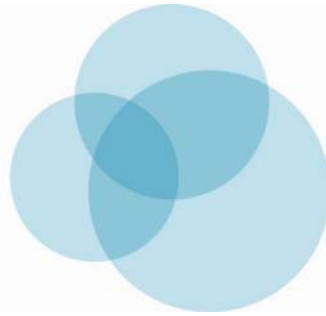


PLAN



Family Resource List for Saskatchewan

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</i> 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: inquiries@plan.ca www.plan.ca
<i>Peace of Mind</i> cd	<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 inquiries@planinstitute.ca www.planinstitute.ca
<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

<p><i>Peace Begins With Me</i> by Ted Kuntz</p>	<p>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.</p>	<p>www.peacebeginswithme.ca</p>
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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.

<p><i>PLAN Institute for Caring Citizenship</i></p>	<p>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.</p>	<p>260 – 3665 Kingsway, Vancouver, V5R 5W2</p> <p>Phone: 604.439.9566 Fax: 604.439.7001</p> <p>Email: inquiries@planinstitute.ca Website: www.planinstitute.ca</p>
<p><i>The Company of Others: Stories of Belonging</i> by Sandra Shields and David Campion</p>	<p>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.</p>	<p>Email: inquiries@planinstitute.ca</p> <p>Website: www.planinstitute.ca</p>
<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</p>	<p>Email: inquiries@planinstitute.ca</p> <p>Website: www.planinstitute.ca</p>

	elements for creating and sustaining social networks, exploring challenges and offering practical tips for each.	
<i>One Candle Power — Seven Principles that Enhance the Lives of people with Disabilities and Their Communities</i> <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
<i>Weaving the Ties That Bind</i>	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
<i>Social Networks Annotated Bibliography by Brian Smith</i>	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.

<i>Philia: A Dialogue About 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	www.philia.ca
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	revitalize our communities and strengthen our society	
<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.	www.tiesthatbind.ca

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 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>Canadian Cohousing Network</i>	Cohousing describes intentional neighbourhoods 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.	www.cohousing.ca
<i>Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)</i>	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 www.cmhc-schl.gc.ca
<i>Individualized Funding</i>	Individualized funding (IF) is an option under the Regional Health Authority (RHA) home care program that	Phone: 1-306-787-7126

	provides funding directly to a person (or their guardian) to arrange and manage their own support services. It is designed to provide people with increased choice and flexibility in the way their needs are met through the home care program.	
Community Living Services	Community Living Services is a division of Saskatchewan Community Resources. Its purpose is to work with people with intellectual disabilities to help them access a variety of community based services. It offers group homes, supportive independent living programs, group living homes, and a variety of vocational support services.	Community Living Division Central Office, #205, 110 Ominica Street West, Moose Jaw, Saskatchewan, S6H 6V2 Phone: 306-694-3565 Website: http://www.socialservices.gov.sk.ca/community-living/
Special Needs Equipment Program	Operated by the Saskatchewan Abilities Council under contract with Saskatchewan Health. Equipment depots located in Prince Albert, Regina, Saskatoon, Swift Current and Yorkton. Mobility Aids - wheelchairs, walkers, and specialized crutches are loaned, maintained and repaired without charge. Eligibility is based on assessed long-term need. Environmental Aids - higher-cost equipment such as hospital beds and accessories, transfer assists and commodes are loaned, maintained and repaired without charge. Eligibility is based on assessed long-term need and subject to medical criteria.	Phone: 1-306-787-7121

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 Guardian and Trustee of Saskatchewan	<i>The Public Guardian and Trustee Act gives the Public Guardian and Trustee the responsibility to protect the property of people who do not have the capacity to manage their own financial affairs.</i>	100 - 1871 Smith Street, Regina, Saskatchewan, S4P 4W4 Telephone: 306-787-5424 Fax: 306-787-5065 Email: pgt@justice.gov.sk.ca Website: http://www.justice.gov.sk.ca/pgt
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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>Safe and Secure by Al Etmanski with Jack Collins and Vickie Cammack</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: inquiries@plan.ca www.plan.ca</p>
<p>CanadaBenefits</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>www.canadabenefits.gc.ca</p>
<p>Canada Pension Plan (CPP) Disability Benefits</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 www.sdc.gc.ca</p>
<p>Employability Assistance for People with Disabilities (EAPD)</p>	<p>The EAPD Program provides funding to assist adults with disabilities to prepare for, secure and maintain employment. Various supports are offered, including training-on-the-job, vocational and work assessments, psycho-educational assessments, job coaching, support for employers and disability-related costs in a wide variety of post-secondary education and training programs.</p>	<p>Toll Free: 1-888-775-3276 Website: www.sasknetwork.ca/html/Home/cansask/eapd.htm</p>

Comment [CB1]: Jacinta, is this applicable to the Saskatchewan list?

Advocacy

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
RACL PLAN (Regina, Saskatchewan)	Purpose is to create safe, secure and full lives for its members, while making a commitment to provide lifetime advocacy and monitoring for people with disabilities.	2216 Smith Street, Regina, Saskatchewan, S4P 2P4 Phone: 306-790-5680 Fax: 306-586-7899 E-mail: racl@sasktel.net

Family Resource Groups

Saskatchewan Families for Effective Autism Treatment	SASKFEAT is a provincial organization made up of families, friends and dedicated professionals who have a genuine interest and concern with the well-being and development of individuals with autism or within the autism spectrum.	SASKFEAT, BOX 2545, Tisdale, Saskatchewan, S0E1T0 E-mail: saskfeat@hotmail.com Website: www.saskfeat.com
Schizophrenia Society of Saskatchewan (SSS)	Their mission is to alleviate the suffering caused by schizophrenia through providing easily understood information on schizophrenia, reducing the stigma through sensitive and creative public education and awareness initiatives, stressing early intervention with the most effective medications and treatments available, speaking on behalf of families when they are unable to do so for themselves, supporting research to identify the precise causes and find a cure for schizophrenia, raising funds to finance these activities, and working in partnership with other agencies, groups, departments of government, and the Schizophrenia Society of Canada and its provincial partners to achieve these goals.	Provincial Office, 2123 Broad Street, Regina SK, S4P 1Y6 Phone: 1-306-584-2620 Fax: 1-306-584-0525 E-mail: sssprov@sasktel.net Website: www.schizophrenia.sk.ca
Multiple Sclerosis Society of Canada - Saskatchewan Division	Provides information, advocacy, referrals, medical equipment provision, peer support, support counseling, self-help groups for people	150 Albert Street, Regina, SK, S4R 2N2 Telephone: 306-522-5600 or 1-800-268-7582

	with multiple sclerosis education programs and system advocacy.	Fax: 306-565-0477 E-mail: info.sask@mssociety.ca Website: www.mssociety.ca/sask/
Saskatchewan Cerebral Palsy Association (SCPA)	To ensure individuals with cerebral palsy the right to appropriate opportunities to achieve their fullest potential through education, health care and access to all amenities of the community.	2310 Louise Avenue, Saskatoon, SK, S7J 2C7 Phone: 1-306-955-7272 Toll Free: 1-800-925-4524 Fax: 1-306-373-2665 E-mail: saskcpa@shaw.ca Website: http://www.skcerebralpalsy.ca/
Canadian Mental Health Association (CMHA) - Saskatchewan Division	The Canadian Mental Health Association (Saskatchewan Division) Inc. is a volunteer-based organization which supports and promotes the rights of persons with mental illness to maximize their full potential; and promotes and enhances the mental health and well-being of all members of the community.	2702 12th Avenue, Regina, SK, S4T 1J2 Phone 306-525-5601 or 1-800-461-5483 Fax 306-569-3788 E-mail: cmhask@accesscomm.ca Website: www.cmhask.com
Saskatchewan Down Syndrome Society	Nonprofit society of parents, professionals and self-advocates concerned with the problems and issues facing people with Down syndrome, their families and friends.	Email: kellington@sasktel.net
Saskatchewan Association for Community Living	The Saskatchewan Association for Community Living (SACL) is a non-profit organization that ensures citizens who have an intellectual disability are full, active and valued members of society, and that they have worthwhile opportunities and a range of choices in all aspects of life.	3031 Louise Street, Saskatoon, SK, S7J 3L1 Phone: 306-955-3344 Fax: 306-373-3070 E-mail: sacl@sacl.org Website: www.sacl.org

Services

Saskatchewan Abilities Council	The Saskatchewan Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreational services.	Provincial Services, 2310 Louise Avenue, Saskatoon, SK, S7J 2C7 Tel: 306-374-4448 Fax: 306-373-2665 E-mail: provincialservices@abilitiescouncil.sk.ca Website: www.abilitiescouncil.sk.ca
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<p>Acquired Brain Injury (ABI) Partnership Project</p>	<p>The Acquired Brain Injury Partnership Project is an innovative partnership between SGI and Saskatchewan Health that is recognized around the world. The partnership develops and implements services and supports for persons with acquired brain injuries and their families.</p>	<p>T.C. Douglas Building, 3475 Albert St, Regina, SK, S4S 6X6</p> <p>Phone: 306-787-7239 Fax: (306) 787-7095</p> <p>E-mail: webmaster@health.gov.sk.ca Website: www.health.gov.sk.ca/ps_acquired_brain_injury.html</p>
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Other Resources

<p>PLAN's Social Audit Website</p>	<p>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.</p>	<p>www.social.audit.ca</p>
<p>Enablelink and Abilities Magazine Website</p>	<p>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.</p>	<p>www.enablelink.org</p>
<p>Quality Mall Website</p>	<p>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.</p>	<p>www.qualitymall.org</p>
<p>PWD online: Guide to Government of Canada Services for People with Disabilities and</p>	<p>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</p>	<p>www.pwd-online.ca</p>

<i>their Families.</i>	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.	
<i>Special Needs Transportation</i>	Their buses provide door-to-door service, seven days a week. A lift provides roll-on, roll-off convenience for wheelchair use and accessible stairs for walkers or limited mobility. Bus passes may be purchased.	Phone: 306-773-2076
<i>Saskatchewan Parking Permits</i>	Special parking identification, in the form of a placard, is available through the Parking Program for People with Disabilities. For those who qualify, the placard allows access to designated parking spots which may provide extra space for lifts and wheelchairs or other mobility devices and can reduce the distance you have to travel to the building.	Saskatchewan Abilities Council, 2310 Louise Avenue, Saskatoon, SK, S7J 2C7 Phone: 306-374-4448 E-mail: mlytle@abilitiescouncil.sk.ca Website: http://www.abilitiescouncil.sk.ca/saskatoon/html/services/parking/index.shtml