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Durham Family Resources

FAMILYfocus

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

Voting is an Opportunity for all Canadians to be Engaged in Democracy and Advocate for What is Important

This month we have a Federal Election for the Government of Canada. The election is being held on Monday, September 20, 2021. Your right to vote is one of the fundamental ways to participate as a full citizen in Canadian society. Voting gives you a voice to choose who you believe will best represent you and your community when the next Government of is formed.

As a voter, you have the ability to influence candidates and parties to support and prioritize issues that affect your family and others who have a disability. If you vote, and your eligible family members vote, an impact has been made. Every election is an opportunity to advocate for issues that affect your family and community.

There are many resources available to assist you this election. You can see what falls under [Federal jurisdiction versus Provincial control here](#). Elections Canada has helpful videos, such as to help [ensure you are registered to vote](#), as well as [tools and services at the polls](#) to make it easier to vote. There are multiple ways to vote this year to keep everyone safe. Aside from showing up on election day, you can vote early at your

polling state or an Elections Canada office, or you can vote by mail. BC People First are holding a webinar on September 13 to support people who are not familiar with the voting experience or want to review before voting - [see more information here](#).

There are many organizations across Canada working to advocate for various issues and interests - including many with a disability focus. The pan-Canadian Disability Coalition (a coalition of over 25 disability organizations) are calling on the major political parties to attend a national election debate on disability issues on Tuesday, September 7 at 10pm EST - [see more information here](#). Inclusion Canada is a national not-for-profit organization with a long-standing history of defending the rights and interests of persons with an intellectual disability and their families. For the upcoming Federal Election, they are advocating that all parties should prioritize the inclusions of persons with an intellectual disability in their COVID-19 recovery plans by ending poverty, making community living real, and achieving the realization of human rights - [you can view their Federal election info here](#).

Take the time between now and September 20 to make your vote count and your voice heard!

FEDERAL ELECTION Facebook Twitter YouTube
ElectionsCanada

Voter's checklist

Get to know your voting options and choose what works best for you. No matter how you vote, keeping you healthy and safe is our priority. If you plan to vote by mail, don't wait, apply now at elections.ca.

- Make sure you're registered at your current address
- Watch for your voter information card in the mail
- Make a plan to vote
- Find out who the candidates are in your riding
- Bring ID when you go to vote

At your assigned polling station on election day

At your assigned polling station on advance polling days

By mail: visit [elections.ca](#) to see if voting by mail is the right choice for you (deadlines apply)

At any Elections Canada office across Canada (deadlines apply)

It's Our Vote

Visit [elections.ca](#) for the official information on voting and the health and safety measures in place
1-800-463-6868 | [elections.ca](#) | TTY: 1-800-361-8925

Elections Canada

Recruitment is the Focus of our Next *Families and Their Support: A Powerhouse Team* Learning Event Coming Soon

Bare with us as we are still finalizing the information, stories, and good learning for the next chapter of our *Families and Their Support: A Powerhouse Team* series. We had been aiming for a September date for this event - so our apologies for the delay!

The second part of this workshop will focus on another critical aspect of good support - finding it! **The next workshop will be all about recruitment, searching, interviewing, knowing who to look for and where they might be found. Keep an eye out for more details, including a date, for this one!**



Supportive Roommates and Project Conclusions at September's *Imagining Home* Meeting

Here we are at again, at the start of a new month with all its offerings of new possibilities and continuing conversations and actions towards good homes in real communities! We hope you'll join us this month at *Imagining Home* as we share insights and takeaways from our *Let's Talk... Home and Community* housing project, co-designed and collaborated on with eight families - 5 DFR families and three newcomer families. As we plan our next steps for concluding this project and sharing these takeaways more broadly, we'd like to spend some time exploring ideas around a 'Sharing Forum' to take place before the end of this year. We'll also be continuing our discussions around supportive roommates - this month exploring the gifts and contributions your sons and daughters have to offer within the home and the roommate relationship.

As always, 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.

IMAGINING HOME MEETING • WEDNESDAY, SEPTEMBER 8, 2021 • 6:30PM

ONLINE, VIA ZOOM!

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



Addressing Social Devaluation in the Lives of Disabled People: An SRV Perspective

Presented by members of the Southern Ontario Training Group (SOTG), sponsored by Durham Family Resources

Covid-19 has impacted various groups of people in very different ways. For some it has been mostly an inconvenience. For others, such as those living in group homes, long-term care facilities, shelters, and other segregated programs, it has been nothing short of catastrophic. Illness, death, isolation, idleness, and poor care are just some of that hardships that socially devalued people such as the poor, the homeless, and the elderly have endured during the pandemic. The lives of many people with intellectual disabilities have also been impacted very negatively by the pandemic; however, some people have been kept safe from illness and death, and have been protected at least to some degree from loneliness and isolation. These are frequently people who were enabled and supported by their families or others, to fill valued social roles in their neighbourhoods, their communities and in their families; roles such as son, daughter, aunt, uncle, sister, brother, friend, employee, volunteer, club member, tenant, homeowner, neighbour, church member and so on. Valued social roles can provide opportunity, security, protection, respect, plus more, and consequently, people who fill valued social roles were more likely to be protected and less harmed by the Covid-19 pandemic. This is true in non-Covid times as well.

In this workshop, social devaluation is presented as the main problem in the lives of many people. Participants are introduced to the power of social roles as a means to address the social devaluation in people's lives.

Who should attend

Family members, disabled people, friends, advocates, service providers, teachers, policymakers, anyone who is troubled by the way things are for themselves or someone they care about, and those who are curious about SRV or want a brief refresher.

Workshop Purpose and Content

This four-session series, is designed to give participants a brief introduction to a theoretical perspective, Social Role Valorization (SRV). SRV is a powerful theory about the relationship between the way people are perceived by others and the way they are treated in society. SRV has much to say about devaluation and how to address it. The workshop explores the universality of devaluation, the disadvantage experienced by those who are devalued, the process by which devaluation occurs, and how devaluation might be addressed. The concepts that are discussed are relevant to all those who are devalued, regardless of the circumstances that have led to that devaluation. Participants should note that within the short time available to us, we cannot provide the kind of comprehensive overview of SRV that one receives in the full four-day SRV workshops that the SOTG offers. However, we are confident that you will find the content of this workshop thought provoking and useful.

Format

Lectures (with extensive use of slides), and discussion.

Given the interrelatedness of the four sessions and the small number of people we can accommodate, we ask that people only register if they will be able to attend all four sessions.

Online via Zoom

October 18: 6:30 – 9pm



October 25: 6:30 – 8:30 pm

November 1: 6:30 – 8:30 pm

November 8: 6:30 – 8:30 pm



Register here for your Zoom Link!

Attending This Year's CLO Conference? Check Us Out!

Later this month, Community Living Ontario is hosting its annual conference. Just like last year's, this conference will be held virtually. The theme of this year's conference is *Still In This Together: Expanding Possibilities for Lasting Change*. The two days will focus on reconsidering and breaking out of the status quo - and aims to inspire innovation, collaboration and thinking outside of the box to help you create the change you want to see in the world.

Durham Family Resources has two presentations which have been accepted and we are looking forward to meeting attending families over the two days. If you are attending, we hope you can join us at one of our sessions!

Stronger Together: Families Influence Health Partners and Policy

Together we are stronger. Tough times have widened our circles. A silver lining of the pandemic to families connected in Durham has been to forge important and influential partnerships with our local hospital network, Public Health, the LHIN and others. New partnerships developed during COVID began with families coming together with questions about how their loved ones would remain safe during the pandemic.

As a result of questions, conversations, and learning together, many families have greater knowledge and access to the medical and supportive resources of their community and have influenced and shaped local and other health care implementation and policy- not mediated through the Developmental Services sector but accessed directly as typical and valued residents of Durham. Come and learn about the partnerships that families and DFR have entered into, beginning with our Safe at Hospital Working Group (families, staff, and practitioners), and a variety of family-centered and family co-designed efforts.

When Families Stop Waiting, Home Happens

In Durham Region, a number of families recognized that typical housing was not something on offer from Developmental Services Ontario. In fact, over years of conversation, they have come to understand that for lasting change, residential services are not going to solve nor offer the kind of home their loved ones were seeking - the same kind of home that their sisters, brothers, siblings, cousins, and friends are moving into. A home that is reflective of their personal style. A home that is a place of welcome to invited guests. A home that they choose to share or not. A home where they are in charge. A real home.

Over the past five years, more than 30 family members have turned the key and unlocked a new venture. Twenty of these families have secured portable housing benefits from the Region of Durham, providing sustainable housing for their loved ones. These families are demonstrating what it takes to go outside of the service bubble. At the same time, they have developed clear ideas about how the developmental services (DS) sector can truly invest in a way forward- one person at a time. Today, with the Canada Ontario Housing Benefit in play across the province, many families can join the likes of those in Durham and stop waiting on residential services. Come and hear the stories of real families, and the opportunities, possibilities, personal assets of many kinds, and the search for home and community as it unfolds in Durham Region.

COMMUNITY LIVING
Ontario

68th Annual Conference

September 30 - October 1, 2021

Virtual

[Check out the full agenda, and register here!](#) If you are family interested in attending, but may need financial support to do so, be in touch!

Bio Medical Approaches Chats About Acceptance Commitment Therapy (ACT) at September's Meeting



**STUDY GROUP
INFO**
**FRIDAY,
SEPTEMBER 10**

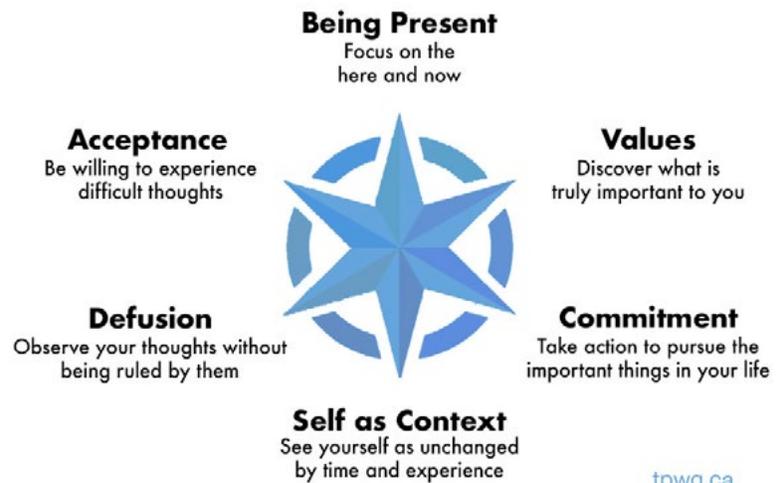
We have come to understand that our physical and emotional health are intricately connected. Rates of anxiety are at a high even for those who typically do not experience generalized anxiety. Many people have tried a number of strategies to help cope. This month a parent will share her daughter's experience learning how to manage anxiety through Acceptance Commitment Therapy (ACT). It is a mindfulness based approach that has been shown to reduce stress. However, like with many self-care models, there are also challenges associated with ACT that too must be considered when figuring out if this model is worth investment. In addition to families thinking about this for and with their sons and daughters, parents have been mentoring one another to implement ACT with some positive results.

This month we will discover more about this approach, the opportunities and challenges.

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!



tpwg.ca

Thinking it Through: Returning to Learning this September!



BACK TO SCHOOL! Whether it is in person or home-based, children are resilient and will continue to learn, grow and thrive! No matter your choice - know that **learning happens and we are here to support you!**

Let us meet in good spirit to share what we know and to discuss the possibilities that await us in this new school year!

Join us, together with families on **Thursday, September 23, 2021 from 6:30pm-7:30pm** to "think it through TOGETHER"

Register Here to Receive the Zoom Link Details!

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 putting the MTM Principles into action, one person at a time. This month we plan to continue our conversation about meaningful work. Work roles, where people have an opportunity to contribute, find purpose, challenge and feel a sense of accomplishment are an important part of most adult lives, yet for many people who are devalued by society, their potential frequently remains unfulfilled. Join us to hear from a small business owner and his family who have supported him to explore and expand this work role opportunity.

The meeting is open to anyone who has attended a MTM series before and wishes to join the conversation. Contact Laura (✉ lpowell@dafrs.com) for more information.



**MAKING THE MOST
STUDY GROUP**

SEPTEMBER 27, 2021
6:30PM TO 7:30PM

Online via
Zoom Meetings

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

RespiteServices.com 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!

Important Dates At-A-Glance!

Federal Election
September 20, 2021

CLO Conference
September 30 and
October 1

Intro to SRV
Mondays @6:30pm,
beginning October 18

Thinking it Through
Sept 23 @ 6:30pm

**Bio Medical Study
Group**
Sept 10 @ 10am

Imagining Home
Sept 8 @ 6:30pm

MTM Study Group
Sept 27 @ 6:30pm

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

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