



► WORRIED ABOUT
SOMEONE IN HOSPITAL?
JOIN THE
WORKING GROUP ...3



► THINKING ABOUT
SUPPORT WHILE KEEPING
A DISTANCE?...2



► BIOMEDICAL STUDY
GROUP DOUBLES UP
MEETINGS ONLINE.... 4

June 2020

Durham Family Resources

FAMILY *focus*

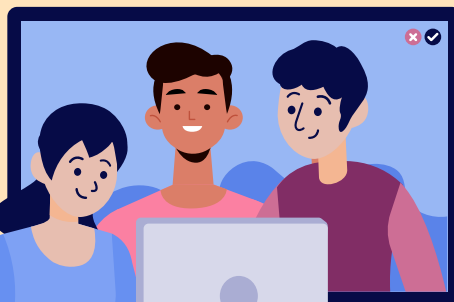
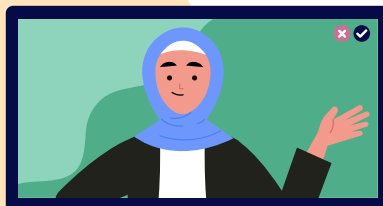
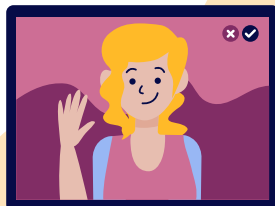
SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE
WITHIN THE COMMUNITY.

Durham Family Resources' Annual General Meeting One of Many Adaptations to Stay Connected via Video-conference!

Durham Family Resources will be holding our Annual General Meeting on Monday, June 22nd at 7:00pm. This meeting, like all of the others we have been hosting since mid-March, will take place via Zoom video-conference software. Although not nearly as satisfying as meeting and talking together face to face, we have been able to continue to bring families together to connect in mutual areas of interest throughout this pandemic. Our learning continues!

To ensure our AGM runs smoothly, meeting participants will need to register for the meeting beforehand. The registration link will ask you for your name, the email address you will use to sign into the meeting, and whether you are a member (which you don't have to be to attend!) After your registration, you will receive an email with the AGM Zoom link. We ask that attendees complete this process well before the meeting as it can take a bit of time for the Zoom link email to arrive.

Although this year we will hold mainly a business meeting, we will also share some stories of people's contribution and resilience during these unprecedented times. The creativity and resilience shown by families is something we are hearing about daily in our work with families, and we are appreciative that so many have given permission to share some of their stories.



**Register
for our AGM Here!**

**Monday, June 22, 2020
7:00 pm**

*Register Today to
Receive the Meeting
Details!*

Figuring Out Remote and Distanced Support While Continuing Toward the Good Things in Life

As the weeks have stretched into months, and social distancing is still proving to be essential to the health and safety of our communities, families are figuring out creative ways for “direct” support to take place more indirectly.

We are seeing families and supporters come up with creative ways to keep support in place which involve not coming into a person’s home to do so. Having a FaceTime call to meal plan and create a shopping list, dropping off supplies for the creation of “thinking of you” cards for friends and family, finding recipes and sourcing ingredients for healthy no-bake snacks. We are seeing many interesting ideas for good support which keep people at a safe distance from one another, while still deepening opportunities for roles and relationship.

We are also hearing from families who are interested in getting back to a “new normal” and would like to figure out ways for supporters to be helpful to their family members while not necessarily being physically together. Knowing these strange times require outside-of-the-box thinking, we are wanting to bring people together, both families and their supporters, to generate some ideas about what this might look like.

If you have been wondering about what support might look like during this time of social distancing - then get in touch today and we’ll find a date and time amongst those interested to talk this through! Register below to begin the conversation!

[Sign-up Here Today!](#)

We will figure out a date and time with the group that is interested!



Introducing a New Role with a Familiar Face - Supervisor of Family Supports Diana Trotman!



Diana Trotman, Supervisor of Family Supports

As we mentioned last month, after a career of more than 25 years with us, Teresa Dale, Manager of Family Support (Facilitation) will be retiring from Durham Family Resources on June 3, 2020. We are grateful for the contributions of time, energy and heart that Teresa has poured into this organization. This includes the care, support and safeguarding of so many families and their loved ones, and the many ways that she has supported and shepherded her team.

With this change, some aspects of Family Support and our organization have also shifted. Diana Trotman, who many families will have met over the last few years, will be stepping into a new role as Supervisor of Family Supports, working closely under the management of Selena Blake. We look forward to Diana embarking on this journey with DFR!

“I am thrilled for this opportunity! I have a passion for healthy and thriving communities and I’m looking forward to connecting with the families of DFR in new ways.” - Diana Trotman, Supervisor of Family Support

Safe at Hospital Working Group and Toolkit for Families

A small group of families, DFR staff and allies have met three times since the beginning of May in response to, and concern for, people going into hospital during this time of physical isolation. It takes more effort to ensure the best outcomes for our population in hospital during the best of times, let alone right now when there are questionable policies in place which may restrict who and how many people can accompany a person. Therefore, we are working together with dedicated families to create tools to prepare and safeguard our loved ones in hospital.

We are creating a Safe at Hospital Toolkit by selecting background articles, up-to-date and relevant information, and templates for families to use. This Toolkit will include a range of items such as, *What to Prepare Now* to bring to hospital should an emergency arise, *Who Needs to Know*, *What Accompaniers Need to Know*, and *Medical Alerts* to name a few.

The Safe at Hospital Toolkit will be available, once it is completed, to families as they prepare for emergency or planned hospital visits during pandemic and more typical times. Stay tuned to our newsletter for more information on when and where to access this helpful resource.

The group has been researching current materials about hospitalization of vulnerable people during the time of Covid-19 from sources such as ARCH, Surrey Place, and National Public Health Services. We are also listening carefully to some personal experience and insights from families within the group and those whom DFR supports.

Parents, siblings, a clinical ethicist from Lakeridge Health and a few DFR staff make up the Safe at Hospital working group. If you are interested in joining the group to learn or contribute, please get in touch with Cathy to find out about their next meeting! Cathy Bloomfield - cbloomfield@dafers.com or (905)436-2500 ext.2317.

If you would like assistance to plan or begin discussions about how you would like to proceed but cannot make it to our working group meetings, please contact your facilitator.



Demand Equitable Access to Care Now!

Goal: 5000

People with disabilities are being denied access to their essential support person(s) which enable them to equitably access care during this pandemic crisis.

On March 19, 2020, the Chief Medical Officer of Health for Ontario (CMOH) made strong recommendations to all care facilities in response to COVID-19, to restrict visitors to a very limited definition of an "essential visitor".

On May 7, 2020 the Government of Canada issued an updated COVID-19 Guidance document which strongly recommends the inclusion of essential support(s) people to the defined list of "essential visitors".

To date, Dr. David Williams, (CMOH) has not updated his recommendations regarding the definition of "essential visitors".

Please join people with disabilities, their families, friends and disability organizations to demand that Dr. David Williams (CMOH) issue a Memorandum to Ontario's hospitals, long-term care homes, and other congregated residential settings; recommending that they amend their "essential visitor" policy to include essential support person(s).

We encourage you to add your personal story of how the current visitor ban affects you and your family at the end of our letter (click at the end of the letter and a cursor will appear, then just type in your brief story)

First Name * Last Name *
Email Address * Postal Code *

We'll notify your representative

Please enter a postal code to continue.

Dear [recipient position will go here] [recipient name will go here],

Families and disability organizations across Ontario are raising the urgent need for an updated provincial directive for a clear and consistent provincial policy to ensure that people with disabilities have the presence of a family member, friend, or trusted support worker to provide essential support in care settings, in accordance with the Government of Canada COVID-19 Guidance document May 7, 2020.

Family Alliance Ontario Launches Online Campaign to Address Changes to Essential Visitor Policy in Ontario

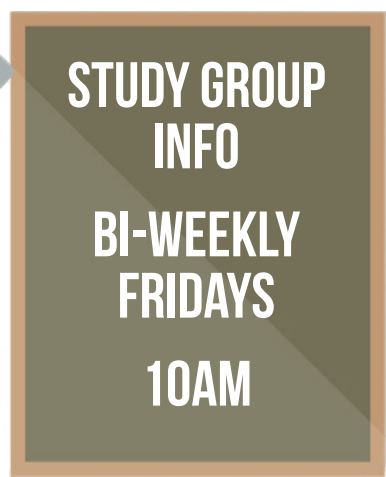
Family Alliance Ontario, families and disability organizations across Ontario are raising the urgent need for an updated directive for a clear and consistent provincial policy to ensure that people with disabilities have the presence of a family member, friend, or trusted support worker to provide essential support in care settings, in accordance with the Government of Canada COVID-19 Guidance document May 7, 2020.

They are currently running an online campaign to have the essential visitor policy in Ontario reflect the federal guidance on this matter. It is easy to participate in the advocacy - you simply add your name, and postal code and your local and provincial Government representatives will be emailed. If you would like to add your own thoughts, stories, or experiences, you have the ability to add that to your email as well.

Click on the image to the side to see the campaign and add your voice to the growing call to include essential supporters in Ontario's essential visitor policy.

Staying Apart and Staying Safe - Bio Medical Approaches Study Group

Now Meeting Virtually Twice a Month!



June brings even more conversation to the Bio Medical Approaches Study Group as the group moves to bi-weekly virtual meetings!

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. We will be meeting via Zoom video or audio conferencing bi-weekly on June 5th and 18th at 10 am for an hour or so. **Your RSVP to Janet below will ensure that you receive the Zoom invite details.**

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 typically meet at The Gathering Place (20-850 King St. W, Oshawa), on the second Friday of each month at 10am - this month, our office is closed, so we will be meeting online via Zoom meetings. Please RSVP for this month's meeting to jklees@dafrs.com to get the online meeting details!

Big Steps in Housing the Topic of June's Imagining Home Online Meeting!

For our June Imagining Home meeting, we'll touch in with families who have been taking some big steps in housing and home, and hear about what made them decide to take that next step as well as their process along the way. We'll offer some housing and DFR updates and, as always, take the opportunity to reconnect with families face-to-face (if not in person!) This month's Imagining Home meeting will be held via Zoom Video.

Each month at Imagining Home, we share housing updates and discuss timely topics of interest for families. If you are new to Imagining Home and would like to attend a meeting to see if it's for you, we welcome you to contact Erin O'Reilly prior to attending your first meeting, at (905) 436-2500 ext. 2511 or eoreilly@dafrs.com.

Our next Imagining Home meeting is on **Wednesday, June 10 at 6:30pm** via Zoom meeting. Please contact Erin to RSVP or for more information about connecting to the Zoom call. Looking forward to our time together!

IMAGINING HOME MEETING • WEDNESDAY, JUNE 10, 2020 • 6:30PM

ONLINE, VIA ZOOM!

CONTACT ERIN FOR DETAILS ([EOREILLY@DAFRS.COM](mailto:eoreilly@dafrs.com))



Mindfulness 101 with Cara Coulson - Online June 15!



Cara Coulson, a Mindfulness Coach and practitioner, has worked with many families here at DFR exploring various methods of cultivating calming focus and peaceful presence. She has created a helpful online webinar aimed at both families and supporters wanting to support someone with mindfulness.

We have had a number of families work with Cara around developing a mindfulness practice for their family. We have received great feedback and want to offer some of this learning to others who have been wanting to try something new. If you have been thinking about trying mindfulness, this is the session for you!

Why Mindfulness?

Cara will lead both families and supporters through this interactive learning event. Participants will learn practical steps to start a mindfulness practice of their own, as well as help someone begin one for themselves.

Different strategies and techniques will be introduced, including “soles of the feet”, various breathing techniques, and a few other quick tricks to present moment awareness.

Families and supporters will learn simple steps to help someone recognize, acknowledge, and channel their feelings - as well as help themselves to be present in the moment and feel less “hijacked” by their emotions.



Mindfulness 101: Simple Strategies for Families and Supporters

Monday, June 15, 2020 - 9:00am to 10:30am
Online via Zoom

Register here to receive the Zoom Meeting

Have You Attended Making the Most Family Series? Come Together to Discuss and Continue Learning!

The Making the Most Study Group is a fantastic opportunity for those who have completed the series to continue their learning and take next steps in developing valued roles and relationships for a loved one with a disability.

Last month we met virtually via Zoom and had some great conversation. We reflected on some of the good things that have happened in the last couple of months like one person using new words at home, someone else learning to ride a trike, experimenting with new recipes, as well as meeting more of the neighbours. We also thought about what new interests someone could explore, that can be done with safe distancing and examples such as fishing, bird watching, gardening, geo-tracking and baking for friends and neighbours were a few of the ideas suggested.

This month our usual meeting coincides with our AGM and so we are inviting all MTM graduates to register for and attend this popular event to hear about some wonderful examples of contribution, resilience and growth in these unusual times.



**MAKING THE MOST
STUDY GROUP**

NEXT MEETING JULY 2020

Online via Zoom Meetings

{ respiteservices.com }

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

RespiteServices.com is up and running connecting families
to supporters! Contact Jeanne for details!

Respiteservices.com is continuing to operate remotely to connect families and support workers. We know people continue to need good support during this time and are working diligently to continue to provide this service to residents of Durham Region.

To be matched with support workers, you must be registered with respiteservices.com/durham. Contact Jeanne at (905)436-3404 or jgodfrey@dafrs.com. New supporters are continuing to be added. Contact Jeanne for more information!

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.

Durham Association For Family Resources and Support
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5
(905)436-2500 www.dafrs.com