

March 2019



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# DAFRS FAMILY focus

SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE  
WITHIN THE COMMUNITY.

## Building a Context for Relationship - Stories, Strategies and Tools to Begin Setting up Valued Roles and Relationship

Roles, relationship, and places of belonging are the focus of this popular interactive workshop hosted by our own Janet Klees. **Building a Context for Relationship** is a learning event for those who are serious about exploring and discovering the opportunities for welcome, engagement, and relationship that abound in our communities.

If you are involved with planning and supporting a person to be a fuller member of their community and you need a practical approach that works, this workshop is for you!

This day will include stories to stretch your imagination, as well a practical, basic framework that you can begin to use today, tips and ideas on support basics from a practitioner of 30 years, and some time for problem-solving and brainstorming for your own purposes.

This workshop combines a good, principled framework with a straight forward approach for bringing about the two elements that will make the most significant difference in peoples' lives: **valued roles and relationship**.

In this hands-on practical event we will plan, practice and polish setting up and supporting our own contexts that work. Starting with where you are at, we will find ways to make poor situations good, make good situations better, and shape a few situations to be the best. We will also explore good support strategies, developing natural supports, and have plenty of time to think about and work on your own examples and situations.

The workshop is based upon the belief that when our communities are able to invite, welcome and appreciate the contributions of its most vulnerable members, we all benefit. Communities need support to discover these contributions. Supporters need a vision of possibility, a sound approach and effective strategies to take action.

[See and share the flyer here!](#)

## Building a Context for Relationship

Roles, Relationship, and Places of Belonging

Friday, March 29, 2019 The Gathering Place  
9:30 am to 4:00pm 20-850 King St. W, Oshawa

**Click Here to Register Today**  
or call Heather at (905)436-2500 ext. 2314





## A Home of One's Own - Imagining Home Continues Work Individually and Through Local Advocacy

At our March meeting, we'll hear from a family about their journey towards realizing a "home of one's own" for their daughter, through the purchase of a new house with a secondary suite.

We'll also be discussing an opportunity that's come up to send a delegation to the Durham Region Finance and Administration Committee, where we'll present our ideas on housing that is affordable, flexible for people on fixed and limited incomes, and promotes valued roles and meaningful connection within community. We'll be looking for your insights and input to inform the presentation that will be delivered by two families.

The Region of Durham is conducting a Municipal Comprehensive Review and is seeking input through their Envision Durham Survey. We'll talk about what messages around housing we'd hope to impart through our individual feedback.

The next Imagining Home meeting is on **March 13th at 6:30pm** in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Please contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or [eoreilly@dafrs.com](mailto:eoreilly@dafrs.com). Looking forward to seeing you all again!

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**THURSDAY, MARCH 13, 2019 DURHAM FAMILY RESOURCES**  
**6:30PM 20-850 KING ST. W, OSHAWA**



## Environmental Sensitivity, Diet, Nutrition, and More the Focus of Monthly BioMedical Study Group

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group when we meet on the second Friday morning of each month. Regulars, those who drop in when they can, occasional drop in for various topics, and curious on-lookers all join for morning discussion, learning, sharing and a good laugh that accompanies fellow learners who respect each other!

We engage with anything "Bio - Medical" and so families talk about all of the approaches, alternatives, strategies that we have found, are being pushed into, have discovered online and more! We have a wide circle of families who are ready to share their vast experience and together we sometimes are able to help each member make better sense of the options and choices that surround them.



**Study Group  
Info**

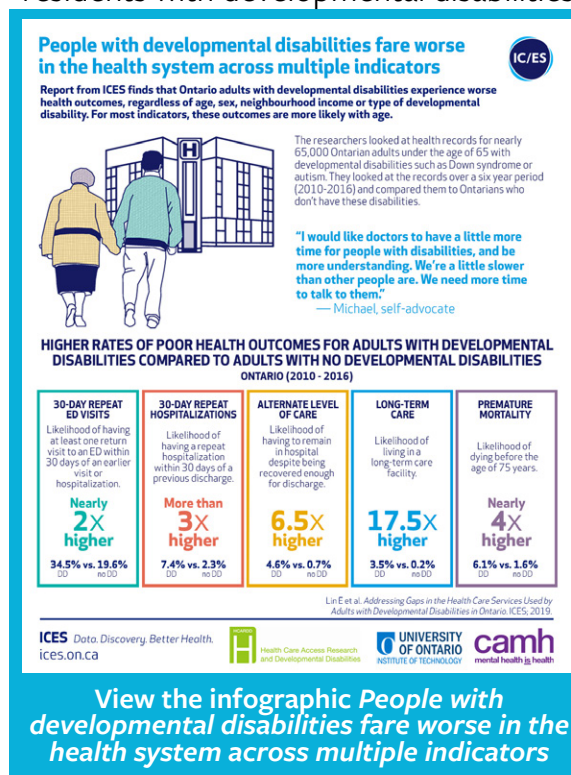
**Friday,  
March 8,  
2019**

This month the group will learn a bit about bacteria, their role in the microbiome, and the implications for medicine, health, and our understanding of ourselves. The group will also talk more about the neurological reorganization approach and discuss gathering a few families who wish to commit to this and share their learning.

The group meets monthly and is open and welcoming to new and past participants! We usually meet at The Gathering Place (20-850 King St. W, Oshawa), on the second Friday of each month at 10am. Please RSVP your attendance to [jklees@dafrs.com](mailto:jklees@dafrs.com) so that we can plan a successful morning.

# New Report Highlights Inequalities in Health Care for Ontarians with Developmental Disabilities

A new report has been released by the Institute for Clinical Evaluative Sciences (ICES), Health Care Access Research and Developmental Disabilities (H-CARDD), the Centre for Addiction and Mental Health (CAMH), and the University of Ontario Institute of Technology (UOIT). This report, *Addressing Gaps in the Health Care Services Used by Adults with Developmental Disabilities in Ontario*, takes an integrated, cross-sectoral look at the experiences and health-care related outcomes of over 64,000 Ontario residents with developmental disabilities over six years.



The study focused on five health and health care outcomes, specifically; the likelihood of having at least one return to the emergency department within 30 days after a previous visit or hospital discharge, being readmitted to hospital within 30-days of initial discharge, having one alternate level of care day in hospital (which is care provided to patients who remain in hospital but are ready for discharge), likelihood of spending at least one day in long-term care, and likelihood to experience premature mortality (defined as death before age 75). These particular health and health care outcomes were chosen because of their impact and relevance to people with developmental disabilities, and because they are known to be potentially preventable.

They key findings are that, across all of these five outcomes, adults with developmental disabilities consistently fared worse compared to adults without developmental disabilities. This holds true regardless of age, sex, the wealth or poverty of the neighbourhood where they lived, or the kind of developmental disability they had.

In an attempt to address the fact that adults with developmental disabilities were consistently disadvantaged for every outcome studied, the report identifies the need to move away from uncoordinated and siloed interventions to a broader system perspective which takes into consideration these four guiding principles:

1. Follow the rule of *Nothing about us without us*. People with disabilities and their families and supporters should be fully and meaningfully involved in the development of policies, programs and services that affect their lives.
2. A range of proactive supports and health care services should be provided in the community that are appropriate for and accommodate the specific needs of people with developmental disabilities.
3. Appropriate supports and health care services should be available and accessible in emergency department, hospital and long-term care settings.
4. When adults with developmental disabilities transition between different health care services or between health care and community settings, these transitions should be planned, well coordinated and seamless.

Addressing how these principles should be utilized and by whom is beyond the scope of the report. While the statistics from this report are alarming, we are pleased that the first recommendation involves bringing in the lived experiences of families and seeking answers from those actually receiving the services. Everyone has a right to excellent health care and we are hopeful these recommendations will begin to address the shortfalls for this group of Ontarians.



# An Online Community to Help You Create Your Vision and Then Help You Get There - One Step at a Time



Good Things in Life is a community of families with a vision of a good life for their children with disabilities. They are unique as the only online community focused on achieving your vision for your child using what social science tells us works to build a life of belonging. They offer resources and an opportunity to connect with other parents who share your vision and who get what you are going through. Genia Stephen is one of the founding moms behind this new venture and has contributed this for those who are interested in learning more about this great on-line resource:

Let me be honest with you. You are not wrong to worry about what will become of your son or daughter with a disability.

People with disabilities are not seen as very valuable in our society. Opportunities that most people can take for granted are not automatically available. You have probably already been told to lower your expectations about what is possible for your child. And when you have low expectations for

someone it is unlikely that they will overcome barriers and exceed your expectations.

So... what now? You need three things.

First, you need to have a clear vision of your child's life now and in the future. According to Darcy Elks, vision can act like:

**A north star** - The north star keeps you focused on your destination.

**A telescope** - A telescope helps you achieve clarity and focus on things that are far away.

**A Compass** - A compass helps you get back on the right path when you get lost or stray off course.

**An anchor** - An anchor keeps you steady when storms threaten to blow you off course.

Second, you need to take consistent action over time. Action that helps you achieve your vision.

Third, you need to surround yourself with people who share your vision and can help you, support you and keep you moving in the right direction.

We can help.

[Check out the podcast](#) for interviews with thought leaders and visionaries.

After that you can look forward to our courses that will help walk you through the steps of developing a vision and introduce you to other parents who are looking for the good things in life. While you wait you can download a helpful resource called, "[Find your people. Define your vision. A guide to get you started.](#)"

You can do this. Good Things in Life is here to help.

Start by joining our [Facebook Group](#) and checking out our blog. If you haven't already, [join the email list](#) so that you are kept in the loop.

**GOOD THINGS**  
**IN LIFE**

# Have You Attended Making the Most of Your Funding? Join the Study Group to Pursue Your Learning!

Those who have completed any one of our Making The Most series are invited back to a MTM Study Group! Graduates are welcome to drop in to these monthly gatherings, where participants, mentoring families, and facilitators will delve deeper into the topics and activities which were presented throughout the series' six sessions.

If you have been working through some ideas, or want to spend more time on a particular area or exercise presented at the series there will be time, guidance, and support to do so.

If you'd like more information or want to RSVP, contact Selena at [sblake@dafrs.com](mailto:sblake@dafrs.com) or by phone at (905)436-2500 ext.2302.



## MAKING THE MOST STUDY GROUP

MONDAY, MARCH 25, 2019  
6:30 PM

The Board Room  
20-850 King St. W, Oshawa

{ [respiteservices.com](http://respiteservices.com) }

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## Meet and Greet and New Worker Information Sessions

Check the website for upcoming dates!

The CHAP Respite Worker information session is mandatory for potential support workers joining the CHAP program worker bank. The session includes an introduction to supporting families and their family member who has a disability, an introduction to understanding the meaning of respite, understanding and developing roles, language, community involvement, the support worker's roles and responsibilities with families and [respiteservices.com](http://respiteservices.com).

To attend you must be registered with [respiteservices.com/durham](http://respiteservices.com/durham) and you will need to RSVP. Contact Claudia at (905)436-3404 or [cschweiger@dafrs.com](mailto:cschweiger@dafrs.com)

Want more  
information?

Durham  
Association for  
Family Resources  
and Support

For more  
information on our  
organization or any  
of our events, please  
visit our website at  
**[www.dafrs.com](http://www.dafrs.com)**  
or contact Heather  
by phone or email:  
**(905)436-2500  
ext.2314**  
**[hminors@dafrs.com](mailto:hminors@dafrs.com)**

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com),  
and see the "Upcoming Events" tab.

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(905)436-2500 [www.dafrs.com](http://www.dafrs.com)