations across the province, Autism Nova Scotia is committed to bringing programs, supports, and services to Autistic individuals and their families closer to their home communities. Last year, **765 events** were delivered at regional autism centres throughout Nova Scotia, with **8,842 participants** and **3,055 Autistic participants**.

SOCIAL & COMMUNITY INCLUSION PROGRAMS OFFERED AT OUR REGIONAL AUTISM CENTRES



SOME OF OUR SOCIAL & COMMUNITY INCLUSION PROGRAMS ACROSS THE PROVINCE INCLUDE:

Autism Arts, AU-some Connections, Chat N' Chill, Conversation Skills Group, Dungeons & Dragons Club, Family Skate, Girl Strong Program, Healthy Relationships, Sexuality & Autism, Life Skills Program, Play & Learn for Pre-schoolers, Respite & Community Recreation, School-Aged Social Group, Sip N' Connect, Teens & Adult Social Group, Virtual Club, Virtual Netflix Parties, Women's Autism/Autistic Project, cooking, curling, dance, family events, parent & caregiver support groups, school age drop-in, skating, soccer baseball and track & field, summer camps, swim programs, Taekwondo/martial arts, therapeutic horse riding, virtual crafts, yoga, and so much more!

To learn more, visit www.autismnovascotia.ca/programs-services

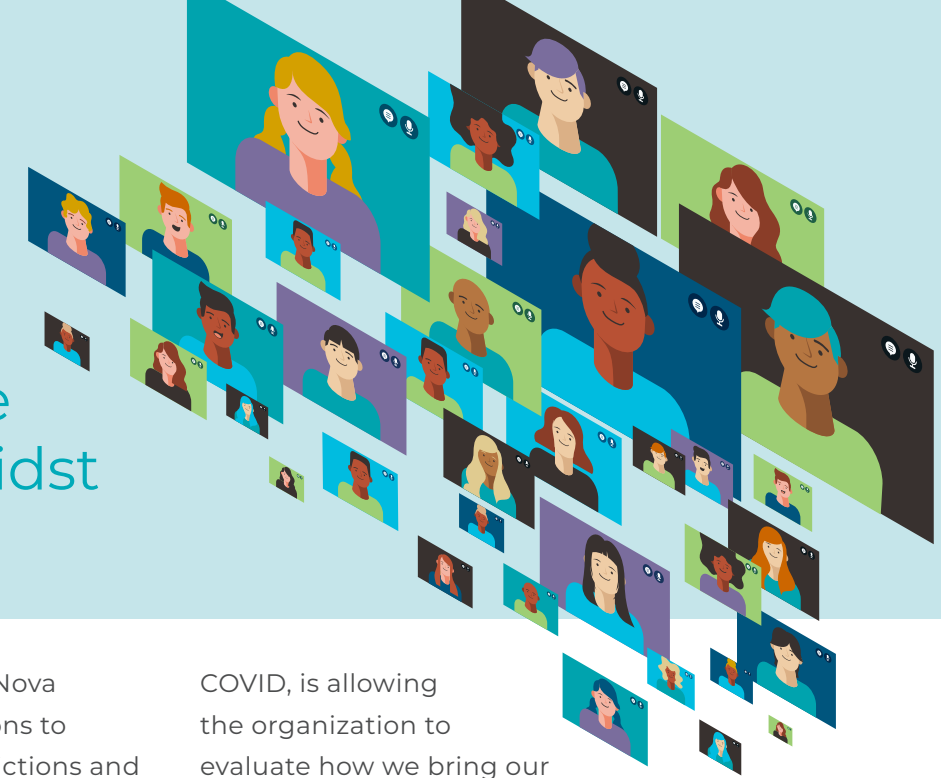




“To my family and I, belonging means having inclusivity in our community, whether it’s in parks, venues or schools so that my little girl and other children with higher needs can have the same experiences that my oldest daughter has, and that I’ve had growing up; in a way that is mindful of everyone’s individual needs.”

– Jenn, Parent of Program Participant, Janie in Cape Breton Region

Fostering a Sense of Belonging Amidst COVID



During the 2021/22 fiscal year, Autism Nova Scotia continued to adapt our operations to meet the changing public health restrictions and protections required to keep our participants, families, and staff – and greater community – safe during the pandemic. Despite changes to how we were used to delivering programs and services, we saw growth in the supports we offered and in the number of individuals participating.

One of the things we’ve learned over the past two years is that there isn’t always one way of doing things. We have discovered that, for many Autistic individuals and their caregivers, online programming works best and for others, a hybrid approach of in-person and virtual services is ideal. This insight, only made possible *because of*

COVID, is allowing the organization to evaluate how we bring our supports to people in a way that best meets their unique needs. In some instances, COVID has created new opportunities by allowing many people the chance to participate without leaving the comfort and safety of their home.

In our own workplace, Autism Nova Scotia has also embraced a hybrid approach that allows staff to be accessible to the autism community whether in the office or working from home. We are pleased to return to many in-person programs and activities as we learn more about COVID and employ the tools we need to gather safely.

Walking OUR Way – Virtually but Together

For the second year, Autism Nova Scotia's fundraising event, **Walk YOUR Way**, was held virtually in communities across the province. Autistic individuals, families, and supporters took to sidewalks, trails, and parks in their own neighbourhoods to raise much needed funds for the autism community. Although our virtual event was created in response to COVID, we have discovered that this format works well for many participants so participating virtually will continue to be an option for Walk YOUR Way.

In 2021, more than 1,050 walkers formed 175 teams, raising \$117,000 in support of programs, supports, and services in their communities. We are tremendously grateful for the support of all participants and the generosity of our event sponsors.



WALK YOUR WAY 2021 SUCCESSES

175 
Total number of teams

1,050 
Total number of registered walkers

83 
Sponsors across the province

\$117,000 
Total funds raised

Walk YOUR Way 2021 Team Feature



Team 'Nolan Patrol' first hit the sidewalks in support of Autism Nova Scotia's Cape Breton Region Chapter in 2019 and didn't let the event changes over the past couple of years dampen their enthusiasm. When Walk YOUR Way became a virtual event

in 2020 and 2021, Team Nolan Patrol fundraised thousands of dollars through raffles, t-shirt sales, and more. On Walk day, Nolan and his family adapted the event and explored the trails on his grandparents' property. Led by five-year-old Nolan's mom, Team Nolan Patrol is an example of what can be achieved through community connections and creativity.



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Bringing Together the Best of the Best

After a 20-month hiatus for our in-person events, Autism Nova Scotia's signature event, the **Best of Local Gala**, was held on November 4, 2021. The event—a celebration of local wine, food, and talent—is highly anticipated within our community. More than 180 people attended the gala and raised over \$100,000 for Autism Nova Scotia's programs and services. A highlight of the evening was a fireside chat with Executive Director Cynthia Carroll and board member, parent, and Nova Scotia's Chief Medical Officer of Health, Dr. Robert Strang.

During the evening, dinner guests took part in the Ben James Summer Camp Raffle which raised \$8,845 – funds that will allow 22 Autistic children and youth to attend camp in 2022. A special addition to the evening was a live auction of one-of-a-kind ties featuring Dr. Strang.

We are so grateful for the support of the event attendees, donors, and sponsors who made the 2021 Best of Local a tremendous success.

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Helping Families Get the Best Start

Last year, **QuickStart Nova Scotia** - a parent-mediated coaching program for families of toddlers with a suspected, provisional, or confirmed diagnosis of autism – experienced significant growth. The program began the year with a goal of reaching 50 children and exceeded this with the enrolment of 69 children and their parents. In addition to this increased enrolment, QuickStart Nova Scotia received 48 per cent more referrals than in 2020/21. In response to the rise in demand for its services, QuickStart Nova Scotia secured additional funding to support more children each month and to pilot an Early Start Denver Model (ESDM) service, as well as targeted sleep and behaviour supports.

In 2021, QuickStart Nova Scotia underwent a third-party formative program evaluation. The resulting evaluation found the program to be a highly positive experience for families and contributed to children meeting most of their expected outcomes. These successes and the growing demand for QuickStart Nova Scotia have resulted in a significant investment by the Government of Nova Scotia for the program’s expansion right across the province.



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“

“QuickStart was amazing for my little one – she made so much progress.”

– Parent, QuickStart Nova Scotia

“We have been seeing so much growth in [our child] since he started the ESDM program and we could not be happier with his progress. I want to extend my heartfelt thanks.”

– Parent, QuickStart Nova Scotia

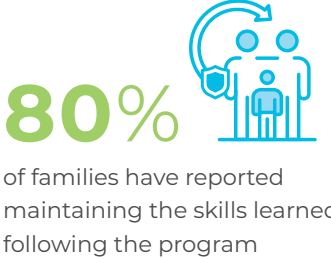
“The QuickStart program worked as a lifeline for our family.”

– Parent, QuickStart Nova Scotia



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Summary of Program’s Success



Autism and Play

QuickStart Nova Scotia has developed a play guide, ‘Exploring Play Together,’ and will be distributing 150 play boxes to families. It includes a play guide and an assortment of toys for families to explore together with their child. Toy cards are also provided with ideas to support learning in play.



QuickStart Nova Scotia is made possible with support by the Government of Nova Scotia

Creating Social Connections Through Recreation

Everyone needs time to refresh and recharge, time that is less structured and allows for leisure and social connections. Autism Nova Scotia's Recreation and Respite programs offer these opportunities to Autistic individuals. Last year, the **Weekend Recreation and Respite program** was created to provide individuals opportunities to meet new friends and explore their community in a supportive and inclusive environment. Attendance in this weekly program has been steady and the waitlist continues to grow. A new program, **Supported Recreation**, was launched to provide Autistic children the chance to try new sports and games within a supported environment.



"Autism Nova Scotia's Social Group has offered me the opportunity to make new friends, try out some cool activities, and get me more involved with Autism Nova Scotia overall...It especially feels good that I get to meet new people like me who are also on the autism spectrum and the awesome leaders and volunteers who put it all together. I also got the chance to participate in some cool activities like bowling, movie nights, even Judo which is something I never thought I would try in my life without this group and was a really amazing experience."

– Noah Metcalfe, Adult Social Group Member

Autism Nova Scotia's social groups provide opportunities for positive and meaningful connections with other Autistic individuals. The demand for these groups is high and has required that we run two bi-weekly cohorts. Through our social groups, we have established partnerships in the community with organizations such as Numa Fitness Judo Studio as well as a number of local artists.

Last year, **Dungeons and Dragons (D&D)** continued to be one of Autism Nova Scotia's most popular recreation programs. When the pandemic began, D&D moved online and continues to run smoothly thanks to volunteer facilitators. With the transition to a virtual club, D&D has adopted community guidelines to maintain a safe environment for club members and volunteers.



Coming Together with Shared Experiences

The **Women's Autism/Autistic Project** completed its third year and is now offered virtually for both teen girls and adult women. The brainchild of two Nova Scotian Autistic advocates, the Project was created to address gaps in groups and programs that were largely underrepresented by women. In developing the Women's Autism/Autistic Project, its founders have created a space where women and girls can feel safe and supported and gather with people with shared experiences. While the women's cohort is unstructured and allows for organic conversations, the teen group is led by an Autistic facilitator and focuses on topics such as mental health and activities like arts and crafts, and trivia.


Supporting a Sense of Belonging

Last year, Autism Nova Scotia received renewed funding for the **Person Directed Planning Program** which supports Autistics and individuals with disabilities in determining their personal and/or professional goals. The program, which is offered in the province's Central and Western regions, aims to strengthen an individual's social and community connections and build life skills that will help them meet goals around education, housing, employment, recreation, and more.

46 
individuals have completed the program

123 
goals have been met to date

316 
new connections were made between participants and community resources

227 
pre-screening forms have been submitted

174 
full applications have been made



“Two of the participants in our most recent cohort came in with the goal of meeting a new friend. The cohort has wrapped up and these two participants are now hanging out with each other outside Bridges to Success.”

– Bridges to Success Program Facilitator

“[The] Person-Directed Planning Program helped me achieve the goals that I felt were most important to me. It has empowered me to aspire to bigger and better things.”

– Tristan Burns, PDPP Participant

Bridging Connections

Bridges to Success focuses on building self-determination and autonomy for program participants through social connection; recreation and leisure; community exploration; self-regulation; and life skills. Participants establish their own goals and throughout the course of the 28-session program, facilitators support them in reaching these targets.

16  program participants **5**  new participants joined the program





Summertime Fun!

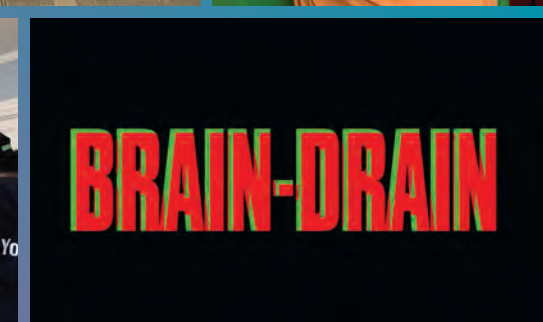
Last year, Autism Nova Scotia's summer camp team offered the **Ben James Summer Camp** in both Halifax and Dartmouth. With the addition of the second location three years ago, we have doubled our capacity. Campers enjoy a range of activities during the program but one of the favourites continues to be the visits by our community partners in firefighting and policing.

Each summer we welcome firefighters and police officers to camp where they bring their biggest vehicles for our campers to explore, inside and out. Our campers were thrilled to have a true firefighting experience last year when they were given the opportunity to use a water hose to spray down the side of a building!



Belonging on the Big Screen

Despite the challenges and delays caused by COVID, Autism Nova Scotia's **Video Project** program had another great year. Participants led every aspect of production – from script writing right down to the final edits. The 2021/22 video was a film chronicling an alien invasion. Aptly called '*Brain-Drain*,' the movie's twist (spoiler alert!) is that a certain group of people are protected from the aliens' mind control thanks to a unique superpower – neurodiversity!



© 2022 Still Images from Brain Drain

Autistic Experiences Across the Lifespan

Grassroots magazine, **Autistics Aloud**, and its *LifeSpans* series had another successful and rewarding year. In 2021 we published Edition 3 which focused on autism diagnosis from the perspective of Autistic people. We had 10 contributors who shared personal essays, poetry, and photography relating to the topic. With Edition 3 under our belt, we have published 23 Autistic people now.

This year we reached an exciting milestone in the form of our first-ever Associate Editor, Haylee Milne! She designed her submission, *Journey to Diagnosis*, and Birgit's poem, *Wonder*.

Edition 4 with the topic of Education is next in the series. It is shaping up to be our largest edition yet both in size and contributors. We have a goal set to get the Education edition into schools and libraries by the end of 2022 where we know it will be of great benefit to all who read it. With the guidance of our core value, *Nothing About Us Without Us*, we continue to grow and evolve into a publication that our contributors take great pride in being published with us.

Wonder a Poem by Birgit

Elation and wonder – what could have been? I know why, but it won't make my childhood any different.

It allows me forgiveness on why the past felt the way it did.

Gratitude for my mother as she made me who I am, she never questioned the why.

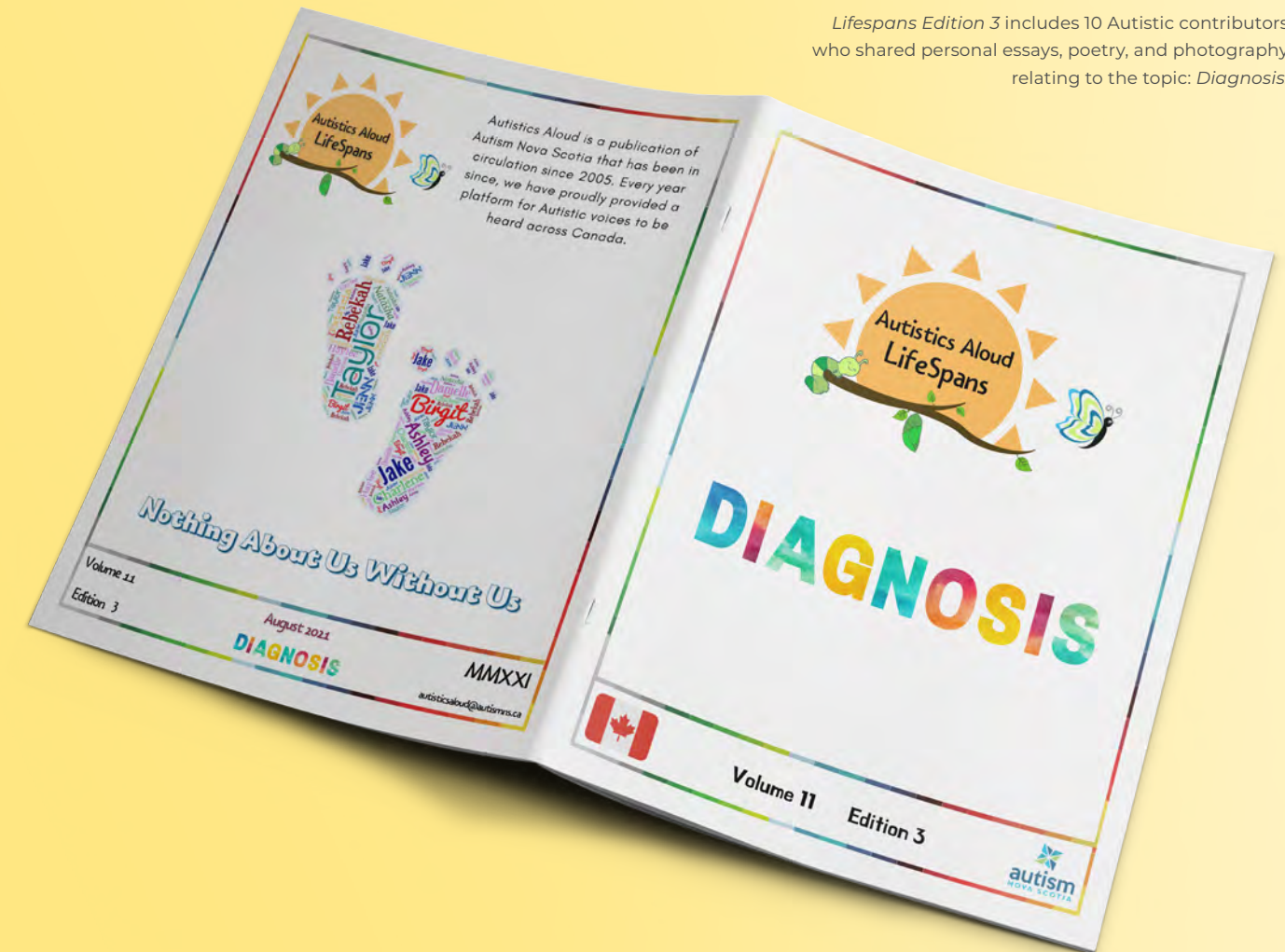
I strongly believe she didn't do wrong even though she feels she should have known instinctively setting boundaries and routine.

Grateful for having made my life this far and now feeling more accepting of me. Standing proud by myself, no longer having to question thoughts of am I being weird?

Life makes more sense now, puzzle pieces fit a little tighter. Not afraid to ask, after all I now know why questions arise.

This is me...I am who I am, just like that.

Lifespans Edition 3 includes 10 Autistic contributors who shared personal essays, poetry, and photography relating to the topic: *Diagnosis*.



Follow **Autistics Aloud** on Social Media @autisticsaloud [f](#) [i](#) [t](#)

If you'd like to learn more, please email autisticsaloud@autismns.ca or visit: www.autisticsaloud.ca



Creative Connections

After a period of uncertainty due to COVID, in 2021/22 **Autism Arts**, a recreational art program, was delivered in-person at the Art Gallery of Nova Scotia. In addition to the in-person programming, Autism Arts also successfully launched an online cohort to keep participants connected. There were many beautiful art pieces, but one exciting project was the creation of hand-painted ornaments that were retailed by The Pearl.

84 
individuals took part in Autism Arts

29 
volunteers led the program

2,784 
hours were donated by volunteers

22 
new participants joined the program



© 2020 Raw Photography Studio



"In one of the virtual classes, the participants made a three-page spread of rolling hills on the left, city in the middle, and countryside on the right. I had put a couple of cars (dinkies) on the table near the art. Theo took a car and drove it along the road, saying the person was first driving through the countryside to the right, then to the left of the paper he started the car from the left and explained how the car was driving through the rolling hills to the city, to its home. It's been a long time since he did that kind of descriptive play."

– Parent of Autism Arts Participant



© 2020 Raw Photography Studio

Supporting Workplace Success

Autism Nova Scotia is committed to supporting Autistic individuals right across the lifespan. For many Autistic adults, finding meaningful, paid employment can be challenging. Our organization has developed a number of programs and partnerships to directly support individuals in preparing for success in the workplace and to increase acceptance and inclusion in the community and among employers.

Employment Coaching

“I have never had a person understand me and my autism better than my job coach at Autism Nova Scotia. After being in a workplace where people don’t understand, it is so refreshing having someone to turn to who gets me and autism so well. I don’t even have to explain it, they just understand and can support me in the ways that I need.”

– Employment Coaching Participant



33 
Provided employment coaching support to 33 individuals

79 
Provided interview support on 79 occasions

51 
mock interviews resulted in 19 job offers

16 
job offers resulted from direct interview support



LaunchPad (Halifax & Sydney)

80% 
of LaunchPad graduates found employment

15 
individuals graduated from LaunchPad

EmploymentWorks

 **37** individuals took part in the EmploymentWorks program

“Remember when you helped me apply for those positions at Sobeys a while back? We had our interview today. I utilized many of the skills you taught me. Thank you for preparing me for this.”
– EmploymentWorks Participant

“I’m thrilled to see him taking pride and being engaged in the program. He was so happy for the assistance in applying for the position at McDonald’s. I can see his enthusiasm and confidence boosting just in general. I wanted to send appreciation for the program and everything you are all doing to support these learners. Thank you.”
– Parent of EmploymentWorks Participant

CareerQuest



21 individuals were supported by CareerQuest in growing their employment skills

Ready, Willing & Able

“I don’t even know how to articulate how grateful I am to the folks at Autism Nova Scotia for all of the support I’ve received because it has sincerely changed my life for the better. I was feeling so hopeless and lost about the whole job-seeking process because I’ve failed so miserably in the past, but I feel SO much relief now and I am so much more confident in my abilities.” – RWA Participant



“In CareerQuest I have relearned things I’ve forgotten, updated my job seeking skills, and learned how to tap into the hidden job market!”

– Danny, CareerQuest Participant



116 new job seekers connected with an Autism Outreach Coordinator through RWA's services and database of inclusive employment opportunities



27 individuals secured employment through RWA's inclusive employment opportunities

Community Leadership

Community Leadership (CL) is a program designed to support Autistic youth/youth on the spectrum aged 14 to 18 in developing skills and gaining knowledge within their communities. Through a person-directed approach, CL centres each person's voice in their goal setting, community engagement, and skill building. The program revolves around group learning and discussion, as well as volunteer experiences.

Atlantic Autism Support Employment Network (AASEN)

Over the last year, AASEN facilitators in Prince Edward Island, Cape Breton, Newfoundland & Labrador, and New Brunswick have supported 58 Autistic job seekers.



58 Autistic job seekers were supported by AASEN facilitators

Employment Wellness & Support Group (EWSG)

EWSG began the year as the **Employment Support Group** (ESG) which was a first-voice facilitated, weekly discussion group dealing with issues related to employment such as resumes, job searching, disclosure, and accommodations.

In the third quarter of the fiscal year, ESG transitioned to EWSG with the addition of a wellness component. Developed by a clinical social worker, the program now includes topics with a focus on overall wellness as it relates to employment. This program change is allowing Autistics to share experiences and receive peer support in areas such as work/life balance, stress management, self-advocacy, mindfulness, and more.



42 individuals attended EWSG



100% of end-of-program survey responders indicated they would recommend EWSG



“I learned to talk and share my thoughts freely in front of a group without too much anxiety. I am able to communicate and articulate my thoughts better to other people.” – EWSG Participant

Community Outreach & Support for Job Seekers

With the success of our employment program, Ready, Willing & Able, Autism Nova Scotia launched the pilot program, **Autism Outreach and Employment Support Coordination** (AOESC), to help meet the growing hiring demand by employers. The aim of the program is to connect with potential community partners and employers and support Autistic individuals in finding paid employment. The pilot is being delivered in Truro, Annapolis Valley, and Cape Breton. In its first six months, the program engaged in more than 150 outreach activities with 119 separate organizations to increase autism awareness and support Autistic job seekers. AOESC directly supports Autistic job seekers with mock interviews, direct interview support, and assistance with resume and cover letter writing.

The program has already enjoyed some early successes. For example, the AOESC is developing a partnership with Sobeys, and we have already received a referral for support by a family that was directed to Autism Nova Scotia by their local Sobeys. Additionally, NS Works in Northern Nova Scotia partnered with AOESC to develop a sensory-friendly open house to help bring individuals from the disability community to their office for support.

In the first six months of the pilot program, we have supported:

22 
individuals in the Truro area

15 
individuals in the Annapolis Valley

3 
individuals in the Cape Breton Region



Amy Farnell Education Award



In partnership with the Craig Foundation and the Farnell family, Autism Nova Scotia was thrilled to again offer the **Amy Farnell Education Award** to eligible Autistic Nova Scotians pursuing post-secondary education.

Named after long-time supporter and cherished friend Amy Farnell, the award has supported 24 Autistic students since its launch in 2021.

“I’m going to study Disability Supports & Services. The funds provided will help me start my studies and help ensure that I can begin helping others as soon as possible.”

– **Jake Lewis**, 2022 Award Recipient
Annapolis Valley



Learning Success Through the Lifespan

Life transitions can be stressful for anybody but often present unique challenges to Autistic individuals. Autism Nova Scotia’s **Post-Secondary Autism Support Services** (PASS) help Autistic youth navigate the period after completing high school through the early adult years and work with post-secondary institutions in supporting students with autism. The PASS program uses a person-directed approach to develop customized plans and support for students including campus orientation, accessibility services, and utilizing online platforms. Program participants identify the areas they would like help navigating and benefit in areas such as increasing their level of independence; improving organizational skills; anxiety management; assistance with social skills and work practicums; and reaching personal and academic goals.

23

PASS has developed 23 partnerships with post-secondary institutions across the province

58

students were supported by PASS during the 2021/22 academic year

32

new students were enrolled in PASS during the 2021/22 academic year

Positive Impacts of PASS

“My son, who began his first year of university studies at SMU, has been fortunate to have been accepted into the PASS program. I am at arm’s length, respecting his privacy and his desire to gain autonomy. I appreciate the program is designed to be between the student and the specialist. I know [my son] has given consent for some information to be shared with me which enables me to provide support to him at home. It is important for me to keep my ‘finger on the pulse’ but at the same time I realize it is important for me to give him the space he requires to develop. The PASS program is exactly what [he] needs at this stage in his development.” – Parent of PASS Participant

“The PASS program is really great and has helped me in so many different areas, and I get along with my specialists very well as they understand me well. They are also very friendly and kind. It has been an excellent experience.” – PASS Participant

“I really like the PASS program, all the people I have worked with as part of the program are very friendly and understand me well. It has been a great experience so far and can’t wait to work with these people again! There were even able to modify the strategies they taught me to fit me, my personality, as well as my challenges, and helped me to be successful. I could not have done this without their support, encouragement, and expertise!” – PASS Participant

“Working with Autism Nova Scotia over the last few years has provided an amazing amount of educational support for myself, faculty and to the participants of the programming. The development of the PASS program has provided one-to-one support on campus which has proven to be very valuable. This is not only for the student receiving the service, but also for the faculty who observe this support and to the student services team.” – Post-Secondary Education Service Provider

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“I now know who to go to for support with finding organizations that are competent in neurodiversity.”

– Pinwheel Wellness Centre Client

A Circle of Support

Like a pinwheel symbolizes joy and moves in a circle, the **Pinwheel Wellness Centre** strives to provide holistic, wrap-around support for Autistic adults experiencing mild to moderate mental health distress. Across Nova Scotia, Autistic individuals and their caregivers have found that there are limited mental health supports available to them and available services are often at capacity.

Pinwheel Wellness Centre was conceived in the summer of 2021 with the pilot launched in early 2022. In just the last three months of the fiscal year, the Centre provided services to 55 individuals. Because mental health is comprised of a number of facets of one’s life, therapists consider an individual’s knowledge, occupation and physical, spiritual, community, social, emotional, and environmental health.

Located at the Bedford Place Mall and offering virtual support across the province, the services of the Centre are person-directed and available to Nova Scotia residents 18 and older who are diagnosed as Autistic and those exploring a diagnosis. On a bi-weekly basis, typically for six to 12 sessions, individuals meet with a professional to discuss their personal goals on their path to improving their overall quality of life. The Centre’s team includes counselling therapists, an occupational therapist, a social worker, a sexologist, and a sexuality educator with professional knowledge of autism.

The Pinwheel Wellness Centre is a concrete example of Autism Nova Scotia’s commitment to supporting Autistic individuals across the lifespan. As the Centre expands it will also serve to build capacity for a broad system of professional services by being a teaching centre for students.



55

individuals were supported



32

took part in counselling therapy



23

benefitted from occupational therapy

“The social worker made me feel heard when nobody else in my life would listen to my problems.” – Participant, Pinwheel Wellness Centre

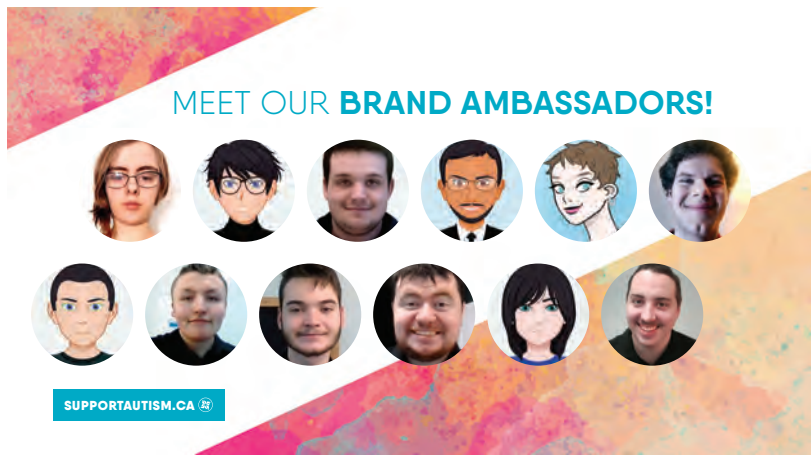
“The group was non-judgmental which helped to talk about topics that are personal.”

– Life Skills Group Participant, Pinwheel Wellness Centre

Working Together

After a year of significantly adapting due to COVID, in 2021 **The Pearl** was able to return to in-person events and restart operations at the Halifax Seaport Market with LaunchPad participants. As Autism Nova Scotia's social enterprise, The Pearl provides entrepreneurial experiences and paid employment to participants while raising funds and awareness for the autism community and our organization. In addition to the sale of jewellery and accessories at the Seaport Market, The Pearl took part in several pop-up sales events such as Christmas at the Forum, Parkland Retirement Living, the Easter Seals Nova Scotia Holiday Market, and the Atlantic Retail Fair. The pop-up events were a great success and The Pearl was supported by new and returning customers.

For LaunchPad's virtual cohorts, participation in The Pearl was offered as an online experience. Program participants were able to act as virtual Brand Ambassadors, selling products online through promotional videos, and responding to social media inquiries – all while developing communication skills, building their confidence, and learning customer service tools.



Last year, in recognition of their 10th Anniversary, The Pearl held a design contest for a special, limited-edition tote bag, asking artists to submit artwork depicting their interpretation of 'Courage'. Halifax-based artist and photographer, Joey Chapman, was selected as the contest winner and the tote bags featuring their design quickly sold out. Through a collaboration with the organization's Autism Arts program, The Pearl sold the 'Courage' tote bag and a variety of bags and calendars that featured participants' artwork, as well as a collection of hand-painted wooden ornaments and reached its goal of donating \$1,000 to the organization.



LAUNCHPAD SUCCESS

127 

Total number of LaunchPad graduates to date

78 

Paid employment outcomes

3 

Entrepreneurial ventures launched

8 

Enrollment in post-secondary



70%

Employment outcome



"I created this piece of artwork with the intention of empowering those around me who often feel overlooked and misunderstood. This piece represents the immense courage that it takes as an Autistic person to actively pursue our own self-expression and individuality in a world that begs us to conform."

– **Joey Chapman**, Contest Winner of The Pearl's 'Courage' Tote Bag (pictured on the left)

Strengthening Supports & Services

Supporting our strategic pillars of delivering innovative education and training and building capacity in the community, **Exploring the Spectrum** provides training and education for professionals, agencies, and service providers who support Autistic individuals. Through sector-specific training, Exploring the Spectrum is working to improve the knowledge and practices of professionals to help build increased understanding, acceptance, and inclusion for Autistic individuals.

Last year, in partnership with Canucks Autism Network (CAN), Exploring the Spectrum developed the ‘Supporting Autistic Mental Health in the Workplace’ training course for organizations and businesses working to improve mental health supports for Autistic job seekers

and employees. In our own workplace, new staff and volunteers benefit from our recently created ‘Understanding Autism’ training course.

Exploring the Spectrum aims to meet changing and growing demands for education and training by developing new programs and modes of delivery. Some of the new training opportunities include Navigating Disclosure in the Workplace; Inclusive Hiring and Job Developing; Person-Directed Lenses on Employment Supports for Autistic Adults and more. Over the past year, Exploring the Spectrum has worked on redesigning the **eCampus** that houses our online training courses. This virtual catalogue is continually expanding and is a tremendous resource for employers, employment support workers, summer camp managers and more.

For online training courses, check out Exploring the Spectrum at [www. campus.autismnovascotia.ca](http://www.campus.autismnovascotia.ca)



Exploring the Spectrum provided training for 23 organizations



individuals took part in Exploring the Spectrum training programs

“It helped make me more aware of challenges that clients may be experiencing and how to make their experience in our office better. The suggestions in the training can be helpful to people with ADHD, anxiety, learning challenges, and schizoaffective disorder etc.”

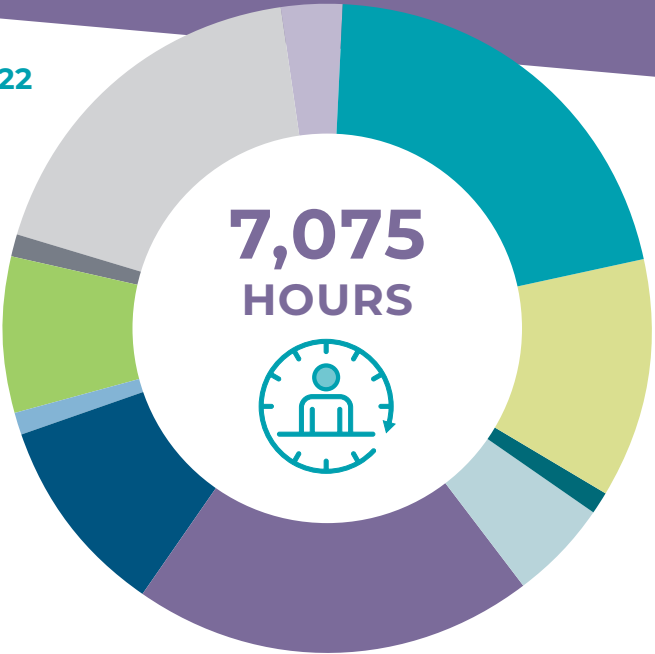
– Post-Secondary Education Service Provider

Gifts of Time & Talent

Autism Nova Scotia is grateful for the generosity of our program volunteers and students. While students and volunteers gain valuable, hands-on personal and professional experiences, the benefits they bring to our organization and the individuals and families we support are invaluable. We continued to face pandemic-related challenges in the way our programs could be delivered last year but thanks to the creativity and flexibility of our students and volunteers, our programs were enhanced by their energy, ideas and unique skill-sets.

Hours of Student Support Breakdown 2021-2022

- 21% Family Support
- 20% Recreation & Respite
- 18% Healthy Relationships, Sexuality & Autism
- 12% Pinwheel Wellness Centre
- 10% Employment
- 8% Person Directed Planning Program
- 5% SibsCONNECT
- 3% South Shore Chapter
- 1% Strait Area Chapter
- 1% QuickStart Nova Scotia
- 1% Post-Secondary Autism Support Services





Supporting Families

Families are integral members of the autism community, and it is Autism Nova Scotia's mission to build a better future for Autistic individuals and their families through education, navigation services, advocacy, and respite.

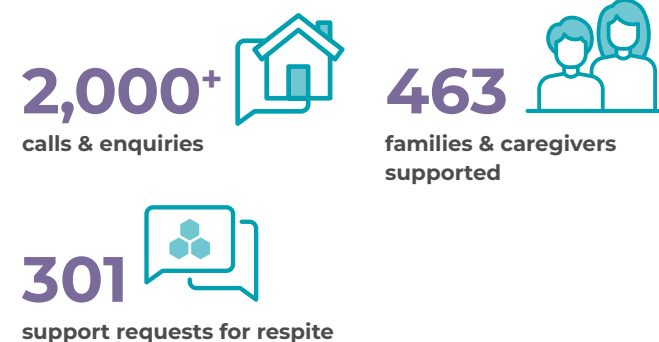
Last year, we offered four education sessions: Understanding Emotional Regulation; Understanding the School Program Planning Process; Person Directed Planning; Support for Building a Good Life; and A New Autism Diagnosis and Next Steps.

One of the challenges facing Autistic adults is finding access to assessment services for a formal diagnosis of Autism Spectrum Disorder. With support from Nova Scotia's Department of Health and Wellness in 2021, our organization was able to assist adults in connecting with qualified and experienced private psychologists for the purposes of conducting an adult assessment.

COVID has resulted in increased needs for resources for many families in the autism community. Whether it was providing families with education, information, and tools to help navigate the pandemic or providing baskets of essential items to 60 individuals and families, Autism Nova Scotia worked to fill many gaps. Even during times where in-person gatherings were restricted, our monthly caregiver meetings continued virtually.

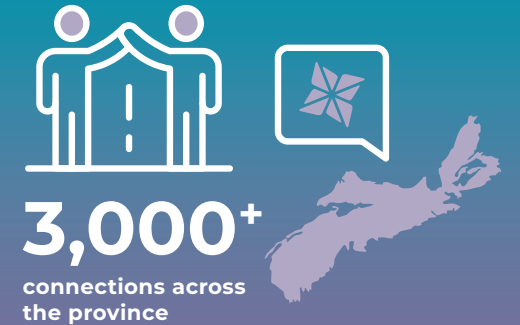
One of the highlights of 2021/22 for some of the families we support were our March Break events which included activities in the community at places like Get Air, The Putting Edge, and Cineplex. Over the March Break, we also provided 100 tickets to families for a Mooseheads game.

In 2021/22, Autism Nova Scotia created a new respite database and website that will be more accessible and user-friendly for families, respite providers, and coordinators.



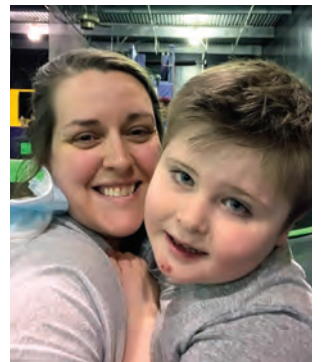
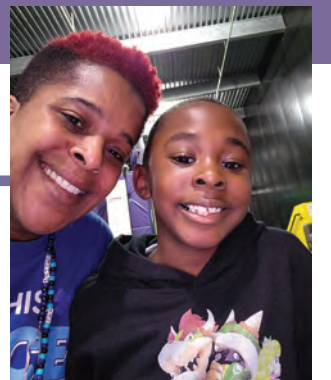
A Place to Turn to: Community Connections

Families and caregivers regularly contact our Family Support and Chapter teams for assistance in navigating systems and resources in the community such as education and health care. We are an ear for families who might be experiencing challenges in accessing services or encountering wait times due to capacity issues in the public system and we are often able to advocate for them or point them toward what they are needing.



“March Break family events were such a treat for my daughter and I! Rachel loves activities and – just like all of us – pandemic restrictions have been so tough on her. It was wonderful to see all the smiles and meet so many wonderful families.” – Kelly, Parent

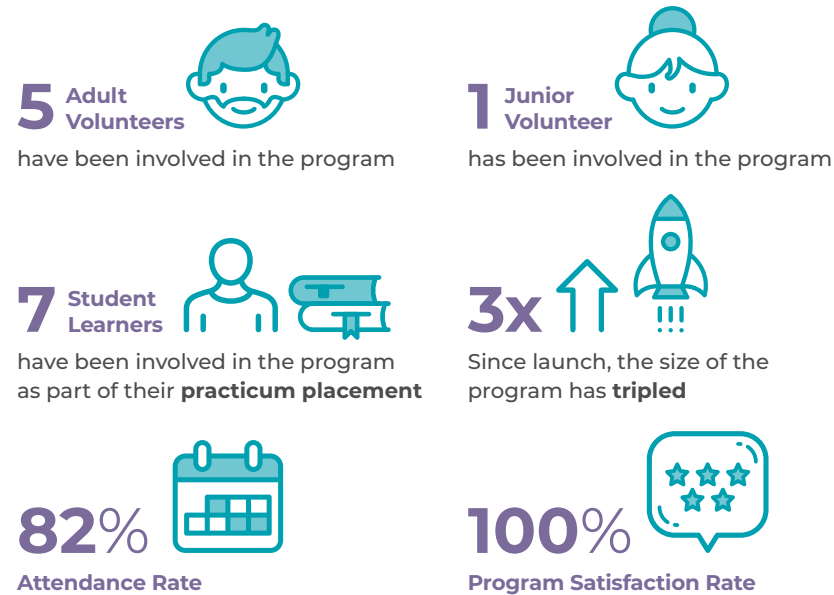
“Thank you so much for the lovely basket. The support and special little things that Autism Nova Scotia does for its families and those affected by autism is wonderful and inspiring.” – Parent



Bonding Through Shared Experiences

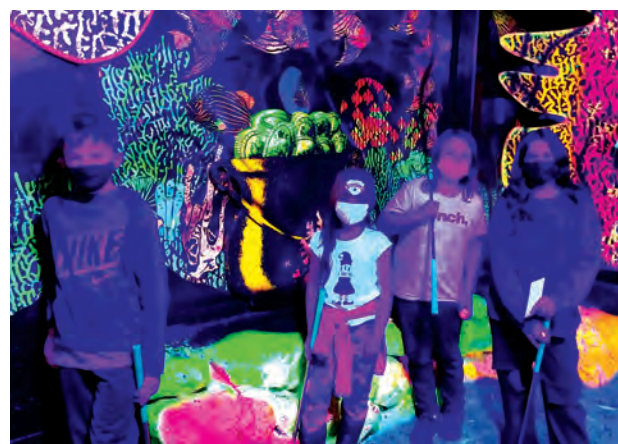
SibsCONNECT, a play-based and educational program for children ages nine to 12, helps fill the gap in support services for neurotypical siblings. Led by a group of adults with personal experience as a sibling of an Autistic individual or who are professionals in a related field, SibsCONNECT is a safe place for siblings to come together to share and learn.

SibsCONNECT allows neurotypical siblings opportunities to express themselves freely, learn more about autism, and build new friendships with kids who have similar lived experiences. Siblings also learn how to best support their Autistic siblings and act as their advocates in the community. Over the last year, interest in the program has grown across the province and SibsCONNECT has been featured in local and national media.



“The big difference for me was being able to connect with people. It just made me feel more settled with it. I was like, “Oh, other people go through what I’m going through,” and it was nice.”

– SibsCONNECT Participant



Etli Milita'mk – Where We Play

Over the past several years, a group comprised of community volunteers, Autism Nova Scotia, and the Region of Queens Municipality have worked together to raise funds for and develop a fully accessible playpark. In 2021/22, the remaining funds needed were raised and construction has begun.

The Etli Milita'mk Queens Universally-Designed Playpark, for people of all abilities, ages, and body sizes, is named for the Mi'kmaw phrase 'Etli Milita'mk' which is pronounced 'ed a lee Milly Dumk' and translates into English as 'where we play'. We honour and celebrate the support of Charmaine Stevens and the elders of Acadia First Nation, and the beautiful name given by the Mi'kmaw community. We believe it captures the inclusive and timeless values represented by the playpark.

We gratefully acknowledge that the **Etli Milita'mk Queens Universally-Designed Playpark** is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. We are all treaty people.



The Etli Milita'mk Queens Universally-Designed Playpark will also include a splash pad (rendering pictured on the left).

Thank You!

Thank you to the volunteer fundraising group whose tireless efforts have made this park a reality, the individuals and groups throughout the community who generously donated and to the partners and supporters who have made the Etli Milita'mk Queens Universally-Designed Playpark possible:

Government of Canada

Atlantic Canada Opportunities Agency

Province of Nova Scotia

Region of Queens Municipality

The J & W Murphy Foundation

The Windsor Foundation

TELUS Friendly Future Foundation

Acadia First Nation

Autism Nova Scotia – South Shore Chapter

South Shore Regional Centre for Education

Queens Coast

Giving Back

Every year, families, individuals, businesses, and community groups find unique ways to support Autism Nova Scotia. Last year, grade nine student, Renée Thibault was assigned a project called ‘Engaged Citizens’ which challenged students to find a way to give back to their community in a meaningful way. Renée decided that she wanted to raise funds for Autism Nova Scotia.

“I care about autism because my big brother Maxim is autistic and I know how important it is for him to have access to support and programs. He’s my brother, so he totally drives me nuts most days, but I also really want him to have a good life,” said Renée.

Renée had originally planned to host a bake sale and sell cupcakes, but a wave of COVID brought restrictions that didn’t allow for this to happen. She was determined to move forward with her fundraising efforts and held a raffle on Facebook for a basket of skin care, makeup, and wellness products, selling more than 1,000 tickets and raising \$2,420.



Pictured in photo: Renée and her big brother, Maxim

“I’m really proud that we raised so much money for an important organization in our community. It’s pretty amazing that this happened from sharing why I care about autism on Facebook and so many people responded to this important cause.”

– Renée, sister of Maxim

Our Community of Supporters

Thanks to the generosity of hundreds of individuals, small businesses, and corporations, Nova Scotia’s autism community continued to have access to much-needed programs and services even while we experienced the necessary restrictions brought about by the pandemic. The ongoing financial support from our community of donors allowed us to create new and accessible ways to live out our mission and move closer to our vision during 2021/22.



2,715+ gifts **\$2.2M** Total amount of gifts



When you donate to Autism Nova Scotia, you can choose to:

- Support Autism Nova Scotia’s work across the province
- Designate your gift to your favourite Autism Nova Scotia program
- Direct your donation to the Autism Nova Scotia Chapter in your region
- Celebrate a special person or occasion with a gift in their honour
- Pay your respects with a donation in memory of a friend or loved one

To make a gift, visit autismnovascotia.ca/donate-now; call **902-446-4995**; or email giving@autismns.ca



Thank
You!



