



IMPACT REPORT

ausomeottawa.com

2017

2017 AT-A-GLANCE



275

PROGRAM
SPACES



750

HOURS OF
TRAINING



2500+

VOLUNTEER
HOURS



>1500

CHILD HOURS OF
SUPPORTED SPORT
& RECREATION

OUR MISSION

TO ENRICH THE LIVES OF
FAMILIES LIVING WITH
AUTISM THROUGH **SPORT**
AND **RECREATION**

OUR VISION

Our vision of 'Ausome' is an opportunity for every family touched by autism to enjoy sport and recreation free of barriers.

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 enrol 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 will be giving them a safe, inclusive and fun way to get active with their family, friends and community.

THINGS WE DO

SPORTS & RECREATION PROGRAMS

Ausome provides sport and recreation programs like soccer, basketball, gymnastics, water polo and camps.

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.

PHYSICAL LITERACY

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

Research has shown that children with autism have higher obesity rates and lower levels of physical activity than their typical peers. To address this, Ausome provides programs with clear visuals, simple auditory cues, and an abundance of enthusiasm and encouragement. This gives children 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 neighbourhoods.

AUSOME PROFILE: MEET SUMMER

TRAINING & EDUCATION

Ausome provides training and education 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.



**ANIMAL-ADORING, FUN-LOVING
AND ACTIVE JUJUBE HEISTER,
BELLY-LAUGHING PIZZA DOUGH KNEADER
& ALL AROUND AUSOME KID!**

OUR PEOPLE



EXECUTIVE DIRECTOR'S MESSAGE

Over the past two exciting years, Ausome has emerged as a leader in sport and recreation delivery to children with autism. We now know that it is possible to effectively provide opportunities for physical activity to this marginalized and underserved population.

There are a myriad of reasons that children with autism are not as active as their peers, and we are addressing each one of these in a direct and evidence-based way. We will continue to draw on existing expertise in the sport, fitness, behaviour therapy, physical and occupational therapy fields in a systematic and thoughtful way to achieve our goal of breaking down barriers.

On behalf of all Ausome families, I would like to thank our committed partners, donors, volunteers and staff. Without your support Ausome could not continue to increase its impact on our community and grow as we have.

The most energizing part of my work is hearing stories of kids and families who experience the joy and the benefits of physical activity through Ausome. They tell us about the impact that these programs have on their physical and mental well-being. It's my hope that through the story told in this Impact Report, we inspire you to become part of our Ausome community.

Liisa Vexler



FAMILY PROFILE: MEET THE KITORS



BOARD PRESIDENT & CHAIR'S MESSAGE

When Ben's mom emailed to tell us that as a result of Ausome Basketball, Ben is going to the park to shoot hoops after school every day, it made me smile. When I learned that he had NEVER wanted to go to the park before this, I was thrilled. This is the essence of Ausome — giving kids the tools and self-confidence to run, jump, throw and play in their community.

Not only are kids like Ben becoming more active through Ausome, they are helping the rest of us learn. They remind us to focus on abilities rather than disabilities, and they shine a light on the abilities and the challenges of children with autism in the larger community. Both of these lessons are part of the education that must happen to make our community and society more inclusive.

These first couple of years have been about testing feasibility and building an organization based on innovation, quality and consistency. It is an honour to be part of an enthusiastic and dedicated group of staff and volunteers singularly focused on the future of Ausome and the impact on the kids and families in our community.

I am particularly excited about increasing the awareness about autism and other invisible disabilities among coaches and instructors. Ausome training and education programs are poised to change the way sport think about inclusion for this population.

With your continued support, we will strive to find new ways to allow children with autism to enjoy the benefits of sport and physical activity, while building on what we have done thus far.

Derek Firth

We discovered Ausome through word of mouth, and it has been the most fantastic gift to our family. Ausome kids enjoy sports in a gently supportive, energetic atmosphere at their own pace; where the focus is on fun, laughter and inclusion. This allows the discovery of a love of sports to hatch naturally and with great gusto. Parents can leave their kids in the company of amazing staff members and committed volunteers, and not be concerned about judgement. Ausome kids are surrounded by the deepest care.

**Our 10 year old son, Finn Patrick, has this to say about Ausome Ottawa:
"It's 100% great!" (Big smile on his face)
We couldn't agree more.**

OUR PEOPLE

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OUR DONORS

THANK YOU TO OUR GENEROUS DONORS

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.

Albert Family
Amy Bienkowski
Shannon Glenn
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Lisa Kimmel
Madelyn Morgan

GOLD CIRCLE \$10,000+

Goodlife Kids Foundation
Ontario Trillium Foundation
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SILVER CIRCLE \$5,000-\$9,999

Bushtukah
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Liisa Vexler & Derek Firth

BRONZE CIRCLE \$2,500-\$4,499

3 on 3 in the 613 Tournament
Dagher/Saadeh Family
Innovapost
Community Foundation of Ottawa



CORPORATE DONOR: MEET STATERRA

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ALYSEN CLARK, PRESIDENT
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Ausome Ottawa donors are creating opportunities for children with autism to be physically active 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 2017.

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

Enterprise Holdings Foundation
Golden Palace Restaurant
Jewish Community Foundation of Ottawa
Staterra Inc
United Way

Mailer/Vexler Family
Allan Matte
Ottawa Sports Awards
Portia Learning Centre
Esmee Whitaker
Lois & Michael Fingerhut
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SUPPORTERS \$1,000 - \$1,499

Frank Ryan Catholic Middle School
Ottawa Shooting Stars Basketball Club
Quickie Community Foundation

FRIENDS \$500 - \$999

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Ilia Fabbri, Realtor
Tasha Goh
Manoj Hippola
Kathryn Kaminsky

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Sean O'Brien, EA Sports
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Soloway Jewish Community Centre
Shawn Waggott



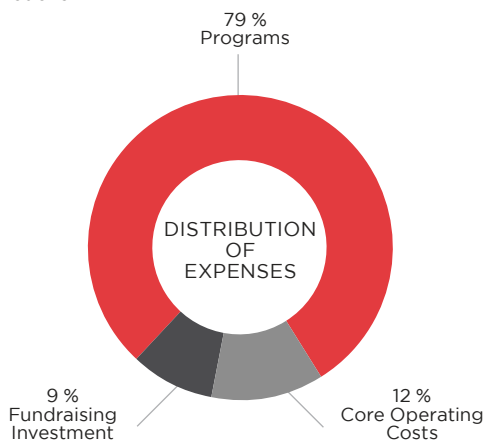
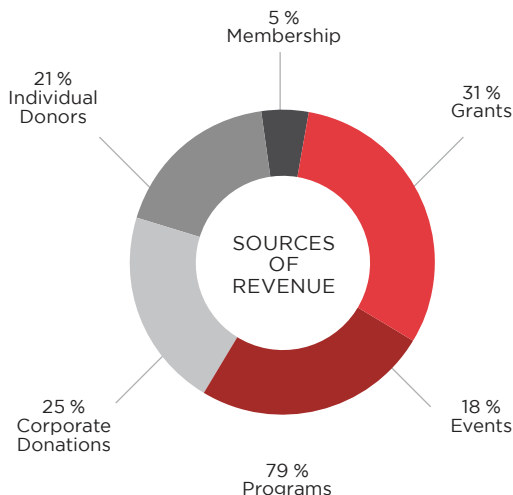
Thank you to the hundreds of donors whose gifts of all sizes make Ausome possible.

Staterra Inc. is an Ottawa based research and development company, specializing in superior supplementation and nutrition. We partnered with AUSOME last year because of our desire to be further involved with the community, and because we felt that the work that AUSOME was doing was amazing and deserved more recognition. Having the opportunity to volunteer with the kids one-on-one and assist in building awareness for such an amazing charity inspires us daily. We are humbled to be partnered with such a fantastic organization and so proud of the work their staff and volunteers are doing.

FINANCIALS

In 2017, Ausome doubled its budget and its impact.

As we continue to build infrastructure, we are focused on increasing the quality, quantity, and sustainability of our programs and impact.



AUSOME FEEDBACK

Every sport my child has participated in with Ausome has been outstanding. Ausome has been a huge blessing and gift for our family. - CHRISTINA H.

The soccer program has given our son invaluable confidence and skills to handle himself in both the school play-yard, gym and soccer pitch.

- SHANNON G.

This program has boosted his confidence and made him have something to look forward to every week. He is excited about sports... and can't wait to be part of more programs with his new friends.

- ALLISON L.

We have now participated in several Ausome programs, and all have been top-notch.... This is an incredible resource for families to have — for free.

- ANONYMOUS

For **every dollar** invested in fundraising, **we return**

\$10.70

to support our programming activities

**ALL OF OUR SPORTS AND RECREATION PROGRAMS ARE OFFERED
FREE OF CHARGE TO FAMILIES.**

Camps and training programs are highly subsidized,
and full subsidies are offered based on need.





**Enriching the lives of families living with autism
through sport and recreation.**



ausomeottawa.com

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