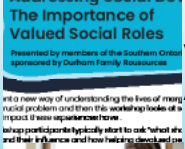




▶ UPDATED COVID VACCINE
NOW AVAILABLE ... 2



▶ HEAR WHAT SOCIAL ROLE
VALORIZATION (SRV) IS ALL
ABOUT... 3

Durham Family Resources



▶ PARENT-TEACHER
INTERVIEWS AND IEPs.... 4

FAMILYfocus

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

Recognizing Capacity - Exploring Alternatives to the Substitute Decisions Act and Guardianship

In 2017 the Law Commission of Ontario recommended pilot projects be developed to explore an alternative legal framework to the Substitute Decisions Act and Guardianship. DFR's Recognizing Capacity Project was a direct response to that recommendation, seeking to gather further evidence that people with cognitive impairments can maintain their legal capacity and be the decision maker in their own lives, even if they need significant support to do so.

Over the last few years, we have invited families to come together for shared learning opportunities, to hear stories from other families, and to discuss and reflect on their own experiences. This summer, a collection of reflections were gathered and, with permission, these reflections have now been shared with our project partners at Community Living Ontario and Inclusion Canada, adding to the body of evidence that all people have will and preferences which can be understood by others who know them well. This includes a growing understanding that all people can grow in their decision-making capabilities and confidence, to increasingly be involved in directing their own lives.

Through this reflective process, families also shared how they had come to realize how, with the best of intentions, they themselves were sometimes a barrier to their loved one's voice being heard, and how, now seeing this, they could choose to become a gateway instead.

We are now in the process of working with a videographer to capture these reflections on film and look forward to being able to launch a new series of visual resources early next year.

A Better Way

stories from



While we wait for our own video, hear a family's perspective on Supported Decision Making, an alternative to guardianship from the South Carolina Supported Decision Making Project.

Staying Safe this Fall and Winter During Respiratory Illness Season!

Ontario is urging residents to stay vigilant during the upcoming respiratory illness season by [getting their flu and updated COVID-19 shots](#). Flu shots should be available starting this month, beginning with high-risk populations and eventually becoming available to the general public aged six months and older starting October 30th. Importantly, it's now safe and convenient to receive both the COVID-19 and flu vaccines simultaneously to minimize multiple visits to healthcare providers.

The province is also expecting doses of Moderna's updated COVID-19 vaccine, which offers improved protection against the Omicron XBB variant. It does appear to be available across Durham Region as of October 5, 2023. This vaccine is known as a monovalent vaccine, different from the bivalent vaccine which has been offered up to now. This vaccine is approved for individuals aged six months and older, with initial doses prioritized for higher-risk groups. Additionally, Ontario is launching its first publicly funded vaccination program for the Health Canada approved RSV vaccine, Arexvy, for those aged 60 and older. Individuals living in long-term care homes, Elder Care Lodges and retirement homes will be the first to get the RSV shot.

Furthermore, pharmacists will soon be able to administer vaccines, making it more convenient for vulnerable populations to get vaccinated. The government is also working on allowing pharmacists to prescribe the flu antiviral, Tamiflu, for faster access to care. Overall, these measures aim make healthcare more accessible for everyone during the fall and winter seasons while reducing the strain on hospitals.

Currently available rapid antigen tests are performing with the new variants of COVID-19 circulating, so they are still an important tool in keeping others safe this fall and winter. Health Canada has extended the shelf life of many rapid tests so the new expiry date is 24 months from the manufacturing date.


Durham Family Resources has free rapid antigen test kits, KN95, and N95 masks available for pick-up at our office. [Send Rosanne an email](#) and arrange a restock for your family to stay prepared for the winter and holiday season!



BioMedical Approaches Study Group Gears Up for Winter with A Book List Refresh and Fall Traditions

We are meeting in-person on October 13! This month we will be revisiting and refreshing our foundational book list. We will see what updates or new additions might be beneficial for our book list, and share what is on everyone's "To Be Read" list this fall and winter! We will also chat about Fall traditions including recipes and activities.

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 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 more information or to RSVP to the next meeting!



**STUDY GROUP
INFO**
**FRIDAY,
OCT 13, 2023**
10 AM

Addressing Social Devaluation: The Importance of Valued Social Roles

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

For many, this workshop will present a new way of understanding the lives of marginalized people. Social devaluation is presented as the crucial problem and then this workshop looks at some of the wounding experiences that fill lives and the impact these experiences have.

With this new understanding, workshop participants typically start to ask “what should I do?” Participants will be introduced to social roles and their influence and how helping devalued people to fill valued social roles is a useful means to address social devaluation.

Come prepared to listen, take notes, frame and discuss your questions. Also come prepared to think about the devalued people you know, their life experiences, and the social roles they fill in life.

Who should attend

- Family members,
- disabled people,
- friends,
- advocates,
- service providers,
- teachers,
- policymakers,
- anyone troubled by the way things are for a vulnerable (or marginalized) person be it themselves, or someone they care about,
- and those who are curious about SRV or want a brief refresher.

Cost and Format

Free to attend!

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

Workshop Purpose and Content

This introductory session is designed to give participants a brief introduction to a theoretical perspective, Social Role Valorization (SRV), developed by Dr. Wolf Wolfensberger. 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. While this day cannot provide the kind of comprehensive overview of SRV that one receives in the full four-day SRV workshops that the SOTG offers, we are confident that you will find the content of this workshop thought provoking and useful.

Thursday, November 2, 2023

9:00am to 5:00pm (registration and coffee beginning at 8:30am)

The Gathering Place at Durham Family Resources

20-850 King St. W, Oshawa



Morning refreshments and lunch will be provided!



**Spaces are limited!
Register here today!**

For more information, or to register by phone, please contact Heather at (905) 436-2500 ext.2314

Rental Market Refresh at this Month's Imagining Home

This month at Imagining Home we're turning our attention to the rental market in Durham and a few interesting items we came across recently:

- Ontario Rental Registry - A new crowd-sourced Ontario Rental Registry that promises to “enhance transparency and affordability within Ontario’s rental market”. Let’s take a look and see what this might tell us about actual rental rates in Durham. Could this be a useful tool for people and families? If so, how might we as community members – and those interested in real rental affordability - contribute to and support its success, so that we might help more people access the rental market?
- New Rental Stats - A new Angus Reid poll offers some insights into the current rental climate...what can we take away from these stats and where does it lead us to put our focus? What are things that families can continue to do on an individual basis to prepare for the rental market, if that’s the chosen option?
- Rent-to-Own Option – There are a number of rent-to-own homebuilders and private companies offering the option to rent while you save for a downpayment, with the future option to purchase the home. What’s this all about and could this be a good option for a few people? Come help us suss out the questions we’d have and whether this would be a worthwhile option.

This meeting will be in-person in our Gathering Place, at our offices in Oshawa. If you are a family who does not live within the Region or may have trouble traveling to our Oshawa office, please let Erin know and alternate arrangements can be made. We’re looking forward to gathering together once again!

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 • WEDNESDAY, OCTOBER 11, 2023 • 6:30PM
IN PERSON AT THE GATHERING PLACE!**

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



Thinking Through Parent-Teacher Interviews and Navigating IEPs

Join us for our next, “Thinking it Through,” event with families of school aged children/youth on **Thursday, November 2nd from 6:30pm to 7:30pm**. This session will focus on two essential topics: “Maximizing the Parent-Teacher Interview Experience” and “Navigating Your Child’s IEP with Confidence.”



Get the most out of your communication efforts with educators and contribute to your child’s Individualized Education Plan in ways that enhance a fulsome school experience. Connect with fellow parents, expand your support network, and exchange bits of experiences from a parental perspective about your role in your child’s education.

Secure your spot today for an evening of learning, and meaningful connections.

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.

The meeting is open to anyone who has attended the 6-part Making The Most learning series or a MTM Weekend Retreat and wishes to join the conversation. Contact Laura lpowell@dafrs.com for more information.

Our next meeting is October 23, 2023 at 6.30pm via Zoom.



MAKING THE MOST STUDY GROUP

OCTOBER 23, 2023
6:30PM TO 7:30PM

respiteservices.com



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!

Bio Medical Study Group

October 13@10am

Imagining Home

October 11@6:30pm

Making the Most Study Group

October 23@6:30pm

Addressing Social Devaluation

November 2@9:00am

Thinking it Through

November 2@6:30pm

For more information,
please visit our website at

www.dafrs.com

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

Durham Association For Family Resources and Support
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5
(905)436-2500 www.dafrs.com