

The Meaning of Health and Wellness for Adolescents and Youth with SB

Dear Member:

You are receiving this email to notify you about an ongoing research study at Holland Bloorview Kids Rehabilitation Hospital.

We are exploring what health and wellness means to young people with spina bifida and what sort of things you do or want to do to be healthy and feel good.

Who can take part?

- Young people with Spina Bifida between 10-24 years of age
- Able to communicate in English and take part in a conversation
- Have home internet connection
- Have access to a camera (or cellphone with an inbuilt camera)

What's Involved?

- Take 3-4 photos per week for 2 weeks that show what health and wellness means to you
- Share your photos with us during a 45 min-1 hour interview that will take place online using a free, secure meeting program
- You will not be required to travel to Holland Bloorview to take part

Participants can also receive volunteer hours.

How do I participate?

If you are interested in taking part in our study or have additional questions, please contact Celeste Lumia at 416-425-6220 ext. 3087 or clumia@hollandbloorview.ca, she will get back to you shortly. Contacting us does not mean that you have to participate in the study.