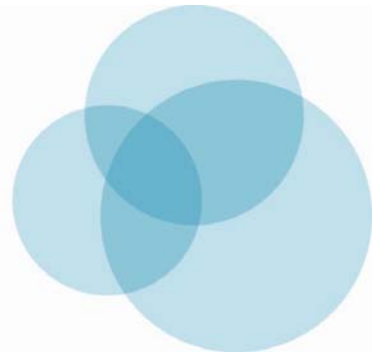


# PLAN



## ***Newfoundland Family Resource List***

*We hope this resource list will assist you in discovering the seven steps to creating a good life and a secure future for your family member. We've also added a few contacts for family resource groups and services in British Columbia.*

### **Vision**

*Creating a vision for a good life for your son or daughter is one of the most important steps you can take. It is in creating a vision and sharing it with others that our dreams become reality. The following resources will help you get started.*

<b>Resource</b>	<b>Description</b>	<b>Contact</b>
<b><i>A Good Life</i></b> by Al Etmanski	A Good Life is for families, friends and caregivers of people with disabilities. It offers a step by step guide to creating a plan for the future which provides for the safety, security and well being of people with disabilities. It leads the reader to look beyond professional services and programs in planning for the future and focus on what is needed to create a good life.	PLAN 260-3665 Kingsway, Vancouver, V5R 5W2  Phone: 604-439-9566  Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a>  <a href="http://www.plan.ca">www.plan.ca</a>
<b><i>Peace of Mind CD</i></b>	<i>Peace of Mind</i> is a practical and caring interactive tool to help you plan for the future of your relative with a disability. It combines personal stories, testimonials, tips, videos and worksheets to get you started on your path to peace of mind.	Plan Institute for Caring Citizenship  <a href="mailto:inquiries@planinstitute.ca">inquiries@planinstitute.ca</a> <a href="http://www.planinstitute.ca">www.planinstitute.ca</a>
<b><i>PATH: Planning Alternative Tomorrows with Hope</i></b>	PATH is a results oriented creative planning tool which starts in the future and works backwards to first steps that are possible and positive.	Inclusion Press International & the Marsha Forest Centre  47 Indian Trail, Toronto, ON, M6R 1Z8, Canada  Phone: (416) 658-5363  Email: <a href="mailto:inclusionpress@inclusion.com">inclusionpress@inclusion.com</a> <a href="http://www.inclusion.com">www.inclusion.com</a>

<b><i>Peace Begins With Me</i></b> by Ted Kuntz	In Peace Begins With Me; Ted Kuntz shares the story of how his son with a disability led him on a journey through darkness to a life of peace, joy and happiness. At the core of his message are simple yet powerful strategies that enable us to experience more peace and joy and create a life more of our choosing. Ted's deeply personal story is an inspiration to all of us who want to move past pain and hurt, and return to peace and joy.	www.peacebeginswithme.ca
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## **Relationships**

*Safety and security is dependent on the number of caring and supportive relationships in our lives. Overcoming isolation and loneliness is often one of the biggest challenges our relative will face. The following resources can help you learn about developing circles of support.*

<b><i>PLAN Institute for Caring Citizenship</i></b>	The Institute's goal is to foster caring communities that welcome the participation and contribution of all citizens. They provide training, consultation, research and publications for individuals, families, organizations, support workers and professionals who want to learn more about values, concepts and processes to create caring relationships.	260 – 3665 Kingsway, Vancouver, V5R 5W2  Phone: 604.439.9566 Fax: 604.439.7001  Email: inquiries@planinstitute.ca Website: www.planinstitute.ca
<b><i>The Company of Others: Stories of Belonging</i></b> by Sandra Shields and David Campion	This book uniquely captures the spirit and significance of personal networks. Compelling stories and photographs lead the reader on an intimate journey into the lives of five individuals — with no connection to one other and little in common, except in one respect: each person is at the centre of an active social “circle” — a network of caring friends and family whose lives are enriched by the relationship they share. An extraordinary and moving book about the transformative power of family and community.	Email: inquiries@planinstitute.ca  Website: www.planinstitute.ca
<b><i>Reaching Out; A portrait of social networks in Canada</i></b> by Nancy Rother	Reaching Out is a portrait of facilitated social network development across Canada. Filled with the wisdom of individuals, families and facilitators from all walks of life, it is one of the clearest, most practical guides you will find to facilitating networks. The report is based around seven critical elements for creating and sustaining	Email: inquiries@planinstitute.ca  Website: www.planinstitute.ca

	social networks, exploring challenges and offering practical tips for each.	
<b><i>One Candle Power – Seven Principles that Enhance the Lives of people with Disabilities and Their Communities</i></b> <i>Revised by Cathy Ludlum and the Communitas Team.</i>	The Communitas Team created seven booklets on supporting Circles in the mid 1980's. This wisdom has recently been updated so you can review the lessons they learned then — and in the intervening years. If you want to know about Circles of Support, this is a wonderful resource.	Email: inclusionpress@inclusion.com  Website: www.inclusion.com
<b><i>Weaving the Ties That Bind</i></b>	An online course for facilitators. Using 18 years of PLAN's experience in developing social support networks, this course provides participants with the knowledge and skills necessary to become a social network facilitator. Designed to be both practical and inspirational, this course is available through the Plan Institute.	Email: inquiries@planinstitute.ca Website: www.planinstitute.ca
<b><i>Social Networks Annotated Bibliography by Brian Smith</i></b>	This bibliography has been prepared for people interested in addressing the fundamental challenge of marginalization through the development and facilitation of social networks. For many labeled and marginalized people, isolation and loneliness are the biggest challenges they face. We are discovering that without a well developed social network it is difficult if not impossible to fully participate in and contribute to society.	Website: www.planinstitute.ca

## **Contribution**

*Our relatives offer many gifts and contributions. When those gifts are acknowledged and received, we all benefit. Participating in our communities and being recognized for our contributions is a mark of citizenship. To learn more, visit these web sites.*

<b><i>Philia: A Dialogue About Citizenship</i></b>	The Philia Dialogue is a global conversation on caring citizenship - a notion of citizenship based on contribution, participation, relationship, and a commitment to the common good. The inspiration for this dialogue stems from our roots in the disability community. Philia believes that welcoming the presence and participation of people with disabilities as well as others who have been marginalized or isolated - will revitalize our communities and strengthen our society	Website: www.philia.ca
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<b><i>The Ties That Bind Internet Documentary and Community Engagement Project</i></b>	This site was created by the National Film Board to document the making of The Ties That Bind and to engage the community in discussion. There are many valuable topics, videos, articles and polls to take.	Website: <a href="http://www.tiesthatbind.ca">www.tiesthatbind.ca</a>
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## **Home ....**

*A sanctuary that our relatives can call their own. Home can take many different forms for those who experience disability. For those who need support in day to day life, traditional group homes were, at one time, the only option. Today, many families are creating exciting alternatives, some of which include home ownership.*

<b><i>Home is Where the Heart Is</i></b>	A booklet created for families who are looking for options. The booklet discusses the issues to consider, various housing options developed by families and the advantages and disadvantages and methods of ownership. While developed for families living in British Columbia, the lessons are applicable universally.	Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a>  Website: <a href="http://www.plan.ca">www.plan.ca</a>
<b><i>Creating Housing Choices for People with Developmental Disabilities</i></b>	A Resource Guide. Itay Greenspan and Laural Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.	
<b><i>Canadian Cohousing Network</i></b>	Cohousing describes intentional neighborhoods that combine the autonomy of private dwellings with the advantages of shared resources and community living. Residents usually own their individual homes, which are clustered around a "common house" with shared amenities. Each home is self-sufficient with a complete kitchen, but resident-cooked dinners are often available at the common house for those who wish to participate.	Website: <a href="http://www.cohousing.ca">www.cohousing.ca</a>
<b><i>Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)</i></b>	The Residential Rehabilitation Assistance Program assists in the creation of affordable housing for adults with a disability by providing financial assistance to renovate/convert/develop existing residential properties. The assistance is in the form of a forgivable loan.	Canada Mortgage and Housing Corporation, 1-800-639-3938  Website: <a href="http://www.cmhc-schl.gc.ca">www.cmhc-schl.gc.ca</a>
<b><i>Newfoundland and Labrador Housing Corporation</i></b>	Newfoundland and Labrador Housing Corporation is the housing arm of the provincial government. NLHC is committed to addressing the housing requirements of the people of	P.O. Box 220, 2 Canada Drive, St. John's, A1C 5J2  Phone: 709-724-3055 Fax: 709-724-3250

	Newfoundland and Labrador who are most in need. The corporation's objectives are to: 1) provide suitable and affordable housing; 2) provide effective and efficient support services; 3) work in partnership with community and government resource groups that can contribute to an enhanced quality of life for our clients.	Email: jmbowring@nsmail.nlhc.nf.ca Website: www.nlhc.nf.ca
<b>Other Special Needs Funding/Community Access</b>	This program provides financial assistance to enable persons with disabilities to make minor modifications to make their homes more accessible or to make minor repairs to furniture and appliances. It also provides assistance to persons with developmental disabilities to enable them to participate in Community Access activities.	Phone: 1-709-729-4984
<b>Special Needs Board &amp; Lodging Supplement</b>	This supplement assists persons (aged 18 and over) who have a physical or developmental disability by subsidizing the extra disability-related costs of maintaining an independent residence.	Phone: 1-709-729-4984

### **Decision-Making**

*The ability to make choices about who will help us and where we will live is a basic need we all share. When our children reach the age of majority, we no longer have the legal right to assist them with decisions. An alternative to obtaining legal guardianship is substitute decision making. To find out more about legal options, the following resources are available.*

<b>Public Trustee / Estates Division</b>	The Estates Division operates under the Registrar of the Supreme Court and administers estates and provides guardianship services bestowed by a specific court order or by operation of law. It also acts as the financial branch where monies are paid into and out of Court.	Estates Division, Supreme Court of Newfoundland and Labrador (Trial Division), 2 Steers Cove, Cormack Building, P.O. Box 7158, St. John's, A1E 3Y4  Phone: 709-729-4504 Fax: 709-729-0850  Website: <a href="http://www.justice.gov.nl.ca/just/index.html">http://www.justice.gov.nl.ca/just/index.html</a>
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### **Financial and Estate Planning**

*Ensuring that your relative will experience a life that is full and rewarding, with the necessary funds for vacations, etc. is one of the keys to a good life. Writing your will and*

*creating a discretionary trust is an important way to ensure that your family member with a disability still receives disability benefits.*

<p><b><i>Safe and Secure by Al Etmanski with Jack Collins and Vickie Cammack</i></b></p>	<p>Safe and Secure offers clear, practical guidance for planning for the future. It provides information relevant to families within the framework of policy, regulations and practice in British Columbia. Safe and Secure includes specific information on BC Benefits and other government benefit entitlements, alternatives to adult guardianship, financial planning, will and estate planning, discretionary trusts, home ownership and establishing a network of friends. For families living in British Columbia there is no better source for information to help you plan for the future of your relative with a disability. An Alberta edition is also available. Both are available through PLAN.</p>	<p>Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a> www.plan.ca</p>
<p><b><i>CanadaBenefits</i></b></p>	<p>A very useful site to find out what federal and provincial benefits you may be entitled to receive. Listings for each province include motor vehicle tax rebates, bus passes, subsidies for housing, etc.</p>	<p>Website: <a href="http://www.canadabenefits.gc.ca">www.canadabenefits.gc.ca</a></p>
<p><b><i>Canada Pension Plan (CPP) Disability Benefits</i></b></p>	<p>CPP provides a monthly taxable benefit to contributors who are disabled and to their dependent children.</p>	<p>Toll Free: 1-800-277-9914 TTY: 1-800-255-4786  Website: <a href="http://www.sdc.gc.ca">www.sdc.gc.ca</a></p>
<p><b><i>Flat Rate Allowance</i></b></p>	<p>This program assists adults with disabilities who are receiving income support and who require home support services.</p>	<p>Phone: 1-709-729-4984</p>
<p><b><i>Home Support Services Program</i></b></p>	<p>This program provides financial assistance to seniors (aged 65 and over), persons with disabilities (aged 18-64), and dependent children under age 18 who are being cared for at home or in the home of a caregiver.</p>	<p>Phone: 1-709-729-4984</p>

## **Advocacy**

<p><b><i>Planned Lifetime Advocacy Network</i></b></p>	<p>PLAN is a not-for-profit organization created by and for families who have a relative with a disability. We help families ensure a safe and secure future for their relative with a disability.</p>	<p>#260 – 3665 Kingsway, Vancouver, V5R 5W2  Phone: 604-439-9566 Fax: 604-439-7001  E-mail: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a></p>
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		Website: <a href="http://www.plan.ca">www.plan.ca</a>
<b>Coalition of Persons with Disabilities – Newfoundland and Labrador</b>	Operating at the provincial and local levels, COD is an advocacy organization concerned with all persons with disabilities, promoting their rights and raising public awareness of their needs. COD is proactive, working to improve legislation and services at all government levels and networking with national and regional groups to support independence and foster positive self-concept of its members, to whom it is accountable and from whom it takes its overall direction.	TD Place, 140 Water Street, Suite 202, St. John's, A1C 6H6  Phone: 709-722-7011 TTY: 709-722-7998 FAX: 709-722-4424  E-mail: <a href="mailto:executivedirector@nf.aibn.com">executivedirector@nf.aibn.com</a> Website: <a href="http://www.codnl.ca">www.codnl.ca</a>

### **Family Resource Groups**

<b>Epilepsy Newfoundland and Labrador</b>	Provides information and referral to people with epilepsy and to their families/caregivers. Runs support groups and offers public education about seizures and first aid.	26 O'Leary Avenue, St. John's, A1B 2C7  Toll Free: 1-866-epilepsy Telephone: 709-722-0502 Fax: (709) 722-0999  Email: <a href="mailto:info@epilepsynl.com">info@epilepsynl.com</a> Website: <a href="http://www.epilepsynl.com">www.epilepsynl.com</a>
<b>Schizophrenia Society of Newfoundland &amp; Labrador</b>	SSNL's objectives are to provide support for those who have schizophrenia, their families and friends, to educate the public about the disease, to act as a resource to health care professionals, to improve services for persons with schizophrenia, to consult with government, community and private agencies regarding improvements in treatment, social services and mental health legislation, and to provide support for research related to schizophrenia	205 – 206 West Block, Waterford Bridge Road, St. John's, A1E 4J8  Phone: 709-777-3335 Fax: 709-777-3524  E-mail: <a href="mailto:ssnl1@yahoo.ca">ssnl1@yahoo.ca</a> Website: <a href="http://www.ssnl.org">www.ssnl.org</a>
<b>Multiple Sclerosis Society of Canada - Atlantic Division</b>	The Atlantic Division provides the following services: information and referral, supportive counseling, support and self-help groups, recreation and social programs, financial assistance, education and advocacy.	71 Ilsley Avenue, Unit 12, Dartmouth, NS, B3B 1L5  Toll-free: 1-800-268-7582 Telephone: 902-468-8230 Fax: 902-468-5328  E-mail: <a href="mailto:info.atlantic@mssociety.ca">info.atlantic@mssociety.ca</a> Website: <a href="http://www.mssociety.ca/atlantic">www.mssociety.ca/atlantic</a>
<b>Cerebral Palsy Association of</b>	Provides information, referrals and support to those affected by cerebral	Office Address: Suite 306, Viking Building, 136 Crosbie

<p><b>Newfoundland and Labrador</b></p>	<p>palsy. Offers a resource lending library, support group meetings and a network of contacts throughout the province.</p>	<p>Road, St. John's</p> <p>Mailing Address: P.O. Box 23059 Churchill Square Postal Outlet, St. Johns, A1B 4R9</p> <p>Phone: 709-753-9922</p> <p>E-mail: cerebralpalsy@nf.aibn.com</p> <p>Website: www.cpnl.ca</p>
<p><b>Canadian Mental Health Association (CMHA) - Newfoundland and Labrador Division</b></p>	<p>The Canadian Mental Health Association (CMHA) Newfoundland and Labrador Division is a voluntary, charitable organization established in 1964 to promote understanding of mental health and mental illness through education, advocacy and community development.</p>	<p>81 Kenmount Road, St. John's, A1B 3P8</p> <p>Phone: 709-753-8550 Fax: 709-753 8537</p> <p>E-mail: office@cmhanl.ca Website: www.cmhanl.ca</p>
<p><b>Newfoundland and Labrador Down Syndrome Society</b></p>	<p>Nonprofit society of parents, professionals, and self-advocates concerned with the problems and issues facing people with Down syndrome, their families, and friends.</p>	<p>Mailing Address: P.O. Box 21054, St. John's, NL, A1A 5B2</p> <p>Office/Resource Centre: 21 Pippy Place, Suite 106, St. John's, NL</p> <p>Toll Free: 1-877-738-3336 Phone: 738-3336</p> <p>E-mail: nldss@nl.rogers.com Website: www.nldss.com</p>
<p><b>Newfoundland and Labrador Association for Community Living</b></p>	<p>NLAACL provides the following supports: direct support to individuals, families and local associations, works with government and service agencies to build supportive communities, Lobbies for changes in social policy, programs, and laws, facilitates research training and planning, and serves as a centre for gathering and distribution of information.</p>	<p>31 Peet Street P.O Box 8414 St. John's, NL, A1B 3N7</p> <p>Phone: 709-722-0790 Toll Free: 1-800-701-8511 Fax: 709-722-1325</p> <p>E-mail: nlacl@nf.aibn.com Website: www.nlacl.ca</p>
<p><b>Autism Society of Newfoundland and Labrador</b></p>	<p>The Autism Society of Newfoundland and Labrador (ASNL) is a provincial, nonprofit, charitable organization dedicated to fostering the development of individualized, lifelong, community-based supports and services for persons with autism spectrum disorder. ASNL is committed to the promotion of acceptance, independence, productivity and opportunities for inclusion in all facets of life for persons with autism spectrum disorders and their families.</p>	<p>Address: 70 Clinch Crescent, St. John's, NL</p> <p>Mailing Address: P.O BOX 14078, St. John's, A1B 4G8</p> <p>Phone: 709-722-2803 Fax: 709-722-4926</p> <p>E-mail: info@autismsociety.nf.net Website: www.autism.nf.net</p>

## Services

<b>Health and Community Services (Government of Newfoundland and Labrador)</b>	Disability Related Programs/Services are delivered by the six regional Health and Community Services/Integrated Boards in accordance with provincial policy through funding provided to them by the Department.	P.O. Box 8700, St. John's, NL, A1B 4J6  Website: <a href="http://www.health.gov.nl.ca/health/Default.htm">www.health.gov.nl.ca/health/Default.htm</a>
<b>Home Support Services Program</b>	This program provides financial assistance to seniors (aged 65 and over), persons with disabilities (aged 18-64), and dependent children under age 18 who are being cared for at home or in the home of a caregiver.	Phone: 1-709-729-4984
<b>Community Behavior Services</b>	This program provides behavioral support for individuals (school-aged and older) who have developmental disabilities and have been displaying behaviors that threaten home, school, or work placements.	Toll-Free: 1-877-729-3982 St. John's: 1-709-729-3982
<b>Employment Assistance for People with Disabilities Program</b>	This program helps individuals with disabilities to acquire the skills, experience, and support necessary to successfully prepare for, enter, or remain in the work force.	Toll-Free: 1-800-563-6600 St. John's: 1-709-729-6600 TTY: 1-866-729-4685
<b>Newfoundland and Labrador Brain Injury Association</b>	This association advocates for the needs of persons affected by brain injury, providing them with support, affiliation and validation. They provide information and education on brain injury and its prevention, on how it impacts life experiences and needs of people affected by brain injury and on services and supports people require.	Phone: 709-579-3070 Fax: 709-579-3109  E-mail: <a href="mailto:nbia@nf.aibn.com">nbia@nf.aibn.com</a> Website: <a href="http://www.nlbia.ca">www.nlbia.ca</a>
<b>Community Behavior Services</b>	This program provides behavioral support for individuals (school-aged and older) who have developmental disabilities and have been displaying behaviors that threaten home, school, or work placements.	Toll-Free: 1-877-729-3982 Phone: 1-709-729-3982 (St. John's)

## Other Resources

<b>PLAN's Social Audit Website</b>	Conducting the Social Audit was a milestone for PLAN. The board of PLAN implemented the social audit to ensure that the values around which PLAN is so carefully constructed are maintained long into the future. It was PLAN's means of holding itself accountable and	<a href="http://www.social.audit.ca">www.social.audit.ca</a>
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	provides a transparent view of the organization, reporting on both successes and challenges in a balanced and candid way. To our knowledge, PLAN was the first not-for-profit organization in Canada to have an externally reviewed social audit.	
<b><i>Enablelink and Abilities Magazine Website</i></b>	A wonderful Canadian resource for people with disabilities and those who care about them. Lists many directories and resources, offers an ezine with regular updates and news from across the country.	<a href="http://www.enablelink.org">www.enablelink.org</a>
<b><i>Quality Mall Website</i></b>	Quality Mall is a unique website designed like a shopping mall where you can find lots of free information about person-centered supports for people with developmental disabilities. Each of the mall stores has departments you can look through to learn about positive practices that help people with developmental disabilities live, work and participate in our communities and improve the quality of their supports.	Website: <a href="http://www.qualitymall.org">www.qualitymall.org</a>
<b><i>PWD online: Guide to Government of Canada Services for People with Disabilities and their Families.</i></b>	A site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs and services in Canada. Includes: Income Benefits and Tax, Housing, Accessibility, Transportation and Travel, Advocacy, Learning and Skills Development, Employment, Health, Safety and Security, Recreation and Active Living, Community and Citizen Participation, Key Publications, Provincial and Territorial Contact Information and Non-Governmental Organizations.	Website: <a href="http://www.pwd-online.ca">www.pwd-online.ca</a>
<b><i>Disabled Parking Permits</i></b>	People with disabilities may apply for a disabled parking placard or a special license plate.	Department of Government Services and Lands  P.O. Box 8710, St. John's, A1B 4J5  Phone: 709-729-7254