

FAMILY focus



- ▶ BUILDING A CONTEXT FOR RELATIONSHIP interactive workshop with Janet Klees ... 2
- ▶ IMAGINING HOME with a like-minded group of Australian families ... 3
- ▶ NEXT GEN MEET UP Upcoming meeting dates ... 4
- ▶ BIO MEDICAL Annual Sensory Processing Session ... 4

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

Families Share Personal Reflections On Recognizing Capacity Of Their Loved Ones



Last month some families and team members had the opportunity to attend the Community Living Ontario Conference in Richmond Hill. While there, we facilitated a session about our *Recognizing Capacity Project* and spoke about the learning and reflections from families who have been thinking deeply about this important issue.

We shared some of the videos produced as part of the project and were joined by Jenny Schledermann, Allan and Tracy MacGillivray, and Thomas and Laura Nicholls, who brought the stories and examples further to life. There was great energy in the room and lots of positive feedback afterwards. Audience members said they appreciated having space to reflect on all the ways the people they know show their will and preferences, and how we can each take a step back to notice and ensure people take the lead in their own lives.



Session topics from other organizations included employment, education, family leadership, closing day programs and group homes, sibling wellbeing, and the experience of racialized families - albeit from a largely service provision point of view.

The conference began with a powerful Land Acknowledgment, reminding audience members of how each one of us has a part to play along the path to reconciliation, and closed with a moving drumming ceremony. It was a great way to get us focused ahead of the National Day for Truth and Reconciliation on September 30.



Check out our Recognizing Capacity learning site at www.dafrs.com/recognizingcapacity/



Building a Context for Relationship

Roles, Relationships and Places of Belonging

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 a great investment of your time and energy.

“This workshop has provided my team and I with foundational guidelines and principles that help us understand what it means to support someone well. It was a eye-opener and continues to guide our team as we journey together with my son in building a good life for him.” ~ Tracy MacGillivray

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

“I learned about the powerful impact of having your loved ones follow their interests by spending time in typical places. The importance of doing so regularly and often at the same time, same place, will increase the probability of relationships happening. My son used to go swimming at the same rec centre, on the same day each week and met the same people. He developed a friendship with one of the swimmers that extended well beyond the pool.” ~ Eleanor Werner

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.



An Intercontinental Meeting of Hearts and Minds This Month at Imagining Home!

We're so excited about our upcoming Imagining Home meeting – a mutual opportunity of learning and sharing with a like-minded [Australian family group - Imagine More!](#)

Our evening promises to bring together some great storytelling, with two powerful family stories from each of our groups. And we'll have plenty of opportunity for discussion and Q&A. Wherever you are on your path to Home – firmly established or taking those first steps - we hope you'll consider joining us for this unique opportunity and exchange!

Please note, if you have not yet attended an Imagining Home meeting, we ask that you please first arrange an introductory call to attend a future meeting.

**For this month only, our meeting will be held on MONDAY OCTOBER 7TH,
@ 6:30PM by Zoom - link to be sent directly by email.**

Stories and topics that will be touched on will include:

- Evolving plans and visions over time
- From early thinking of a group home to a shifting mindset and vision
- Noticing capabilities and stepping back to let one lead their own life
- “Home-tasting” through a house sitting arrangement
- Preparing to move out - building everybody's confidence
- Thinking about sharing one's home
- Blossoming of person-hood and relationships
- When a major life transition leads to more growth than ever thought possible
- Welcoming a new housemate
- Noticing and expanding natural relationships
- Housemate role and support roles

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 to arrange an introductory call.

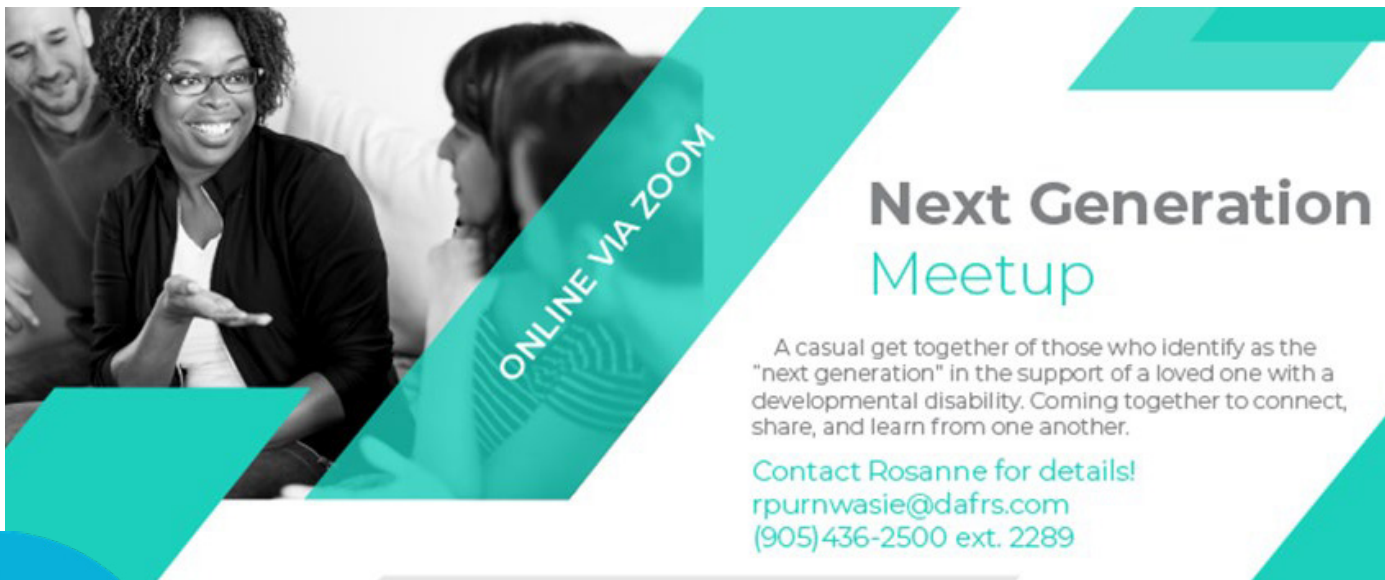


IMAGINING HOME MEETING • MONDAY OCTOBER 7, 2024 • TIME 6:30PM

ONLINE BY ZOOM

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

Did You Know? Our Next Generation Meetup Happens Monthly!



Next Generation Meetup

A casual get together of those who identify as the "next generation" in the support of a loved one with a developmental disability. Coming together to connect, share, and learn from one another.

Contact Rosanne for details!
rpurnwasie@dafrs.com
(905) 436-2500 ext. 2289

Join us at an upcoming meeting!
Thursday November 7th, 2024 @ 7-8pm
Thursday December 5th, 2024 @ 7-8pm

BioMedical Approaches - Annual Sensory Processing Info Session - Registration and New Date & Time!

We are excited to welcome back our special guest, Rosemary Oxenham, who returns to the biomedical group for our annual sensory processing information session. Rosemary comes to us with many years of experience as an occupational therapist, OT trainer and a great deal of experience working with families. She will be talking about sensory processing that will include some hands-on activities to promote a greater sense of well-being and focus on self-regulation for all of us.

From past participants we've heard that the benefits of paying attention to sensory processing needs have resulted in their family member's improved self-regulation/calm, ability to develop and maintain fine & gross motor skills, clearer or more organized speech, improved sleep, and better transitions. When we think about meeting the sensory needs of younger children, parents share their stories of better interactive skills, more playfulness, more adventurous eating, sitting through a meal and more goal-directed activities.

This learning session is for people of all ages. Younger and older families will want to seize this opportunity to learn more about their family member's particular sensory processing needs and the variety of ways those needs can be met. It is always helpful to hear stories from other families who have traveled a little further down this road, what it has meant to their child/family when having these particular needs met, and the impact on their child's health, learning, and overall sense of well-being.

Please note the date change to **October 18th from 9:00am - 12pm**. We welcome people for part or all of this session. When you register, you will receive the location details for this meeting. We welcome people for part or all of this session. Please [REGISTER HERE](#).

If you have any particular questions or situations regarding sensory processing, please feel free to email them to Sue, at smcLellan@dafrs.com.



**STUDY GROUP
INFO
FRIDAY,
OCT 18, 2024
9 AM**

Family Advisory Holds Their First Meeting! New Recruitment & Matching Website

We are currently designing a new Recruitment and Matching website that will replace RespiteServices.com. 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 2025 Launch.

The Family Advisory group met in September and will meet again in the coming months. We met with the IT developers where we outlined the requirements and finessed details on how we want the site to work for maximum user experience and matching potential. They, in turn, provided us with data in order to continue improving the system.

Please submit any questions to sciarlariello@dafrs.com and 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.

Look for a soft launch date in November!

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.

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 Ipowell@dafrs.com](mailto:Lpowell@dafrs.com) for more information.

We look forward to seeing everyone online again on Monday, October 28, at 6.30 pm via Zoom.



**MAKING THE MOST
STUDY GROUP**

Contact Laura Powell at
lpowell@dafrs.com
for more information

Important Dates At-A-Glance!

Imagining Home

Oct 7 @ 6:30pm

Bio Medical Study Group

Oct 18 @ 9am

Building a Context for Relationship

Oct 22 @ 9:30am

Making the Most Study Group

Oct 28 @ 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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