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DAFRS

April 2019

FAMILY focus

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

Promoting the voice of the person
and the capacity of those around them to hear and respond

We began this year with an evening presentation, *A Sister's Story*, to get us all thinking about succession planning – in particular thinking about the role of next generation family members and friends, both for now and into the future. In keeping with this theme of making sure the good things in life are in place, Durham Family Resources is moving forward exploring ways to ensure that people with a disability themselves have a voice in the present and future of these discussions and decisions.

Looking for support and advice from close family and trusted allies for the decisions in our lives is something we all experience. We seek out others to talk through complex situations when determining which route to take, and often readily share our experience and provide counsel to those who come to us for advice. **There is nothing more natural than supporting decision making.**

People with disabilities often have limited experience with making decisions that affect their lives, limited experience of the typical options available and find it hard to imagine something they have not done before. Therefore, intentional and thoughtful plans and support for them to gain experience and competence in decision making need to be provided.

Families and closest friends know how their family member expresses their preferences, their dislikes, and their reactions to everyday experiences. It is often this innate capacity to be meaningfully involved with directing one's life that we need to notice and share with others.

Sometimes our decisions have little lasting impact on ourselves and those around us, other times it can be more significant. With decisions that carry bigger consequences, there is more chance that people who need additional support to take part in the process can find their capacity to do so questioned and even find their legal capacity removed. Once we have lost our legal capacity, we have also lost our recognition as a full person under the law. Without the opportunity to exercise the rights and responsibilities that go with decision making we even risk being seen as a whole person.

This has led us to start thinking more deeply about what supports people need to exercise their legal capacity.

- How can we increase the ability of thoughtful family and friends to notice, augment, and draw out the ways in which each person expresses their will and preference?
- How can we think about and mirror the typical natural ways that family members and close friends already support one another and pay particular attention to supports for decision making?
- How can we promote the voice of the person and increase the capacity of those around them to hear and respond?
- How can we make sure that not only family and close friends honour and appreciate this capacity of the person to influence the direction of their lives, but help banks, lawyers, landlords and others do the same?
- And if there is no family, and no one else, what then?

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As part of this exploration of understanding capacity and exploring what supports decision making, we are planning two events. First, with Michael Kendrick on April 17th to introduce *Supported Decision Making as part of the Good Life* and secondly, with Michael Bach on April 25th to introduce a new pilot project, *Recognizing Capacity*.

If you are thinking about how to bring about the good things in life to your family member with a disability, these workshops, and more ahead, will help us get better at making sure the voice of the person is the starting point, with the supports required to have their say and be heard – both personally and legally. Join us for discovery, learning and exploration!

Wednesday, April 17, 2019 | **Supported Decision Making as Part of the Good Life** 9:00am to 3:30pm | *There is nothing more natural than supporting decision*

Some of the universally agreed things that make up “A Good Life” include having a typical level of control over our lives; opportunities to explore and determine our own life path; feeling and being respected and listened to; and having people to share our lives with that know, love and honour our uniqueness.

To help us to start thinking more deeply about how supported decision making fits as part of the good life we have invited **Michael Kendrick** to come and share with us some of his experience in this area; contemplate some helpful underlying principles; discuss who and what is involved; and to explore the question of why does this all matter?

[See the full flyer and register here!](#)

Thursday, April 25, 2019 | **Recognizing Capacity** 6:30pm to 9:30pm | *Ways of knowing people’s will and preferences*

In 2010, when Canada ratified the *United Nations Convention of the Rights of Persons with Disabilities*, we made a commitment to ensure that all people can access the support they may require to exercise their legal capacity. Yet people who require support to participate in decisions that affect their lives can still find their capacity to do so questioned and their legal capacity removed. Someone else is then appointed to make decisions for them. Families often do this in order to protect their loved ones because there seem to be no other options.

Come join us as **Michael Bach** leads a public discussion about this complex issue and introduces a 3-year pilot project. The project will be a way for families and our community to explore together whether capacity can be seen, expressed and recognized, without losing one’s personhood.

- What would it take for someone to receive the right mix of supports and accommodations from others to make their exercise of legal capacity possible?
- How might we better respond, hear and uphold the voice of the person?
- What are the ways of knowing a loved one’s will and preferences, how can we listen deeply and support them to express their personhood?

Michael Bach is the Managing Director of The Institute for Research and Development on Inclusion and Society and Adjunct Professor at Ryerson University Toronto. This project is run in association with Community Living Ontario and PooranLaw Professional Corporation.

[See the full flyer and register here!](#)

Durham Family Resources Membership

Becoming a member of Durham Association for Family Resources and Support is about to get even easier! We are working at getting our membership application online - so keep an eye on our website if you are renewing your membership or interested in becoming a new member. Becoming a member not only shows your support for the Mission and Values of Durham Family Resources, but also allows for your family to vote at our Annual General Meeting. Make this support public to show that you think our work is important and beneficial to our community.

Imagining Home Group to Look at Online Forms as an Option for Team Communication

Come join us at Imagining Home for our first official Spring meeting of the year!

At our last meeting we had an energized discussion around implementing online reporting and tracking forms to simplify reporting processes. We previewed some samples and families asked for a follow-up technology training session to help families implement their own online forms. This April meeting will be dedicated to providing tangible steps families can take to design, implement and manage an online reporting and tracking process. Feel free to bring your personal device (iPad, laptop, phone) as we'll set aside time for hands-on learning and practice.

Our next Imagining Home meeting is on Wednesday, April 10th 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. Looking forward to seeing you all again!

IMAGINING HOME MEETING THE GATHERING PLACE
WEDNESDAY, APRIL 10, 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 which engages with anything "Bio - Medical". 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.

Your facilitator, or someone in the group may have invited you to come and check the Bio-Medical group out - and we hope you do! This is a great resource for parents wanting to connect with others who have tried different things and figured out different steps which you may be embarking on. In May, we look forward to a visit from Peter Marks.

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 so that we can plan a successful morning.



**Study Group
Info**

**Friday,
April 12,
2019**

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 or by phone at (905)436-2500 ext.2302.



MAKING THE MOST STUDY GROUP

MONDAY, APRIL 29, 2019

6:30 PM

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

respiteservices.com



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.

To attend you must be registered with respiteservices.com/durham and you will need to RSVP. Contact Claudia at (905)436-3404 or 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
or contact Heather
by phone or email:
(905)436-2500
ext.2314
hminors@dafrs.com

For more information, please visit our website, www.dafrs.com,
and see the "Upcoming Events" tab.

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