

April 2021



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Durham Family Resources

FAMILYfocus

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

Young Families are Springing Into Possibilities! A New Workshop in Partnership with Extend-A-Family Toronto!

2020 was a challenging year in a great many ways, and for many families, 2021 still feels full of uncertainty and lost opportunities.

Join us this May-June for an online, interactive, 3-part mini-series, where we will come together to uncover and re-imagine what is still possible in our neighborhoods. Hear stories from other parents on how they have supported their loved ones with continued exploration, connection, and growth.

You will walk away from this series with the ideas, strategies, and the know-how knowledge you need to begin planning for a summer full of discovery, and inspiration for future possibilities.

Dates: Mondays - May 17, May 31, and June 14, 2021

Time: 6:30 – 8:30 p.m. via Zoom

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



**Register
Here for your
Zoom Link!**

Thinking it Through: Looking Ahead for a Successful Summer!



Thinking it Through: School's out for the summer! We're just a few months away from the warm summer weather.

What plans have you made for your children?

What's available and happening in the community?

What does summer look like for your family?

JOIN US! For this session of 'Thinking it Through' where we will start planning for summer 2021 and discuss the possibilities with our families!

Join together with families on **Thursday, April 15 2021** from 6:30pm-7:00pm to "think it through TOGETHER"



Register Here to Receive the Zoom Link Details!

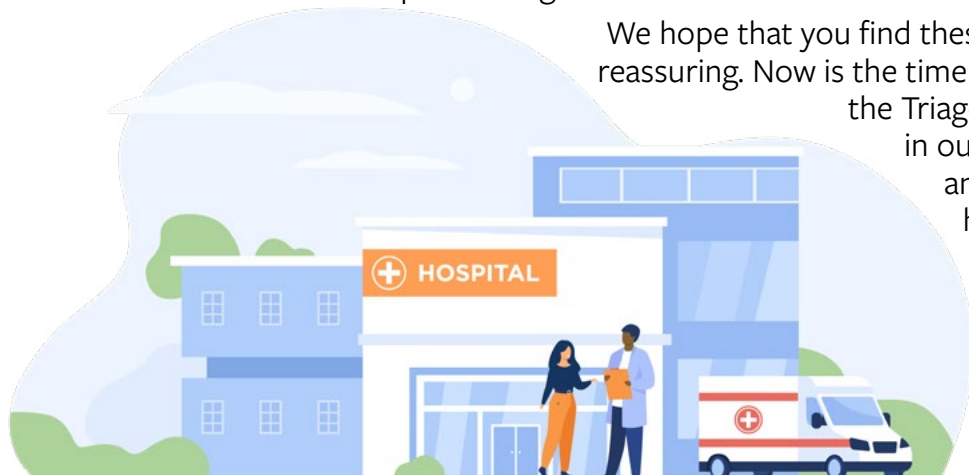
Triage Protocol - Get Prepared and then Focus on Other Important Things

In mid January the Provincial COVID Command Centre released a document to all hospitals in Ontario. It outlined the new Emergency Standards of Care to be followed if there is a major surge in hospitalizations requiring critical care. The document has also been referred to as the Triage Protocol.

As a response, staff and families from DFR's Safe at Hospital Working Group reviewed the protocol and developed a short [i information sheet](#), designed to give a brief overview of it's contents and identify critical conversations and decisions that happen with all hospital admissions. The info sheet then proposes ways that families can get prepared, to maximize the chance of their loved ones receiving the healthcare they need on an equitable basis – especially during a pandemic.

To accompany the information sheet, we have also developed a [✓ one-page checklist](#) to assist families and allies to feel more informed and prepared. Finally, Working Group member Linda Dawe has kindly shared a [✍ brief letter](#) that she has written to accompany her daughter Tiffany, should she unexpectedly need to be admitted to hospital during this time.

We hope that you find these 3 documents helpful and reassuring. Now is the time to get clear on what it would mean if the Triage Protocol were to come into effect in our local hospitals; to get yourself ready and then put it aside for a day we all hope will never come.



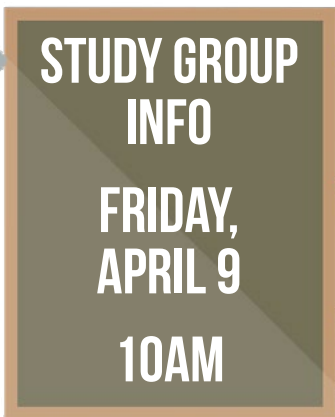
Bio Medical Approaches Study Group Chats (& Smells) Aromatherapy!

For our April 9th Bio Medical Approaches Study Group we are sniffing out something different – with a chat all about Aromatherapy! We will welcome Leigh McSwan, who is knowledgeable in holistic practices including nontoxic cleaning products, picky eating and aromatherapy. We will be making up some testing kits and porch-delivering them to the first local twenty people who register for this month’s meeting! Everyone else is still welcome to join in on the call, ask questions, and learn with others!

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!

We usually 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 by Zoom invite on the second Friday of each month at 10am for about an hour to an hour and a half. Please RSVP this month using the link below to receive your special Zoom link for this meeting.



[REGISTER HERE FOR APRIL'S BIO MEDICAL MEETING](#)

Make Renting a Home Affordable - Ideas and Exploration at April's Imagining Home Meeting

Join us this month at Imagining Home as we share and explore aspects of making renting a home affordable – we'll dig into a range of topics including inviting roommates into the home, having the right supports in place and accessing potential housing dollars to offset (or cover completely) the household expenses. This is part 2 of the rental resource that was shared with families back in February. Come with your questions, ideas or reflections for what's working or not working for your family and let's explore these together!

Each month at Imagining Home, we engage with anything “housing, home and community” and enjoy critical discussion, sharing stories, learning and often having a good laugh among respectful and supportive people! Families bring a wealth of experience and knowledge and are ready to share and support others along their journey. All are welcome to attend and participate in Imagining Home when we meet on the second Wednesday of each month. If you are new to the group and would like to attend Imagining Home for the first time, we'd ask that you first contact Erin at (905) 436-2500 ext. 2511 or eoreilly@dafers.com to arrange an introductory call.

Our next Imagining Home meeting is on **Wednesday, April 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, APRIL 14TH, 2020 • 6:30PM

ONLINE, VIA ZOOM!

CONTACT ERIN FOR DETAILS (EOREILLY@DAFRS.COM)



Support DFR by Becoming a Member

Becoming a member with DFR is free and easy, with our new online application! Having a strong membership shows our community, our funders, and our policy makers that the work we do is important and meaningful. In order to vote at our June AGM, applications must be received by early May.

Apply Online for your Membership Today!

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.

Each month graduates of past Making the Most learning series are invited to come together and think more deeply about crafting and sharing a vision, designing and planning days full of contributions and possibilities, focusing on roles rather than activities, seeking and developing good support, making positive introductions, and finding strength, comfort, energy and hope through building circles of support. We continue to use the MTM Principles to guide our conversations and help figure out, one person at a time, how to take steps forward towards more of the Good Things of Life.

The meeting is open to anyone who has attended a MTM series before and wishes to join the conversation. Contact Laura.Ipowell@dfrs.com for more information.

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

APRIL 26, 2021
6:30PM TO 7:30PM

Online via
Zoom Meetings

**MAKING THE MOST
STUDY GROUP**



Temporary Wage Increase For Supporters Extended Through June

The temporary wage increase for direct support workers, in place since October 2020, has now been extended until June 30, 2021. This temporary funding can be used to pay your support worker \$3 per hour on top of their existing hourly wages, for all hours worked during the eligibility period that are paid for with funding you get from your direct funding program.

Funding for this temporary wage increase will be *in addition to* the funding you get from your direct funding program.

People and families with funding from the following direct funding programs will be eligible for this temporary support:

- Assistance for Children with Severe Disabilities
- Enhanced Respite
- Ontario Autism Program Childhood Budgets and Interim One-time Funding
- Special Services at Home
- Passport Program

For more information on applying for this wage enhancement using Children's funding, [click here](#).

For more information on accessing the wage enhancement using Passport funding, [click here](#).

Durham Family Resources has invited FAO to take a regular corner in our Family Focus newsletter. It is clear to us that FAO covers and represents many of our shared concerns – theirs from a family advocacy perspective and ours from a family partnership for a better community perspective.



Family Alliance Ontario

Check out more upcoming events below and get to know FAO!

FAO has been hearing about the Ontario Disability Support Program (ODSP) from our members and from our affiliate family networks, thus we have decided to find out what other families and people across Ontario experience when they interact with their local ODSP office. **Please assist us in our advocacy efforts by completing [this very short survey](#).**

Social Hour: Sunday April 11, 2021 from 8:00 p.m. to 9:00 p.m.

April showers bring on May flowers. Who has questions about gardening? Do you have knowledge that you can share? Cindy will share information about Gardening, but we welcome those with a green thumb or not (which is me as I cannot even keep a cactus alive). ***RSVP here by Friday April 9, 2021.***

Family Knowledge Share: Wednesday, April 28, 2021 from 7:00 p.m. to 8:00 p.m.

Rosanne Purnwasie, Organizer of the Durham Sibling Group and FAO Board Member, will share information about their group. ***RSVP here by Monday April 26, 2021.***

Learn more about FAO by [visiting their website](#) or [Facebook page](#)!



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.

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