

September 2020



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*Durham Family Resources*

# FAMILY *focus*

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

## Want to Add Valued Roles and Relationships to Someone's Life? Building a Context for Relationship is Going Online this Month!

When COVID hit and Brent's active week was greatly sidelined, innovative thinking from his family and team helped him move away from what was not possible to what was *now* possible. The thinking and planning were based on the same strategies as before COVID, just shifted into the new reality. With assistance, Brent started to pay attention to a number of elderly neighbours who were isolated and likely a bit lonely during the lockdown and after. He began to write and send them inspiring notes and cards that he dropped off in their mailbox on a regular basis. They began to look forward to his drop offs and when restrictions loosened a bit he began to enjoy an even-deeper sense of belonging in his neighbourhood. Becoming a caring neighbour who contributed to the well-being of others provide him with a meaningful role, growing relationships and a stronger sense of belonging.

Things are different right now - we are operating in a "new" normal. And while some things have changed, some things have remained the same. One of those consistent staples: people need relationships to be well and thrive in life. Although we need to rethink how we go about our day to day - there are lots of ways we can still plan and take next steps towards ensuring people are exploring and discovering opportunities for welcome, engagement and relationship that exist, today, in our communities!

The thinking and planning behind Brent's story are the kinds of skills and mindset that are taught and learned in our workshop, ***Building a Context for Relationship***. This is a workshop that we normally offer face-to-face, in our office or a community space. It is one of our favourite events, as it offers effective and practical ideas and generates conversation that can really make a difference in the relationship landscape of people's lives.

We are excited to pivot this learning opportunity to an online format and believe that especially in these times people need to see how to move forward in small, achievable and impactful ways. There is much that even busy people can do to ensure that people have purpose, a sense of identity, ability to make contributions to family and neighbourhood, and remain firmly anchored in their communities in ways that matter.

Come as a family member who wants to know more. Come as a supporter who wants new and powerful ideas during these times, Consider even attending this event "with" a small group of family members, supporters and allies who sign up and remain in a "group" throughout the workshop. We will look at what it takes to bring about the two elements that will make the most significant difference in peoples' lives: **valued roles and relationship**. You will hear stories to stretch your imagination, learn a basic framework that you can begin to use, and have time for brain-storming, and working through ideas.

### **Building a Context for Relationship - Online Workshop!**

**Monday, Sept 28<sup>th</sup> and Tuesday Sept 29<sup>th</sup> - 1:30pm to 4:00pm**

**Spaces are limited - Register Here to Receive Your Zoom Details!**

# Racism and Our Part in the Way Forward

## This is important to us.

The staff and families at Durham Family Resources are becoming more conscious of the anti-Black, Indigenous and other forms of systemic racism in Durham Region and beyond. This notice is meant to let interested readers and community members know how we are thinking of these issues and what we might begin to do about them.

We would like to genuinely develop a meaningful response to our community on these issues of racism and lack of inclusion or recognition.

First, we understand that achieving a thoughtful stance on these issues cannot be done quickly or simply by posting a message on our website. We believe that a meaningful response can only happen if we take the time to reflect deeply on truth, equity, and justice so that our responses are rooted and genuine. We need to find ways to come to see and understand our own parts in developing and sustaining such past and current injustices. Only then might we begin to be a part of moving toward a more just community.

The team and families at Durham Family Resources have worked hard for many years to understand and take thoughtful, powerful action to ensure that people with disability are seen and valued within our society. As an organization, we have not, however, thoughtfully, and intentionally also considered the impacts of racism on our dream of a real and fully inclusive community. We have not specifically thought about anti-Black and Indigenous forms of racism or our own part in this.

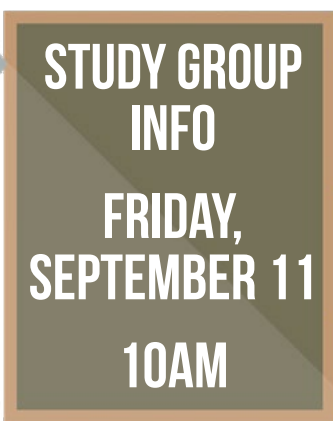
We have gotten started, however. We are already more mindful of our words and deeds, and we are beginning to understand what we do not yet know and how we need to listen in new ways. We understand that we have a lot left to learn. When this work is at a different stage, we will share our learning, plans and actions with our community. In the meantime, we do not want our families, allies, and others to take our silence for uncaring.

Black lives do matter. Indigenous people and history are essential to our identity. “It is not black against white – it is everyone against racism” (adapted quote by Patrick Hutchinson)

While this notice has been shaped and written by many, please direct any comments or questions to me, Janet Klees at [jklees@dafrs.com](mailto:jklees@dafrs.com)

## Bio Medical Approaches Study Group - Join the Learning Online

Shared learning and topical conversation continues with the Bio Medical Approaches Study Group as the group continues its virtual meetings this September! There are a couple of ideas which are percolating for this month's meeting - final details are being organized so the anticipation will have to build!



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 on Friday, September 11<sup>th</sup>, at 10 am. **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! Please RSVP for this month's meeting to [jklees@dafrs.com](mailto:jklees@dafrs.com) to get the online meeting details!

## Thinking it Through: What is “School” Going to Look Like for my Child this Year?



Although this school year looks very different to what parents had imagined for their child, it is important to remember children are resilient and will continue to learn, grow and thrive!

Last month, parents had to make the difficult decision between the traditional classroom and home based learning. How is your child enjoying the school year? What is working well for your family? What are the challenges? What community resources are available and how can we access them?

Join together with families on **September 24 2020 from 6:30 - 7:30pm** to “think it through TOGETHER” by sharing your thoughts, concerns, and ideas on maximizing learning at home and in the classroom.

**Register Here to Receive the Zoom Link Details!**

## Imagining Home - A Busy Summer and Look Ahead to Fall!

We’ve had a busy few months in all of the housing work supported by Imagining Home! This busy time has included:

- The launch of our *Let’s Talk...Home and Community Solutions Lab* project (community members talk together in order to re-imagine Durham neighbourhoods),
- Families presenting their positive portable housing benefit (PHB) impact stories to Durham Regional Housing staff at a recent Zoom meeting
- Supporting the Oak Park Community Family Group by celebrating the launch of their new video at another Imagining Home evening
- The ongoing creation of our own housing video to demonstrate the social value and impact of portable housing benefits for people across Durham Region and their families.
- Not to mention the myriad other day-to-day conversations and discoveries had and observed by families around next steps in housing. Each time families get together, people learn something and have something new to ponder – a home is renovated in a new way, a home is purchased, a condo is bought, a name goes onto the DASH list, a room mate is re-imagined...

At September’s Imagining Home meeting we’ll update the group on these initiatives and more, as well as take some time to reflect together on opportunities for discovery as we move into the final few months of the year.

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 prior to attending your first meeting, at (905) 436-2500 ext. 2511 or [eoreilly@dafrs.com](mailto:eoreilly@dafrs.com). Our next Imagining Home meeting is on **Wednesday, September 9<sup>th</sup> 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, SEPTEMBER 9, 2020 • 6:30PM**

**ONLINE, VIA ZOOM!**

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



# Addressing Social Devaluation: The Importance of Valued Social Roles

For many, this workshop will present a new way of understanding the lives of marginalized people. Social devaluation is presented as the crucial problem and then this workshop looks at some of the wounding experiences that fill their lives and the impact these experiences have.

With this new understanding, workshop participants typically start to ask "what should I do?" Participants will be introduced to social roles and their influence and how helping devalued people to fill valued social roles is a useful means to address social devaluation.

The concepts explained in this workshop are all derived from the theory of Social Role Valorization (SRV) developed by Wolf Wolfensberger, PhD. This one-day workshop can be thought of as an "introduction" to introductory training in SRV theory, which is taught in a 4 day workshop, and which all participants of this one-day workshop who want to learn more about SRV are encouraged to attend.

## COVID - 19 Protocols:

**Participants will be asked the COVID-19 screening questions upon arrival. Enrollment will be very limited in order to ensure 2 meters distance between participants. All participants should bring their own mask if possible.**



**Date:** Thursday, Sept. 24, 2020

**Time:** 9:00am to 5:00pm  
With registration and coffee beginning at 8:30am



**Location:** Manresa Jesuit Spiritual  
Renewal Centre

2325 Liverpool Rd, Pickering,  
ON L1X 1V4

There is lots of free parking on site.

Refreshments will be provided at the morning and afternoon breaks. Lunch will be provided. Participants requiring special diets, are free to bring food to supplement what is offered. Regrettably, special diets cannot be accommodated at this time.

## Who the workshop is intended for

The well motivated learner! This includes family members, friends, paid and unpaid supporters, advocates, teachers, board members, managers, funders, policy makers and others interested in the lives of people who are disenfranchised due to intellectual impairments, physical impairments, poverty, homelessness, age, and/or mental disorders.

## Pre-workshop preparation

Come prepared to listen, take notes, frame and discuss your questions. Also come prepared to think about the devalued people you know, their life experiences and the social roles they fill in life. This course is delivered via lecture, questions and discussion.

**Spaces are limited! Register Here Today!**



For more information or to register by phone, please contact Heather at (905)436-2500 ext: 2314 or [hminors@dafsr.com](mailto:hminors@dafsr.com)

This event is subsidized through a Strategic Program Investment Grant  
Co-Sponsored by Durham Association for Family Resources and Support  
and The Southern Ontario Training Group

# Medical Safeguarding Everyday, and In Time of Pandemic: a three part series

Durham Family Resources is cosponsoring this workshop which will be particularly helpful for family members and human service professionals who accompany people with intellectual and/or other impairments in obtain-ing medical care.

The workshop is inspired by the work of the late Dr. W. Wolfensberger of the Syracuse Training Institute, as well as on the practical experiences of clinicians, family members, and advocates. It explores the unpleasant and paradoxical reality that anyone who is hospitalized is exposed to grave dangers, which jeopardize that person's health and safety. This is a reality for all ill people in the hospital, including valued citizens, but is especially ominous for people who are members of a socially disadvantaged class, including those who are elderly and/or impaired.

We offer guidance, from the perspective of an advocate, a nurse, and a person with a disability who manages her own practical care, for what is to be done to help ensure good outcomes. The workshop will offer some practical information and several exam-ples of necessary guidelines and measures for protecting people in the hospital. It will also explore the practical challenges of supporting people during a pandemic,

## **Session 1: General Perils in Modern Hospitals**

Monday, October 26, 2020 from 1PM-4PM

## **Session 2: Specific Perils Faced by People with Impairments in Hospitals, and What Can be Done About It**

Wednesday, October 28, 2020 from 1PM-4PM

## **Session 3: Protective Measures During Pandemic**

Friday, October 30, 2020 from 1PM-4PM



The workshop will be take place using Zoom video conferencing technology. It will be presented in lecture format and will include opportunities for some discussion with the presenters. Workshop fee: \$150 (subsidies available, contact Heather for more details). [See the full flyer and registration details here!](#)

## Safe at Hospital Webinar Sparks Great Questions and Continued Conversation

There was a a large turnout to last month's Safe at Hospital webinar, speaking to the importance of this topic and its timeliness. The evening involved great information from a group of families who have been working at helpful resources for people who are interested in planning and preparing for best outcomes when their loved one needs to access a hospital.

One question brought up by a participant surrounded Power of Attorney (POA). The group recognized this was an important topic and something that is useful for all Canadians to understand. For health care decisions, families are often confused about whether or not their loved ones with disability require a Power of Attorney for Personal Care in order to ensure that family members are involved in making key health care decisions. We've compiled some information to shed light on this topic - [check out this document which explains POAs, and how to think through them for health care and safeguarding the voice of the person.](#)

If you are intersted in joining the email list for this topic, or would like to know about the next open conversation surrounding staying safe at hospital, contact Janet at [jklees@dafers.com](mailto:jklees@dafers.com).

# 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 some next steps in developing valued roles and relationships with a loved one.

For the last two meetings families have been keen to talk about Circles of Support and what can result when a group of people are intentionally invited to come together. Some families have shared their experiences and we have thought more deeply about the value and reasons for creating a circle, along with who could be invited. This month we plan to continue this theme, but welcome anyone wishing to join the conversation anew. We will continue to share and discuss some first steps for people exploring this idea further and consider how we can harness the collective energy to move forward, strengthen relationships, and hold and safeguard the vision of a good life.

This group will meet via Zoom from 6.30-7.30pm on Monday, September 28<sup>th</sup> and members will be sent a link to join a few days before.

SEPTEMBER 28, 2020

6:30PM TO 7:30PM

Online via Zoom Meetings



**MAKING THE MOST  
STUDY GROUP**

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)

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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

RespiteServices.com is continues connecting families to  
supporters! Contact Sandy 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](http://respiteservices.com/durham). Contact Sandy at (905)436-3404 or [sciarlariello@dafrs.com](mailto:sciarlariello@dafrs.com). New supporters are continuing to be added. Contact Sandy for more information!

For more information, please visit our website, [www.dafrs.com](http://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](http://www.dafrs.com)