



## Saskatchewan Bleeding Disorders Program (SBDP) – Online Resources for Patients

Various resources are available online for patients with bleeding disorders. The websites listed below have been suggested by healthcare providers within of our program.

### GENERAL

**SBDP Webpage (New!)** <https://saskblood.ca/saskatchewan-bleeding-disorder-program/>

**SHA Post-partum Care and Pediatrics** <https://momsandkidssask.saskhealthauthority.ca/>

**Canadian Hemophilia Society (CHS)** [www.hemophilia.ca](http://www.hemophilia.ca)

- General and disease specific information about various bleeding disorders, including:
  - Hemophilia A, Hemophilia B, Carriers of hemophilia genes
  - Von Willebrand disease
  - Platelet function defects
  - Women and Bleeding Disorders
- The *Resources* tab includes materials available for download
- Hemophilia Today National newsletter

**Hemophilia Saskatchewan (HemoSask)** <https://www.hemophilia.ca/saskatchewan/>

- Saskatchewan chapter of the CHS
- Find out more online and consider signing up to become a member!

**World Federation of Hemophilia** <https://www.wfh.org/en/home>

**National Federation of Hemophilia**  
• Hemaware Publication: <https://hemaware.org/>

### PHYSIOTHERAPY RESOURCES

#### **Canadian Hemophilia Society**

- In the Driver’s seat:  
[https://www.hemophilia.ca/files/In%20the%20Drivers%20Seat%20-%20EN\\_LR.pdf](https://www.hemophilia.ca/files/In%20the%20Drivers%20Seat%20-%20EN_LR.pdf)
- Destination Fitness: <https://www.hemophilia.ca/files/Destination%20fitness.pdf>
- Identifying Common Joint and Muscle Bleeds:  
<https://www.hemophilia.ca/files/Identifying%20bleeds.pdf>

#### **World Federation of Hemophilia**

- Exercises for People with Hemophilia:  
<https://elearning.wfh.org/resource/exercises-for-people-with-hemophilia/>

## **SOCIAL WORK RESOURCES:**

### ***Insurance Information:***

- Canadian Hemophilia Society <https://www.hemophilia.ca/insurance-coverage/>
- OmbudServices for Life and Health Insurance [www.olhi.ca](http://www.olhi.ca)

### ***Pain Management:***

- Canadian Pain Coalition <http://www.rsdcanada.org/parc/english/resources/coalition.htm>
- Saskatchewan Health Authority [www.saskatoonhealthregion.ca/painmanagement](http://www.saskatoonhealthregion.ca/painmanagement)
- Pain BC [www.painbc.ca](http://www.painbc.ca)

### ***Employment:***

#### **Canadian Hemophilia Society**

- Vocational assessment tool for people with bleeding disorders:  
<https://www.hemophilia.ca/files/Vocational%20assessment%20tool%20-%20EN.pdf>

### ***Bursaries and Financial Assistance:***

- **CHS – Saskatchewan Chapter:** <https://www.hemophilia.ca/programs-saskatchewan/>
  - Louise Paisley Memorial Bursary (Annual application deadline Nov 30)
  - Physical Activity Bursary
- **CHS – National Scholarships:** <https://hemophilia.ca/>
  - Hover over “Programs” tab → “Scholarships” in drop down menu
- **Children’s Wish Foundation:** Children between the ages of 3 and 17, who have moderate to severe hemophilia (or other bleeding disorder) are eligible to apply for consideration of a wish. Contact Allyson Toye (306-955-0511) [allyson.toye@makeaswish.ca](mailto:allyson.toye@makeaswish.ca) for details.
- **Hemophilia Saskatchewan (HemoSask) Client Services:** Available to registered members of HemoSask who are cared for by the SBDP to help defray expenses related to living with bleeding disorders. Please consult the complete [policy](#) for details.
- **Jordan’s Principle:** Financial assistance available to help meet the needs of First Nations children in Canada. Please visit the Government of Canada [website](#) for details.

**If you have any questions, please contact our Saskatchewan Bleeding Disorders Program team members by phone during regular business hours (Monday - Friday 8:00 am to 4:30 pm):**

General Inquiries (Program Office) – 306-655-6504  
Nursing Cell Phone – 306-381-4185  
Physiotherapy – 306-655-6628  
Social Work – 306-655-6503