

ODSP treatment of employment earnings (per month)

Lowest monthly income	After the ODSP	ODSP	Before the ODSP	After the ODSP	Difference
\$100	\$100	\$0	\$100	\$100	\$0
\$200	\$200	\$0	\$200	\$200	\$0
\$300	\$300	\$0	\$300	\$300	\$0
\$400	\$400	\$0	\$400	\$400	\$0
\$500	\$500	\$0	\$500	\$500	\$0
\$600	\$600	\$0	\$600	\$600	\$0
\$700	\$700	\$0	\$700	\$700	\$0
\$800	\$800	\$0	\$800	\$800	\$0
\$900	\$900	\$0	\$900	\$900	\$0
\$1,000	\$1,000	\$0	\$1,000	\$1,000	\$0
\$1,100	\$1,100	\$0	\$1,100	\$1,100	\$0
\$1,200	\$1,200	\$0	\$1,200	\$1,200	\$0
\$1,300	\$1,300	\$0	\$1,300	\$1,300	\$0
\$1,400	\$1,400	\$0	\$1,400	\$1,400	\$0
\$1,500	\$1,500	\$0	\$1,500	\$1,500	\$0
\$1,600	\$1,600	\$0	\$1,600	\$1,600	\$0
\$1,700	\$1,700	\$0	\$1,700	\$1,700	\$0
\$1,800	\$1,800	\$0	\$1,800	\$1,800	\$0
\$1,900	\$1,900	\$0	\$1,900	\$1,900	\$0
\$2,000	\$2,000	\$0	\$2,000	\$2,000	\$0
\$2,100	\$2,100	\$0	\$2,100	\$2,100	\$0
\$2,200	\$2,200	\$0	\$2,200	\$2,200	\$0
\$2,300	\$2,300	\$0	\$2,300	\$2,300	\$0
\$2,400	\$2,400	\$0	\$2,400	\$2,400	\$0
\$2,500	\$2,500	\$0	\$2,500	\$2,500	\$0
\$2,600	\$2,600	\$0	\$2,600	\$2,600	\$0
\$2,700	\$2,700	\$0	\$2,700	\$2,700	\$0
\$2,800	\$2,800	\$0	\$2,800	\$2,800	\$0
\$2,900	\$2,900	\$0	\$2,900	\$2,900	\$0
\$3,000	\$3,000	\$0	\$3,000	\$3,000	\$0
\$3,100	\$3,100	\$0	\$3,100	\$3,100	\$0
\$3,200	\$3,200	\$0	\$3,200	\$3,200	\$0
\$3,300	\$3,300	\$0	\$3,300	\$3,300	\$0
\$3,400	\$3,400	\$0	\$3,400	\$3,400	\$0
\$3,500	\$3,500	\$0	\$3,500	\$3,500	\$0
\$3,600	\$3,600	\$0	\$3,600	\$3,600	\$0
\$3,700	\$3,700	\$0	\$3,700	\$3,700	\$0
\$3,800	\$3,800	\$0	\$3,800	\$3,800	\$0
\$3,900	\$3,900	\$0	\$3,900	\$3,900	\$0
\$4,000	\$4,000	\$0	\$4,000	\$4,000	\$0
\$4,100	\$4,100	\$0	\$4,100	\$4,100	\$0
\$4,200	\$4,200	\$0	\$4,200	\$4,200	\$0
\$4,300	\$4,300	\$0	\$4,300	\$4,300	\$0
\$4,400	\$4,400	\$0	\$4,400	\$4,400	\$0
\$4,500	\$4,500	\$0	\$4,500	\$4,500	\$0
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\$4,700	\$4,700	\$0	\$4,700	\$4,700	\$0
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\$4,900	\$4,900	\$0	\$4,900	\$4,900	\$0
\$5,000	\$5,000	\$0	\$5,000	\$5,000	\$0
\$5,100	\$5,100	\$0	\$5,100	\$5,100	\$0
\$5,200	\$5,200	\$0	\$5,200	\$5,200	\$0
\$5,300	\$5,300	\$0	\$5,300	\$5,300	\$0
\$5,400	\$5,400	\$0	\$5,400	\$5,400	\$0
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\$6,600	\$6,600	\$0	\$6,600	\$6,600	\$0
\$6,700	\$6,700	\$0	\$6,700	\$6,700	\$0
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\$6,900	\$6,900	\$0	\$6,900	\$6,900	\$0
\$7,000	\$7,000	\$0	\$7,000	\$7,000	\$0
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\$8,900	\$8,900	\$0	\$8,900	\$8,900	\$0
\$9,000	\$9,000	\$0	\$9,000	\$9,000	\$0
\$9,100	\$9,100	\$0	\$9,100	\$9,100	\$0
\$9,200	\$9,200	\$0	\$9,200	\$9,200	\$0
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\$9,800	\$9,800	\$0	\$9,800	\$9,800	\$0
\$9,900	\$9,900	\$0	\$9,900	\$9,900	\$0
\$10,000	\$10,000	\$0	\$10,000	\$10,000	\$0

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Durham Family Resources

FAMILYfocus

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

Our last event of the year: Stories by the Fire!
Wednesday, December 14, 2022

We are approaching our eighth annual Stories by the Fire, and you'll want to mark your calendars so you can join us! Like last year, this event will be held online via Zoom. As always, we will have good stories, good company, and good cheer!

On the evening of December 14th, we will be celebrating the relationships that have grown throughout the year and sharing family stories that we know will be a gift to others. Part of building the communities we want to be a part of includes sharing stories of what is possible. We are so grateful that we have a community which wants to share stories, as well as a community which wants to hear them!

We encourage you to invite your family, friends, and neighbours to hear great stories and end the year with thoughts to what is possible for you and yours this coming new year!

This event has been a growing success thanks to our amazing storytellers and support from the friends, family, neighbours, and other community members.



A sneak peek at one of this year's stories all about new roles!

Stories by the Fire

Online via Zoom!

Wednesday, December 14th @ 7:00pm

Register Here for your Zoom Link!



Young families are

Springing into Possibilities



The last few years have been challenging in lots of ways, and for many families of school-aged children and youth, 2023 may still hold some uncertainty.

Three Evenings of Learning:

- ① Wednesday, February 8, 2023
- ② Wednesday, February 22, 2023
- ③ Wednesday, March 8, 2023

6:45 – 8:45 p.m. via Zoom

For more information contact
Kim at 416-757-2780 or
ksp@extendafamily.ca

Join us this February–March 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 you need to begin planning for a summer full of discovery, and inspiration for future possibilities.

Register Here for your Zoom link!

Run in partnership with



DURHAM ASSOCIATION FOR
FAMILY RESOURCES AND SUPPORT
• One Person at a Time • Together With Families •

Changes to Employment Income Exemptions for ODSP

Changes to how income is treated by ODSP will mean that people on ODSP can earn more money from employment before their income support is reduced. People will be able to keep up to \$1,000 per month without having their ODSP amount reduced, and above \$1,000 they will keep 25 cents of every dollar earned. Under the previous rules they could keep up to \$200 per month without their ODSP amount being reduced, and 50 cents of every dollar after that.

Changes to ODSP treatment of employment earnings (per month)

Work income	How much work income will I keep?		ODSP maximum	ODSP + earnings		Difference	Poverty line
	Before the change	After the change		Before the change	After the change		
\$100	\$100	\$100	\$1,228	\$1,328	\$1,328	\$0	\$1,754
\$250	\$225	\$250	\$1,228	\$1,453	\$1,478	\$25	
\$500	\$350	\$500	\$1,228	\$1,578	\$1,728	\$150	
\$750	\$475	\$750	\$1,228	\$1,703	\$1,978	\$275	
\$1,000	\$600	\$1,000	\$1,228	\$1,828	\$2,228	\$400	
\$1,500	\$850	\$1,125	\$1,228	\$2,078	\$2,353	\$275	
\$2,000	\$1,100	\$1,250	\$1,228	\$2,328	\$2,478	\$150	
\$2,500	\$1,350	\$1,375	\$1,228	\$2,578	\$2,603	\$25	

Community Living Ontario has provided a chart which helps illustrate how this will impact people based on their monthly employment income, see left. They have a good summary of this and other changes announced in the 2022 Ontario Fall Economic Update which [you can read here](#).

While this is a positive step for those who are working (up to a certain income), it means those not in the workforce are still receiving inadequate levels of income support.

Gearing up for a 2023 Full of Learning! BioMedical Approaches Study Group Wraps up for the Year!

Between the recent survey and a deep review for topics of interest for this group, there has been a lot of reflection on how to meet and what wants discussing over the past couple of months.

On the topic of **how to meet**, there is equal desire to see some form of an online option as there is for the full-on effect of meeting in-person and all that real human contact does for one's soul! We will continue to work this one through because there are merits to both options. We have yet to fully understand if some meetings with a hybrid (online option) and others just in person might provide some shared satisfaction. Heads up on that decision, but for the time being, we offer December as a hybrid meeting. At the same time, for those who live locally or want the full seasonal experience, let's try to remember how worthwhile our face-to-face December gatherings have been in the past!

On the topic of **what to talk and learn about**, both survey results and November discussion results raised many varied topics. For our December meeting we will continue to work through these and gauge how much interest and what might we do to take on a given topic (a community learning activity, a speaker joining us, our own experience and expertise, a tasting, a book reading, a discussion, etc)??

But just to tantalize, here is a smattering of the things people have expressed interest in: vagus nerve impact and exercises, non-toxic household products, long term side effects of COVID and/or vaccine (brain fog), cold showers and health benefits, an herbalist and Chinese medicine, a trip to St Anne's Spa eucalyptus sauna, migraines, body pain, fatigue, salt therapy in Uxbridge, the role and what is an Osteopath, research on Alzheimer disease, watching one of Lisa Genova's TED talks, reflexology, sleep, and naturopathic medicine.

If you would like to get the Zoom link for the next meeting, or chime in your interest for one of the above topics, please be in contact with Janet (jklees@dafers.com).

STUDY GROUP
INFO

FRIDAY,
DECEMBER 9

10 AM

2023 Invites New Families to Join the Conversation on Home and Housing! Imagining Home Regroups in the New Year

2022 was a year of small and steady steps in home and housing. Even in the absence of clear and immediate solutions to the ongoing housing crisis - high rents and low vacancy rates, low housing stock and general lack of affordability in the housing market - families keep finding creative ways to bring about options for home that not only work, but that remind us that we don't have to wait for others to find the solutions, we can create opportunities for ourselves and others in our community!

This year we have much to celebrate around family milestones and our collective successes in many areas of home and housing...

- Six more people received a portable housing benefit this year, bringing the total number up to 26 people connected with DFR (since 2019)
- A series of conversations between families and a municipal councillor opened new conversations around shaping the development of new builds and partnerships within the Region
- We started a roommate working group with 9 families who are exploring roommate arrangements for the future
- A light partnership with a local non-profit housing provider led to one woman taking possession of her very first apartment
- We launched our portable housing benefit video – a collaboration with seven families that celebrates the positive impact portable housing benefits have had and the role of families in encouraging more to be available for people in the Region
- We wrapped up our Let's Talk...Home and Community project, that brought together 8 families to have raw and honest conversations about what it means to have real home instead of just housing. From this we produced a Community Conversations Toolkit to guide other community members in leading similar conversations within their own neighbourhoods
- Ten new families joined Imagining Home this year - either for the first time, or returning after some time away
- And many more stories of big and small steps taken this year by families...

We will not be holding an Imagining Home meeting this month, but instead would love to see you at our annual [*Stories by the Fire*](#) event to celebrate the festive season.

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 • NEXT MEETING JANUARY 2023

ONLINE, VIA ZOOM!

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



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@dafsr.com for more information.

Next meeting is Monday, January 23rd from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.

JANUARY 23, 2022
6:30PM TO 7:30PM

{ 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@dafsr.com. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Bio Medical Study Group

December 9@10am

Stories by the Fire

December 14@7:00pm

Imagining Home

January 11@6:30pm

Making the Most Study Group

January 23@6:30pm

Thinking it Through

January 2023

Making the Most Family Learning Series

6 Sessions;

October 6, 2022 to
December 8, 2022

For more information,
please visit our website at
www.dafsr.com

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

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