

FIVE SAVE LIFE'S NEWSLETTER



NATIONAL ACCESSABILITY WEEK

MAY, 2026

BENEFITS

PHYSICAL DISABILITY SUPPORT SERVICES FOR CHILDREN

Families raising children with physical disabilities often need specialized equipment, therapy services, and community support. Like the organizations below:

Easter Seals Ontario

A well-known charity that supports children and youth with physical disabilities. It helps families obtain mobility and accessibility equipment, provides grants for supplies such as accessible summer camps and educational resources that promote independence and inclusion.

<https://www.easterseals.org/>

Special Services at Home (SSAH)

A program that provides funding to families caring for children with physical or developmental disabilities. The funding can help families access support services at home and encourage children's participation in everyday activities.

<https://www.ontario.ca/page/special-services-home>

Saving Kids Foundation

A Canadian non-profit organization that provides essential mobility equipment such as customized wheelchairs, therapy support, and emergency assistance to families raising children with mobility challenges.

<https://savingkidsfoundation.ca/>



SUPPORTING FAMILIES OF CHILDREN WITH PHYSICAL DISABILITIES

BY ABIR ABOU KHEIR

Raising a child with a physical disability can be a fulfilling experience, but it may also present unique challenges for families. Parents often need to manage medical care, therapy appointments, and daily support for their child while also handling work, household duties, and other responsibilities. These demands can sometimes lead to stress, fatigue, or emotional pressure.

A helpful way for parents to support their child is by learning more about the disability and how it affects everyday life. When parents understand their child's physical needs, communication style, and abilities, it becomes easier to create supportive routines and encourage independence. Knowledge can also help families feel more prepared when working with teachers, healthcare professionals, and support services.

It is equally important for parents to care for their own emotional health. The responsibilities of caregiving can feel overwhelming at times, and speaking with a counsellor or therapist can offer a safe environment to talk about challenges and develop ways to manage stress.

Parents may also benefit from practicing simple self-care strategies. Activities such as relaxation exercises, taking brief breaks, or engaging in hobbies can help reduce tension and maintain emotional balance.

Building connections with other families who have similar experiences can also make a difference. Parent support groups provide opportunities to exchange ideas, share encouragement, and remind families that they are not facing these challenges alone.

When parents receive support and take care of their well-being, the whole family benefits. Feeling supported allows parents to provide consistent care, understanding, and encouragement for their child's growth and development.

FIVE SAVE LIFE'S NEWSLETTER

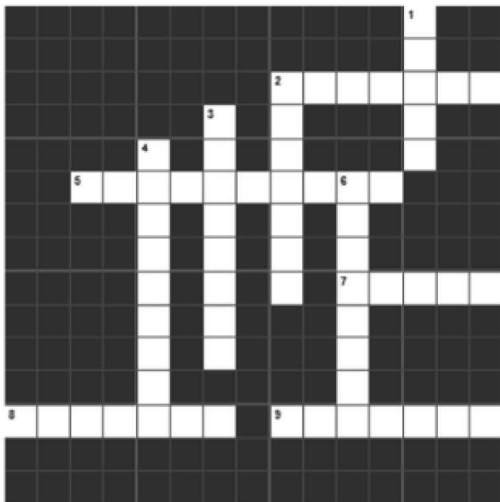


NATIONAL ACCESSABILITY WEEK

MAY, 2026



[ONTARIO DISABILITY SUPPORT PROGRAM](#)
[WATCH THE WORKSHOP](#)



Across

2. Maintain cleanliness
5. Set personal limits
7. Unwind and de-stress
8. Write down thoughts
9. Focus on inhaling and exhaling

Down

1. Restful state at night
2. Drink enough water
3. Practice mindfulness
4. Healthy food intake
6. Physical activity for health

CLIENT'S BUSINESS

TWO-BEDROOM
LONDON, ON

\$1600

**APARTMENT
FOR RENT**

Included

1. Utilities
2. Internet
3. Arabic Channels

From May 6 to August 10

WhatsApp: (226) 503 - 2104