

Application of community-based research and equity-based co-creation methods to enhance access to children's rehabilitation services

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Agenda

1. Our context: Who faces barriers to access care in Canada and why should we address these concerns?
2. How can community-based participatory and co-design approaches be used to improve access and equity in children's rehabilitation
3. What are the key tenants to equity-based co-creation and how were these applied in children's rehabilitation projects?

APPLICATION OF COMMUNITY-BASED RESEARCH AND EQUITY-BASED CO-CREATION METHODS



Set Clear Roles and Accountability Structures
needs to be involved in leadership)

Group 1

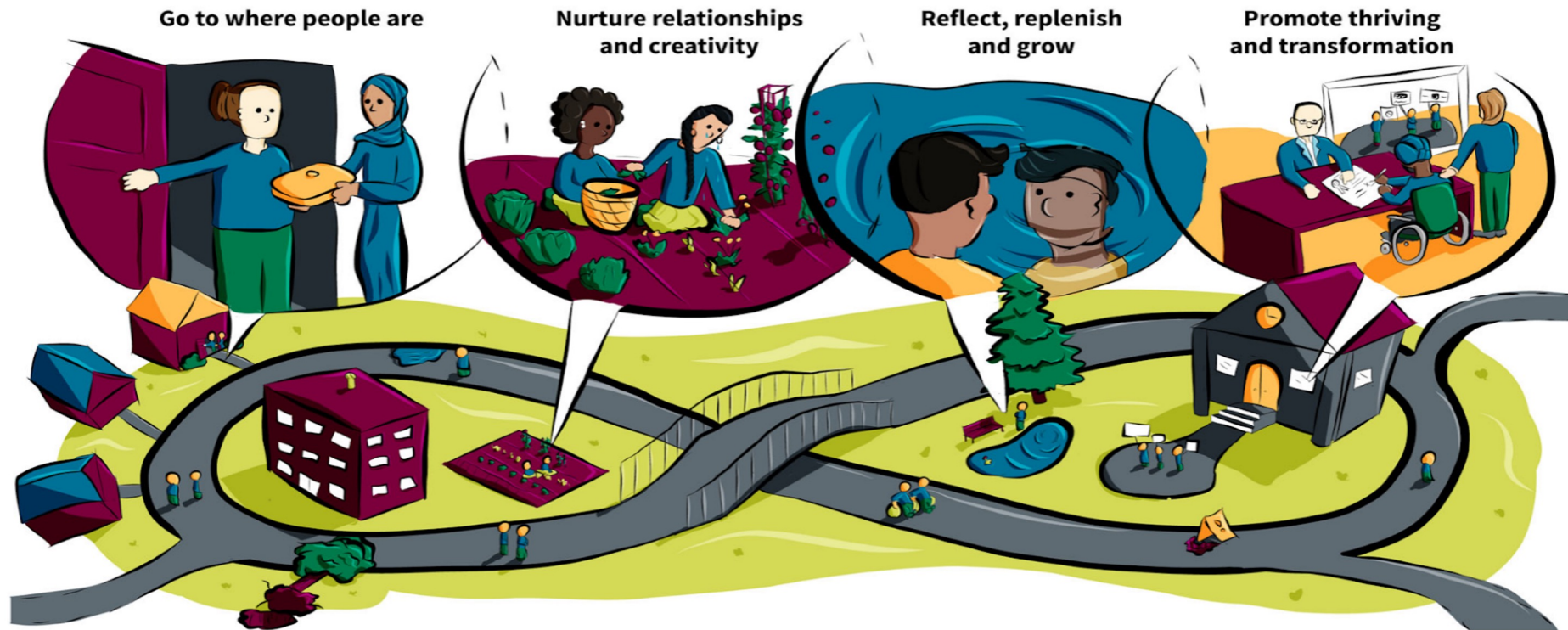
Develop Inclusive Policy Skills

- What concrete policy or program changes can be implemented in the short term (6-12 months) to address these intersections?
- How can these policies ensure accessibility, cultural responsiveness and anti-stigmatisation/ableism frameworks simultaneously?

Access to services at the organizational level
→ Lack of support that is needed in the resettlement process, or provide the federal level.
→ Inadequate training and ability to lack of policy requirements → lack of Advocacy of Funding (bottom-up approach)

Support Services

The Vision for Equity-Based Co-Creation



Phoenix, M., Moll, S., Vrzovski, A., Bhaskar, L. T., Micsinszki, S., Bruce, E., . . . Consortium, C. (2024). Advancing a collective vision for equity-based cocreation through prototyping at an international forum. *Health Expect*, 27(2), e14041. doi:10.1111/hex.14041

Go To Where People Are: Example COFFEE and PLAY

Physical Spaces

- Missed in-centre rehabilitation appointments often lead to discharge
- Upstream, low barriers, public health-informed speech-language pathology programs are recommended
- COFFEE AND PLAY was piloted as a drop-in program on a school playground, where parents can join with their children (ages 0-3.5 y/o)

Recognizing Readiness

- Critical to understand history of harms for particular communities in research, education, & healthcare
- Working with partners to start where families have established relationships & trust

Language Choices

- Recognize that academic jargon and medical concepts may be unfamiliar and need description, beyond language translation



Reflect, Replenish and Grow: Example Co-designing solutions to improve experiences with pediatric telerehabilitation

Reflect on the Problem

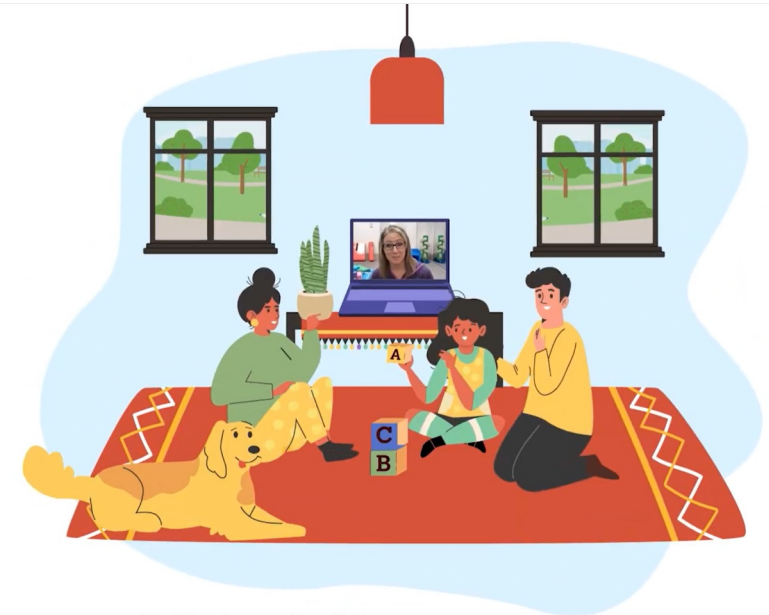
- Is telerehabilitation working for everyone?
- Is improving telerehabilitation services a priority for those most impacted by it? (families and clinicians)

Replenish Through Collaborative Problem Solving

- Acknowledge a need for improvement
- Address the community identified need through a co-creation process that engages families, clinicians and health service decision makers in all stages

Grow Through Shared Solutions and Understanding

- Shared ownership and investment in solutions developed through co-creation
- Gain a deeper understanding and empathy for co-creation partners' positions and perspectives



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Nurture Relationships and Creativity: Example CONNECTS project

Inclusive & Flexible Participation

- In-person group interviews, Individual online interviews and choice-based options to support comfort and accessibility

Language Access & Cultural Inclusion

- All interactions held in participants' preferred spoken language (Farsi, Urdu, Arabic, and Somali)

Accessible & Respectful Engagement

- All study communications provided in participants' languages
- In-person interpreters available as needed

Outcome

- Reduced systemic barriers & Culturally safer and equitable engagement



Thriving and Transformation

Why Family Stories Matter

- Fragmented and unfamiliar service systems
- Financial strain and resource insecurity
- Gaps in culturally safe, family-centred care

Centering Family Voices in Co-Design

- Builds empathy and shared understanding
- Strengthens collaboration among caregivers, providers, and leaders
- Drives meaningful, culturally responsive solutions

Moving Beyond One-Size-Fits-All Care

- Address holistic family needs
- Acknowledge trauma and migration experiences
- Embed language access, accessible communication, and inclusive care practices



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CONNECTS

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COFFEE and PLAY

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