



## Impact of Donations by Dollar Value

Every dollar donated to Federated Health Charities makes a difference. See how those dollars combine to make a collective impact on health research and programming across Ontario.

### **Up to \$50 Impact (Less than \$2 per pay cheque)**

**\$5** helps fund educational services like **Diabetes Canada's** 1-800 BANTING line which responds to over 12,000 diabetes inquiries each year, providing compassionate support, helpful information, and access to vital services.

**\$10** helps **Diabetes Canada** fund advocacy efforts like Bill C-64, the first step towards national universal pharmacare and expanded coverage for essential diabetes medications.

**\$25** helps fund projects like **Diabetes Canada** D-Camps which support 9 Summer Camps, 12 Family Camps, and 7 Leadership Development Program Camps, creating unforgettable moments for over 1,200 kids and teens living with diabetes.

**\$30** provides one hour of expert help finding essential equipment, an accessible home, a job or other necessary items for clients of **Spinal Cord Injury Ontario**.

**\$50** provides a resource kit to support families navigating an autism diagnosis through **Autism Ontario**.

**\$50** helps fuel groundbreaking research through **Diabetes Canada**! Since 1975, donors have helped provide over \$160 million in research funding to end diabetes.

**\$50** supports **Parkinson's** IQ + You, an event series designed to empower people living with Parkinson's and care partners to manage the condition, learn about the latest research, and connect with local resources.

**\$50** enables a **Canadian Cancer Society** information specialist with the Cancer Information Service to help someone newly diagnosed with breast cancer understand and cope with their diagnosis.

**\$50** covers healthy meals for one day of leadership training by the **Ontario AIDS Network**.

## Impact of \$51 - \$150 in Donations (Less than \$6 per pay cheque)

**\$72** to the [Kidney Foundation](#) will provide a blood pressure monitor for a kidney patient.

**\$75** provides childcare for a woman living with HIV so she can attend an [Ontario AIDS Network](#) program.

**\$78/year** supports Canadian youth in accessing the tools to help them quit smoking or vaping through the [Lung Health Foundation](#), setting them up for a healthy future.

**\$80** provides 3 weeks of U-First!®, an [Alzheimer Canada](#) training program that helps non-registered health care providers develop a better understanding of Alzheimer's disease and other cognitive impairments through shared knowledge, teamwork, and person-centered care.

**\$85** covers the cost of materials for one [Liver Canada](#) client to attend a liver health education session for school-aged children, teaching them about the importance of liver health for life.

**\$100** provides a workshop on essential tools & strategies for one family from [Autism Ontario](#).

**\$100** buys a new battery for a needed [Spinal Cord Injury Ontario](#) client's power wheelchair.

**\$125** provides short-term financial assistance to cover emergency living expenses such as groceries for a [Kidney Foundation](#) client.

**\$130** covers the cost of installing bathroom grab bars to increase independence at home for [MS Canada](#) clients.

**\$130/year** connects a [Lung Health Foundation](#) client with much needed supports such as *My Lung Health Coach*.

**\$130** provides an online educational webinar for a [Chron's and Colitis Canada](#) client to increase understanding about IBD for those affected by these chronic diseases.

## Impact of \$151 - \$500 in Donations (Less than \$20 per pay cheque)

**\$165** allows **Liver Canada** to cover the cost of 1 genetic test for hereditary liver conditions for high-risk families.

**\$200** trains a **Spinal Cord Injury Ontario** Volunteer Peer Mentor who can then effectively share their experiences and knowledge with a newly injured client.

**\$210** sponsors one peer-led virtual support group session for 20 **Liver Canada** clients.

**\$250** provides 10 **Autism Ontario** clients the ability to attend a community event that promotes inclusion, understanding and awareness.

**\$250** funds a peer-to-peer mentoring program between the most experienced and qualified nurses to support newer cystic fibrosis nurses through **Cystic Fibrosis Canada** to enhance the quality of clinical care provided to people living with CF.

**\$260** supports one **MS Canada** peer support group for a year.

**\$260/year** supports early career researchers taking the steps to identify future discoveries through the **Lung Health Foundation**.

**\$300** covers the technology and translation supports that make training inclusive to French speakers for **Ontario AIDS Network** programming.

**\$432** will provide short-term emergency financial assistance to a **Kidney Foundation** client to cover transportation expenses to dialysis treatments over a four-month period.

**\$500** provides 2 autistic individuals the ability to attend a specialized social & skills building multi-week program through **Autism Ontario**.

**\$500** provides 5 sessions of 15 hours for a person living with dementia to take part of **Alzheimer Canada's** respite program "The Social".

**\$500** supports an **Institute for Advancements in Mental Health** client and their family of caregiver's access counselling, family education, and navigating the healthcare system and available community resources.

**\$500** covers the cost of orthotics for a **Hemophilia Ontario** client.



**\$500** provides a low-income **Sickle Cell Awareness Group of Ontario** client with emergency access to Hydroxyurea for 3-4 months, an important medication that improves health outcomes.

### **Impact of \$501 - \$1000 in Donations (Less than \$40 / paycheque)**

**\$520** provides funding towards an air conditioner to an **MS Canada** client which helps alleviate some MS symptoms that increase in severity due to heat.

**\$520** helps new and existing IBD patients cope with their disease through the Gutsy Patient Support Program for **Chron's and Colitis Canada** clients living with IBD, connecting them with leading medical experts in the field of IBD.

**\$600** funds the Canadian **Cystic Fibrosis** Registry which gives a comprehensive picture of the cystic fibrosis population in Canada and can be a vital resource for researchers.

**\$725** establishes a patient-researcher partnership grant to integrate lived-experience into study design with **Liver Canada**.

**\$750** sponsors a full three-day leadership journey for one **Ontario AIDS Network** client living with HIV, who will then reach dozens more through education, awareness and support.

**\$1000** provides 50 autistic individuals with the ability to attend an **Autism Ontario** creative arts program.

**\$1,000** delivers 1 session of Strengthening Families Together, a 4-session series that empowers clients and caregivers of **Institute for Advancements in Mental Health**.

**\$1000** provides one child with a week at summer camp through **Hemophilia Ontario**.

### **Impact of \$1001 - \$5000 in Donations**

**\$1,200** to **Cystic Fibrosis Canada** galvanizes collaboration and speed up the pace of discovery by bringing together multiple research teams across the country to tackle a topic of importance to the CF community.

**\$1250** funds the co-pay for a new wheelchair that a client of **Spinal Cord Injury Ontario** cannot otherwise afford.



**\$1300** covers a pressure relief mattress that helps ease MS-related pain for **MS Canada** patients.

**\$1,300** helps support innovative ideas to help eliminate inflammatory bowel disease and support improved washroom accessibility by advancing the GoHere® program, offered by **Chron's and Colitis Canada**.

**\$1500** provides an inclusive sensory community event for 100 individuals through **Autism Ontario**.

**\$1700/year** pays for **Chron's and Colitis Canada's** program, *Crohn's and Colitis Connect*, an online forum where patients with IBD can connect with one another, offering peer support that is integral to patient 's mental health and understanding of Inflammatory Bowel Disease.

**\$2000** covers the cost of physiotherapy for 6 months for a **Hemophilia Ontario** client.

**\$2000** will send a child to **Canadian Cancer Society's** Camp Goodtimes for a six-day, fun-filled program in the summer months.

**\$2,500** provides one young person with academic mentorship for one year through the **Institute for Advancements in Mental Health's** Mentorship and Scholarship Program for those whose education was interrupted by their mental health.

**\$2,600** contributes to the implementation of evidence-based Clinical Care Pathways for IBD, which helps standardize and improve the quality of care received by **Chron's and Colitis Canada** clients.

**\$4,000** provides a specialized car seat for an **Ontario Federation for Cerebral Palsy** client to ensure safe and accessible transportation.

**\$5,000** funds an adaptive bike from the **Ontario Federation for Cerebral Palsy**, allowing a child to experience the joy of movement and play alongside friends and family.

### **Impact of More Than \$5000 in Donations**

**\$9,000** purchases a ceiling track lift system to assist with daily transfers, improving safety and independence for clients of the **Ontario Federation for Cerebral Palsy** and their caregiver.

**\$10,000** provides 100 nights of accommodation at **Canadian Cancer Society** Lodges for people affected by cancer to improve treatment outcomes and survival through an affordable accommodation service close to the treatment center.

**\$17,000/year** covers the maintenance costs of the GoHere ® app, improving the lives of **Chron's and Colitis Canada** clients by improving washroom accessibility and making it possible for clients to run errands, attend events or travel greater distances with a sense of comfort.

## Impact of Group Donations

