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*Durham Family Resources*

# FAMILY *focus*

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

## RECOGNIZING CAPACITY PROJECT A GREAT OPPORTUNITY TO SHARE OUR LEARNING

Community Living Ontario's annual conference, "inspiring Possibilities" is being held this month in Richmond Hill. The Recognizing Capacity Project, represented by a couple of families connected to the project have been invited to share their reflections and learning when thinking about how their loved one's voice is heard.

From those families involved in the project and connected to Durham Family Resources, we were able to collect reflections that spoke to the depth of knowing the voice of their family member, the importance of listening and what it takes for their loved one's will, preference and choice to be known.

Jenny began her reflection by sharing that "Kirsten doesn't use words; however, she has always been one to make her own choices and decisions. She's a person with very strong opinions and she's not shy in expressing them. She's not rolling over for anyone."

Trish when speaking about her 19-year-old daughter shared, "Gabi is very sure of herself. She knows what she wants, and she doesn't tend to defer from that. She also knows exactly what she doesn't want to do, and she is very vocal about that." And she continued to say, "This is a learning curve for me. I am still the mom with the 3-year-old in Sick Kids Hospital, especially when meeting new people. But stepping back and letting Gabi take the lead is something that I've been trying to do a lot more of."

Our session will introduce audience members to some key themes that emerged from our focus on support for decision-making. We will share two of the short films featuring families who have been thinking deeply about this topic and provide space for interactive discussion amongst audience members on how these themes might relate to their own experiences.



We hope participants will leave better appreciating the possibilities that can arise when others come to expect, notice, listen to, and augment where necessary, people's voices, and recognize their capacity to take the lead in their own lives. Just like we heard from Tracy when she shared with us, "the more we listen to TJ and give him ways to communicate, the better it is for him. He's got lots to say. It just takes a little bit more time and patience. But when we give him that choice and autonomy, he can let us know lots of things."

A few new members of our team will also be attending the conference, and we look forward to sharing our learning on our return. Look for a follow-up in our Family Focus newsletter.

Check out our Recognizing Capacity learning site by using the QR code above. Open your camera app and focus it over the QR code, then follow the instructions on the screen.  
Or visit [www.dafrs.com/recognizingcapacity/](http://www.dafrs.com/recognizingcapacity/)



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

# Making the Most

## Family Learning Series

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

~~~~~  
 Sept 30 — Dec 9  
 2024



Families throughout the Region of Durham are invited to participate in an innovative and interactive six-part 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 funding, to plan for a life that reflects interests, hopes and dreams.

The series is co-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

Bi-weekly evenings from 6.30 – 9.00pm

Mon Sept 30, Tues\* Oct 15  
 (\*due to Thanksgiving)

Mon Oct 28, Mon Nov 11  
 Mon Nov 25, Mon Dec 9

All sessions will be held in person at  
 The Gathering Place,  
 20-850 King Street West, Oshawa, ON

[Click to register  
 your interest](#)

# Thinking About Valued Roles and Relationships? Our Building a Context for Relationship Workshop is Here!

If you are involved with planning and supporting a person to be a fuller member of their community, and need a practical approach that works, this workshop is for you!

This is an interactive workshop, presented by Janet Klees, for those who are serious about exploring and discovering the opportunities for welcome, engagement, and relationship that abound in our communities. This day will include stories to stretch your imagination, a basic framework that you can begin to use today, some tips and ideas on support basics from a practitioner of 30 years, and some time for problem-solving and brainstorming for your own purposes.

This workshop combines a good, principled framework with a practical, straightforward approach for bringing about the two elements that will make the most significant difference in people's lives: valued roles and relationships.

In this hands-on practical event, we will plan, practice and polish setting up and supporting our own contexts that work. Starting with where you are at, we will find ways to make poor situations good, make good situations better, and shape a few situations to be the best. We will also explore good support strategies, developing natural supports and have plenty of time to think about and work on your own examples and situations.

The workshop is based upon the belief that when our communities are able to invite, welcome and appreciate the contributions of its most vulnerable members, we all benefit. Communities need support to discover these contributions. Supporters need a vision of possibility, a sound approach, and effective strategies to take action.



## **BUILDING A CONTEXT FOR RELATIONSHIP** *Roles, Relationships and Places of Belonging*

**Tuesday October 22, 2024**  
**In-Person @ The Gathering Place**  
(20-850 King St. W, Oshawa)

**Register Here!**

## Canada Disability Benefit - Call to Action Ends September 23rd!

Our August Newsletter featured a Call to Action, a national request to provide feedback to the federal government about the proposed regulations for the new Canada Disability Benefit.

The Canada Disability Benefit was proposed and supported by many stakeholders because it made the promise to lift people with disability out of poverty. Seventy-three percent of adults with intellectual disabilities between 18 and 64 living outside the family home live in poverty and this is a result of the very systems, policies and supports at all levels of government that have fallen short of its intended purpose to meet the needs of people.

Krista Carr the Executive Vice-President of Inclusion Canada wrote an [op-ed for The Hill Times](#) about the Canada Disability Benefit. It speaks to the potential of the CDB if delivered as originally promised, if the federal government gets the regulations right and highlights the issues with the current proposed regulations that are inadequate and creates unnecessary barriers/challenges for those who most need this benefit.

**RIGHT NOW, there is  
A CALL TO ACTION.**



Krista Carr addresses three key areas of most concern:

1. The CDB in combination with the provincial/territorial income benefits should be a minimum of \$2400 monthly.
2. The Disability Tax Credit should not be the only way to obtain this benefit, anyone currently receiving provincial/territorial disability benefits should automatically be included.
3. Ensure CDB is not clawed back from other federal or provincial/territorial disability supports.

On Community Living Ontario's Update Friday E-Blast, they announced that they have joined Inclusion Canada in advocating for an income benefit "that will provide transformative financial assistance to thousands of people who have a disability in Ontario and across Canada. Let us ensure that all levels of government work together to get this historic opportunity right."

DRAFT REGULATIONS

RECOMMENDATIONS

A CALL TO ACTION

TOOL KIT

Our August newsletter article provided links to a copy of the [draft regulations](#), a link to a [recommendations](#) page contrasting what stakeholders proposed and those regulations that have been adopted by the government. If you wanted to take some action there was a template letter available and a list of MPs' email addresses for convenience and lastly, a [toolkit](#) that gives you quick information that you can share with others.

If we advocate to all levels of government, to do their part in supporting the intended purpose of the Canada Disability Benefit, to lift all persons with disabilities out of poverty, there is a real chance for a transformative difference in people's lives. [Call To Action Ends September 23, 2024](#)

## HOLD THE DATE! BioMedical Approaches Study Group Annual Sensory Processing Information Session

This October, we will be welcoming a special guest, Rosemary Oxenham, who returns to the biomedical group for our annual sensory processing information session. Rosemary has worked as an occupational therapist,

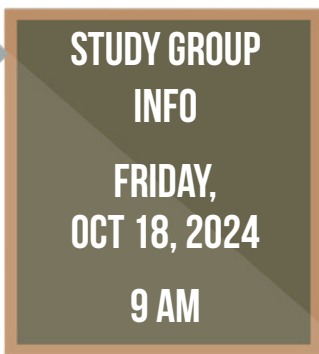
provided OT training and has a great deal of experience working with families. She will be talking all about sensory processing, including some hands-on time to try activities that can promote a greater sense of well-being and a focus on self-regulation for all of us.

This learning session will be beneficial to everyone of all ages. Our younger families will want to seize this opportunity to learn more about your child's particular sensory processing needs and the different ways they can be met. Hearing stories from other families who are further down the road about what having their needs met has meant for their child's health, their learning, and overall sense of well-being.

On your calendar, please save the date October 18th at 9:00 am.

This is the third Friday in October, so note the date change. This has been a popular topic over the years and this session will run from 9-12 pm. We welcome people for part or all of this session.

If you have any particular questions or situations regarding sensory processing, please feel free to email them to Sue McLellan, at [smclellan@dafers.com](mailto:smclellan@dafers.com). RSVPs are encouraged, if you plan to join us please RSVP Janet Klees, at [jklees@dafers.com](mailto:jklees@dafers.com). 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.



## New Date and time for Imagining Home in October

Last time at Imagining Home we shared an evolving interactive map and resource of various home and housing opportunities across the Region – existing and emerging. This will be a useful tool for our housing and facilitation team to assist families in planning and searching for home opportunities, for and with their loved ones.

This month Imagining Home will be on a new date and time, as we are planning an engaging and interactive conversation with a like-minded Australian family group to exchange ideas and share stories of home. With some good input from families this month, we now have a solid idea of the kinds of stories and information we'd like to share and receive.

**For our October meeting only, we will be changing the date (and potentially the time), to accommodate different time zones and availability of the other families. Stay tuned for more details. Please Hold Monday October 7th in your calendars for this meeting only!**

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 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](mailto:eoreilly@dafrs.com) to arrange an introductory call.

**IMAGINING HOME MEETING • MONDAY OCTOBER 7, 2024 • TIME TBC**

**ONLINE BY ZOOM**

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



## 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. This is an opportunity to think more deeply about crafting and sharing a vision, designing, and planning days full of contributions and possibilities. We will be 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.

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.

It was so lovely to get together in person in August, we thought we would do it again this month. Our next study group will be on September 23rd at 6.30 pm in our Gathering Place.



**MAKING THE MOST  
STUDY GROUP**

Contact Laura at [lpowell@dafrs.com](mailto:lpowell@dafrs.com)  
for more information

# Siblings, Cousins, Friends and all Other “Next Gen” Folks Meet Monthly to Learn and Grow



DFR’s NextGen group is a casual get together of those who identify as the “next generation” in the care and support of a loved one with a developmental disability. Whether you are a sibling, nibling, cousin or friend - come together with others to connect, share, and learn from one another!

The get together is typically held once a month,

both via Zoom and occasionally in-person. [Contact Rosanne for details!](#)

## Important Dates At-A-Glance!

## New Recruitment and Matching Site! WATCH THIS SPACE - More details to come!

DFR has been hosting RespiteService.Com, a recruitment matching tool, for many years, and over that time we are happy to say there have been many great matches. We have also received a good deal of feedback from users as well as our own experiences about what could be better when using the website. In response to the feedback, we have decided that we will replace RespiteServices.Com with a new Recruitment Matching Website that we are presently designing. We are committed to making this recruitment tool a better experience and a more useful resource for all users.

We hope to be able to do a soft launch of the site in November, providing you with a few good details to raise the excitement as we head into a Spring Launch. This is a brand-new Recruitment Matching Website; it will need a new name and that is where you come in with your creativity.

Please submit suggestions to [sciarlariello@dafers.com](mailto:sciarlariello@dafers.com) by September 20, 2024.

Please continue to utilize RS. Com and Sandy’s support as you normally would, this site continues to be used until the new site is launched.

**Making the Most Study Group**  
Sept 23@6:30pm

**Making the Most Series**  
Sept 30 - Dec 9

**Imagining Home**  
Oct 7@TBC

**Bio Medical Study Group**  
Oct 18@9am

**Building a Context for Relationship**  
Oct 22@9:30am

For more information,  
please visit our website at  
[www.dafers.com](http://www.dafers.com)

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

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