

August 2019



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Durham Family Resources

FAMILY focus

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

Two Social Role Valorization (SRV) Learning Events Coming to Oshawa this Fall

Social Role Valorization (often referred to as SRV) is a set of ideas that anchor our work and thinking here at Durham Family Resources. SRV can be useful in helping make positive change in the lives of people who are disadvantaged in society by focusing on what we have in common rather than following the typical societal focus on difference. We don't mind being unique and wonderful, but being seen as different often means others think we don't belong. SRV helps us to understand the importance of paying attention to what we put in to the minds of others about who we are and what we have in common, first and foremost. When we are seen as belonging, we are given easier access to the good things in life (dignity, acceptance, respect, belonging, access to education and development opportunities, a normal place to live, opportunities to work and participate, etc.)

In particular, SRV asks us to pay attention to the social roles that people hold, whether positive (i.e. mother, brother, employee, volunteer, home owner) or negative (i.e. criminal, patient, senior citizen, etc.). Many of our judgments about people are based on our perception of the social roles that they hold. Where people are perceived to hold roles that we see as familiar, typical and positive, we tend to feel more comfortable and positive and more inclined to welcome them into some of the good things in life. Where people are perceived to hold negative, odd, or unfamiliar roles, we tend to step back and often simply allow for mere basics of life (or even less) to be afforded them. SRV also helps us to pay attention to both the imagery and competency perceived within those roles and to invite and encourage individuals into close, personal relationships with other valued citizens so that such relationships are mutual, enriching, and safeguarding.

If you have been hearing about, thinking about, or curious about Social Role Valorization (often referred to as SRV), then you will be pleased to hear about two upcoming events happening here at Durham Family Resources in a couple of months time.

If you are new to SRV, then the one day introductory workshop *Addressing Social Devaluation:*

The Importance of Valued Social Roles is the perfect way to begin to put these ideas into perspective.

Addressing Social Devaluation: The Importance of Valued Social Roles

Saturday, September 28, 2019 9:00am to 5:00pm

The Gathering Place - 20-850 King St. W, Oshawa

See the flyer and register here!

If you have already been to the one-day workshop, you may be interested in delving into the four-day *Revised Conceptualization of Social Role Valorization, Including 10 Related Themes* which explores more deeply the topics which make up SRV.

A Revised Conceptualization of Social Role Valorization, Including 10 Related Themes

October 21 - October 24, 2019 8:30am to 5:30pm

The Gathering Place - 20-850 King St. W, Oshawa

See the flyer and register here!

Making the Most of your Time, Energy and Money to Achieve a Good Life for your Family Member.

Next six-part learning series due to start October 1st.



This learning series is open to families throughout the Durham region, seeking an opportunity to learn about, discuss and look beyond traditional service options for their family member. Now in its 11th run, the interactive, family-led “Making the Most” learning series will be talking place on alternate Tuesday evenings from 6.30 – 8.30pm in The Gathering Place, 20-850 King Street West, Oshawa, throughout October, November and early December 2019.



Join with other families to think about how we can best invest our time and energy to achieve a good life for our family members. Facilitated by mentoring parents, this workshop will take families step-by-step through a process of seeing possibilities, imagining and building a vision, carefully designing and planning, and then moving forward with thoughtful ideas that reflect people’s interests, hopes and dreams. We will consider what is good, helpful support and how the money available can be best used to create opportunities for people to be included, welcomed and valued in their neighbourhood and community.

Participants need to be available on the evenings of Oct 1st, Oct 15th, Oct 29th, Nov 12th, Nov 26th and Dec 10th and can register their interest with Laura, Learning Series Coordinator on (905) 436 2500 ext 2312 or email lpowell@darfs.com

A focus on interests, contribution and community at the heart of this popular series

Recognizing Capacity Conversation Continues with a Successful Evening with Audrey Cole

Last month we were joined by Audrey Cole, a mother, activist and pioneer, who has shaped the way so many people around the world now think about capacity and the rights of persons with disability. Audrey gave us an overview of the history of Guardianship and the movement that has sought to bring into Ontario law alternatives to substitute decision making. She reminded us that by its very definition, Guardianship replaces the person, it removes their legal status in society and is the most intrusive way a State can encroach on a person’s liberty.

Audrey’s argument is that people need support to voice their decisions, whereas Guardianship replaces their voice altogether. This support may be a range of ways to assist a person to make and voice their decision or it may be in the form of ways for dedicated others to interpret the will and preferences of that person because they know them so well. There ought to be no one excluded from having a voice in one of these ways. Where understanding the will and preferences of the person may be very difficult, Audrey advocates an alternative to Guardianship called Supported Decision Making, whereby a group of close allies, who know the person very well, come together to provide interpretation of the person’s will and preferences. Such an arrangement is also reflective of the natural way we typically seek out the council of trusted others when we have big decisions to make.

The evening was the 3rd in a series of public events aimed at bringing people together to learn, discuss and consider this important issue. It was organized as part of DFR’s new initiative entitled Recognising Capacity. [You can view a summary of the background to the project and emerging vision of this 3-year pilot here](#), or contact Laura at (905)436-2500 ext 2312 or email lpowell@darfs.com



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 Laura at lpowell@dafers.com or by phone at (905)436-2500 ext.2312.

MONDAY, AUGUST 26, 2019
6:30 PM

The Gathering Place
20-850 King St. W, Oshawa

**MAKING THE MOST
STUDY GROUP**



Sharing Snacks and Experiences at a BioMedical Picnic! Alternative Approaches, Sensory, and Nutritional Needs are all Food for Thought

This month the group is invited to bring their favourite summer snacks and a lawn chair to celebrate this sunny weather while catching up on ideas, suggestions and next steps.

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!



**Study Group
Info**

**Friday,
August 9,
2019**

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.

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@dafers.com so that we can plan a successful morning.

Smiles not Tears

Preparing for Back to School



Cindy is a mom of three, and has years of experience walking alongside families across the Region. As the school supplies begin to take over the shelves at our local shops, Cindy shares some sage advice she has gleaned from her many years experience working with young families.

Parents and caregivers around mid-summer often begin to think about what kind preparation should I make to get my children ready for going back to school? As a parent myself of three children (all now adults and one with a disability) this was a question I pondered on a great many mid-summer August days! Thinking about this after a wee bit of a break I am wondering if this ‘prep’ has changed over the years, so I went on a search to see what others and the experts currently suggest. What are the tips and tricks that will help make the transition back to school as smooth as possible, without stressing you or your kids out? From both my mom experience and google knowledge it is clear that this remains all about transitioning from summer to school. While it is wonderful to give children the opportunity for a more relaxed schedule during the summer, August is the time for gradually easing children back into a routine to avoid an abrupt transition when school starts. Abrupt transitions upset everyone regardless of ability! Rather than tears and tantrums we want smiles and the following four strategies have met the test of time.

1. **Create a morning routine.** For happier mornings for when school starts, develop a morning routine and stick with it. “Rehearse” Do a few “dry runs” of the new morning routine with your child, whether its packing the backpack, walking to the bus stop, walking to school or driving to the new school to see how much time it will take.
2. **Get back into a bedtime routine.** Start re-implementing your regular routines during mid August. If you let your child stay up a little later during the summer, gradually get back to the bedtime you expect once school starts. Making lunches the night before and picking and setting out clothes to wear can make the routines much easier.
3. **Check out the school with your child.** If you haven’t done so already, and if the school welcomes the practice, make a visit to the school to meet your child’s teacher. Check out what entrance to use, what classroom your child is in, where are the nearest washrooms, the library and the school office.
4. **Have a back-up or emergency plan.** Make sure you and your child know the routine for before- and after-school care. Have a back-up plan for what everyone is to do in case you are late. It is better to prepare ahead of time than encounter an emergency.

Returning to school is a big change for children and families after a couple of months of summer fun. By utilizing some of the time-tested strategies outlined above, you can help ensure that your family has the best transition possible. The most important thing my three children have taught me over the years is that these four key things matter to all children regardless of disability.

Cindy Mitchell



Making the Most Learning Series

Making the most of your time, energy and money to achieve a good life for your family member

FALL 2019

Durham Association for Family Resources and Support

WWW.DAFRS.COM

Families throughout the Region of Durham are invited to participate in an innovative and interactive six-week workshop that will support in re-imagining opportunities and real options for their family member. The heart of the series is to move beyond traditional uses for funding to plan for a life that reflects interests, hopes and dreams.

The series is led by mentoring parents that engage in useful conversations and share their experiences in planning and creating opportunities. These conversations highlight simple choices that families can make to discover ordinary, yet significant ways for family members to be involved in their neighbourhood and community.

This series runs bi-weekly for six sessions

Alternate Tuesday evenings from 6.30 – 8.30pm

Oct 1st, Oct 15th, Oct 29th, Nov 12th, Nov 26th and Dec 10th

At 20-850 King Street West, Oshawa, ON

To register, or for more information, please contact Laura (905) 436-2500 ext:2312 lpowell@dafrs.com



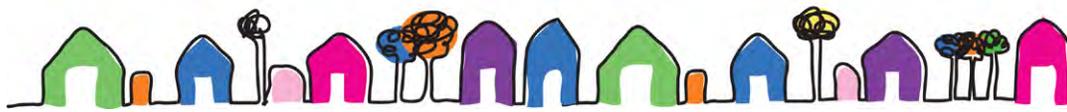
Housing Updates and Housing Trusts the Focus of August's Imagining Home Meeting. Join us!

While we are definitely feeling the summertime vibes, we sure aren't slowing down on housing! This past month has been a busy one; igniting new partnerships, applying for a major grant, and rolling out the new Durham Portable Housing Benefits for five families!

After a great turnout last month for our timely discussion around roommates, we have another highly asked about topic of interest to cover - at this month's Imagining Home we'll be joined by a family who will share their experience creating homeownership through a Trust, for and with their son. We'll have more housing updates and also a discussion about hosting a possible Fall Housing Forum.

Our next Imagining Home meeting is on Wednesday, August 14 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, AUGUST 14, 2019 DURHAM FAMILY RESOURCES
6:30PM 20-850 KING ST. W, OSHAWA



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.

To attend you must be registered with respiteservices.com/durham and you will need to RSVP. Contact Jeanne at (905)436-3404 or jgodfrey@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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