



YEAR IN REVIEW 2022/2023

Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Administered by:

Pacific Autism
Family Network

CONTENTS

04: OUR COMMUNITY
PARTNERS

06: 2021/22 FACTS AND
FIGURES

10: NEW RESOURCES ALIGN
WITH COMMUNITY NEEDS

12: PREVIOUSLY UNHEARD
VOICES GIVEN NEW
WEIGHT WITH GREAT
RESULTS

14: AUTISM COMMUNITY
UNITES TO TACKLE FOUR
IMPOSSIBLE PROBLEMS

16: “SO HAPPY TO HAVE THIS
INCREDIBLY CONVENIENT,
NO PRESSURE, VAST
RESOURCE” - community
members tell us what they
think about what AIDE
Canada has to offer

18: FINANCIAL STEWARDSHIP

19: OUR THANKS





The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE Canada) is a national initiative supporting self-advocates, parents, families, caregivers and service providers in the autism and/or intellectual disability community. We are a trusted source for the information our community needs.

LEARN

Users find articles, courses, infographics, research summaries and videos

♦ **57,119 LEARN PAGEVIEWS THIS YEAR**

♦ **858 RESOURCES**

LOCATE

Users explore in-person services available in their area

♦ **9,507 LOCATE PAGEVIEWS THIS YEAR**

♦ **RESOURCES IN EVERY PROVINCE AND TERRITORY IN CANADA**

CONNECT

Users view live online events, chat live with our staff or view peer advice videos

♦ **23,762 CONNECT PAGEVIEWS THIS YEAR**

♦ **CHAT OPEN 12 HOURS PER DAY**

BORROW

Users borrow books, e-books, games and other materials from the library

♦ **50,135 PAGEVIEWS THIS YEAR**

♦ **BORROW BY MAIL SERVICE FREE ACROSS CANADA**



AIDE Canada reaches Canadians from coast to coast to coast, with easy to access resources available in French and English. With offices in 6 Canadian cities, and 16 partner organizations across the country, AIDE Canada is fulfilling its commitment to leverage existing resources, forge new partnerships, and increase community capacity.

OUR PARTNERS ACROSS CANADA



ONTARIO HUB



Led by Autism Ontario, and including Holland Bloorview Hospital, Reena, Empowered Kids Ontario, SAAAC Autism Centre, and Pooran Law, the

Ontario Hub hosted 5 webinars, and developed content that was viewed by over 2800 different community members this year.

QUEBEC HUB



The Miriam Foundation coordinates

Materiatech, a library of games and hands-on learning tools. Items are free to borrow anywhere in Canada. The Miriam Foundation also helps AIDE Canada to connect with francophone Canadians advising on culture and translation.

PRAIRIE HUB



Led by Autism Calgary, and including the Sinneave Family Foundation, Centre for Autism Services Alberta, and

Autism Edmonton, the Prairie Hub hosted 9 webinars and developed content that was viewed by over 4900 community members this year.



MARITIME HUB



Autism Nova Scotia hosts the Maritime Hub. This year they developed content on occupational therapy, as well as healthy relationships and sexuality.

The webinars, toolkits and infographics they developed were viewed by 2100 community members this year.

NORTHERN HUB



Autism Yukon is our lead partner in the Northern Hub. The northern hub develop resources designed particularly for those living in northern areas of Canada. The

resources developed by the Northern Hub were viewed by over 300 community members this year.

British Columbia HUB



Made up of the Pacific Autism Family Network and Voices of Autism, the BC Hub is home to our administrative team. In

addition to webinars and toolkits, the BC Hub also developed courses and hosted the AIDE Canada "Impossible" conference.



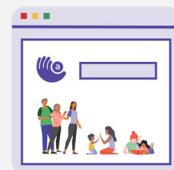
2022/23

IN FIGURES

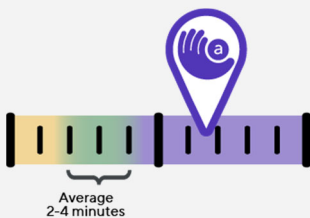
Our figures measure our year's performance, but they also reflect our ambition for the future: 100% of the Canadian autism and/or intellectual disability community freely accessing all of the information they need to thrive.



123,881
website users



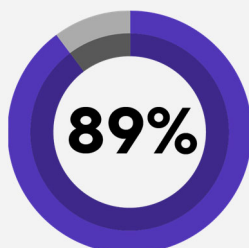
374,940
pageviews



User session duration 4 minutes longer than internet average



The 822 different communities we reached are home to **81%** of Canada



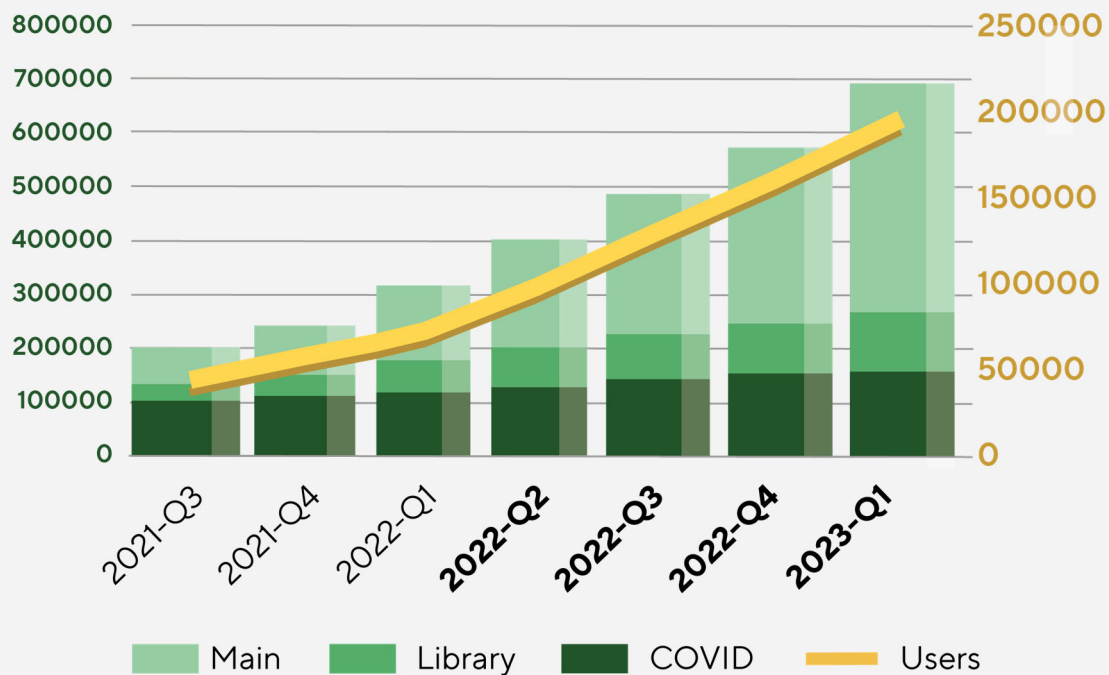
of surveyed users report increased knowledge of ID and/or autism

4/5 stars



Average response to the question "how helpful was this resource?"

Cumulative Pageviews and Users

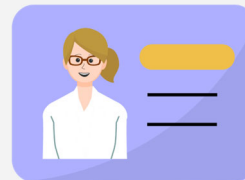


Library



355%

increase in library use
this year



1044

library members



4998

items available
to borrow



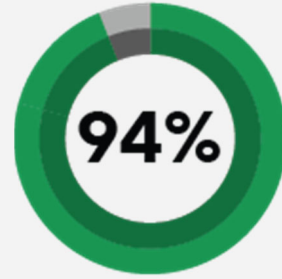
275

books by autistic
authors

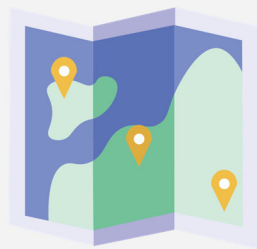


339

new articles and videos
made available online



of 'Learn' resources are
available in both French
and English



3780

programs and
services listed



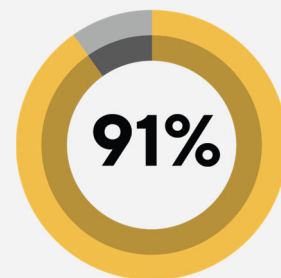
285%

increase in asset map use
this year



6143

users watched our
webinars, and videos
this year



of surveyed webinar
watchers report
increased skills and
knowledge

2022/23

IN STORIES

The numbers only tell a part of our story. The success that AIDE Canada achieved this year includes benefits that are hard to measure in numbers. These are a few of our favorite moments from 2022/23.



YOUNG WOMAN WITH INTELLECTUAL DISABILITY GETS CONNECTED TO HER DREAM

In November 2023 AIDE Canada released a video that shared the thoughts and feelings of young autistic artists with intellectual disability. Chloe stole the show with her enthusiasm, energy and love of fun sounds (Boop!). In the video Chole, who speaks several languages, shared her dream of someday working at an airport. After seeing the video, the team at the Vancouver Airport (YVR) were enthusiastic to be connected to Chole. Talks are underway between Chole, her mom and the YVR team to bring Chole on board as an airport greeter. We are thrilled for Chole, we can't wait to see her at YVR!

AIDE CANADA HELPS CREATE THE FIRST INTERNATIONAL AUTISM AND AGING CONFERENCE

A group of world-renowned experts has been awarded funding to develop the world's first international conference on autism and aging. The experts, who come from the Netherlands, Australia, Canada and the United States, were first connected when they were invited to speak at the AIDE Canada webinar "Exploring Aging in Autism". Since that first introduction the working group, including AIDE Canada staff, has been meeting regularly to drive innovation in the field. The first international conference on autism and aging will be held at the AIDE Canada Headquarters at the Pacific Autism Family Network in Richmond, BC, in October 2023.



MOTHER AND SON LEARN NEW SKILLS TO NAVIGATE LIFE

A mother and AIDE Canada library member was able to teach her son emotional regulation thanks to the books she borrowed from the AIDE Canada library. She wrote to tell us about it: "I have been teaching my son emotion regulation and improving social communication with the Superflex resources that I could not afford otherwise. Really helpful! After searching to no avail for an Emotion Regulation course for my son with ODD & ASD, I decided to read and teach him myself. Resources are really expensive and you never know what will click with him or not before investing. The ease of borrowing from Aide has been such a blessing! Thank you so much!"

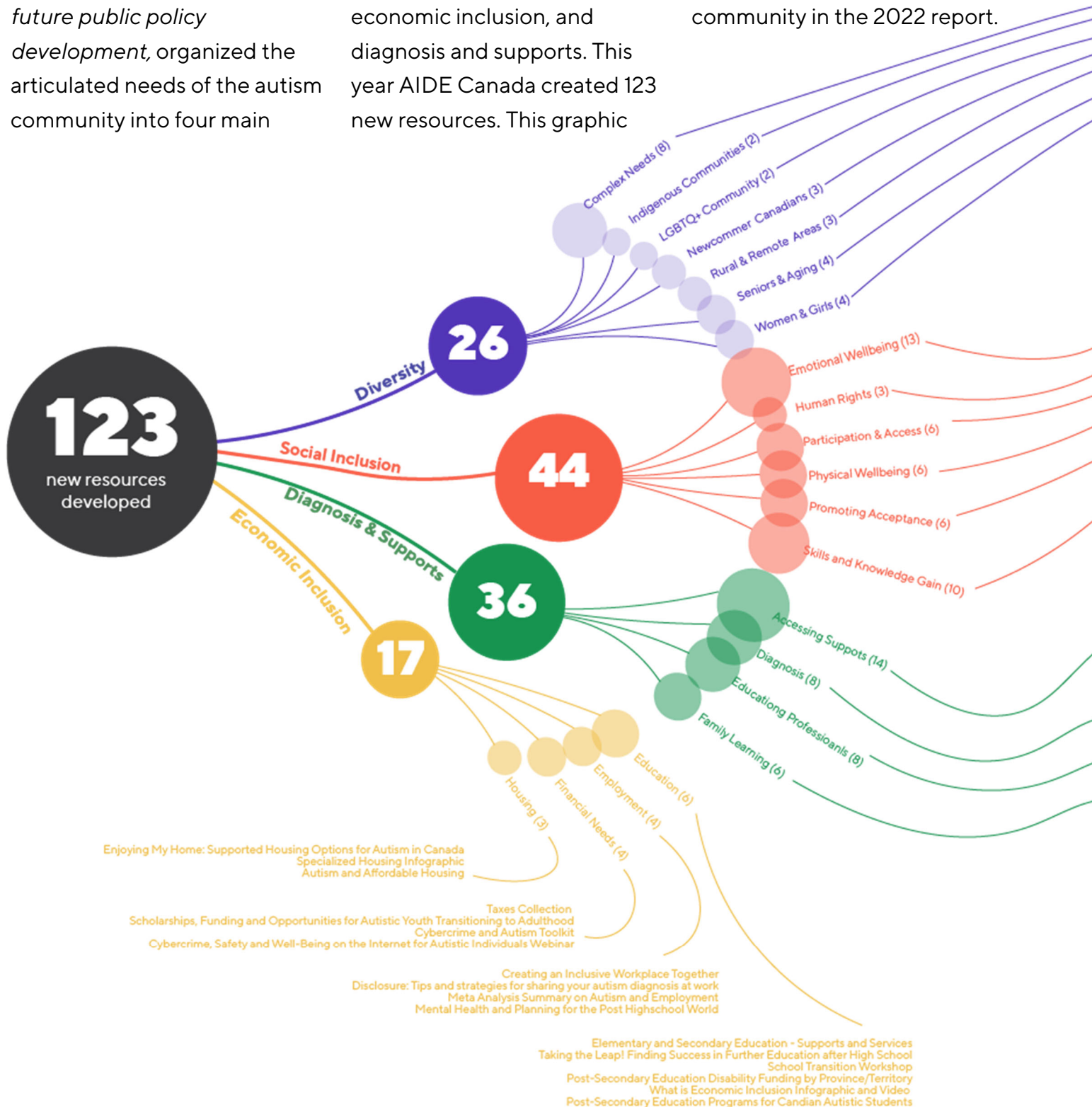


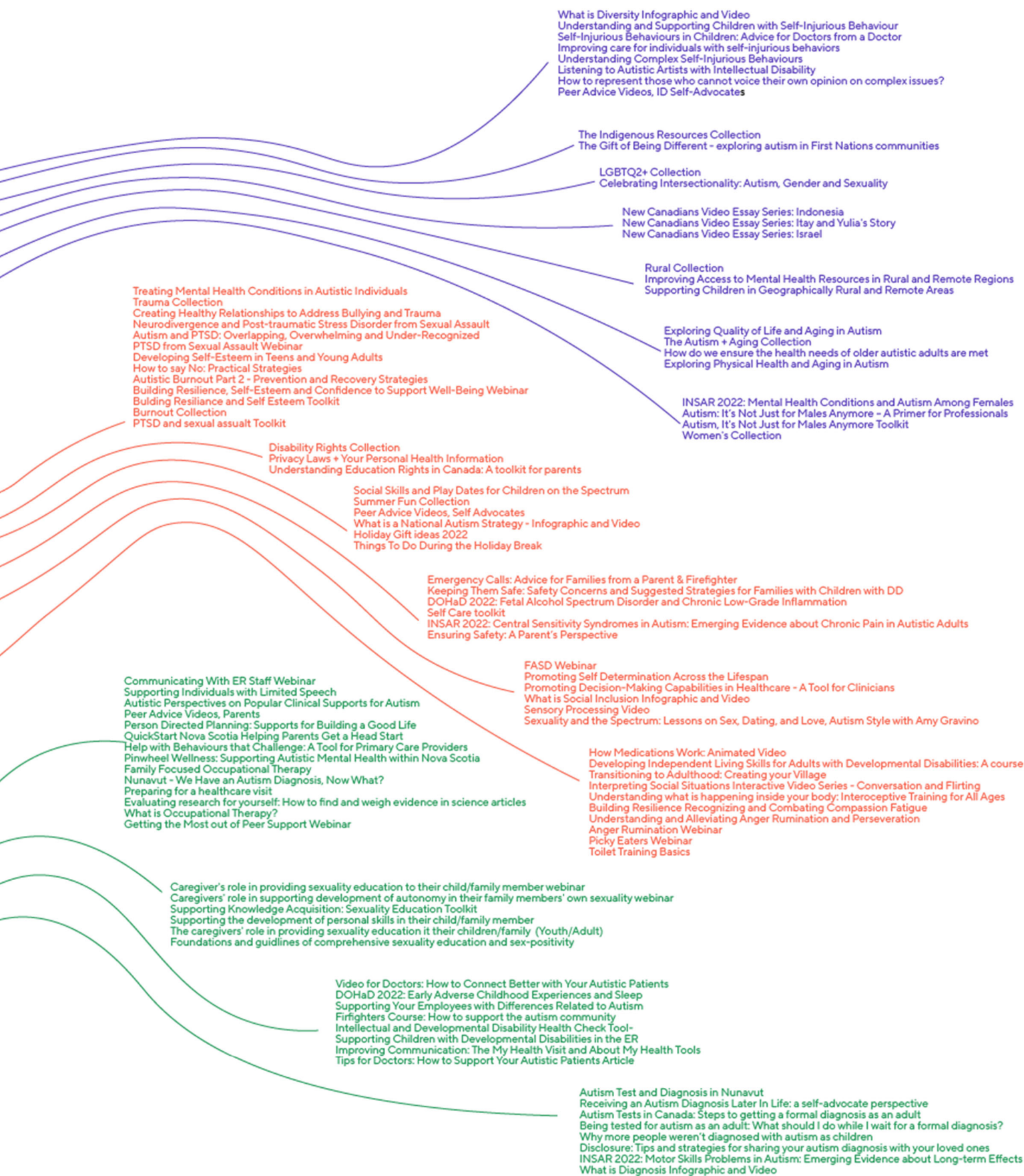
NEW RESOURCES ALIGN WITH STATED COMMUNITY NEEDS

The 2022 report, *Autism in Canada: Considerations for future public policy development*, organized the articulated needs of the autism community into four main

categories. The categories were: diversity, social inclusion, economic inclusion, and diagnosis and supports. This year AIDE Canada created 123 new resources. This graphic

shows how our work aligned with the needs described by our community in the 2022 report.







PREVIOUSLY UNHEARD VOICES GIVEN NEW WEIGHT WITH GREAT RESULTS

This year, AIDE Canada delivered 26 new projects that focus on the people in the autism community who also have an intellectual disability, and/or who are minimally speaking or non-speaking.

About 33% of autistic individuals also have a diagnosis of intellectual disability (ID). It is estimated that one third of these individuals will remain minimally speaking or non-speaking throughout their lifespan. These members of our community are particularly vulnerable to marginalization. Many have profound needs with respect to the activities of daily living. For many, it is difficult or impossible to self-advocate. Non-speaking

individuals, and those with ID have thoughts and feelings that can be difficult to access through traditional means.

COMMUNITY FEELS HEARD AND RESPECTED

This year, AIDE Canada connected with 52 individuals who are autistic and who also have an intellectual disability. Through art, story-telling, a personalized web application, and video interviews participants shared what is important to them. Using an arts showcase, and 2 video projects AIDE Canada amplified their voices and made them accessible to the world. In the AIDE Canada feedback survey on the projects, 100% of survey

respondents said that participating in the projects helped them feel better and learn more.

“I hope that my feedback will help others to make better decisions, to understand autism better...”

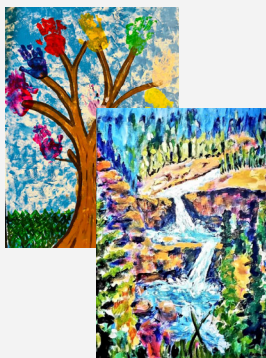
- Jennifer F.

“It gave me more hope that things will improve and that we are being heard and respected”

- Jamie H.

Some results from these projects were shared at the National Autism Conference in November, 2022.

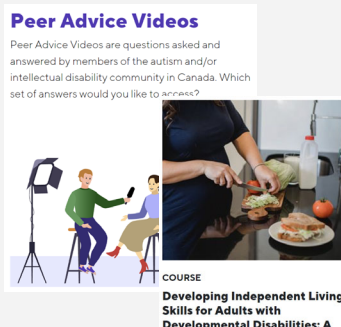
Listen and understand



465

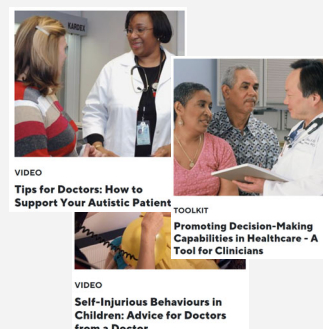
stories, and artworks
captured

Resources for ID community



accessed by
13,794
different users

Resources for professionals

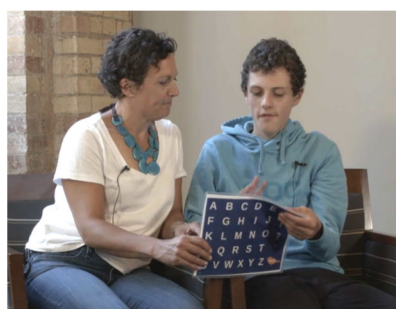


accessed by
1252
different users

RESOURCES DEVELOPED THAT MEET REQUESTS

In response to the needs articulated by participants, AIDE Canada developed four resources for autistic community members with intellectual disability. These resources, written in accessible language, are designed to help vulnerable community members stay safe, learn new skills, and achieve their goals. These included a free online course on life skills, and a video series featuring non-speaking individuals and individuals with intellectual disability sharing their advice on navigating social, life and school situations. The videos include advice from non-speaking individuals on how to maintain self

esteem, face your fears, and encourage others.



“Being you, fully as you are shows others how to be their true selves too”

- Andrew

Also developed were resources to help family members better understand and support their loved ones as they learn. Together these resources have been

accessed by over 13,000 people.

OVER 1200 EDUCATED ON INCLUSIVITY

Nine new resources that educate professionals and service providers on inclusion have been accessed by over 1200 viewers this year. The resources developed by AIDE Canada focus on assisting non or minimally-speaking individuals and those with intellectual disability in the autism community. Included in the resources are materials for doctors, early childhood educators, ER Staff and firefighters. These 9 resources teach improving communication, supporting decision-making, and assisting those with self-injurious behaviours.



AUTISM COMMUNITY UNITES TO TACKLE FOUR IMPOSSIBLE PROBLEMS

We called it the “Impossible Conference”. This March, 70 leaders, experts, and influencers from across Canada met in Vancouver to listen to the first-hand perspectives of autism and/or Intellectual disability community members regarding 4 major challenges that face our community. Conference participants worked together to create pathways for improvement.

In the months prior to the conference AIDE Canada collaborated with self-advocates, families who described the most profound, unsolvable problems

that they face. Their thoughts, feelings and experiences were the centrepiece of discussion. Next, AIDE Canada created research summaries that discussed the current policies and programs, as well as the latest scientific understanding related to the problems. The conference provided a unique opportunity for our community to unite and to productively collaborate with all levels of stakeholders to bring about meaningful change.

The conference was a resounding success. Participants successfully united to create project proposals for real solutions to each of the 4 Impossible problems. Participant response to the conference was

fantastic, and 83% of surveyed participants agreed that the conference increased their already vast knowledge of the autism community.

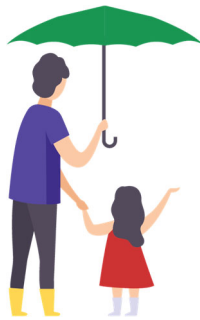
“I had an amazing time, made wonderful connections and believe AIDE Canada is on the path to gaining headway on some meaty and wicked problems. Thank YOU for your commitment to Autistic persons ...

- Ryan P.

Most exciting was the commitment that AIDE Canada made to start work on each of the solutions proposed in the coming year.

MAKING THE IMPOSSIBLE POSSIBLE

70 members of the Canadian autism and/or intellectual disability community gathered on March 2-3, 2023. The group included policy makers, community organizations, and members self-advocates. Together they developed plans to tackle 4 impossible problems:



How do we improve care for individuals with self-injurious behaviours?



How do we improve access to mental health resources in rural and remote regions?



How to represent those who cannot voice their own opinion on complex issues?

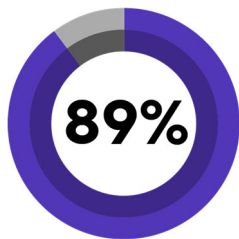


How do we ensure the health needs of older autistic adults are met?

“SO HAPPY TO HAVE THIS INCREDIBLY CONVENIENT, NO PRESSURE, VAST RESOURCE”

Through surveys, feedback forms, social media and email, community members tell us what they think about what AIDE Canada has to offer.

This year AIDE Canada collected feedback about our on-line events, library program, ID inclusion projects, and national conference. In each survey we asked about the ways that AIDE Canada had impacted them. Across all programs and projects we found that 89% reported increased skills and knowledge.

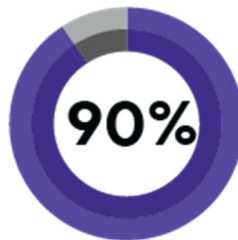


of surveyed users report increased knowledge of ID and/or autism

Also across all surveys 70% of people told us that AIDE Canada had positively contributed to their well being, health, or mental health. If we apply that to the total number of website users this year (123,881 people) we estimate that AIDE Canada improved the wellbeing of 86,716 people this year.

COMMUNITY SURVEY

From January - March 2023 AIDE Canada hosted an online survey for members of the Canadian Autism and/or Intellectual disability community. Two hundred twenty eight individuals responded. Seventy three percent of respondents who indicated they had accessed AIDE Canada resources told us that the site helped them, their staff, or their co-workers to become more knowledgeable about autism and/or intellectual



of surveyed users report increase to one or more enumerated protective factors

disability. Ninety percent reported an increase in protective factors like increasing understanding of available resources, and improved ability

to make informed decisions. In the open text field survey respondents were invited to make an anonymous open comment. Many made suggestions for new resources, which will inform our content development strategy in the coming year. Several respondents sent compliments on the work that we are doing. Here are some of the comments they left:

“So happy to have this incredibly convenient, no pressure, vast resource. We are new here and are just delving in!”

“It is nice to have a curated list of resources available to families and professionals”

“You’re doing a great job!”

FEEDBACK ON EVENTS

Following each online workshop hosted by AIDE Canada, participants are invited to fill out an online survey. Respondents



held different roles in the community. The largest group of webinar attendees were family members .

Of the survey respondents, 84% reported that the information shared at the event they attended helped to increase their health, mental health or well-being. Also, 98% reported that the information shared at the event they attended contributed to one or more enumerated protective factors.



- Self-advocates (14%)
- Parents/Family (53%)
- Service Providers (33%)

LEARN

The Learn section of the AIDE Canada site increased its pageviews by 174% in the 2022/23 fiscal year. On each resource page website users have the option to answer "How helpful was this resource?" Users rated the resources on the AIDE Canada website at an average 4/5 stars.

LIBRARY

AIDE Canada has been keeping track of the money that our community saved by borrowing versus purchasing books. So far the AIDE Canada library has saved the autism and/or intellectual disability community over \$57,000.

Our collection includes 2851 titles that relate to autism and/or intellectual disability. By searching other public libraries in Canada we

determined that AIDE Canada has the largest public library on autism and intellectual disability in the country. Our collection is 1.6 times the size of the Toronto Public Library collection on this topic. This year AIDE Canada's library increased its membership by 101% to over 1000 members. Here is what some of them had to say about our service:

Thank you for providing such a valuable service! I wouldn't have been able to afford these books or borrow locally. Thank you!

- Caitlin B.

I am so grateful for this resource. Having access to these books is helping my newly diagnosed adult son and all family members to better understand autism.

- Anna L.

FINANCIAL STEWARDSHIP

FUNDING for the AIDE Canada initiative was announced in the 2018/19 Federal budget. The Public Health Agency of Canada committed to funding the project from 2019 to 2023.

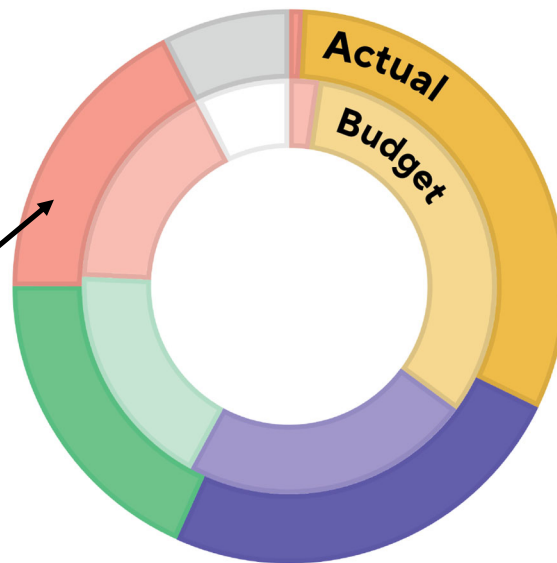
Three million dollars of the total project funding is being donated in-kind by the Pacific Autism Family Network, the Miriam Foundation, and the hub partner

organizations. The total cash budget for the project was estimated at \$10,972,695. That amount is scheduled to be distributed over 5 years. The table below compares actual to budgeted expenses throughout the project. For the 2022/23 fiscal year the project is marginally under budget and has met or exceeded all deliverables scheduled for this year.

The original budget had anticipated a national autism conference hosted by AIDE Canada in 2020. This conference, which was put on hold during the COVID-19 Pandemic, took place this year.

Both in this fiscal year and overall, the project remains within budget.

Fiscal Year	Budget	Actual
2018/19	253,700	86,753
2019/20	3,597,800	3,344,758
2020/21	2,503,300	2,607,090
2021/22	1,957,210	1,953,329
2022/23	1,926,210	1,901,933
2023/24	799,475	



OUR THANKS

AIDE Canada is funded by the Public Health Agency of Canada. None of the progress and community impact described in this report would be possible without their generous support. We would also like to thank the many individuals and organizations that have contributed to our success this year.



Public Health
Agency of Canada

Agence de la santé
publique du Canada





Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Administered by:

Pacific Autism
Family Network 