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September 2022

Durham Family Resources

# FAMILYfocus

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

## Re-Imagine Opportunities, Strengthen Vision and Create Plans for A Good Life with this Six-Part Learning Series

Since 2015 the *Making the Most Family Learning Series* has welcomed families across Durham Region. This six-part learning series has since had over 90 graduates! The appreciation and popularity of the workshop has also resulted in the creation of a monthly group for graduates, where they continue to learn and work things through together.

*Making the Most* focuses on a set of principles that offer guideposts for planning and decision making for a good life in community. Participating family members are encouraged to come with an open mind. Graduates of the series have attested to a shift in thinking resulting in a new imagination of a good life for loved ones. Practical strategies and tools are shared to implement plans into action.

Attendees are not alone on this learning journey. Mentoring families walk alongside participants, sharing lived experience, answering the many questions that arise, and encouraging and providing timely support to eager participants emboldened to embark on the path of trying something new.

In an era where meaningful solutions are rarely found in systems, this series invites family members to entertain new questions and find unique answers.

**The next session begins on October 6<sup>th</sup>! This series takes place in a hybrid format, with some sessions online, while others in-person! It is designed for a small group to maximize participation so register today if you are interested!**

**This series runs for six sessions on Thursday evenings from 6:30pm to 9:00pm.**

**October 6<sup>th</sup>, October 13<sup>th</sup>, October 27<sup>th</sup>, November 10<sup>th</sup>, November 24<sup>th</sup>, and December 8<sup>th</sup>.**

**[Register here today!](#)**

Or see the flyer to the right for more information!



A focus on interests, contribution and community at the heart of this popular series

**Making the Most Family Learning Series**

Making the most of your time, energy and money to achieve a good life for your family member

Oct 6 – Dec 8 2022

Families throughout the Region of Durham are invited to participate in an innovative and interactive six-week workshop that will support in re-imagining opportunities and real options for their family member. The heart of the series is to move beyond traditional uses for spending to plan for a life that reflects interests, hopes and dreams.

The series is led by mentoring parents who engage in useful conversations and share their experiences in planning and creating opportunities. These conversations highlight simple choices that families can make to discover ordinary, yet significant ways for family members to be involved in their neighbourhood and community.

This series runs for six sessions and participants are asked to commit to all six sessions

Thursday evenings from 6:30 – 9:00pm

Oct 6 (In Person),  
Oct 13 (Virtual), Oct 27 (In Person)  
Nov 10 (Virtual) Nov 24 (Virtual)  
Dec 8 (In Person)

In Person sessions will be held at The Gathering Place, 30-800 King Street West, Oshawa

Spaces will be limited to allow for a safe distance between attendees. All participants and group facilitators will be asked to undergo rapid antigen testing and wear a face mask each time we come together.

[Click here to register](#)

# Taking Stock of What Matters - September Brings Some Refocus at Durham Family Resources

As Fall begins and we see the year's end approach, we are taking time to look at the past year and recenter ourselves. We are in the very beginning stages of a new Strategic Plan, and as such have an eye to what grounds our work and feeds our motivation.

Our governing Board of Directors meets monthly and this month will be focusing on our Vision, Mission, and Values, which reflect our learning and understanding of what matters.

We find it helpful to remind ourselves regularly of these - ensuring we are staying on track and accomplishing our work in a manner we can be proud of. If you've attended one of our family groups, you've likely come across these as well! We look forward to developing a new strategic plan, one which will honour and emphasize these values and principles which have served us so well over the years.



## Changes to Family Managed Home Care Specifications Marks a Win for Ontarians' Presumed Capacity

Since its inception, DFR has been walking alongside families who were in receipt of and self-directing the Ministry of Health's Family Managed Home Care (FMHC) funding. Although a province-wide program, there were discrepancies from region to region in regard to substitute-decision making requirements.


Previously, people were required to have either a power of attorney or a court-appointed guardian of property if they wanted to receive self-directed funding for personal support workers. This has been an issue which the DFR team and families have advocated to change for several years – because you should not lose your legal right to decide simply because you are getting some home care support. Furthermore, these requirements are not in place within the Ministry of Children, Community, and Social Services (MCCSS) to receive their self-directed funding.

On September 1, 2022, the Program specifications were amended to indicate that adults wanting to manage their own care under this Program can do so by naming a Substitute Decision Maker (SDM) who is currently managing other government funding from MCCSS, specifically the Passport Program, Ontario Works and/or the Ontario Disability Support Program. For example, if someone already has a Trustee listed for ODSP, that person can now manage and coordinate FMHC funding. [For more information, see the current SDS Program Specifications here.](#)

## Add to Your To-Be-Read List at Septembers' Biomedical Study Group!

The Biomedical Approaches Study Group spent time in August catching up and planning ahead for an informative Fall season. For September's meeting, the group will meet virtually and will have their annual "book club" meeting. Bring the Biomedical-focused books or podcasts that have impressed you this year - or those that are on your TBR list!

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 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!



**STUDY GROUP  
INFO  
FRIDAY,  
SEPTEMBER 9  
10AM**

## Searching for a Rental? Learn With Other Families at Imagining Home!

As we head into this next season - often marked by a change in weather and feelings of renewed goals and energy - we can't help but notice the ever-steady pace of housing activity that is there no matter the season!

- Families and DFR have continued to welcome (and seek out!) opportunities to be responsive and engaged citizens and address critical housing issues... first, by inviting a local Councillor to a series of discussions around tangibly making change in the planning and decision process, that continues to lead us towards more congregate options. As well, a few families have drafted a submission to the Federal Housing Advocate that offers more sound and realistic ideas for how to draw us back to the more ordinary ways of creating home and housing for and with people.

- A few more people have received a portable housing benefit and are figuring out their next step into a place of their own.

- And another small but mighty working group of families are coming together to explore the idea of a housemate/roommate for their son or daughter

As there are a number of people ready (or planning) to take a leap into a place of their own, this month at Imagining Home we'll explore the questions families have around searching for a rental - What kinds of rentals are out there? Where to look and how to search? Who might help us in the search? What are the costs these days? What makes a tenant attractive to a landlord? We'll also hear from Chase about his experience being a tenant for five years.

Come join the conversation! Long time and new families alike, everyone has something to gain and something to offer. 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@dfrs.com](mailto:eoreilly@dfrs.com) to arrange an introductory call.

**IMAGINING HOME MEETING • WEDNESDAY, SEPTEMBER 14, 2022 • 6:30PM**

**ONLINE, VIA ZOOM!**

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



## Back to School! Think Through IEPs and More Together!



**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!

What's an IEP and why does my child have one? What are my child's options and how can I best support their learning journey?

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 22, 2022** 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 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, and energy through building circles of support, and connecting with other families. 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.



## MAKING THE MOST STUDY GROUP

The meeting is open to anyone who has attended the 6-part Making The Most learning series and wishes to join the conversation. Contact Laura [lpowell@dafrs.com](mailto:lpowell@dafrs.com) for more information.

Next meeting is Monday, September 26<sup>th</sup> from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.

SEPTEMBER 26, 2022  
6:30PM TO 7:30PM

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



[RespiteServices.com](http://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](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!

## Important Dates At-A-Glance!

**Bio Medical Study Group**  
September 9@10am

**Imagining Home**  
September 14@6:30pm

**Thinking it Through**  
September 22@6:30pm

**Making the Most  
Study Group**  
September 26@6:30pm

**Making the Most Family  
Learning Series**  
6 Sessions;  
October 6, 2022 to  
December 8, 2022

For more information on our organization or any of our events, please visit our website at [www.dafrs.com](http://www.dafrs.com)

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com), and see the "Upcoming Events" tab.

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