



To whom it may concern,

Please accept this letter of support on behalf of Abilities Centre for MY MS FAMILY's application for the development of the York Region Rehabilitation and Support Centre. We understand that the intention of the Centre is to create a centralized, accessible, and inclusive space where individuals of all abilities, but specifically those with neurological disease, can participate in barrier-free health and wellness programs that support their overall quality of life. Many individuals with neurological diseases living in York Region are faced with barriers to receiving and participating in high quality rehabilitation programming.

Abilities Centre recognizes that the development of this facility will remove multiple barriers for York Region residents, especially the need to travel to programs outside of York Region, an everyday challenge and concern facing the York residents with disabilities and their families and caregivers. We also know that access to community based post-rehabilitation exercise opportunities are not distributed equitably. Social determinants of health such as income, culture, physical environments, and social support networks all influence access to these important services.

Abilities Centre's purpose is to unlock potential through accessibility and our vision is to build and contribute to better, barrier-free life for all Canadians. To do this we must reimagine accessibility and redefine the way Canadians live, work and play. Accessibility, inclusion, innovation, and equity are more than words for Abilities Centre, they are at the heart of every program and service that are created and implemented.

We utilize our 125,000 sq. foot, fully accessible facility to build, test, and scale post-rehabilitation, health, skills development, and sport programs. We support members of the community, no matter their ability, age, or background, to improve their quality of life by positively impacting health & wellbeing, social inclusion and economic participation.

Abilities Centre collaborates with health care partners, including Universal Health Network, Alzheimer's Society, Lung and Health Foundation, Lakeridge Health, and Heart & Stroke Foundation to identify individual and community health care needs and develop and deliver post-rehabilitation exercise programs. The Research team, using our Impact Assessment Framework, has proven the impact and success of our post-rehab programs on the mental, physical, and social health of individuals and families.

Abilities Centre will work with the York Region Rehabilitation and Support Centre to bring our portfolio of post-rehabilitation programs to the residents of York Region. We will also support the facility to identify community health care needs and develop, in partnership, new community health programs.

We continue to look forward to working in collaboration on this project with MY MS FAMILY. Please do not hesitate to contact me if you have further questions.

Sincerely,

Pinder DaSilva

VP, Programs, Partnerships & Impact



**Building Accessible &
Inclusive Communities**