

May 2021



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Durham Family Resources

FAMILY focus

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

Our Annual General Meeting is Wednesday, June 23, 2021!
Rest! Recharge! Refresh! How do you spell Relaxed?

Durham Family Resources will be holding our Annual General Meeting on Wednesday, June 23, 2021. Like last year, we will be hosting this year's meeting online via Zoom! After a short business meeting agenda, we will take some time to think about recharging and rejuvenation. We all look for ways to find rest and renewal not only during the pandemic, but through the years. Sometimes we find ways to do so among our loved ones; sometimes we take short breaks for one another. We will look to DFR families for a whole range of examples to inspire and remind us all to take a break. At the same time, we will see how full and meaningful lives often give each family member that needed space to learn, grow, and return with even more to offer.

We encourage anyone interested in our work to consider becoming a member of our organization. Becoming a member not only shows your support for the mission and values of Durham Family Resources, but also allows for your family to vote at our Annual General Meeting. Make this support public to show that you think our work is important and beneficial to our community. In order to vote at this year's AGM, we must receive your completed membership application by May 10th, 2021. Becoming a member is [free and easy to do using our online membership application!](#)



**2021 Annual
General Meeting**

6:00pm

**Register Here for
your Zoom Link!**

The Essential Role of Support

A NEW Workshop!

Save the date and join us on Thursday, June 10th as we gather together to chat about the support role. This will be an evening for families and supporters to explore their unique partnership and unleash the potential for building and sustaining the roles and relationships that are a part of a full and contributing life!

Thursday, June 10, 2021
@ 6:30pm



Register Here for Your Zoom Link!

Feeling Prepared for Hospital - Families Share Resources and Triage News

Late last week we had great turnout to a conversation with families about feeling prepared for a hospital stay both in this current pandemic and in general. A few families from our Safe at Hospital Working Group shared stories of documents they had created to prepare them for a hospital visit or medical procedure. Along with the thinking behind the document, some shared stories of how they have been used recently and learning gained from that experience.

The Safe at Hospital Working Group has been working on a helpful Toolkit since last year. This Toolkit contains examples of documents the group has created, along with other helpful documents which may be useful for those who may be worried about medical safeguarding for themselves or a loved one. The Toolkit is now available online at www.dafrs.com/toolkit for those who would like to access it as a resource.

Triage Protocol and Emergency Standard of Care Not Likely to Be Used in Ontario

The evening also included conversation with Sean Hillman, Clinical Ethicist with the Centre for Clinical Ethics, currently working at Lakeridge Health in Oshawa, who helped the group understand recent Triage protocol news. [CBC, along with other news outlets, have reported](#) on a memo released early May from the Critical Care COVID-19 Command Centre who is 'increasingly confident' the Emergency Standard of Care can be avoided in Ontario, and furthermore are no longer recommending use of the Triage Protocol.

Safe at Hospital Essential Toolkit

This toolkit of documents is divided into 3 categories listed below. Each section contains examples created by families and allies who have been working hard to be as prepared as possible should their loved one need to go into hospital. They are not offered as fill-in-the-blank templates, but rather have been uniquely designed for each person and thus are intended to be adapted by other families for their own situation. Where appropriate, helpful resources for each section are also shared.

- Medical Alerts
- Rationale for Accompaniment
- Medical History & Key Contacts
- Role of Essential Care Partner
- Communication & Decision Making
- Go to Bag
- Triage Protocol

Medical Alerts

This is a short, concise one-pager designed to be read quickly, which highlights essential medical information and risks. Ideally displayed above the bed and at the front of notes. Bring multiple copies.

Examples: Medical Alert [x], Medical Alert [x]

Helpful Resources

Rationale for Accompaniment

In common language explain why it is essential that your loved one has someone with them who knows them well. Highlight the reasons why healthcare staff would also benefit from their presence. Send in advance if possible, but also bring additional copies and expect to go through again with other staff.

Examples: One-page rationale, Instructions to Supporter, Letter requesting accompaniment, ARCH Advocacy Tip Sheet

Helpful Resources

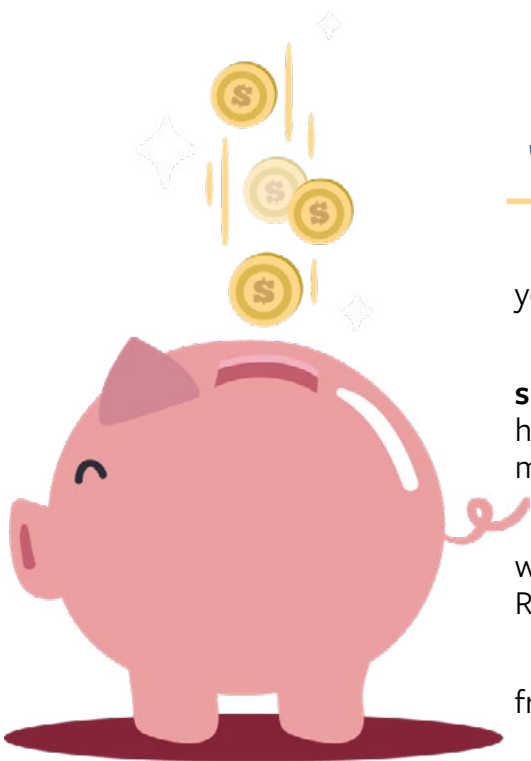
Medical History & Key Contacts

A longer document containing detailed medical history, conditions, medications, allergies and contact details for family members and other health professionals involved in your loved one's healthcare. Include individualized guidance for staying safe and avoiding unintentional harm or adverse outcomes.

Examples: Basic Medical Info (blank), Handling my unique body

Helpful Resources

Please be in touch if you would like a copy of any of the examples as Word documents



Thinking it Through: Saving for the Future for Everyone!

How can an RDSP make it easy for you to save for your child's future?

Come out and hear from an RDSP investment specialist! Tax time is over, however you can still learn how applying for the disability tax credit can put more money in your loved ones' bank account.

JOIN US! For this session of 'Thinking it Through' where we will learn, share, and ask questions about the Registered Disability Savings Plan!

Join together with families on **Thursday, May 27 2021** from 6:30pm-7:00pm to "think it through TOGETHER"



Register Here to Receive the Zoom Link Details!

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

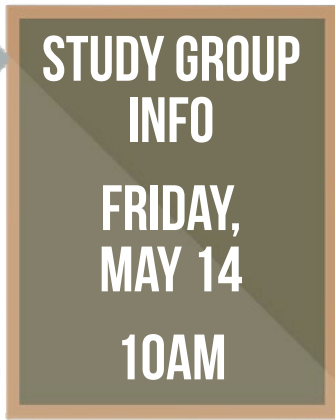
[See and share the full flyer here!](#)

**Register
Here for
your Zoom
Link!**



Bio Medical Approaches Study Group Catching Up on All Things Wellness This May

Spring has sprung in May for the Bio Medical Approaches Study Group. Last month the group had a chat all about Aromatherapy! We tried out various oils from some testing kits which were porch-delivered to those interested and spent time chatting about everyone's experiences and sharing our learning. This month we will meet again and catch up on what people are thinking, reading, and trying in search of well-being and good health.



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. [Reach out to Janet](#) if you'd like to get a Zoom link to the next meeting!

Exploring Home Ownership at May's Imagining Home Meeting

Join us this month at Imagining Home as we explore homeownership as an achievable, long-term option for home. Together we'll dig into discussion around the various reasons why this might be a good option for a loved one, what it would take to make it happen and what resources and supports families might need along the way. We'll here from one or two families who have recently explored homeownership as an option who will share their insights and learnings. Come with your questions, ideas or reflections and let's explore this topic 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@dafrs.com to arrange an introductory call.

Our next Imagining Home meeting is on **Wednesday, May 12th 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, MAY 12TH, 2020 • 6:30PM

ONLINE, VIA ZOOM!

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



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



Family Alliance Ontario

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

Supported Decision Making: Community-based initiatives to advance the equal right to decide - Wednesday, May 26, 2021 from 7:00 p.m. to 8:00 p.m.

Michael Bach with the [IRIS Institute](#) has been supporting the development of community-based initiatives to support people's 'equal right to decide' in personal, health care and property/financial decision making. He will share some of the examples, promising approaches and lessons learned from current initiatives in Ontario, other parts of Canada and other countries where IRIS is working on this issue. ***RSVP here by Monday, May 24, 2021.***

Annual General Meeting: Saturday, June 5, 2021 from 9:30 a.m. to 12:00 p.m.

Rupert Gordon, Assistant Deputy Minister, Community Services Division Ministry of Children, Community and Social Services. Rupert will be discussing the current and future state of Developmental Services in Ontario. ***RSVP here by Monday, May 31, 2021.***

Consider becoming a member of Family Alliance Ontario. [Please complete the registration form here!](#)

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

Important Dates At-A-Glance!

2021 AGM

Wednesday, June 23 @ 7:00pm

Springing into Possibilities

May 17, 31, June 14 @ 6:30pm

The Essential Role of Support

Thursday, June 10 @ 6:30pm

Thinking it Through

May 27 @ 6:30pm

Bio Medical Study Group

May 14 @ 10am

Imagining Home

May 12 @ 6:30pm

MTM Study Group

Meets again in June

respiteservices.com



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!

For more information, please visit our website, www.dafrs.com, and see the "Upcoming Events" tab.

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