

July 2024

▶ IMAGINING HOME MEETS AGAIN IN SEPTEMBER... 3

▶ TWO NEW DFR LEARNING OPPORTUNITIES AND A NEW RESOURCE ... 2

▶ MAKING THE MOST STUDY GROUP BREAKS FOR JUNE AND JULY.... 4

Durham Family Resources

FAMILYfocus

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

Another Successful AGM for Durham Family Resources!



Families, Board members, community members and staff gathered together at the end of June for our Annual General Meeting. After hearing from the Board of Directors about the work over the past year, we heard a fantastic story from Tracy and Allan about the importance of expectations and keeping an eye to new possibilities.

We met around the theme of “**Families Thrive When...**” and we certainly heard many great conversations between attendees around next steps, new ideas, and the importance of coming together with like-minded others! Thank you to all who attended to support us and the work we do!

Enjoy this poem from our Executive Director, Janet Klees

Thoughts on the Extraordinary Work of Durham Family Resources

It is not extraordinary to want ordinary
It is not special
It is not innovative
It is not special to desire a life like most others
It is not innovative to design ordinary

Ordinary is ordinary
It is tried and true
It is familiar and already known
It endures because it comes in so many flavours
It is wholly wonderful
And it works

And it works, unless you are a family member with a disability
Then the things that you might want, prefer, and desire – the very things that are ordinary and expected for your brother and sister -
Are seen to be extraordinary for you and out of your grasp
And you must wait, endure, and put up with anything but ordinary

But here,
We try to invite you and your whole family to rediscover that the power of ordinary and familiar is within your grasp
And as you listen to the stories of others, you will say hey I did not know I could want that
I can want to plan for home, work and contributing to our community
I can plan to belong, have friends, have a future and be in the lead of my own life (but not alone)

It is not extraordinary to want ordinary

Here it is just ordinary

And you can certainly want that.



Save The Date for Upcoming Learning at DFR this Summer

What Will Funding and Support Look Like in the Future? An Opportunity for Input and Feedback on the Individualized Funding Pathways and Possibilities Model

While the Ministry is well into the Journey to Belonging reform process, ways of bringing about Individualized Funding to people with disabilities are being designed and discussed. Will there be direct funding in the future? Will there be a place for a family support organization like DFR which works in partnership but does not take control? Who will do the planning so that it remains focused on a life in contributing ways in real community? DFR has been involved with this particular three pathway model for IF for the near future. Our in-person evening is an opportunity to come and check out what this individualized funding model looks like, try it on for size (“will this fit for me?”), suggest changes and revisions, and give your feedback while this is still in the design stage.

Wednesday, July 31, 2024 7:00pm - 8:30 pm - The Gathering Place - RSVP Here!

Let's Talk: Considering microboards and other self-directed support organization models

There is a lot of buzz in the air around microboards and their potential and advantages to safeguarding the future. Let's come together to understand what attracts people to these self-directed support organizations and how we can consider these in the future of our loved ones. Let's also take a look at what they can and cannot do, what cautions to take into consideration, when and if we might want to build a non-profit organization around our loved ones and deepen our understanding of what we individually might want to focus on in securing a good future for our family member.

Tuesday, August 13, 2024 7:00p - 8:30 pm - The Gathering Place - RSVP Here!

We've Launched a NEW Resource Online!

People with developmental disabilities are too often not seen as having the capacity to make decisions. Recognizing Capacity starts with the assumption that ALL people have will, preferences, and can be decision-makers in their own lives. We start with the idea that there is nothing more natural than seeking support from others when we make decisions.

In 2017 the Law Commission of Ontario recommended pilot projects be developed to explore alternatives to substitute decision making. We worked with a small group of families who had spent time considering this import issue.

These testimonies now add 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 and be increasingly involved in directing their own lives.

Recognizing Capacity

There's nothing more natural than seeking support in decision-making.

Check out our Recognizing Capacity learning site - see a series of videos which highlight our learning along with helpful takeaways and discussion prompts.

Individual family reflections further the learning around thinking deeply about how their loved ones' voices are heard.

Visit the website here!

Imagining Home Take a Break in August, Resuming with Vigor in September

Even with these warm, sun-soaked summer days, there's no sign of us slowing down our home and housing work - however **the Imagining Home group will take a break in August and reconvene in September!**

In July a small group of keen families will once again meet with Regional & Whitby staff and elected officials, along with two community groups, to discuss the potential for future collaborations. This is a continuation of our Durham conversations that aim to lay a new foundation for planning and designing housing that resembles only the most ordinary buildings, neighbourhoods and communities. We look forward to hearing about the conversation and learning at our September meeting.

As always, we'll have much more to talk about and opportunities to share and ask questions, as families draw out the relevant pieces to their own home and housing planning. Hope to see you there!

Come join the conversation! 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 but if you are new to the group and would like to attend Imagining Home for the first time (or returning after some time away) 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 11, 2024 • 6:30PM

IN PERSON AT THE GATHERING PLACE!


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



BioMedical Approaches Study Group Takes Advantage of Summer Weather with an Outdoor Meeting

This month the Bio-Medical Approaches Study Group will get together at a local park in Oshawa. The group will talk about 'earthing', also known as grounding, which is an ancient practice of making direct contact with the earth (mainly by walking barefoot). The idea behind grounding as a health practice is that by having the skin meet the earth, you can help neutralize the electric charge that runs through your body.

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group. 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. **RSVP to Janet**  **if you'd like to attend!**



**STUDY GROUP
INFO
FRIDAY,
JULY 12, 2024
10 AM**

New Author, Same Great Content for the DFR Family Focus!

Starting next month you will find a new name attached to your monthly DFR Family Focus! Heather Minors is beginning a new adventure in her career and will be leaving the DFR team. She has been with Durham Family Resources for ten years and will be missed by staff and families alike.

“A special thanks to all of the families I have been privileged to get to know, who have shared their stories, learning and contributed to my deep understanding and appreciation of the capacity of families and people with disabilities.” - Heather Minors

We wish Heather all the best in her future endeavors, and look forward to seeing her as a guest at our future events.

Have You Attended Making the Most Family Series?

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 personal networks, and connecting with other families.

Contact Laura lpowell@dafrs.com for more information.

There is no meeting in July, but we look forward to seeing people on August 26 for an in person gathering - more details to come!



**MAKING THE MOST
STUDY GROUP**

AUGUST 26
6:30PM TO 7:30PM

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

Wanted: Family Input for New Recruitment Website!

DFR is working towards the creation of a new, local, robust recruitment and matching website. **We are looking for families to help us design and develop this new site because, of course, we are better together with families!** If you are interested in being part of a focus group that will collaborate on the design and testing of this site, contact Sandy at (905)436-3404 or sciarlariello@dafrs.com.

Respiteservices.com continues to match families looking for support, with those looking provide support. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Bio Medical Study Group

Jul 12@10am

Individualized Funding Pathways

Jul 31@7:00pm

Microboards and Self-Directed Service Organizations

Aug 13@7:00pm

Making the Most Study Group

Aug 26@6:30pm

Imagining Home

Sept 11@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.

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