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Durham Family Resources

FAMILY focus

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

Adapting and Moving Forward During Uncertain Times

As we come into the fall season, we are aware that the new “normal” regarding physical distancing and the restrictions to gather “in-person” will be a reality for awhile. As Public Health creates new measures and recommendations to keep everyone safe, we must pivot and adapt in our own daily routines and planning. Here at *Durham Family Resources*, we have adjusted our learning events and ways of supporting families, too. Typically, we rely heavily on face-to-face meetings and gatherings, and although we still think being together to talk, plan, and learn is the *best* way, we have determinedly found many ways to keep moving forward “virtually” and/or at safe distances.

For the most part, we have been able to replicate our regular in-person events virtually and families are coming out in good numbers. We are still producing rich, thoughtful material for other and new learning events, but instead of talking things through in the Gathering Place, we are having the same engaging conversation in our virtual Zoom rooms. We have learned so much about how to use technology, breakouts and small groups in interesting ways. Just like before,

attendees of our events get “take-aways” and where possible we arrange to have topical follow-up events to continue the conversation and learning.

Recently, we held our popular *Building a Context for Relationship* workshop online – but with a COVID focus. In the two-afternoon course, together with families and supporters we talked about pivoting and adapting plans and routines to the current environment – thinking about places and safety differently. We heard many examples and stories of local families being creative with using safe spaces and adapting plans for people to still be productive and engaged in their lives.

We challenged ourselves to see the opportunities in what is safest now. And so, we brainstormed all

of the spaces that are relatively low-risk and still “open” with the potential to host current or new roles or possibilities for people. Places and spaces poured out and we were able to imagine all kinds of roles which could come out of each location.

Even in these times of closure and uncertainty, community is still open! There are opportunities within our neighbourhoods to work on building or deepening relationships with others. Following interests and passions, identifying low-risk spaces where roles can be practiced and contributions pursued, finding safe ways to know and be known by others - are all still available to us if we adapt and get creative in our thinking. If you are thinking about planning a good life for a loved one with a disability, keep an eye out on our upcoming learning events for a topic that sparks your curiosity - join us for good conversation, albeit virtual for now, and great connection with other like-minded families!



New Financial Benefits Available for Canadians Dealing with COVID-19 Effects

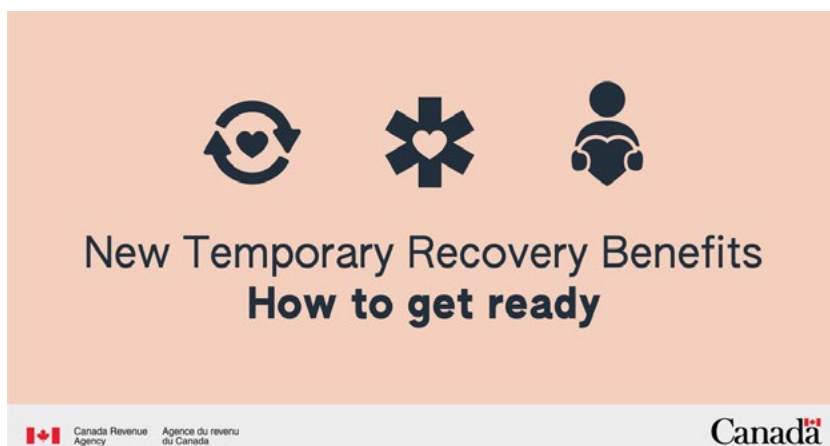
Starting Monday, October 5, 2020, people are able to apply through the Canada Revenue Agency for two new benefits aimed at supporting Canadians through this COVID-19 pandemic. These benefits include a new sick leave benefit and a new caregiver benefit for those who must take time off work to care for a dependent because of the pandemic.

The Canada Recovery Sickness Benefit provides up to a two-week paid sick leave worth up to \$1000 for workers who are unable to work for at least 50% of the week because they have contracted COVID-19, have to self-isolate for COVID-19, or have contracted other sicknesses that would make them more susceptible to COVID-19.

The Canada Recovery Caregiving Benefit is payable to one worker in a household, and is available to people who cannot work because their child or family member is sick, has to quarantine, or is at high risk of COVID-19. Those eligible can apply for a benefit of \$500 a week for up to 26 weeks.

Those Canadians who have previously been in receipt of CERB will want to know about transitioning to Employment Insurance (EI). Temporary changes have been made to the EI program which will be in place for one year. If you were previously eligible for CERB, you may be now eligible for EI.

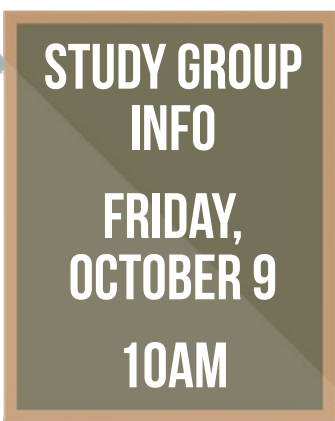
More details about each of these benefits, including how to apply, [can be found here on the Government of Canada website](#).



It's Apple Fest at our monthly Bio Medical Approaches Study Group in October!

Even it is still a Zoom gathering, bring along a crisp Fall apple and prepare to share with others your favourite Apple recipe, story, adventure or meditation! Let's take an hour to revel in the opportunities of this new Season and let go of all of the reasons we have loved summer.

As usual, our discussion will wind along the pathways that those present find most interesting and relevant at the moment – new COVID news or adaptations or possibilities, questions about medications, approaches and new ideas, books that should be shared or read by all, and much more.



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, October 9th, 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 to get the online meeting details!

Thinking it Through: October already! Let's continue talking about how to make the best of this school year!



We are now a month into the 2020 school year. How is everyone doing? What has been working for your child and your family? What can we work on together?

In this session of Thinking it Through we will explore what's happening now and take the opportunity to discuss the power of relationships that enhance your child's educational experience. We will be joined by a family who will share their journey. Throughout these times, we continue to keep in mind children are resilient and will continue to learn, grow and thrive!

Join together with families on **Thursday, October 22nd 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!

The Current Housing Climate and Analyzing Options - Join the Housing Conversation this Month at Imagining Home

At Imagining Home each month, families explore timely housing topics and issues through an analytical lens and the shared principle of creating home, one person at a time. We hope you can join us this month as we continue sharing and discussing thoughts around the current housing climate, in particular the construction of new congregated builds across the province – and collectively come up alternate ways of helping to create good lives in good homes in typical and good communities, for and with loved ones.

Also, last month families expressed interest in brainstorming some ways of inviting supporters into homes safely and engaging them meaningfully during the second wave of COVID and with the colder weather just around the corner. If there's time, we'll also touch on the topic of housemates, which continues to be a hot topic!

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. Our next Imagining Home meeting is on **Wednesday, October 14th** 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, OCTOBER 14, 2020 • 6:30PM

ONLINE, VIA ZOOM!

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



Partners for Planning Hosts Six Free Webcasts all about Planning!

Over the next few months, P4P Planning Network is presenting a great lineup of webcasts all surrounding good planning for a family member with a disability. The *Fundamentals of Future Planning* will feature guest speakers sharing their expertise on a range of subjects and talking through steps families can take to plan a good future for their loved one.

These six webcasts will each focus on a different topic, and will include time afterwards for facilitated discussion where attendees will be able to discuss the topic further. A digital workbook is included. Families are invited to sign up for one or all of the webcasts.

Designing Your Future: A Framework for Planning - Tuesday, October 13 at 7pm

Wills & Estate Planning: Legacy Planning for a Relative with a Disability - Tuesday, October 27 at 7pm

Creating Financial Security: Financial Planning in Support of a Relative with a Disability - Tuesday, November 10 at 7pm

My Life, My Choice, My Community: Thriving in Your Neighbourhood - Tuesday, November 24 at 7pm

Nurturing Supportive Relationships: The Foundation to a Secure Future - Tuesday, January 5 at 7pm

Creative Options for Home: Exploring Individualized Housing Models - Tuesday, January 19 at 7pm

Click on the image below to see a description of each event and register!



the fundamentals of future planning

NEW FREE SIX-PART WEBCAST SERIES

Register for *individual sessions* or the *entire series* >>>

Lunch & Learn with Genia Stephens and Jo Massarelli

Join Genia and Jo as they chat about Social Role Valorization (SRV) and the influence of our ideas, mindsets and values on changing ourselves, our loved ones lives and even the world! This is sure to be a great conversation between two well-versed SRV practitioners.

If you've attended an SRV learning event, or have been thinking about it - this will be of interest to you. Jo Massarelli will speak about how Dr. Wolf Wolfensberger's ideas changed mindsets in human services, the distinction between wisdom and intelligence, and how people with disabilities are treated in our communities gives us important insights into the state of our society.

We have quite a few DFR staff who are excited to hear this live event and we are organizing a short "chat" afterwards to share our thoughts. If you sign up and would like to "debrief" with us, let us know! We'll send you the Zoom details if you are interested.

FREE LIVE MASTERCLASS

Ideas Have Consequences: reflections from a human service career With Jo Massarelli

October 13th at
12pm EST

GOODTHINGSINLIFE.ORG/IDEAS



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 few 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 who has attended MTM wishing to join the conversation anew. We will continue to share and discuss some first steps for people exploring this idea further and focus particularly on crafting the initial invitation to join a support circle.

This group will meet via Zoom from 6.30-7.30pm on **Monday, October 26th** and members will be sent a link to join a few days before.

OCTOBER 26, 2020
6:30PM TO 7:30PM

Online via Zoom Meetings



**MAKING THE MOST
STUDY GROUP**

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. Contact Sandy at (905)436-3404 or sciarlariello@dafrs.com. New supporters are continuing to be added. Contact Sandy 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
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