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October 2019

Durham Family Resources

FAMILYfocus

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

Durham Family Resources Takes to Thunder Bay for CLO Presentation “Together with Families”

Last month, three families and three DFR staff trekked to Thunder Bay for the annual Community Living Ontario conference. This conference, *Pathways to Empowerment*, had a focus on sharing and learning ways to support and strengthen personal development. Our group consisted of three family representatives and three staff who spoke about the importance of recognizing and building the capacity of families.

Our presentation, *Together with Families: Supporting the Strength of Family Leadership and Leadership in Families*, was two-fold in its attempt to inform strategies and benefits of supporting various ways to engage and develop family leadership. Sandy, Tracy, and Allan shared two amazing personal stories, weaving the common theme of how leadership in their family has enabled growth and new steps towards clear

visions of good life in community. They were eloquent, well-spoken, and we are so grateful they took time to share their perspective for this conference.

Janet, Selena, and Melissa discussed how our organization supports family leadership development including holding reoccurring topic-specific family groups (such as our *Imagining Home* and *BioMedical* groups), learning events based on feedback from families, and facilitation whereby the energy and vision of the family leads to lives that are sustaining and fulfilling.

After the presentation, there was a lineup of people who wanted to pick their brains about next steps in their own journeys.

Our presentation was one of two which were live-streamed and recorded! [Check it out here!](#) You can learn more about ways to get involved with DFR and other like-minded families by visiting [the events page on our website.](#)



From left to right: Sandy, Janet, Melissa, Selena, Tracy, and Allan after presenting at the CLO conference in Thunder Bay

Participate in Our Federal Election! Use Your Right to Vote!

This month we have a Federal Election for the Government of Canada. The election is being held on **Monday, October 21, 2019**. Your right to vote is one of the fundamental ways to participate as a full citizen in Canadian society. Voting gives you a voice to choose who you believe will best represent you and your community when the next Government of Canada is formed.

As a voter, you have the ability to influence candidates and parties to support and prioritize issues that affect your family and others who have a disability.

If you vote, and your eligible family members vote, an impact has been made. If every voter with a disability, and every family member and friend of someone with a disability, voted and convinced even one other voter to take into account the needs of Canadians with disabilities - it would be a powerful push. This is a chance to move forward on issues that affect your family.

There are many resources available to help with this important decision, from [Elections Canada information on addressing barriers to voting](#) for those with disabilities, to [Inclusion BC](#) which offers a [toolkit containing helpful information](#) about the election process and how to participate in general.

Take the time on October 21 to make your vote count and your voice heard!



Canadian Association for Community Living Brings the Federal Spotlight to a National Disability Action Plan

A National Disability Action Plan must:



Promote Health and Well-being

A National Action Disability Plan will address barriers to health and well-being, ensuring quality medical care for persons with disabilities free from discrimination by actioning the following three priorities:

- Promote access to palliative care for all Canadians including those with an intellectual disability
- Address Canada's gaps in mental health services for children and adults with an intellectual disability
- Preserve equality through the end of life criterion for Medical Assistance in Dying

Make Good on a Right to Inclusive Housing

A National Disability Action Plan should continue to support and build upon the work of Canada's current National Housing Strategy. To ensure that persons with an intellectual disability are a part of the solution to Canada's housing crisis the plan must:

- Stand behind a right to housing
- Fund affordable and inclusive housing
- Make use of inclusive housing indicators

Tackle Poverty Through Employment & Economic Security

People with disabilities are twice as likely as Canada's general population to live in poverty. A National Disability Action Plan must address the gaps in employment and economic security through the following measures:

- Adopt a targeted Disability Employment Strategy
- Amend the Registered Disability Savings Plan (RDSP)
- Make the Disability Tax Credit refundable

Move Beyond the Accessible Canada Act

Persons with disabilities and their families continue to fight for equal citizenship and opportunity in Canada; however, advancing their interests tends to remain an afterthought. To include persons with disabilities in the electoral process, a National Disability Action Plan must:

- Make the 2019 election the most accessible yet
- Mandate accessible elections

Be Intersectional

In pursuing a National Disability Action Plan, Canada must remember that the population of persons with disabilities is not homogeneous. Needs and experiences differ between and within the disability community; all must be engaged. In designing a National Disability Action Plan, your party should respectfully and meaningfully include marginalized populations with disabilities who are under-served and face intersectional discrimination due to gender and sexuality (LGBTQ2S+), incarceration, Indigeneity, mental illness, migrant status, poverty, and/or race added to their disability.

As a best practice, we recommend that your government work alongside grassroots communities and organizations, trusting their expertise and knowledge.

The Canadian Association for Community Living (CACL) is a national not-for-profit organization with a long-standing history of defending the rights and interests of persons with an intellectual disability and their families. With Canada's ratification of the [United Nations Convention on the Rights of Persons with Disabilities \(CRPD\)](#) in 2010, they have been advocating for a National Disability Action Plan to be rooted in Canada's obligations under the CRPD.

For the upcoming Federal Election, CACL is advocating that all parties include a National Disability Action Plan in their platform. They suggest any proposed plan should prioritize making Canada accessible for all through promoting health and well-being, advancing employment and opportunities for community inclusion, and funding accessible inclusive housing. They strongly recommend that any plan should be created in consultation with people with disabilities and their families being at the core of the decision making.

[See and share the full strategy here!](#)

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@dafrs.com or by phone at (905)436-2500 ext.2312.

MONDAY, OCTOBER 28, 2019
6:30 PM

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

**MAKING THE MOST
STUDY GROUP**



October BioMedical Study Group will Reflect and Regroup through Shared Stories and Information

Amy Archer's visit last month was a presentation on pain recognition and symptom control. Amy is the Palliative Pain and Symptom Management Consultant for Durham VON. This was her second visit to the group and everyone enjoyed the learning and had great questions and conversation follow. This month the group will take time to discuss all of the learning that has been transpiring over the summer and share various approaches and ideas people have tried.

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,
October 11,
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@dafrs.com so that we can plan a successful morning.



Inclusion Benefits Every Child!

The Importance and Benefits of Including Students with Disabilities in a General Education Classroom are Tried and True.

With a new school year upon us, the topic of inclusive education is as prevalent as the colourful leaves on the trees. Figuring out what works for every child in regards to a helpful, conducive learning environment is beneficial to all children in a classroom, not just those with disabilities. After all, schools are mirrors of our communities and must be rich and robust places of opportunity for every person.

It can be hard to keep up with the growing research and contemporary thinking about inclusive education. Fortunately, there are a few great resources to check out and help get you caught up!



Inclusive Education Canada (IEC)

IEC is a website which promotes the Canadian vision for inclusive education. This vision is that all people with intellectual disabilities are fully included with their peers in regular education, with appropriate supports from early childhood through to post-secondary and adult life-long learning.

It provides updates on activities and issues relevant to inclusive education, as well as resources for both parents and educators on inclusion, classroom practice, support strategies, policy, and more!

Good Things in Life Podcast

Genia is an Ontario-based mom on a mission! She runs an amazing website, blog, and podcast which often focus on school inclusion and other important topics when planning for a good life.

She routinely has guest speakers who are mentors, activists, and all around game-changers to talk frankly about issues concerning young families today.

Inclusion Evolution

Courtney is an American mom who, aside from running a website full of resources aimed at parents, students and teachers, has a great article about recent research solidifying the need for good inclusion in our classrooms.

Building a Context for Relationship

Roles, Relationships, & Places of Belonging

**Friday, November 22, 2019
9:30am to 4:30pm**

Please bring a lunch,
snacks and refreshments provided.

**The Gathering Place
850 King St. W, Oshawa**

This is an interactive workshop, presented by Janet Klees, 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 need a practical approach that works, this workshop is for you!

"We cannot create relationship, but we can recognize, encourage, and design opportunities in which the miracle of relationship is more likely to occur."

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



This workshop combines a good, principled framework with a practical, 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.

**Durham Association for
Family Resources and Support**
www.dafrs.com (905)436-2500

**RSVP online here!
or call Heather
(905)436-2500 ext.2314**

Imagining Home Gathers in October to Talk Renovation Possibilities and Share Updates Around Housing and Home

While the season may be changing, families continue to deepen conversations around renovation possibilities and making home (quite literally) with their sons and daughters! Join us at our next Imagining Home meeting where we'll brainstorm ideas around a potential funding opportunity for a pilot renovation project. We'll share an update about a credit union partnership and we'll also spend some time exploring what's next for Imagining Home.

Our next Imagining Home meeting is on Wednesday, October 9 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, OCTOBER 9, 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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