



ABILITY
NEW BRUNSWICK
Empowering mobility and independence

www.abilitynb.ca



Ability NB is a community-based, provincial non-profit organization governed by a passionate volunteer Board of Directors.

Our mission

Our mission is to empower the independence and full community participation of persons throughout New Brunswick who have a mobility disability.

Who we work with

Our priority is to reach out and work with New Brunswickers of all ages who have a mobility disability, as well as their families and caregivers. A mobility disability may be any condition that affects the ability to move, ranging from lack of coordination to complete paralysis. We work with persons with spinal cord injury, cerebral palsy, spina

bifida, multiple sclerosis, muscular dystrophy, amyotrophic lateral sclerosis, friedreich's ataxia, stroke, amputation & others.

Our program & services

The sudden reality of an injury or the onset of any mobility disability can be frightening and overwhelming. With determination and the right supports, we can help people navigate the community in new ways, become as independent as possible, and rediscover all that life has to offer.

Rehabilitation counselling & Seniors Navigator services

Rehabilitation Counsellors (for ages 31 to 54) and Seniors Navigators (for ages 55+) are facilitators, navigators and personal guides who:

- Work one-on-one to brainstorm, plan, solve unmet needs and set goals;
- Have, or can learn and build, the information and resources needed to understand options, make choices and decisions, and to reach goals;

- Bring teams together to provide effective support;
- Help access services and supports;
- Provide support, encouragement and empowerment.

We may help: get appropriate medical services; find accessible housing; apply to financial programs; find ways to remain at home; get accessible transportation; get a job or volunteer; secure home support services; get involved in adapted sport & recreation.





Transition NB program

Transition Planners work one-on-one with youth (for ages 16–30) with a mobility disability to reach education and career goals.

We may help: develop a plan; identify career options & find jobs; research employers & the job market; develop a resume, cover letter, portfolio, & prepare for interviews; find accessible, affordable housing & transportation; and connect with specialists to secure equipment, technology, assistive devices, educational assistants, tutors and/or note takers.

Para NB – Sport & Recreation program

Ability NB supports the sport and recreation sector in parallel program development through accessibility reviews, program and facility consultations, and connections to accessible services. We offer guidance on adapted equipment, funding sources, and community engagement. Our free, bilingual Equipment Loan Service provides adaptive sport and recreation equipment throughout the province. From grassroots to competitive levels, we link individuals with a physical disability, coaches, and volunteers to inclusive opportunities.

Peer Mentorship program

Ability NB offers “someone who’s been there” as a mentor, role model and connector. Peer mentor volunteers have personal experiences with a mobility disability and have made positive personal adjustments. Peer volunteers provide mentorship one-on-one, with family members and through peer group support. Peer group support is provided through virtual and in-person activities. Peer mentors provide support by listening, sharing

their experiences and providing practical information and tips.

Public policy & community development

Ability NB is a voice for persons with a mobility disability. We empower communities to identify, reduce and eliminate barriers to community participation. We work closely with all levels of government and community leaders to develop progressive public policy and build inclusive communities based on the priority needs of those we serve. We create change through action such as research, consultations, development of position papers, presentations to and partnerships with policy makers, awareness activities and active involvement in key committees and leadership teams in New Brunswick and nationally.





Accessible NB program

This program is designed to help New Brunswick foster more accessible work and community environments. Certified Ability NB staff conduct accessibility reviews, prepare recommendation reports of review findings, and educate reviewees on best practice standards. The program also consults on various accessible built environment and universal design topics.

NB Vehicle Retrofit program

Ability NB provides some financial help for the purchase and installation of eligible retrofitting and accessibility features for vehicles. Some features eligible for assistance include new:

- Wheelchair/scooter lifts and ramps
- Roof, floor and door alterations
- Specialized seating
- Hand controls
- Wheelchair tie downs & restraint systems

We also help connect to specialists and suppliers to get the right recommendations and equipment.





Community awareness & navigation

Ability NB offers reliable disability related information. If you have questions, we should be your first call. We offer information on topics from travel, recreation, transportation, adapted equipment, vehicle modifications, funding programs to universal design standards. We make links, connections and referrals to programs and services. We provide



in-services, workshops, information displays and other learning opportunities on various topics.

How do I refer myself or someone else?

Please contact us at **1.866.462.9555** or **info@abilitynb.ca**. Our services are confidential.

Donate today!

www.abilitynb.ca/donate



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