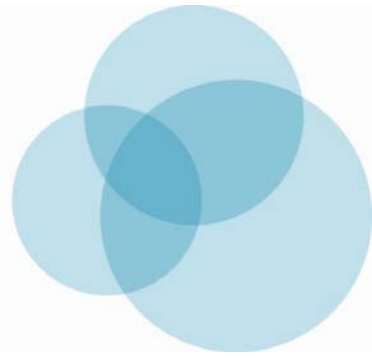


PLAN



Family Resource List for Quebec

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.

Resource	Description	Contact
<i>A Good Life by Al Etmanski</i>	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, BC V5R 5W2 Phone: 604-439-9566 Email: inquiries@plan.ca www.plan.ca
<i>Peace of Mind cd</i>	<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.	
<i>PATH: Planning Alternative Tomorrows with Hope</i>	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: inclusionpress@inclusion.com www.inclusion.com

<i>Peace Begins With Me by Ted Kuntz</i>	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
<i>Love is a dance of holding on and letting go</i>	Resources and worksheets designed to help families understand the challenge of letting go and holding on differently.	Website: http://www.tiesthatbind.ca/themes/index.php?theme=1
<i>The Ties That Bind Internet Documentary and Community Engagement Project</i>	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: www.tiesthatbind.ca

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.

<i>PLAN Institute for Caring Citizenship</i>	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, BC, V5R 5W2 Phone: 604.439.9566 Fax: 604.439.7001 Email: inquiries@planinstitute.ca Website: www.planinstitute.ca
<i>The Company of Others: Stories of Belonging</i> <i>by Sandra Shields and David Campion</i>	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

<p><i>Reaching Out; A portrait of social networks in Canada</i> by Nancy Rother</p>	<p>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 social networks, exploring challenges and offering practical tips for each.</p>	<p>Email: inquiries@planinstitute.ca Website: www.planinstitute.ca</p>
<p><i>One Candle Power — Seven Principles that Enhance the Lives of people with Disabilities and Their Communities</i> Revised by Cathy Ludlum and the Communitas Team.</p>	<p>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.</p>	<p>Email: inclusionpress@inclusion.com Website: www.inclusion.com</p>
<p><i>Weaving the Ties That Bind</i></p>	<p>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.</p>	<p>Email: inquiries@planinstitute.ca Website: www.planinstitute.ca</p>
<p><i>Social Networks Annotated Bibliography</i> by Brian Smith</p>	<p>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.</p>	<p>Website: www.planinstitute.ca</p>
<p><i>Simple truths are sometimes the hardest to see</i></p>	<p>Resources and worksheets that explore the importance of relationships and the creation of circles of friends.</p>	<p>Website: http://www.tiesthatbind.ca/themes/index.php?theme=6</p>
<p><i>The Belonging Initiative</i></p>	<p>The Belonging Initiative is a national initiative committed to nurturing belonging and ending isolation of people with disabilities. It is guided by a fundamental belief in the importance of human connections and the possibilities for mutual enrichment that arise through such connections. Holding a passionate belief that collectively we can develop a groundswell that will lead to a society in</p>	<p>Email: inquiries@planinstitute.ca Website: www.nurturingbelonging.ca</p>

	which everyone belongs! To that end, the Belonging Initiative has formalized a collaboration and developed a framework for creating a national presence to change the lives of isolated Canadians with disabilities.	
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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.

<i>Philia: A Dialogue on Caring Citizenship</i>	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
<i>What we see depends on what we are looking for</i>	Resources and worksheets that examine how contribution and citizenship go hand in hand.	Website: http://www.tiesthatbind.ca/t_hemes/index.php?theme=9

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.

<i>Home is Where the Heart Is</i>	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: inquiries@plan.ca Website: www.plan.ca
<i>Creating Housing Choices for People with Developmental Disabilities</i>	A Resource Guide, Itay Greenspan and Laural Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.	
<i>Creating a Future of Home Ownership for Persons with Developmental Disabilities</i>	June Birch and Maureen Murphy Black, May 2003.	

Canadian Cohousing Network	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: www.cohousing.ca
Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)	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 Phone: 1.800.639.3938 Website: www.cmhc-schl.gc.ca
Housing Support Programs — Government of Alberta	The Housing Services Division, through the Government of Alberta, facilitates the development of affordable housing in high-growth, high-need communities and northern remote areas of the province.	Housing Services Division, PO Box 927, Edmonton, T5J 2L8 Edmonton Office: Phone: 780.422.0122 Fax: 780.422.8462 Calgary Office: Phone: 403.297.7453 Fax: 403.297.6138 Email: housing@gov.ab.ca Website: www.seniors.gov.ab.ca/housing/index.asp
Alberta Aids to Daily Living Program (AADL)	This program provides authorized medical equipment and supplies to enable persons who have a long-term disability or a chronic or terminal illness to live independently in a home or similar setting.	Toll-Free: 310.1000 Edmonton: 1.780.427.0731 TTY: 1.800.232.7215 Website: www.seniors.gov.ab.ca/AADL/
Accessible Housing Society	This not-for-profit, charitable society has been established to assist in housing people with physical disabilities in the Calgary, Alberta area. There are several main programs: a housing registry, which tracks the suitable rental accommodations and assists in finding matches; rental units owned and operated by the society; a Residential Assessment and Design service which provides design advice for renovations or new homes tailored to clients' particular needs.	103, 2003 - 14th St. NW, Calgary, AB, T2M 3N4 Phone: 403.282.1872 Housing Registry: 403.282.3373 Fax: 403.284.0304 Email: info@ahscalgary.ca Website: www.ahscalgary.ca
Moving away from	Resources and worksheets that explore	Website:

home is a rite of passage	different types of homes and living options.	http://www.tiesthatbind.ca/themes/index.php?theme=8 Creating Community – Supported Housing: The L’Abri en Ville Model www.labrienville.org/guidebook.html
Residential Adaptation Assistance Program (RAAP)	This program helps people with disabilities to cover the cost of making their homes accessible.	Toll-Free: 1-800-463-4315

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.

Public Curator – Quebec/ Public Trustee	The Public Curator oversees the protection of citizens unable to take care of themselves, through measures appropriate to their condition and situation. They ensure that all decisions affecting their well-being and property reflect their best interests, respect their rights and safeguard their autonomy. They provide information to the public and to those with responsibility for their care, promoting awareness of the protection required by incapacitated people.	Public Curator, 600, boulevard René-Lévesque, Ouest, Bureau 500, Montreal, QB, H3B 4W9 Phone: 514-873-4898 Fax: 514-873-4972 Email: pierre.gabriele@curateur.gouv.qc.ca
Making choices is about taking chances	Resources and worksheets designed to explore the area of “choice” and how supported decision making helps keep people safe while respecting their ability and right to make choices for themselves.	Website: http://www.tiesthatbind.ca/themes/index.php?theme=3

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.

Safe and Secure by Al Etmanski with Jack Collins and Vickie Cammack	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	Email: inquiries@plan.ca www.plan.ca
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	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.	
CanadaBenefits	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.	www.canadabenefits.gc.ca
Canada Pension Plan (CPP) Disability Benefits	CPP provides a monthly taxable benefit to contributors who are disabled and to their dependent children.	Toll Free: 1-800-277-9914 TTY: 1-800-255-4786 www.sdc.gc.ca
Devices that Compensate for Physical Deficiencies	This program covers the cost of the purchase, adjustment, replacement, and repair of physical aids for qualifying individuals with a physical disability.	Toll-Free: 1-800-561-9749 Quebec: 1-418-646-4636 Montreal: 1-514-864-3411 TTY: 1-800-361-3939 TTY Quebec: 1-418-682-3939
Money isn't everything, but it sure helps	Resources and worksheets that assist families to focus on their financial and estate planning, thus planning for a more financially secure future for their loved one.	Website: http://www.tiesthatbind.ca/themes/index.php?theme=5

Family Resource Groups

Planned Lifetime Advocacy Network	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.	#260 – 3665 Kingsway, Vancouver, BC, V5R 5W2 Phone: 604-439-9566 Fax: 604-439-7001 E-mail: inquiries@plan.ca Website: www.plan.ca
Epilepsy Canada – Quebec Division	Epilepsy Canada is the only national non-profit organization whose mission is to enhance the quality of life for persons affected by epilepsy through promotion and support of research and facilitation of education and awareness initiatives that build understanding and acceptance of epilepsy.	1470 Peel Street, Suite 745, Montreal, QB, H3A 1T1 Toll free: 1-877-SEIZURE (734-0873) Phone: 514-845-7855 Fax: 514-845-7866 E-mail: epilepsy@epilepsy.ca Website: www.epilepsy.ca
Schizophrenia Society of Quebec / Société québécoise	Provides support and education to families with relatives who have schizophrenia or a related condition.	7401, rue Hochelaga, Montréal, Quebec, H1N 3M5

<i>de la schizophrénie</i>	Offers a support group for professional caregivers of people with schizophrenia. Also provides advocacy, public information, and support for research.	Toll Free: 1-866-888-2323 Phone: 514-251-4000 Ext. 3400 Fax: 514-251-6347 E-mail: info@schizophrenie.qc.ca Website: www.schizophrenie.qc.ca
<i>Multiple Sclerosis Society of Canada - Quebec Division</i>	The Quebec Division of the Multiple Sclerosis Society of Canada is the principal resource in the province for information about multiple sclerosis, services for people with MS (8,000 members) and family members, and education programs. Services and programs are delivered usually through the 25 local chapters which serve communities across Quebec with the division providing services to non-chapter areas. The division office is located in Montreal.	550 Sherbrooke Street W., East Tower, Suite 1010, Montreal, QB, H3A 1B9 Toll-Free: 1-800-268-7582 Phone: 514-849-7591 Fax: 514-849-8914 E-mail: info.qc@mssociety.ca Website: www.mssociety.ca/qc
<i>Quebec Cerebral Palsy Association / Association de Paralyse Cerebrale du Quebec</i>	Quebec Cerebral Palsy Association is a non-profit society accredited by the two levels of government, which aims at defending and promoting the rights of persons living with cerebral palsy or any other deficiency anywhere in Quebec	600 Woodward C.P. 1781 Sherbrooke, Québec, J1H 5N8 Phone: 819-829-1144 Fax: 819-829-1121 Email: apcqi.sher@sympatico.ca Website: www.paralysiecerebrale.com
<i>Canadian Mental Health Association (CMHA) - Quebec Division</i>	Works to promote the mental health of all individuals in Quebec. Aims to reduce the stigma of mental illness through education, advocacy, and research. Also provides consultation to CMHA branches and to other groups involved in community-based programs for people with a mental illness.	911, rue Jean-Talon Est, Bureau 326, Montréal, Québec, H2R 1V5 Phone: 514-849-3291 Fax: 514-849-8372 Email: acsm@cam.org Website: www.acsm.qc.ca
<i>Association du Syndrome de Down de l'Estrie</i>	Nonprofit society of parents, professionals, and self-advocates concerned with the problems and issues facing people with Down syndrome, their families, and friends.	936, rue St-Charles, Sherbrooke, Quebec, J1H 4Z2 Phone: 819-569-8112 Fax: 819-569-5144 Email: asde_t21@hotmail.com Website: http://pages.infinit.net/trisomie/
<i>Fédération québécoise de l'autisme et des autres troubles envahissants du</i>	The defense of rights and interests of autistic persons and their families. Their goals are: promotion, awareness, information and education.	65, rue de Castelnau Ouest Suite 104, Montréal, QB, H2R 2W3 Phone: 514-270-7386 Fax: 514-270-9261

développement		Email: fqa@contact.net Website: www.autisme.qc.ca
Association for Community Living – Quebec	This is an affiliate of the Canadian Association of Community Living. Its goal is to help promote and achieve its vision of inclusive education in Canada, where school representatives, families and community members who are committed to promoting inclusive education can access advocacy information, learn strategies for teaching to a diverse classroom, and liaison with one another on various topics.	Association du Québec pour l'intégration sociale, 3958 Dandurand, Montreal, QB, H1X 1P7 Phone: 514-725-7245 Fax: 514-725-2796 Email: direction_generale@aqis-iqdi.qc.ca Web site: www.aqis-iqdi.qc.ca

***Association du Québec pour l'intégration sociale
Institut québécois de la déficience intellectuelle***

L'Association du Québec pour l'intégration sociale (AQIS) est un organisme dont le mandat est de promouvoir et de défendre les droits des personnes présentant une déficience intellectuelle et ceux de leur famille.

3958, rue Dandurand, Montréal, Québec, H1X 1P7

Phone: (AQIS): (514) 725-7245 Phone: (IQDI): (514) 725-2387

Fax: (AQIS/IQDI): (514) 725-2796

Email: direction_generale@aqis-iqdi.qc.ca Website: <http://www.aqis-iqdi.qc.ca>

Association de Montréal pour la Déficience Intellectuelle

Ses services, en continuelle progression, répondent plus que jamais à un besoin pour les personnes ayant une déficience intellectuelle et leurs parents : répit, loisirs, défense des droits, soutien, accompagnement, gardiennage, ... Aujourd'hui, elle favorise l'épanouissement de la personne ayant une déficience intellectuelle dans le but de l'amener à s'intégrer pleinement au sein de la collectivité en lui offrant une multitude de services adaptés à sa réalité.

633, boulevard Crémazie Est, bureau 100, Montréal. Québec, H2M 1L9

Phone: (514) 381-2307 Fax: (514) 381-0454

Email: info@amdi.info Website: www.amdi.info

L'Association des Arches du Québec

L'Association des Arches du Québec est un organisme provincial qui regroupe 8 communautés de l'Arche au Québec. Ces communautés offrent des services de soutien au milieu de vie pour personnes ayant une déficience intellectuelle.

1833, rue Sherbrooke Est, Bureau 101, Montréal, Québec, H2K 1B4

Phone: (514) 849-0110 Fax: (514) 849-8058

Email : aaq@bellnet.ca Website: <http://larche.ca/en/communities/qc/>

Parrainage Civique Montreal

Fondé en 1979, Parrainage Civique Montréal est un organisme sans but lucratif qui a pour mission de favoriser l'intégration et la participation sociale des personnes ayant une déficience intellectuelle et de défendre leurs intérêts par le biais de relations d'amitié établies avec des citoyens bénévoles.

3740, rue Berri, bureau 282, Montréal, Québec H2L 4G9 (Métro Sherbrooke)

Phone: (514) 843-8813 Fax : (514) 843-8813

Email: info@parrainagemontreal.org Website: www.parrainagemontreal.org

Services

Office des personnes handicapées du Québec	Provides information on programs and services available to persons with a disability, as well as documentation on the subject of disability. Facilitates educational, vocational and social integration.	309 Brock Street, Drummondville, QB, J2B 1C4 Toll-Free: 1-800-567-1465 Phone: 819-475-8618 TTY:1-800-567-1477 Fax: 819-475-8409 Website: www.ophq.gouv.qc.ca
Allowance for Special Needs Program (Adult Sector)	This program offers an allowance to cover the cost of the material resources, specialized services or transportation needed in order for disabled students to be able to pursue their studies at an educational institution or at home.	Toll-Free: 1-877-643-3750
Allowance for Special Needs Program (Youth Sector)	This program offers an allowance to cover the cost of the material resources necessary for a child with a major functional disability to go to school and pursue his or her studies.	Toll-Free: 1-877-643-3750

Other Resources

PLAN's Social Audit Website	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 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.	www.socialaudit.ca
Enablelink and Abilities Magazine Website	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.	www.enablelink.org
Quality Mall Website	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	www.qualitymall.org

	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.	
<i>PWD online: Guide to Government of Canada Services for People with Disabilities and their Families.</i>	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.	www.pwd-online.ca
<i>Adapted Transport Division S.T.M.</i>	STM's Paratransit is a door-to-door transportation service for persons with disabilities that operates on a reservations basis. To have access to the service, users must have been found eligible beforehand.	STM Paratransit Service, 3111 Jarry St. East, Montreal, QB, H1Z 2C2 Phone: 514-280-8211 Fax: 514-280-5317 TTY: 514-280-5308 (TTY) Email: transport.adapte@stm.info
<i>Société de l'assurance automobile du Québec (Disabled Parking Permits)</i>	In Québec, a permit allows access to parking space reserved for disabled persons who have limited walking ability or cannot move about independently without risk to their health or safety. The permit allows a disabled person, whether a vehicle driver or passenger, to use a handicapped parking space.	P.O. Box 19600, Terminus, 333, Boulevard Jean-Lesage, QB, G1K 8J6 Phone: Quebec Region: 418-643-7620 Montreal Region: 514-873-7620 Website: www.saaq.gouv.qc.ca