COMMUNITY RESOURCE GUIDE FOR SENIOR PARENTS AND FAMILIES OF INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

AUTUMN 2009

A Senior Parent Advisory/Family Governance Project
This project is a result of the senior parents' group acquiring an
innovation grant through Community Living BC (CLBC)

Created by the Family Resource Developer
in cooperation with Community Living BC, Kindale Developmental Association
and other community organizations

Serving
Armstrong, Cherryville, Enderby,
Lumby, Salmon Arm, Sicamous, Revelstoke and Vernon

Senior Parents' Support Group

Come out for a cup of coffee and an opportunity to meet with other senior parents facing similar joys and challenges.

Areas of interest include:

- information sharing and peer support
- finding and accessing resources in your community
- planning for the future including emergency response
- issues related to a lifetime of care giving
- long and short term respite care, etc.

In Vernon, meetings are held:

- The first Tuesday of each month at 10:30 am
  at the Schubert Seniors' Centre
  3505 – 30th Avenue

- The third Wednesday of each month at 1:30 pm
  at the Community Living BC Office (CLBC)
  Suite 201, 2802 – 30th Street

To find out about a Senior Parents' Support Group in your community contact:

Julie Armitage
Family Resource Developer
Kindale Developmental Association
PO Box 94 - 2725 Patterson Avenue,
Armstrong, BC....V0E 1B0
Phone: (250)-558-1997 Cell: 250-307-4216
julie_armitage@kindale.net

This resource guide is available on the
Community Living BC Website
www.communitylivingbc.ca

Ideas for Emergency and Future Planning: What to prepare

Compliments of Jane and Lorne Adamson

1. Have a binder with important contacts and information about your son or daughter.

2. Have a second binder if your son or daughter lives at home, that details the household routines and where to find things for a live-in caregiver.

3. Have a third booklet designed for your son or daughter to stay or live elsewhere.

4. Have an envelope of information about yourselves so that your *Power of Attorney* or *Executor* can pick up the pieces in the event of an emergency.

Important Contact and Information Binder Suggestions

Diagnoses:

- developmental
- physical
- vision/hearing
- allergies and symptoms
- psychiatric

List of daily medications:

- purpose for medications
- dosage
- how to take and when
- possible side effects
- where to find the medication
- how it is set up (ie: blister pack?)
- list of vitamins and other supplements
- medication taken on occasion as required- when and how to take
- medications that can't be taken with other medications

Diet plan/special menus:

- diet plan and reasons for limits on some foods
- detailed examples over the day

List of important contacts: (including phone numbers and addresses)

- parents' Power of Attorney
- Executor
- trustees of family trusts
- lawyers
- siblings
- other nearby relatives
- caregivers
- contacts for work and volunteer activities
- contacts for programs, social group, sports, activities
- contacts for support agencies such as PLAN Institute, Vela Microboard
- special friends

If a caregiver is coming into your home also provide information on:

- where to find appliance manuals
- your son's or daughter's laundry routines
- when to put out recycling and garbage
- where to find staple groceries not in original packaging and basic recipes
- list of electrical circuits keyed to breaker boxes, and where to find the boxes
- where to find spare house keys
- how and when to water houseplants and garden
- how to contact a household alarm company in case of system failure or emergency
- where to find cleaning supplies for household cleaning
- notes regarding automatic switches, power bars, etc.
- if a pet is in the home provide complete care directions including Veterinarian
- if a pet is at the kennel, provide information as to where the pet is

Also think about having an emergency envelope with information about:

- funeral directions
- who to notify (extended family etc)
- where to find your son's or daughter's financial documents in order to report their income etc. to employment and assistance etc.
- any other issues a Power of Attorney or Executor might require

Other things to think about:

Your son or daughter may carry information on them whenever they are away from home such as:

- how to contact you
- other caregivers
- your licence plate numbers
- you POA
- family members or close friends
- BC Identification card (or other photo identification)
- health care card
- library card
- work related information
- medications and medical conditions

IN CASE OF EMERGENCY

(To be displayed where a person responding in an emergency can see or easily find it)

Important: A person with a disability lives here.

House address: _____

Phone number: _____

Names of people living at this address:

1. Name: _____ 2. Name: _____

3. Name: _____ 4. Name: _____

First person to be notified in an emergency:

1. Name: _____ Phone number(s): _____

2. Alternate person: _____ Phone number(s): _____

Person/agency to be notified to assist family member with a disability:

1. Name: _____ Phone number(s): _____

2. Name: _____ Phone number(s): _____

3. Name: _____ Phone number(s): _____

Short-term/temporary plans for the care of our family member with a disability:

_____

_____

Medical Alert and location of important medical information: _____

_____

Other: _____

CONTENTS

Armstrong

Armstrong Boys and Girls Club 1
Armstrong & Enderby Volunteer Community Drivers Program 1
Armstrong Branch – Okanagan Regional Library 1
Armstrong Seniors' Activity Centre 1
Armstrong/Spallumcheen Chamber of Commerce 2
Better Meals – Wholesome Home Cooking - Home Delivery 2
City of Armstrong .....ntreArm.8(2

Enderby & Armstrong Volunteer Community Drivers Program 8
Enderby & District Chamber of Commerce 8
Enderby Branch – Okanagan Regional Library 8
Enderby Community Health Centre 9
Enderby and District Community Resource Centre 9
Enderby & District Community Services Society 9
Enderby & District Senior Citizen's Society 9
Enderby Food Bank (Salvation Army) 10
Enderby Home Support Services 10
Enderby Wheels to Meals 10
Enderby Medical Clinic 10
Good Food Box Program 10
Health Connections – Transportation (Interior Health) 10
RCMP Victims Assistance Program (North Okanagan) 11

Lumby

Bloom Medical Clinic 12
Crisis Line – People in Need Crisis Intervention Society 12
Family Support Program 12
Good Food Box Program–open to everyone 12
Good Morning Program 12
Health Clinic – Lumby 13
Lumby & District Chamber of Commerce 13
Lumby & District Senior Veteran's Society 13
Lumby Branch – Okanagan Regional Library 13
Lumby Food Bank 14
Lumby Saddle Mountain Place Seniors Drop-In 14
Monashee Mountain Range Website 14
RCMP Victims Assistance Program–North Okanagan 14
Village of Lumby 14
Wheels to Meals 14
Whitevalley Community Resource Centre 15
Whitevalley Parks and Recreation–Whitevalley Community Centre 15

Revelstoke

City of Revelstoke 16
Community Care Social Work 16
Community Connections Society 16
Community Connections Society - Counselling Services 16
Community Connections Society - Outreach Services 17
Community Living BC (CLBC) 17
Community Response Network 17
Crisis Line–People in Need Crisis Intervention Society 17
Health Connections – Transportation (Interior Health) 17
Home and Community Care 18
Kootenay Rideshare 18
Meals on Wheels 18
Okanagan College – Adult Literacy 18
Public Health Clinic 19
Revelstoke Branch - Okanagan Regional Library 19
Queen Victoria Hospital 19
Revelstoke Car Share 19
Revelstoke Chamber of Commerce 19
Revelstoke Community and Aquatic Centre 20
Revelstoke Community Housing Society 20
Revelstoke Food Bank 20
Revelstoke Mental Health Services – Interior Health 20
Revelstoke Senior Citizens Association and Seniors Centre 20
Revelstoke Women's Shelter Society Forsythe House – A Safe Place 21
Seniors Counsellor 21
Social Justice Advocate 21
Transportation 21
Victim Services 21

Salmon Arm

Better Meals – Wholesome Home Cooking-Home Delivery 22
Caregivers Association of Salmon Arm (CASA) 22
City of Salmon Arm 22
Columbia Shuswap Regional District 23
Community Living BC (CLBC) 23

Crisis Line–People in Need Crisis Intervention Society 23
Crisis Response Service 23
Salmon Arm & District Chamber of Commerce 24
Salmon Arm Branch – Okanagan Regional Library 24
Salmon Arm Seniors Assoc Br#109 24
Salmon Arm Seniors' Resource Centre 24
Shuswap Association for Community Living (SACL) 25
Shuswap Family Resource and Referral Society 25
Shuswap Lake Senior Citizens 25
Shuswap Regional Transit System 25

Sicamous

District of Sicamous (City Hall) 26
Eagle Valley I.D.A. Pharmacy 26
Health Connections – Transportation (Interior Health) 26
Old Town Senior Support & Cleaning Services 26
Sicamous & District Chamber of Commerce 27
Sicamous & District Recreation Centre 27
Sicamous Branch-Okanagan Regional Library 27
Sicamous Health Unit 27
Sicamous Medical Clinic 27
Sicamous & District Seniors Activity Centre 27

Vernon

Better Meals – Wholesome Home Cooking - Home Delivery 28
City of Vernon 28
Community Care Health Services 28
Community Kitchens 29
Community Living BC (CLBC) 29
Community Policing Office – Coldstream (CCPO) 29
Community Police Office – Vernon (VCPO) 29
Community Referral Services (CRS) 29
Crisis Line – People in Need Crisis Intervention Society 30
Downtown Primary Care Centre 30
Family Duty Counsel Service (Supreme Court) 30

Family Resource Centre Society for the North Okanagan 31
First Nations Friendship Centre 31
Food Bank - Salvation Army 31
Food Security Action Coalition (North Okanagan) 32
Gartree Medical Clinic 32
Good Food Box Program 32
Good Morning Program c/o PIN Crisis Line 33
Greater Vernon Chamber of Commerce 33
Greater Vernon Parks, Recreation & Culture 33

Vernon and District Association for Community Living (VDACL) 40
Vernon & District Multi-Use Facility 40
Vernon Branch – Okanagan Regional Library 40
Vernon Family Doctors Medical Clinic 40
Vernon Health Unit (Interior Health) 41
Vernon Museum & Archives 41
Vernon Regional Transit System 41
Wheels to Meals 41

British Columbia/Canada

Advocacy Access 42
Alcohol and Drug Information and Referral Service 42
Allergy and Asthma Information Association 42
Alliance for Equality of Blind Canadians 42
Alzheimer Society of BC 42
Arbitrator – Landlord/Tenant 43
Autism Community Training (ACT) 43
Autism Society of BC 43
BC Alcohol and Drug Information and Referral Service 43
BC Association for Community Living (BCACL) 43
BC Association of Clinical Counsellors 44
BC Brain Injury Association 44
BC Centre for Ability 44
BC Coalition of People with Disabilities 44
BC Council for Family 45
BC Epilepsy Society 45
BC FamilyNet Society 45
BC Government – Enquiry BC 46
BC Government Publications Services 46
BC Housing 46
BC Partners for Mental Health and Addictions Information 46
BC People First 46
BC Psychological Association 47
BC Telephone (Service for the Deaf) 47
BC 24-Hour Public Nurse Line 47
Canada – Public Safety 47

Canada Revenue Agency 48
Canadian Association for Music Therapy 48
Canadian Caregiver Coalition 48
Canadian Home Care Association (CHCA) 48
Canadian Human Rights Commission 49
Canadian Mental Health Association (CMHA) -
Bounce Back: Reclaim Your Health 49
Canadian Red Cross 49
Canadian Society for Social Development (CSSD) 50
Care Renewal Team 50
Caregivers Association of BC (CABC) 50
Cerebral Palsy Association of BC 51
Community Living British Columbia 51
College of Physicians and Surgeons 51
Council of Human Rights, BC 51
Council of Senior Citizens Organizations (COSCO) 51
Credit Counselling Society Of British Columbia 52
Crisis Centre 52
Debtor Assistance (Kamloops) 52
Dial-A-Dietitian 52
Dial-a-Law Program 52
Down Syndrome Research Foundation 53
Eating Disorders Resource Centre 53
Enquiry BC 53
Family Caregivers Network Society 53
Family Service Canada 53
Family Support Institute of BC 54
Freecycle 54
Government of Canada 54
Health Canada - 54
Health Canada - Division of Aging and Seniors 55
Health Insurance BC 55
Heart and Stroke Foundation of BC & Yukon 55
Home Adaptations for Seniors' Independence Program (HASI) 55
Information Services Vancouver 55
Interior Health Authority 56

Lawyer Referral Service 56
Living a Healthy Life with Chronic Conditions Program 56
Lupus Canada 56
Mental Health Information Line (BC) 56
Medical Service Plan (MSP) 56
Ministry of Children & Family Development 57
Ministry Of Employment & Income Assistance 57
NIDUS - Personal Planning Resource Centre and Registry 57
Office of the Ombudsman (Vancouver) 57
Okanagan Reuses Exchange 57
Old Age Pensioners Organization (OAPO) 58
Planned Lifetime Advocacy Network (PLAN) 58
Poison Control 58
Problem Gambling Help Line 58
Public Guardian and Trustee of BC 58
Shelter Aid for Elderly Renters (SAFER) 59
Tenants Resource and Advisory Centre (TRAC) 59
Tetra Society (of North America) 59
Transportation 60
Transit Seniors' Fare Discount: 60
Bus pass program 60
HandyDART Custom Transit 60
Taxi Saver Program 60
Mature Drivers Program 61
Drive BC 61
The Accessible Channel (TACTV) 61
Veterans Affairs 61
VictimLINK 62
Vital Statistics Agency 62