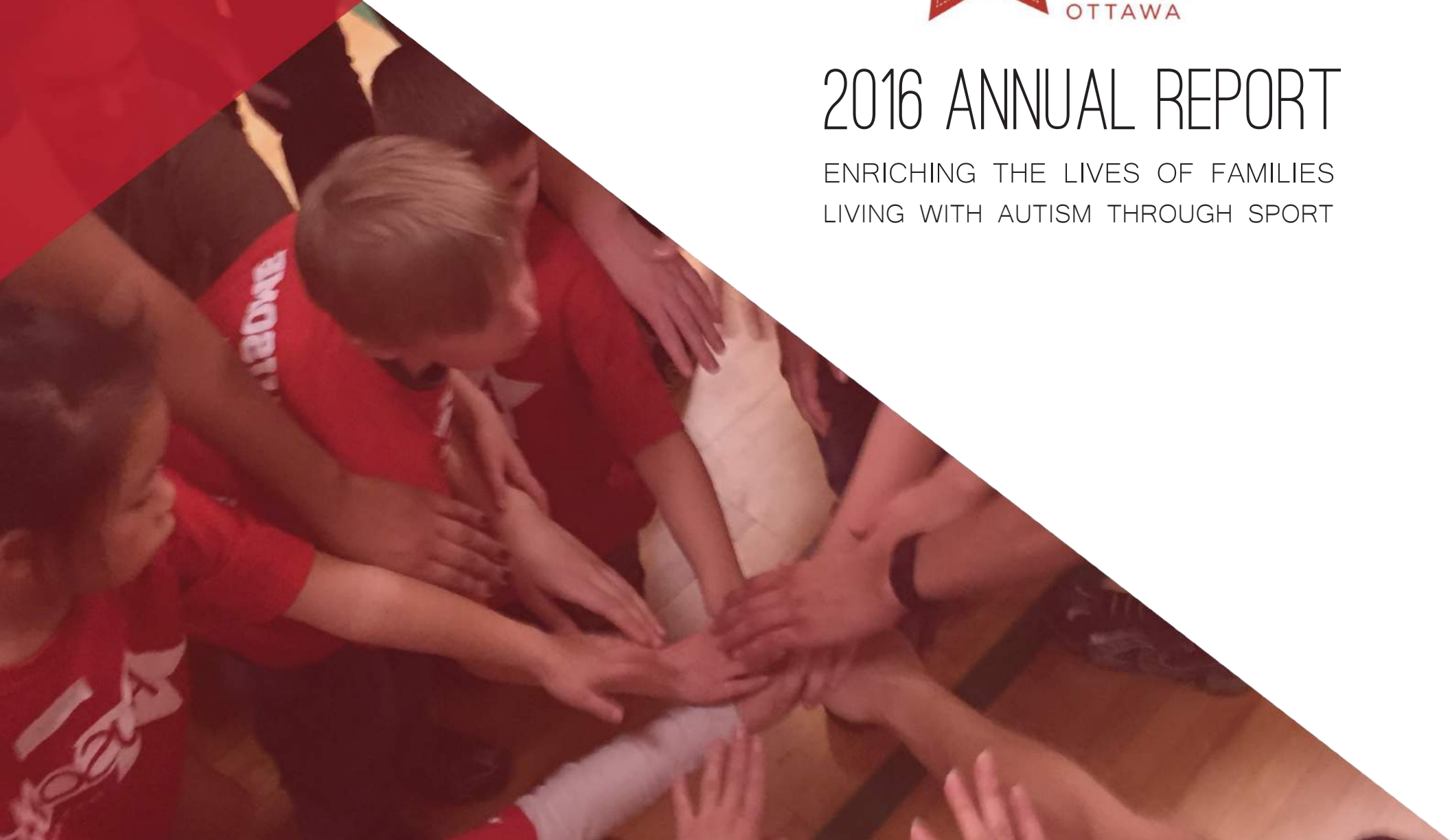




2016 ANNUAL REPORT

ENRICHING THE LIVES OF FAMILIES
LIVING WITH AUTISM THROUGH SPORT



2016 ACCOMPLISHMENTS

23
PROGRAMS DELIVERED

109
INDIVIDUALS PARTICIPATING

60
VOLUNTEERS

258
PROGRAM SPACES FILLED

1012
CHILD HOURS OF SUPPORTED
SPORT & RECREATION

1800+
VOLUNTEER HOURS



OUR VISION

Our vision of 'Ausome' is an opportunity for every kid with autism to participate in sports and recreation in a program that meets their needs. For kids with autism, playing sports and participating in community recreation isn't always easy. Sometimes, programs are not designed to meet the needs of kids with autism. In other cases, financially stressed families just can't afford to enroll, after they have paid for all their child's therapies.

Ausome Ottawa exists to change this. We are the only organization in the community dedicated to providing sports and recreation programs to those living with autism. You can make a difference in the life of a child with autism by investing in Ausome Ottawa. You'll be giving them a safe, inclusive, and fun place to get active with their family and friends.

OUR MISSION

To enrich the lives of families living with autism through **SPORT** and **RECREATION**.

THINGS WE DO

SPORTS & RECREATION PROGRAMS

Innovapost Soccer Sunday was amazing! I have enrolled my child in many, many programs across the city and this was the first one that he was comfortable with on his own. He worked well with the staff and was able to easily adjust to having a new "buddy" each week. This was a huge milestone for him. Also, he participated fully and was engaged for the entire class each week. Big kudos to the staff for such a great program.

Ausome provides sports and recreation programs like soccer, basketball, yoga, gymnastics, water polo and dance, to name a few.

Our programs are different because they are designed to create success for kids with autism. Children are treated as individuals and our approaches to teaching skills and managing the environment are as unique as each child in our program.





BUILDING CAPACITY IN THE COMMUNITY

Ausome has become part of our support system enriching our lives as a family.

Ausome provides training to sports clubs, community organizations, schools and groups working with individuals with autism in a sport or recreation setting. Our workshops provide simple tools and tips that make programming more accessible to those with autism, and also their neurotypical (without an autism diagnosis) peers.

PHYSICAL LITERACY

My son Lukas really enjoyed his time in Fundamental Movement! He's a pretty low active, 'gamer' type of kid, and this program helped get him out and active with others. He had a blast! Thank you!

Ausome provides physical literacy programs to teach kids with autism skills like running, jumping, throwing and climbing.

Lack of physical literacy in addition to social/communication skills deficits are barriers to participation in active play as well as community sports/recreation programs. Ausome provides kids with autism a program with clear visuals, simple auditory cues, and an abundance of enthusiasm and encouragement to give them the opportunity to learn the physical literacy skills that will help them to participate in active play in sports and recreation, on the playground, and in their neighbourhood.

OUR PEOPLE

EXECUTIVE DIRECTOR'S MESSAGE

I am thrilled to be the founding Executive Director for Ausome which my husband, Derek Firth, and I founded in late 2015. It has been inspiring to see how things have developed since we first announced our plans in fall 2015 and then delivered our first sports program on January 28th 2016. The momentum Ausome has as an emerging leader in sports and recreation delivery for kids with autism is creating opportunities for a previously marginalized and underserved population.

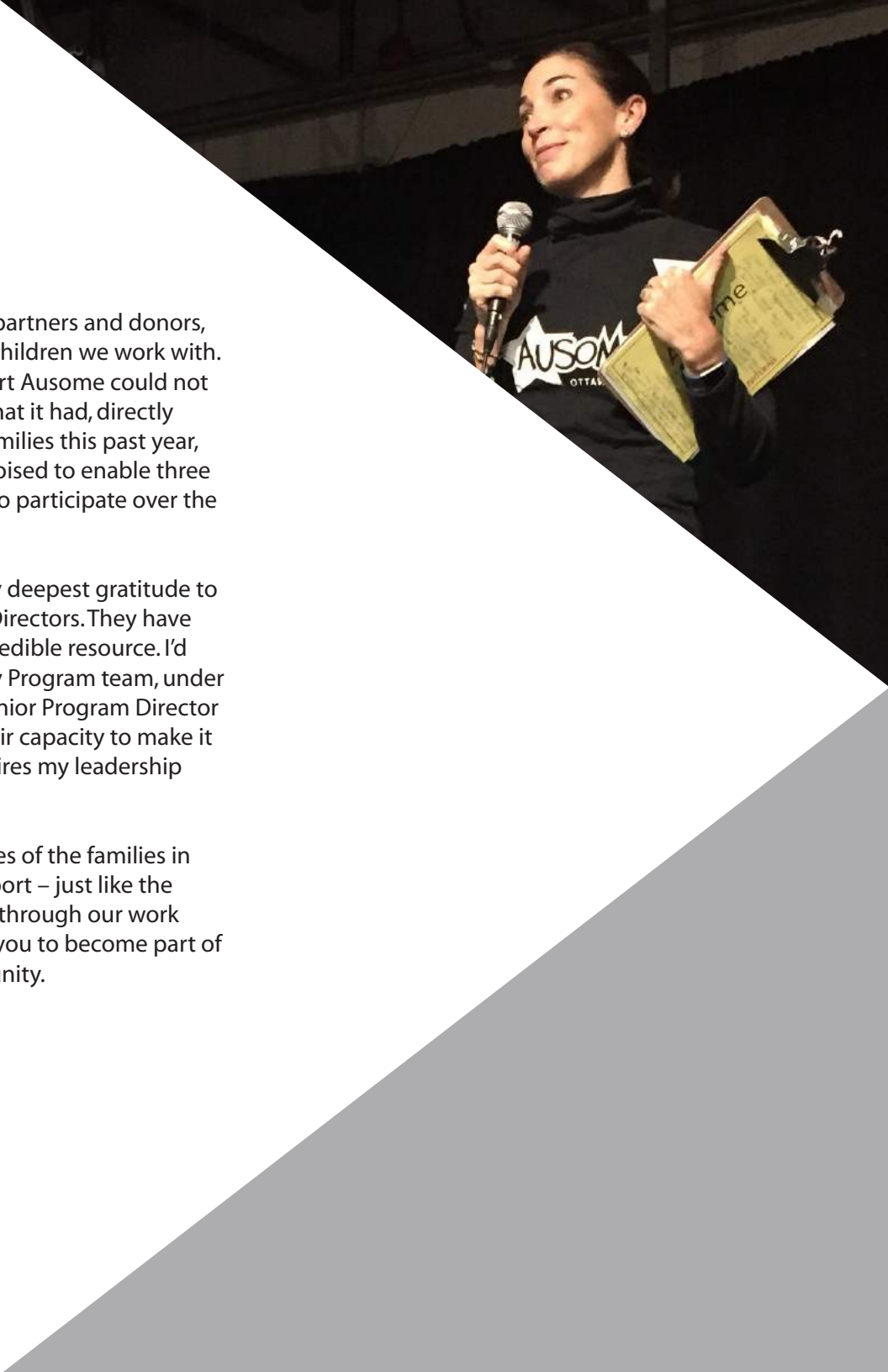
Children with autism (ASDs) have higher obesity rates and lower levels of physical activity than their typical peers. We know there are a myriad of reasons for this and we are addressing each one in a direct and evidence-based way. This melding of sport, fitness, behaviour therapy and social skills in a systematic and thoughtful way is relatively new and we are excited about the endless possibilities that lie ahead.

I want to thank our partners and donors, on behalf of all the children we work with. Without your support Ausome could not have had the start that it had, directly affected over 100 families this past year, and would not be poised to enable three times that number to participate over the next year.

I want to express my deepest gratitude to Ausome's Board of Directors. They have proven to be an incredible resource. I'd also like to thank my Program team, under the leadership of Senior Program Director Anna Whyte. It is their capacity to make it all happen that inspires my leadership every day.

I hope that the stories of the families in the pages of this report – just like the ones Ausome hears through our work every day - inspires you to become part of our Ausome community.

Liisa Vexler



BOARD PRESIDENT & CHAIR'S MESSAGE

Our organization places kids and families at the heart of our work. We're resolute in our approach, just as every parent is resolute in meeting the needs of their child. As you'll see in these pages, the impact of our work - which has only just begun - is being felt across our community.

In early fall 2015, my wife and I set out to create an organization that could provide sports and recreation programs to kids with autism. Our son has a passion for sports and he has autism. Though he has managed to participate in club sports in our community, it has not been without its share of challenges. But from this participation, he derives a sense of self-esteem and community, pleasure, reduced levels of anxiety and overall physical fitness.

With a little research, we found that most kids with autism in our community do not participate in community sports and recreation programs because the programs do not meet their needs and/or they are too expensive. We set out to change this. This first year has been about building an organization based on quality and consistency.

We have built a team of skilled and enthusiastic "doers" and innovators who have already demonstrated that they aren't afraid to take risks and meet challenges so that we can provide the highest quality product for our families and kids.

Going forward, we will build and refine existing programs, with an eye to maintaining standards while building out the potential to reach more children across the region and eventually further. In addition, in the next 24 months, our work will allow us to:

- 1.** Increase capacity of those who work with kids with autism in a sports and recreation setting through training.
- 2.** Develop a robust, replicable and measurable physical literacy program for kids with autism.
- 3.** Continue to train our volunteers, staff and partners so that we can meet the demand for free sports and recreation programs for kids with autism in our community.

I remain as excited, if not more so, about this organization and the impact of its work than the day we launched.

Derek Firth



OUR PEOPLE

BOARD OF DIRECTORS

David Baker - Treasurer
Amy Bienkowski - Secretary
Nicole Daus - Member
Derek Firth - Chair, President
Meg Friedman - Member
Suzanne Jacobson - Member
Katherine Kacew - Member
Niall Sinclair - Member
Karen Wilson - Member

STAFF

Liisa Vexler - Executive Director
Anna Whyte - Senior Program Director
Alix Milk - Program Director
Rachelle Jessome - Program Lead
Kayla Garvey - Program Support





“We’re immensely grateful to our generous donors whose caring and compassion drives their belief that all children deserve the opportunity to thrive through physical activity and recreation.”

–Liisa Vexler, Executive Director

DONORS

THANK YOU TO OUR GENEROUS DONORS

Ausome Ottawa donors are creating opportunities for kids with autism to participate in sports and recreation in our community. Whether you're an individual, family, community group or organization, you are a recognized and valued part of the Ausome team.

The following is a list of generous supporters and their cumulative contributions through the end of 2016.

SEASON TICKET HOLDER DONORS

Ausome would like to thank our monthly "Season Ticket Holder" donors for their commitment. They provide us with a continuous and sustainable source of funding that allows us to confidently build programs for our Ausome kids and families.

Amy Bienkowski
Nicole Dauz
David Humber
Lisa Kimmel
Madelyn Morgan

PLATINUM CIRCLE \$5,000+

Unity for Autism
Francoise & Ron Vexler
Liisa Vexler & Derek, Dexter & Charlie
Firth
1st Anniversary Celebration Donors
& Sponsors

GOLD CIRCLE \$2,500 - \$4,999

Dynes Sports Management
Goodlife Kids Foundation

CHAMPIONS \$1,500 - \$2,499

Anonymous
Innovapost
Women's Philanthropy Collective of the
Jewish Community Foundation of Ottawa

SUPPORTERS \$1,000 - \$1,499

Ottawa Shooting Stars Basketball Club

FRIENDS \$500 - \$999

Dagher / Saadeh family
Dingerz Batting & Pitching
Centre / Ruthian Baseball Academy
Elmdale Parent Council
Ottawa Sports Awards
Maya Mailer & Dan Vexler
Quickie Community Foundation
Esmee Whitaker

FANS \$200 - \$499

Dr. James & Dr. Rena Borovay
Leslie Carter
Lois and Michael Fingerhut
Annie & Bryan Frankfurth
Lauren Frey
Tasha Goh
Carman & Gail Joynt
Maryanne King
Allan Matte
Ottawa Shooting Stars U11 Boys 2016
Jenny Shinder
Susan Thrasher

COMMUNITY \$25 - \$199

Lester & Myra Aronson
Amy Bienkowski
Jean & Vicki Bisson
Dr. Rob Bouclin & Chantal Vallerand
John Brinkman
Lisa Butcher
Jennifer Charron
Anita Cotic
Ruby Dagher
Taylor Davies
Julie Dwyer
Stuart Dwyer
Eagle Eye Entertainment
Richard Foulds
Jennifer Frederick
Alan & Patricia Gale
Simone Gardner
Tsippi Guttmann & Moshe Nahir
Peter Georgariou & Jody Muelly
Lisa Kimmel
Jaden Lairson
Kate Logue
Christie McMann

Madelyn Morgan
Patrick Monaghan
Richard Pearl
Maya Rodal
Stephanie Richardson
Kaitlyn Skinner
Courtney Sauro
Emad Steitieh
Keira Torrko
Lynne Waggott
Allan & Susan Whitton
Nancy Whyte
Dwayne & Ellen Wright
Erin Yeldon

IN-KIND DONORS AND COMMUNITY PARTNERS

Algonquin College
Autism Ontario
Beyond Yoga
Broadway Across Canada
Capital Courts Basketball Training Center
City of Ottawa
Community Pentecostal Church Orleans
Functional Training Academy
Jason Naylor Videographer
InGym
The Miracle League of Ottawa
Nepean Corona School of Gymnastics
Norton Rose Fulbright
Ottawa Champions Baseball Club
Ottawa Senators
Ottawa Titans Water Polo Club
Pro Plus Sports
Santosha Yoga
Soloway Jewish Community Centre
Sweet Smart Design

FINANCIALS

In its first year, Ausome surpassed the modest goals set for the 2016 fiscal year. Our goal was to pilot a variety of programs and deliver them at no charge to families in the most creative and innovative way possible, maximizing output and minimizing cost.

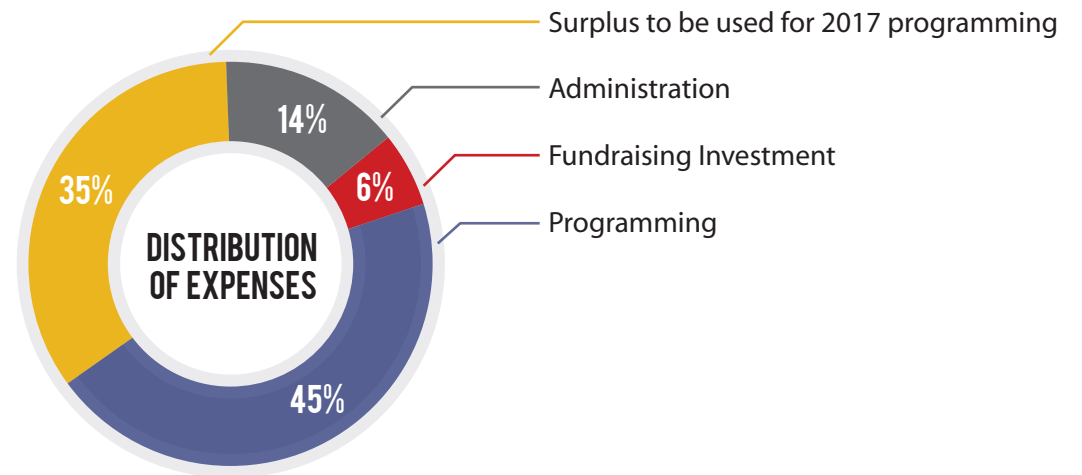
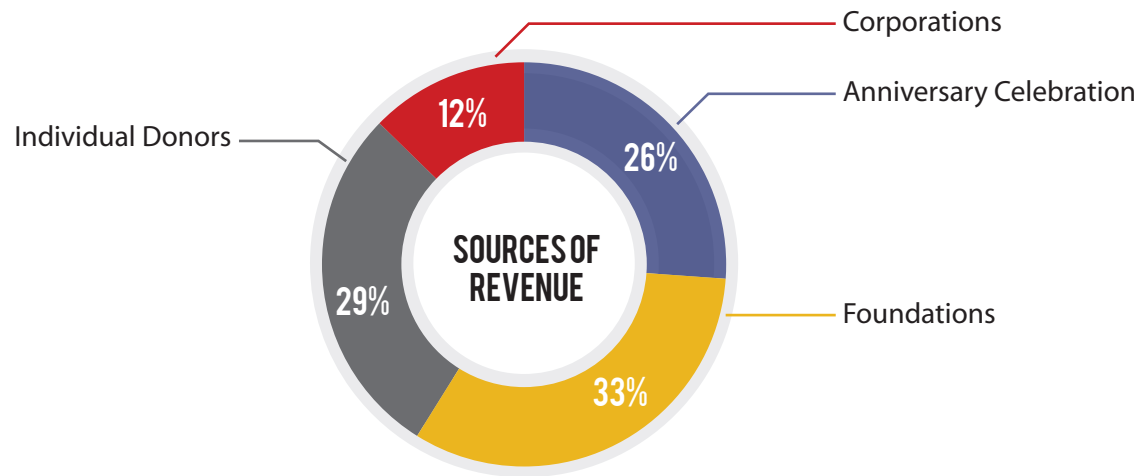
Given the size of our budget, administrative costs appear higher than our ideal target, but we anticipate these costs will remain flat as revenue grows, thus lowering the administrative cost:revenue ratio. We go into 2017 with a surplus which allows us to start the year confident that we can deliver the programming we have planned.


RETURN ON FUNDRAISING INVESTMENT

For every dollar allocated to special events and fundraising, we return \$5.91 to support our programming activities.

All of our sports and recreation programs are offered **FREE** of charge to families. Special events are highly subsidized and full subsidies are offered in some cases to eliminate financial obstacles to participation.

REVENUE AND EXPENSES



The background features a large, abstract composition of overlapping geometric shapes. A prominent white triangle points upwards from the bottom left, set against a backdrop of various shades of red. The reds range from a deep, dark crimson to a lighter, more muted rose hue, creating a layered, dynamic effect.

To enrich the lives of families living with autism through **SPORT** and **RECREATION**.