



Hydrocephalus Canada

Community Needs Survey Report 2021

BRAINWAVES
HYDROCEPHALUS
CANADA | 



Hydrocephalus Canada

Community Needs Survey Report 2021

On behalf of Hydrocephalus Canada we want you to know:

- We appreciate your feedback
- We hear what you have to say
- We will take action based upon your needs

Survey Highlights

Who had their say

- 206 people participated in the survey
- 72% of the respondents are Ontario-based
- AREA OF CONCERN: youth representation 2%

Key Services Accessed

- Support groups
- One to one counselling/mentoring
- Scholarship program
- Info packs
- Publications/Book club
- AGM conference

Feelings on Mental & Physical Health

- AREA OF CONCERN: Certain members of the community expressed feelings of poor to very poor feelings of mental and physical health

Survey Highlights (continued)

Future Virtual Activities

- A theme of connection and support ranked high across the board for virtual activities needed in future
- Opportunity to highlight support groups on Zoom and Facebook

Research

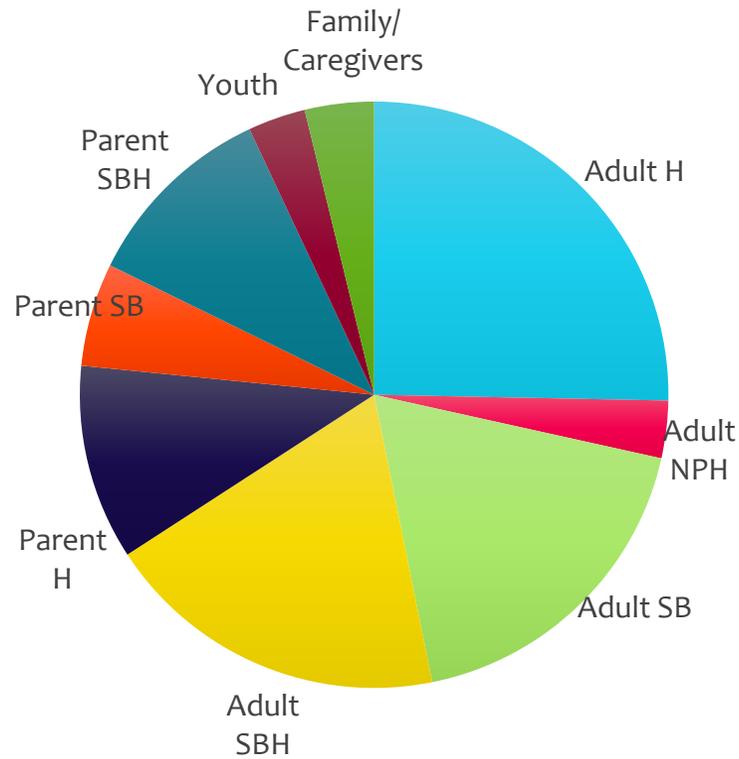
- Research continues to be a strong area of interest
- Top research areas to explore:
 - Hydrocephalus 58%
 - Spina Bifida 55%
 - Mental Health 42%

Engagement post-pandemic

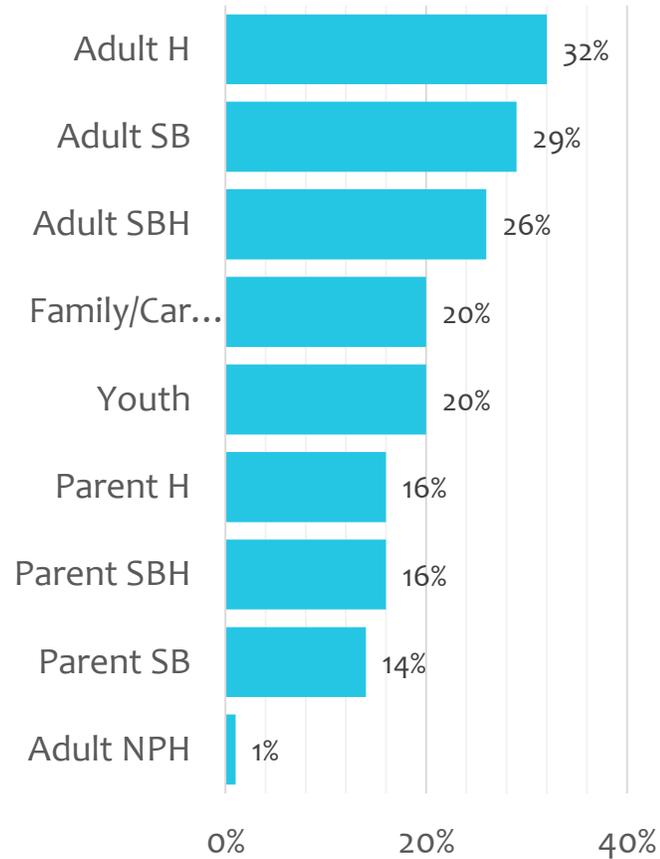
- 39% of respondents want a hybrid approach to activities once the pandemic is over (mix of virtual and in-person)

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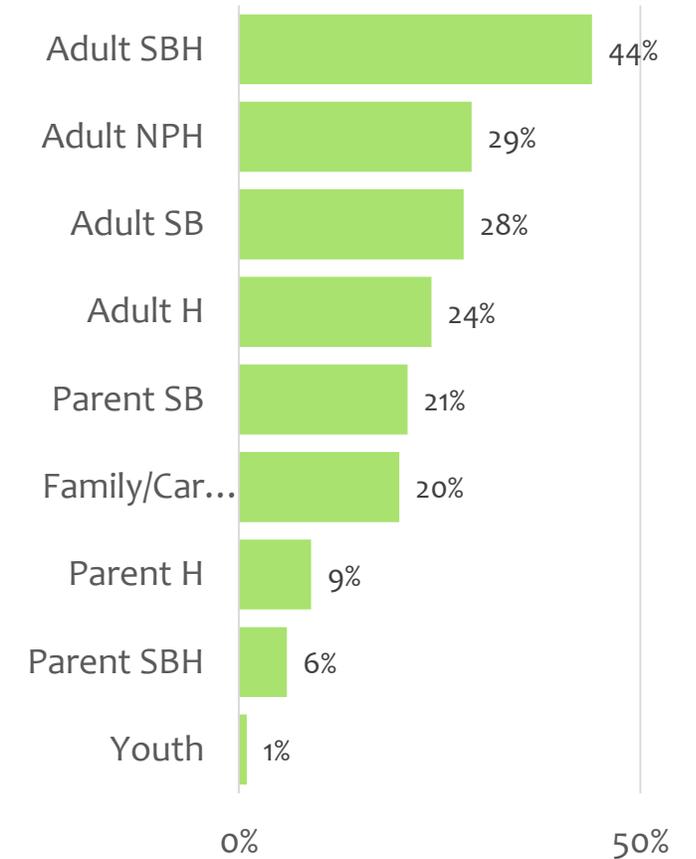
Respondents by Category



Mental Health Feelings – Poor to Very Poor

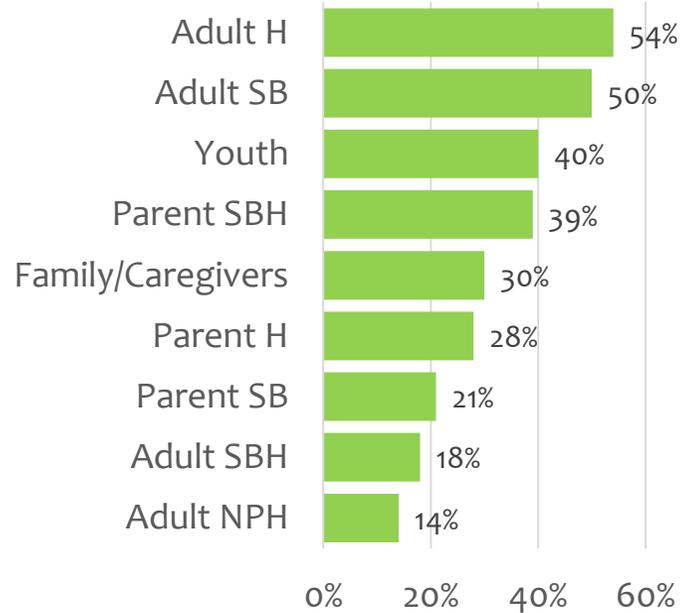


Physical Health Feelings – Poor to Very Poor

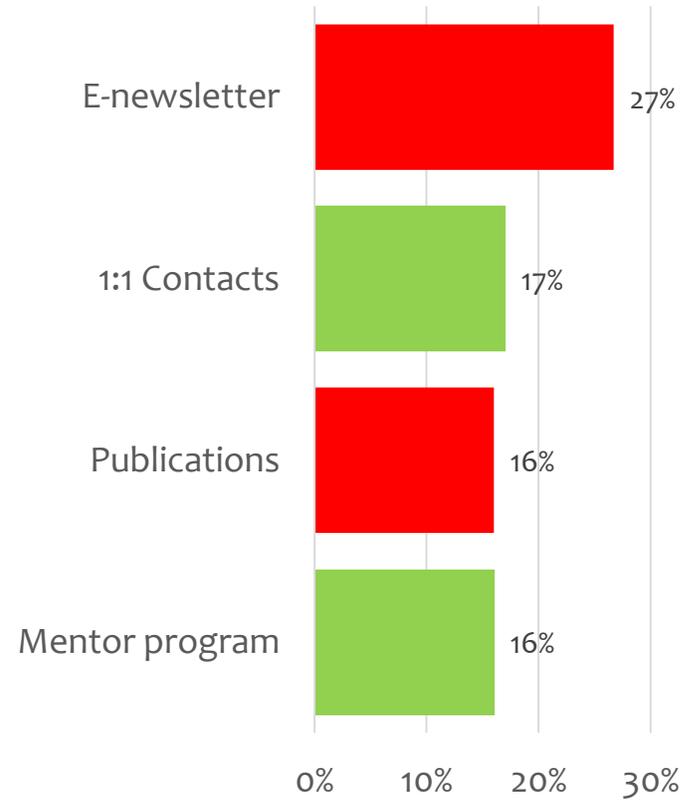


Feedback on Existing Programming

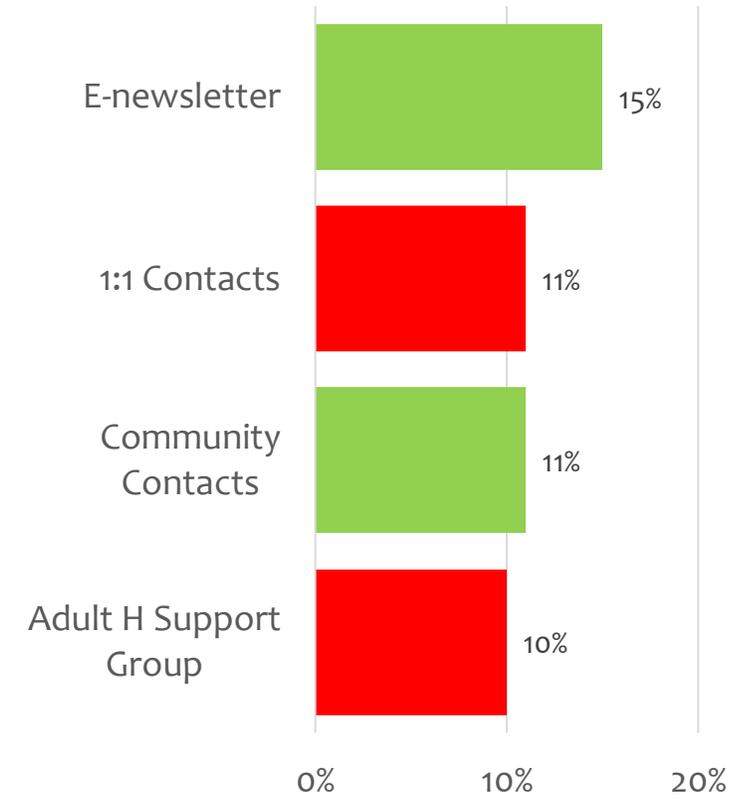
Overall Program Satisfaction: Satisfied & Highly Satisfied



Most Accessed Programs



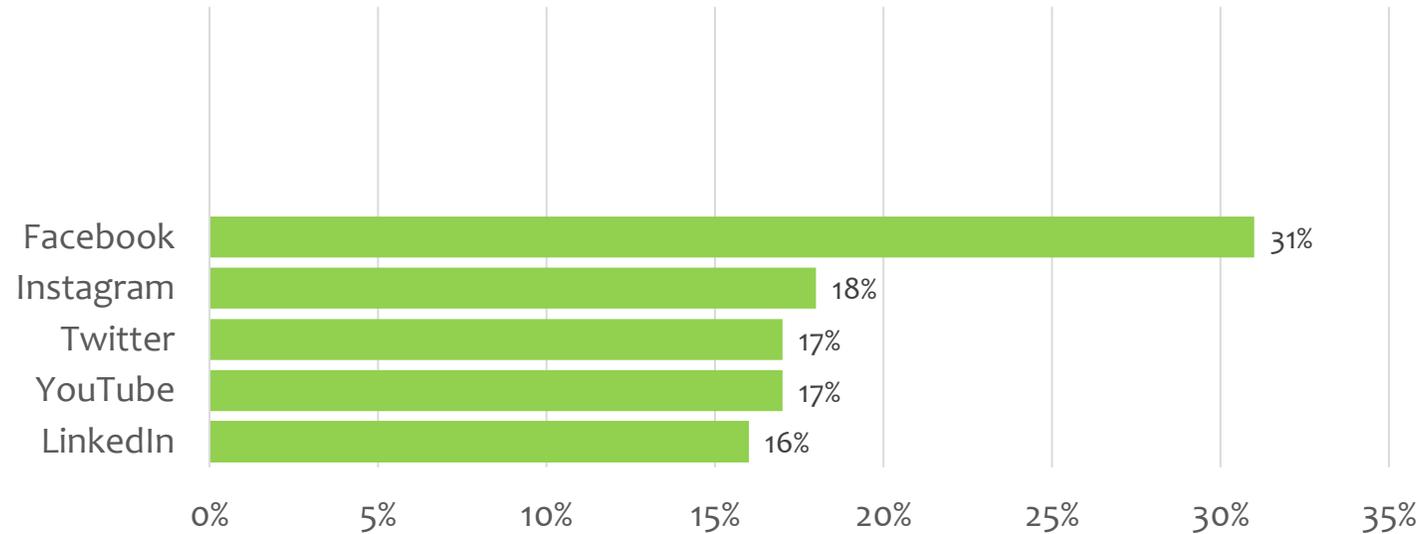
Programs Most Liked



Feedback on Existing Programming (continued)

Social media is gaining in popularity as a communication channel for Hydrocephalus Canada.

**% Respondents that agree
they regularly use and find the following
HC social media useful...**



Improving Preferred Programs

Most Accessed & Programs Most Liked



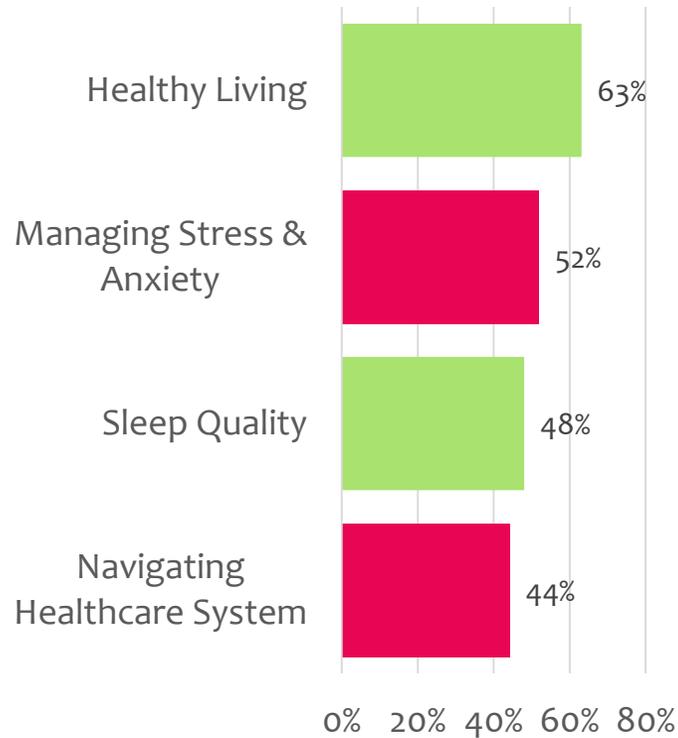
Improvements we plan to do NOW

- ✓ Increase publication of Staying Connected, our E-newsletter, with more articles and stories that matter to you
- ✓ Increase volunteer base to broaden local Community Contact supports
- ✓ Increase our capacity to provide first level of support (1:1 Contacts) to those in need, with focus on individuals with Normal Pressure Hydrocephalus (NPH)

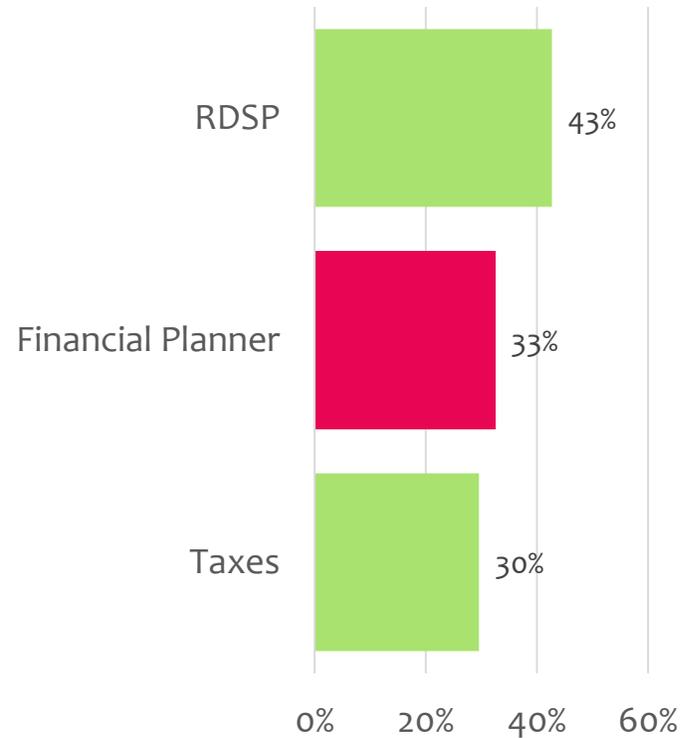
Tools, webinars and programs wanted in the future

Healthy living, and financial planning and security top the list.

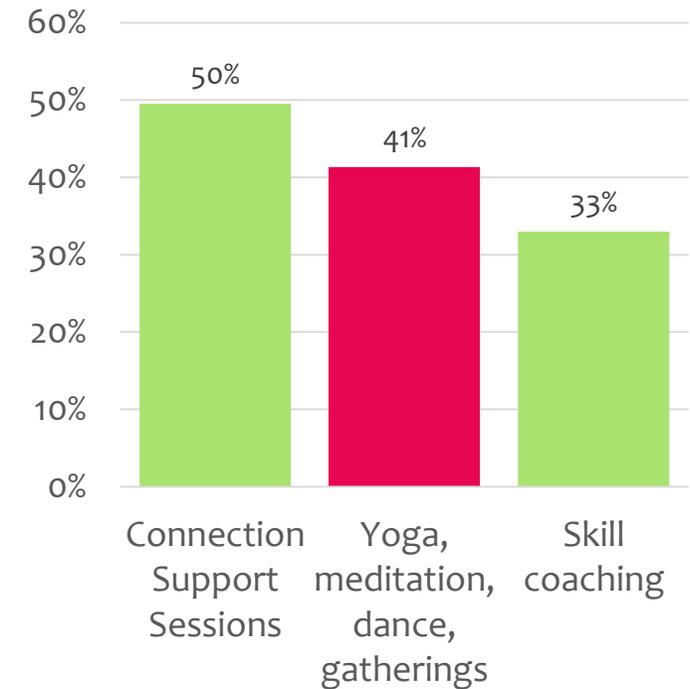
% Respondents that need tools for...



% Respondents that want webinars on...



Virtual Activity Topic Preferences (% of respondents)



Your TOP 3 areas of interest for new programming and resources

#1 Improving Mental Health



What we plan to do NOW

With expertise from a Yoga practitioner from the community

- ✓ Deliver an information session on Yoga & Mindfulness
- ✓ Develop tools to reduce stress and anxiety

Your TOP 3 areas of interest for new programming and resources

#2 Healthy Living



What we plan to do NOW

With expertise from a registered dietician from the community

- ✓ Develop guides for mindful eating, nutrition and healthy living geared specifically to our audience
- ✓ Deliver a virtual group coaching session focused on meal preparation and menu planning, with tools and tips to empower you

Your TOP 3 areas of interest for new programming and resources

#3 Financial Security



What we plan to do NOW

- ✓ Via social media, share webinars and resources on the RDSP as well as financial, tax and other planning tools

Programming Needs & Future Development

Stay tuned for new resources and programming on your **TOP 3** areas of interest, now and over the coming year.



Resources & Activities:

- ✓ Resources and tips for better sleep
- ✓ An introduction to meditation
- ✓ Seated Yoga class series for all audiences with a focus on healing, learning and empowerment

Webinars to Navigate:

- ✓ Parenting a child with Hydrocephalus and/or Spina Bifida
- ✓ Learning disabilities in children, IEP's & supports
- ✓ Sibling caregiving
- ✓ Mental health; tools to recognize symptoms, tips to help stop the cycle



Questions? Ask us!



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