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October 2022

Durham Family Resources

# FAMILYfocus

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

## Guiding the Work of Durham Family Resources - Share Your Input for our Upcoming Strategic Plan

Looking ahead and planning for the future is something that we continuously do at Durham Family Resources. Having a “strategic” guide, alongside our values and principles, is something we are invested in. And so, it’s time for a **new strategic plan!**



A strategic planning process identifies strategies that will best enable us to advance our mission and work. As staff, Board, families, and community partners engage in the process, we will identify goals, priorities for implementation, and a commitment to revisiting organizational strategies on an ongoing basis that are in keeping with our stated values and principles.

We are working with Eric Goll, who will help organize and lead us through this process. Over the next few months, there will be a few different ways we will collect information. The process of bringing people together to plan for the future is energizing and we are grateful to those who will help us articulate and visualize our path forward - identifying how to get there and what resources we will need along the way.

Please take a few minutes for our survey here!

We invite you to take a few minutes and help us get started by participating in our strategic plan survey. This brief

questionnaire helps us identify who, where, and how people interact with us, along with collecting valuable feedback about the impact of our work.

As we progress with our strategic planning, and opportunities for sharing or consultation, we'll be sure to share!

Our Vision is that we all enjoy full and meaningful life within our communities, knowing that we are all stronger when each member belongs.

And therefore, our Mission becomes one of working in partnership with whole and diverse families to imagine and work toward a good life in family, neighbourhood and community. We support our Vision by Values and Principles that are clear, strong, and have proven themselves to get us where we want to go.

| VISION  |  |   |  |
|---|--|---|--|
| We all enjoy full and meaningful life within our communities; we are all stronger when each member belongs.   |  |   |  |
| <b>MISSION</b><br>Durham Family Resources works in partnership with a person with a disability, their family and others to imagine, plan, implement, and work toward a good life in family, neighbourhood and community.                                      |  |   |  |
| Because our community is best when everyone contributes, our partnership aims to enhance the capacity of the whole family to care for one another and to sustain or enhance their shared social roles as family members and as members of the community.      |  |   |  |
| We support our Vision by working with the whole family, together choosing resources, support and pathways involved in practices that take place in ordinary community life, one step at a time, and as a social task, collaboratively (DFR) (Interconnected). |  |   |  |
| STRATEGIC DIRECTIONS  |  |   |  |
| <b>S1 Reforming Mission:</b> Strengthening and Promoting DAFRS Identity Rooted in SRV Values and Principles in a Family-Led Context.  | <b>S2 Building a Good Life:</b> Supporting Individuals & Families with Flexible, Evolving, Individualized Lifestyle Arrangements.  | <b>S3 The Journey towards Excellence:</b> Integrating Research, Evaluation, and Learning.   | <b>S4 Enabling Our Future:</b> Building A Healthy, Diverse and Sustainable Organization.   |
| Become known as a family support and leadership centre for resources where the work of the province is focused on resources that build individualized play arrangements for a good life in community.   | Invest in and advance strategies inter- or all domains in the good life including one relationship or housing and employment, expanding the definition of family, and supporting a wide range of supports to families. | Become socially evidence, evaluation and research-based.  | Develop and continually give a learning centre and research-based accountability and transparency using all family as well as support resources, community, other organizations. |
|   |  | <b>S5 The Journey towards Excellence:</b> Integrating Research, Evaluation, and Learning.   | <b>S6 Enabling Our Future:</b> Using Technology Creatively and Well.   |
|   |  | Create an organizational structure that supports the work, meets accountability and transparency using all family as well as support resources, community, other organizations. | Use technology creatively and well to enable and support the fulfillment of the mission, one step at a time, and use a Social Role Valorisation (SRV) framework.                 |

See a summary of our last strategic plan here

### Read our Vision, Mission, and Values



An Act to reduce poverty and to support the financial security of persons with disabilities by establishing the Canada disability benefit and making a consequential amendment to the Income Tax Act

Charter Statement  
C-22

JUSTICE.GC.CA

Canada

## Now is the Time to Take Action: Support Bill C-22 and the Canada Disability Benefit

Among the families and allies of DFR, we often remark upon the ways that poverty impacts people.

Housing is clearly a community access issue hugely influenced by income levels. Opportunities to start a small business, explore

a passion or interest that might lead to further connection and belonging, and ways to get around one's community are all tightly tied to the amount of income that people have.

If people with disabilities are going to live and contribute more fully in our Canadian communities, they must have increased and reliable financial means to do so. Learning about and writing to your MP about your views on this issue need not be reserved for people with disabilities and their families, but is a way for all Canadians to speak up for the kinds of communities we want to be. Read and write today!

[Inclusion Canada](#) has drafted a template that can be easily used to send an email on the importance of the Canada Disability Benefit and passing Bill C-22.

1. Search for the contact details of your Member of Parliament by clicking the button below and entering your postal code.
2. Open the template letter to email to your MP and adjust to suit your families' voice and concerns.

[Find Your MP](#)

[Email Template](#)

## Have You Attended, or Thought About Attending the BioMedical Approaches Study Group? We Invite You to Provide Feedback!

We are thinking about the future of our long-standing BioMedical Approaches Study Group and we'd love to have your feedback and input! Whether you have attended once or twice, are a monthly regular, or have a meeting on your to-do list, we want to hear from you! This survey will only take you a few minutes and will help us think about the best way to move ahead with this group and future Bio Medical learning.

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.



[BioMedical Study Group Survey](#)

STUDY GROUP

INFO

FRIDAY,

OCTOBER 14

10AM

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!

## Join Us IN PERSON at Imagining Home this Month! Our First Hybrid Meeting!

More and more lately, we've been creating opportunities to come together again in person, in safe and spacious ways. It's been two years and five months since we last met in person to Imagine Home - together. This month we're inviting families to join us once again in our Gathering Place for our first in person Imagining Home meeting since the pandemic. There will still be an opportunity for those who live farther away to join us by zoom, but for others who are closer, come for the positive vibe of meeting and talking with likeminded people face to face!

On the agenda:

- A few updates on some actions taken by families around the upcoming municipal elections
- Janet will share her presentation from the recent Australian Purpose Matters conference – Making Home Everyday: What Promotes or Denies a Sense of Home. Offering a clear framework and real-life examples, Janet will help us to think through some important issues around home, touching on whose home is it and what promotes a sense of home firmly held by the person.
- And we'll take a look at the Federal Housing Advocate submission pulled together by a handful of families, before it gets submitted.

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@dafrs.com to arrange an introductory call.

Imagining Home Meeting • Wednesday, October 12, 2022 • 6:30pm in the Gathering Place! Contact Erin for details (eoreilly@dafrs.com)

**IMAGINING HOME MEETING • WEDNESDAY, OCTOBER 12, 2022 • 6:30PM**

**ONLINE, VIA ZOOM!**

**CONTACT ERIN FOR DETAILS (EOREILLY@DAFRS.COM)**



## Thinking Through Progress Reports! Let's Chat!

**HAVE WE MADE ANY PROGRESS?!** During the month of November you'll be receiving your child's progress report. What does this mean? Who can I talk to? What can we work on together?

We invite families to join us to discuss how to go through your child's progress report, what questions to ask when it's time to have your parent-teacher meeting and how to support your child's learning and development. Throughout these times, we continue to keep in mind children are resilient and learn, grow and thrive in many ways!

Join us, together with families on **Thursday, October 20, 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, October 24<sup>th</sup> from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.

OCTOBER 24, 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!

**Imagining Home**  
October 12@6:30pm

**Bio Medical Study Group**  
October 14@10am

**Thinking it Through**  
October 20@6:30pm

**Making the Most  
Study Group**  
October 24@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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