



Helping children live healthier lives

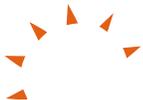
About Sunny Hill

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

How To Contact Us

Therapeutic Recreation Services
Sunny Hill Health Centre For Children
3644 Slocan Street, Vancouver, BC V5M 3E8
Phone: (604) 453-8300 Local 8445 or 8369
Toll Free: 1-888-300-3088 Local 8445 or 8369
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www.bcchildrens.ca/sunnyhill

*Promoting Better Health for Children with Disabilities
through Clinical Services, Education and Research*



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Guiding Principles

Many children can benefit from playing in a pool and the therapeutic effects of water. Participation in pool activities can improve physical, social and emotional health. Here is how we can help your child experience the benefits of recreation and swimming.

What We Offer

Any child who has a disability and is between the ages of 3 and 18 can take part in a consultation with a Recreation/Aquatic therapist.

Consultations: A Recreation/Aquatic Therapist can see your child in the pool and provide information on:

- Adapted equipment
- Floatation devices
- We supply equipment to try and provide information on how to order equipment
- Pool activities
- How to provide support in the pool or getting into the pool
- Community services available (group pool programs/swim lessons, etc).

Each consult is individually designed to meet the child's, family and community needs.

We do not provide on-going treatment. This is a one time visit where we will spend time with the child in the pool and provide

information to the child and to their caregiver. Our consultations are solely recreation based; we cannot provide specific exercises.

We work collaboratively with the child's family, therapist or support person who is taking them swimming as they know the child best.

Consultations can typically last between 30–60 minutes.

Following a doctor's referral to Sunny Hill, consultations can be provided onsite in the Sunny Hill pool or at the child's community pool.

How To Book A Consultation

We require your doctor to fill out a Neuromotor Physician referral form before a consultation can be arranged. This can be found on our website at

www.bcchildrens.ca/health-professionals/refer-a-patient/sunny-hill-referral.



We Can Come To You

Consultations taking place at community pools are known as Outreach Services.

A Recreation/Aquatic Therapist from Sunny Hill can come to your community pool and see your individual child or a group of children.

A minimum of four children are needed for Outreach Consultations outside Metro Vancouver. A consultation for one child is possible within Metro Vancouver.

We will conclude by sending a report to the legal guardian with our suggestions and recommendations in it.

Group Education for Community Professionals and Families

In addition to providing an aquatic consultation for a child, we can also provide group education sessions to community professionals and/or families.

The topic of this session can be based on the interests and needs of the group and it can be a formal or an informal discussion.

There is no cost for any of these services; it is a part of Sunny Hill's services to children throughout BC.

