

THE CITIZEN

Connecting People with Their Community



COMMUNITY LIVING
BRITISH COLUMBIA

CLBC Newsletter - January 2007

Volume 3 Issue 1

Star Power



What's Inside

10 By 10



Respite



New Board Members



Community Councils



Self-Advocate Retreat



The stars of Shanti Miller's (middle) microboard: her mom, Maureen (left), and her sister, Gabrielle, who stars in the television series, "Corner Gas." See page four for full story.

MESSAGE FROM THE CHAIR

Lois Hollstedt



As 2007 begins, Community Living BC's board and staff look to the conclusion of several projects that will have strong impact on changing choices for people with developmental disabilities in BC.

The first eight community councils have been appointed by the board. We look forward to developing a relationship with these councils to help the board and staff set priorities and make our vision of good lives in welcoming communities a reality. Thank you to the many volunteers who have agreed to become involved. Keep checking the website for details on which areas are still accepting nominations for community councils.

Next month, we will also appoint the advisory committee to the board. The 10 selected people from different parts of the province will provide the board with advice on what is working well and what can be improved. We look forward to sharing ideas with them.

The project enables people to think about their long-term personal goals and to decide if their current arrangement offers them the most support.

Phase one of the Residential Options Project, which enables individuals and families to consider options other than the group home setting they currently live in, will be completed in the spring. The project enables people to think about their long-term personal goals and to decide if their current arrangement offers them the best support. This is the first time many of the 2,500 people involved have looked at a new place to live since they moved from institutions like Woodlands and Tranquille. You can read about some of the Residential Options Project's success stories on page seven.

One focus of the Innovations project is to look for new ways for people to participate in the community. The first projects are underway and we will see the ideas in the months ahead. One aspect of this project is an opportunity for groups of people with developmental disabilities to join together to find new ways to build or expand the number of people involved in their lives. Read about the Young Adults Community Options Initiative on page 13.

Also, read on page 14 about the two new ways for service providers to get involved. CLBC has funds set aside to help service providers develop a larger range of residential alternatives and are also calling for proposals for demonstration projects.

I would like to take this opportunity to welcome our two new board members. Teresa Azak is from Gitwinksihlkw in northwest BC and Harvey Venier is from Cranbrook in the Kootenays. Our board now is complete with 11 members. Thanks to all who offered their names for consideration. ✨

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INSIDE VOICE

The self-advocate's perspective.

A VICTORY FOR SELF-ADVOCATES

By Ludo Van Pelt

I have been a self-advocate for about 30 years. I was 17 when I started learning more about People First – an organization for people who have been labelled with a developmental disability. My first meeting was at the Vancouver/Richmond association office. I was shy at first and didn't know what to say. I just wanted to observe and learn about self-advocacy.

I was still living with my mother and sister, and I didn't know what independence was. I wanted to make plans and decide about how I wanted to live my life. I saw other self-advocates speaking up and making their own decisions. I learned that some self-advocates were living on their own. It became my goal to live on my own.

I also wanted to learn about other things that I did not know if I was allowed to do because I have a disability. I didn't know anything about my rights. I even thought I was not allowed to get married. Other self-advocates taught me about my right to get married, to live on my own and my responsibilities as a citizen.

The first year our group worked on some very important issues. When I started attending these meetings, self-advocates did not sit on the

local association boards because other people thought we shouldn't be on the board. They thought we would doodle, waste time and disturb other people. But we wanted to represent other self-advocates, because we know what it is like to have a disability. The others could only see and try and imagine what stuff we need, but they could not completely understand because it is us who are the experts.

Another thing we wanted to change the way we were labelled. People called us retarded and we didn't like this name.

We decided start with the local associations. We met the night of the Vancouver/Richmond Association for the Mentally Retarded AGM, and we were the first presentation of the night. We did a presentation about why our lives are important, why self-advocates should be on local boards and why we wanted to change the label.

After a long evening, filled with emotions for self-advocates, families and everyone else in the room, there was a vote for both motions. The motion for self-advocates to sit on the board was a hot topic – there was so much debate. They took a break because it was so emotional.

During the break, self-advocates



started to speak to everyone in the room, and they started to understand where we were coming from. They were happy to hear our voices, and all the people who were against us changed their minds and agreed that self-advocates could sit on the board. Everyone was also in favour to change the way we were labelled. After this day in 1977, we went from retarded to handicapped.

When the meeting was over we all started cheering, dancing and celebrating with everyone in the room. We were complimented by families and other interested people. This was truly a victory for self-advocates. ✨

Inside Voice is published in each issue of The Citizen. If you are interested in writing for this column, please call Karin Basaraba at 1-877-660-2522 or e-mail editor@communitylivingbc.ca to discuss.

A LITTLE HELP FROM HER FRIENDS

COVER STORY

Gabrielle Miller, who plays Lacey on the television comedy, "Corner Gas," feels she's been given many gifts by having her sister, Shanti, in her life.

"Shanti has always been an incredible big sister," said Gabrielle. "She was always protective of me... and still is!"

But Shanti's life could be very different if she and her family were not willing to take a few risks.

In 1989, Shanti Miller became the first person in British Columbia to have a microboard, which is named the Shanti Miller Friendship Society. And Gabrielle feels that because of her microboard, Shanti is able to live her life the way that she sees it.

"Shanti's microboard has given her choice, freedom and community the way she wanted it," said Gabrielle.

Linda Perry, the current executive director of Vela Microboard Association, first met Shanti when



Gabrielle (left) has been a member of her sister Shanti Miller's microboard since its inception 18 years ago.

she was living in a group home. Shanti's mom, Maureen, had called Vela for help, as Shanti was about to turn 19 and the only option for her was to remain in a group home, which neither of them wanted.

At the time, Vela offered subsidized housing to people with developmental disabilities in the Lower Mainland. In 1989, their board members recognized that living in community housing, even if affordable, did not ensure membership in that community. As a result, the Vela board developed a pilot project to facilitate three microboards in Vancouver.

Shanti and Linda hit it off right away. She was an ideal candidate for the project as she was dually diagnosed and ready for a change.

"They were willing to take the risk," said Linda. "We were really going to be flying blind."

Then, the only other place in the world with microboards was in Manitoba. Vela studied their model, and then customized the approach for BC.

A Vela Microboard is formed when a small group of committed family and friends join together with a person with challenges to create a non-profit society. Together, this small group of people address the person's planning and support needs in an empowering and

customized fashion.

Because a Vela Microboard comes out of the person-centred planning philosophy, it is created for the sole



Lacey (also known as Gabrielle Miller) serves Shanti on "Corner Gas," which is filmed in Regina, Saskatchewan.

support of one individual. Each microboard is unique and supports people with a range of disabilities – from people who only require natural supports to those who require full-time nursing care.

In their first years, Vela supported three microboards: Shanti's, a married couple who were being separated because they were being assisted by two different government ministries, and a woman who had severe physical disabilities.

Since that time, Vela's network has expanded to include more than 300

microboards throughout BC. They are also the first organization in the world to intentionally support microboards and mentor a large number of organizations outside of Canada.

For Shanti and her family, it has meant that they were able to become more of a whole family. Beforehand, they felt separate.

“With microboards,” said Gabrielle, who is also the spokesperson for Vela, “it’s all about friends helping people achieve their goals.”

This summer Shanti; her mom, Maureen; Linda; and Lori

Emanuel, a member of Shanti’s microboard; came to visit Gabrielle in Regina where she films “Corner Gas”. They had a barbecue at Gabrielle’s house and Shanti and her friends were delighted when some of the cast members came by to meet them.

Shanti lives in a house by herself that she owns. However, she also has full-time staff, as she needs assistance with daily living.

According to Linda, in order for people to create a microboard, they essentially only need two things: five individuals with whom they have a close relationship, and

the desire to become a part of the microboard. Vela can help them with the rest.

“The absolutely critical part is the close relationships,” said Linda. “If there aren’t the relationships, there isn’t a microboard.”

Vela never determines who is a good candidate for a creating a microboard. The most important part is that the person themselves wants it.

“Everything we do is person-centred thinking,” said Linda. “So telling someone that they need a microboard is not person-centred thinking.”

Linda said that some people may have difficulty coming up with five different people with whom they have a close relationship. But

“With microboards, it’s all about friends helping people achieve their goals.”

that still doesn’t make them a poor candidate for creating a microboard.

“If someone is isolated, it just means the process will take a bit longer,” said Linda.

She also says that there are a few misconceptions about microboards. Many see them as expensive, but “about half of our microboards don’t necessarily go for funding,” said Linda.

But for Shanti, the bottom line was happiness, said Gabrielle. “It’s important to see her life look the way she wants it to,” she said. “People should always have the opportunity of choice in their own lives.”

For more information on the Vela Microboard Association, please visit their website at www.microboard.org.



the set of CTV’s “Corner



(back) Lori Emanuel, (left to right) Gabrielle Miller, Shanti Miller and Linda Perry enjoy a night out at a restaurant while visiting Gabrielle this summer in Regina, Saskatchewan.

EMPLOYERS URGED TO HIRE MORE PEOPLE WITH DISABILITIES

The provincial government has issued a challenge to British Columbian employers to increase the number of people with disabilities in the workforce.

The 10 by 10 Challenge, which will increase BC's current employment of people with disabilities by 10 per cent by 2010, was issued by Claude Richmond, minister of employment and income assistance, and Sam Sullivan, Vancouver's mayor, at the Union of British Columbia Municipalities convention in Victoria.

"Many people with disabilities have tremendous talent and skill to offer to their communities and local economies," said Richmond. "With the upcoming 2010 Winter Olympic and Paralympic Games, and BC's current economy the strongest it's been in decades, there have never been better opportunities for all British Columbians to fully participate in the workforce."

There are currently 300,000 working-age people with disabilities in British Columbia. Thirty-four thousand have college diplomas, 30,000 have trade certificates, and 28,000 have university degrees. However, people with disabilities only have a 44 per cent employment rate. And it is expected that BC businesses will need to fill one million new job openings by 2015.

"I know personally the struggles people with disabilities face trying to find their place in the workforce – and how much a person can achieve when given the right opportunities," said Sullivan. "As

mayor of BC's biggest city, I intend to lead by example, committing Vancouver to meet our 10 per cent goal."

The 10 by 10 Challenge is endorsed by 2010 Legacies Now, a non-profit organization that promotes full accessibility and inclusion of people with disabilities in BC as the province prepares for the 2010 Olympics.


"Our goal at 2010 Legacies Now is to create an inclusive society that celebrates the diversity amongst our province," said Al Etmanski, a representative from 2010 Legacies Now. "Meeting the 10 by 10 challenge will definitely increase participation of people with disabilities in our workforce – one of the key goals of Legacies Now."

Many resources are available to assist BC communities in employing people with disabilities. The WorkAble Solutions Tool Kit consists of an employer's handbook, video presentation and information on accessing the WorkAble Solutions website, where employers and job seekers can directly connect.

BC communities will also be supported by 2010 Legacies Now's Measuring Up Guide – a tool that provides a step-by-step approach to topics ranging from creating fully accessible public spaces to promoting employment and community involvement for people with disabilities.

"We're providing communities with the focus, inspiration and tools to ensure everyone shares in

the benefits of this dynamic and prosperous time," said Richmond. "Just imagine for a moment what BC will be like once we succeed – more generous, more inclusive, and more enlightened."

To find out more about the 10 by 10 Challenge, please visit www.eia.gov.bc.ca/epwd/10by10. For information on 2010 Legacies Now, please visit www.2010legaciesnow.com. Go to www.workablesolutionsbc.ca for more on WorkAble Solutions. 



The Vancouver Board of Trade's "Beyond Barriers: Celebration of International Day of Disabled Persons" event on December 1, 2006. (left to right): Sam Sullivan, Vancouver's mayor; Claude Richmond, minister of employment and income assistance; and Kevin Evans, VP, Western Canada, Retail Council of Canada. (Photo by Dave Roels)

RESIDENTIAL SUCCESS STORIES

By Andrea Baker, Manager, Residential Options Project

The Residential Options Project team have continued to meet with service providers involved in this initiative and have made contact with hundreds of individuals and families. Through creative planning and actively listening to the people they support, many agencies have already begun a process of transformation. They have found ways to enhance service quality and expand the range of options that are available to those they support. Individuals and families have also developed creative models of support that meet their unique residential needs.

The stories we have included illustrate the spirit of innovation that exists within the province. For more information, visit the CLBC website or contact the project managers: Andrea Baker (604-664-0158) or Jacinta Eni (604-664-0751).

At 29, Darrin has become the proud owner of a new home in Langford. Along with his parents, Diana and Gary, he has purchased a home in a new subdivision under Langford's affordable housing plan. With this plan, developers are required to sell 10 per cent of homes they build for \$150,000. This represents huge savings off the \$290,000 market value for homes in that area.

Although they missed the initial application deadline, Diana was determined and immediately re-applied. They received good news last September and Darrin officially moved into his new home this past December. He receives the care he requires through a rotation of workers from Integra Support Services, who live in the home with him. Through this innovative new model of service, Darrin and his family fully participate in deciding who supports him.



Darrin visits in his new home with Sandy Lawrence, ROP manager.

Since moving from his family home, Darrin has had a variety of living arrangements that required him to conform

to the rules and culture of that particular setting. When he joined Integra, things changed. He now has a personal support network to ensure that all planning revolves around his needs and goals for the future. Darrin has strong personal values that include freedom of movement, family contact, having a dog, and being supported by friends close to his own age. His support network and his new home respect these ideals. "It's wonderful to see how comfortable and at ease he is, knowing that he'll never have to move again," says Diana.

Sometimes, the subtle details make all the difference. This became immediately apparent when we had the opportunity to meet Aaron and Mel at their funky West 6th Avenue apartment in Vancouver.

Pacific Coast Community Resources acquired two side-by-side apartments in a great neighbourhood. They removed the adjoining wall and supported Aaron and Mel to move into the separate suites. Although both are in wheelchairs and have significant medical needs, the pair feel very at home in this contemporary building. The polished cement, burnished copper, and open concept industrial design ceilings ensure that wheelchair tracking systems compliment the intended industrial design.

Pacific Coast provides staff 24 hours a day and seven days per week, but the homes undoubtedly belong to Aaron and Mel. The suites are warm and busy – full of all those things that are important to the roommates. They are close to their families and Granville Island. They are in their community every day and have many acquaintances. Aaron and Mel live rich, enjoyable lives. Kudos go out to the agency for going the extra mile and thinking outside the box. 🦋

Residential
Options
Project



Aaron shows off the bedroom in his new apartment.

STEVE ERVINGTON

It's all fun and games until someone throws you a retirement party. Known jokester and CLBC facilitator Steve Ervington was paid back in spades at his retirement party on October 14. Family, friends, self-advocates, service providers and staff gathered at the Community Living Place in Powell River to pay tribute to a man who dedicated most of his career to the community living field.

"Many people were the butt of his jokes," said Doug Woollard, vice president of community planning and development. "This was community's way of paying Steve back."



Steve humours the crowd at his retirement party in Powell River.

Steve started with the Services to the Handicapped Branch, moved to Community Living Services and then finally to CLBC as a facilitator. Following his party, Steve went travelling in Nepal for a month. ✎

KEN WAKEMAN

More than 150 people attended Ken Wakeman's retirement party, held on September 20. Staff from his current and past offices joined people from agencies such as Mainstream Association for Proactive Community Living, Spectrum Society for Community Living, Health Services for Community Living, and the West Coast Mental Health Support Team. It was held at facilitator Gita Khanna's father's catering business on Marine Drive in Vancouver.

Ken has worked for more than 20 years with the Ministry of Children and Family Development/CLBC in a variety of capacities. He is knowledgeable, passionate about his job, gentle and kind.

Ken is married with two teenage children. Rumour has it he has taken a part-time job at Chapters and is loving it! ✎

CLBC CELEBRATES OUTGOING

This past year has symbolized the sunset of many dedicated retirements, many of whom have worked in the community for decades. Many have spent the majority of their careers with the Ministry of Children and Family Development.

"Several of our long-time, loyal employees reached the end of their careers this year," said CLBC CEO. "We owe a great deal to them. If it wasn't for the hard work of these employees, we wouldn't be where it is today."

As a result, many areas across the province are filling the gaps left by those who have retired. New positions are also being created.

"We are experiencing real growth at Community Living BC," said CLBC CEO. "This represents many opportunities for people to become part of our team and make a difference in change."

And within 2007, there are an additional 26 employees who will be joining the team and remain working.

"This just shows how dedicated our employees are to the work they do. Our employee retention rate is extremely high because of our committed staff."



Ken (left) with CLBC facilitator Sherman Lam.

ING EMPLOYEES

ated staff members' careers. In 2006, there were 11
community living field for more than 30 years. Most of them
of Children and Family Development.

nd of their career this year," said Rick Mowles, CLBC
rd work and dedication of our staff, CLBC would not be

gap left by these outgoing employees, while new

BC," said Marsha Goldford, director of human resources.
e involved in our organization. It is an exciting period of

ho are eligible to retire. However, many will decide to

new model of service delivery," said Mowles. "Our
l staff." ✨

VAL LOGAN

On October 12, 2006, facilitators and CLBC
board member Lynn Rolko, gathered at the
Grapevine in Maple Bay, to say thank-you and
good-bye to long-time employee, Val Logan.

Val started with the Ministry of Children and
Family Development in 1986 as a financial
assistance worker and moved to Saanich in 1990 to
become a social worker. She moved two years later
to Shawnigan Lake and then in 1997 to Duncan.
Val has been a children, adult and resource worker
during her time with Community Living Services
and CLBC. ✨



Val Logan unwraps her parting gift, a reclining chair,
at her retirement party in Maple Bay.



Ken was encouraged on stage by the actors
in Mainstream Association for Proactive
Community Living's Stage Door Program.



Ken catches up with CLBC facilitator Joyce Ali.

Get to Know

The New Board of Directors Members

Community Living BC is pleased to announce its two new board members: Teresa Azak, from Gitwinksihlkw in northwest BC, and Harvey Venier, from Cranbrook in the Kootenays. The board of directors is now complete with 11 members.



Teresa was born and raised in Prince Rupert, BC. She is a member of the Nisga'a Nation and currently lives in Gitwinksihlkw – a community of about 200 people, 60 kilometres north of Terrace. Teresa is on Community Living BC's Board of Directors to help deliver support and services for First Nations people. She is a Nisga'a language support staff at the Gitwinksihlkw Elementary School, is a fisherwoman in the summer for the Nisga'a Fisheries and has also worked in School District #92. Teresa volunteers with various tourist and local organizations within her community, including the Home League. She has three adult children: two sons, Keith and Harry, and a daughter, Marcia, who has a developmental disability. Teresa and her husband own a candy and variety store in Gitwinksihlkw called, "Clyde and Teresa's Wilp Ha Foods." Teresa takes care of the bookkeeping, while Marcia runs the front of the store.



Harvey is a retired partner/chartered accountant of BDO Dunwoody Chartered Accountants and worked with various accounting organizations, including Collins Barrow Chartered Accountants, over his 37 year career. Harvey was born and raised in Cranbrook, BC, where he has lived his entire life with the exception of periods spent in other provinces acquiring his education. A graduate of the University of Ottawa, he completed his professional education in Ontario and Alberta before returning home. He is an acting board member for the Gyro Club, Cranbrook and District Community Foundation and Colombo Lodge. CLBC represents an opportunity for Harvey to lend his experience to an organization involved in major transformational

change and to positively impact and expand the opportunities for individuals with developmental disabilities. Harvey has been married to his wife Charlene for 37 years and they have two adult children, Robert and Carla, and one grandchild, Jackson. ✨

EVENT PLANNED FOR CHINESE COMMUNITY

An orientation fair, slated for late-March, will provide the Lower Mainland's Chinese population with information for people with developmental disabilities and their families.

The event – which will be co-hosted by Community Living BC, the Chinese Christian Mission, the Developmental Disabilities Association, Mosaic and the Burnaby Association for Community Inclusion – will be held at the office of the Chinese Christian Mission in the Crystal Mall in Burnaby. Translation services will be available, in addition to workshops and guest speakers. For more information, please visit the Events section of our website. ✨

VICTORIA PROGRAM GIVES PARENTS A BREAK

For parents with a child who has a disability, finding time for themselves can be difficult. Enter Respitality – a non-profit organization that arranges for parents to have a night away in a local hotel while their child receives respite care in their home.

Seven years ago, the Community Respite Care Committee read of a similar program in the eastern United States. They were looking for a way to help parents of a child with a disability and thought this type of program would work well in Victoria.

“Children are usually really well cared for, but the parents are often forgotten,” said Mimi Davis, coordinator for Respitality Victoria and the Cridge Centre for the Family’s Respite Resource Service.

After the first year, the Cridge Centre – the oldest existing non-profit organization in BC – wanted to see it continue and took over the program.

In order to participate, families must have a child with a disability who is under 20 years old and be a part of an agency that provides services to children with disabilities. Families must also live in Greater Victoria.

It is the parents’ responsibility to arrange the respite worker, but the Cridge Centre’s Family Respite Resource Service can help connect families to agencies who provide respite.

They try to let each family who is

registered get one night away a year. However, “the hotels have been very generous,” said Mimi. “If the families want to stay an extra night, they usually offer a discounted rate.”

Each hotel that is a part of the program generally donates two nights a month and some include breakfast. A gift basket is always included in their room and will often include Rogers’ Chocolates and gift certificates donated from other businesses.

“Children are usually really well cared for, but the parents are often forgotten.”

Sometimes parents cannot get away overnight, so Respitality also has certificates for different sporting or entertainment events, which they can use for just the night.

The program has grown tremendously since its inception, said Mimi. In their first year, they had three hotels on their roster. They now have 16 hotels and two bed and breakfasts for their use. Respitality has helped more than 1,000 families since starting.

One of the partners is the Westin Bear Mountain Victoria Golf Resort and Spa. Terry Yacyshen, the resort’s general manager, said they have been a part of the program for four years and feels it is a great way for their company to give back to the community.

“Sometimes the specific individual gets lost in the shuffle when there’s a big organization involved,” said Terry. “This way, we can take care of a specific individual.”

“It’s a win-win situation for both the families and the hotel,” said Mimi. “The hotel learns about what it’s like to raise a child with a disability and the family learns about the hotels.”

Raising a child with a disability can be a huge strain on a relationship, said Mimi. Many parents have called her to say that their night away helped re-establish their relationship.

She added that it’s a wonderful experience for the child to be away from the parents, as it provides the child with an enriching opportunity to socialize and develop other relationships.

For more information on the Respitality program, please contact Mimi Davis at 250-995-6412 or mdavis@cridge.org.



The Westin Bear Mountain Victoria Golf Resort and Spa provides parents with a child who has a disability with a relaxing night away.

SELF-ADVOCATE INSPIRED BY RETREAT

By Gladys Duran

My name is Gladys Duran and I am a self-advocate from Surrey. This year, for the first time, I went to the Self-Advocacy Leadership Retreat in Abbotsford from November 17 to 19.

When I arrived I had no idea what to expect. I did not know anyone and this was my first time attending a retreat with other self-advocates. I was nervous, homesick and did not know what to say because I did not know anyone.

"As long as you work hard and believe in yourself, anything is possible."

The leadership retreat started with a drumming session with an African story-teller named Courage. I was

unsure about the rhythm and whether my drumming would sound good. I got my drum. It was tall, heavy and it had leather on it. We all started to drum and sing different songs. It was very loud, but lots of fun!

I started to talking to other self-advocates and volunteers that were helping. It felt good to meet people. I got to meet lots of people, and had a hard time remembering all the names.

I was impressed by a married couple I met who have been married for a long time. They were self-advocates too. I asked lots of questions because I want to get married too one day. I learned that she is a sewer and he is a security guard at the mall. They are happy about being married and after so many years they still love each other. Before I met them, I was not sure about whether self-advocates were allowed to get married, and now I know that it is okay for self-advocates to get married.



Gladys Duran (left) and Mark Fugman take a break at the Self-Advocacy Leadership Retreat in Abbotsford.

I felt hopeful about my future to one day meet the man of my dreams.


The next day was busy in the morning. A lady from Abbotsford came to talk to us about Community Living BC. We also learned about representation agreements, took a CPR course, and got a first-aid certificate.

In the afternoon, I bumped into a lady who happened to be Aimee Morry, the self-advocate advisor for CLBC. She introduced me to lots of self-advocates I hadn't met. These self-advocates were amazing. They talked about their experiences as self-advocates and talked about issues that self-advocates face. We talked about not being taken seriously by others without disabilities, discrimination, poverty and wanting to be treated the same as everyone else. We talked about ways to make our voices stronger so that other people will respect us and treat us like we want to be treated, like people!

Aimee also introduced me to another married couple that changed my life in how I view myself and others. They both have a disability and they live together in their own apartment and the work at paying jobs and do volunteer work. They have been two people who have done lots of great work for self-advocates.

They said to me, "As long as you work hard and believe in yourself, anything is possible. You can do whatever you want to do – even get married."

This couple and I are planning to write an inspirational book for self-advocates so they will believe in themselves and can do anything they put their minds to.

The retreat was good experience because I was able to meet people who want to make a difference and make change in our world for self-advocates. 

GRANTS GIVE MORE OPTIONS FOR THOSE OUT OF SCHOOL

By **Brian Salisbury**, *Director of Strategic Planning, CLBC*

Four applicants, representing service providers and family groups, will receive funding to support young adults who have left school within the last three years to obtain employment or engage in meaningful community activities. CLBC has set aside \$300,000 for the Young Adults Community Options Initiative to work with its community partners to identify innovative ways to assist individuals in this age-bracket.

Three one-time only grants were awarded. Gibsons Family Network will help up to six young adults create, own and operate two food kiosks in recreation centres in Sechelt and Gibsons. Summerland Community Support will assist two young men to develop a small business that focuses on yard clean up and paper shredding. The goal is for the businesses to be self-sustaining after one year.

CBI Consultants Ltd. will conduct a research project in Surrey/Delta/Richmond on how to best support up to five people with significant disabilities to gain supported employment opportunities. This project is based on the work of Dr. Paul Wehman, an expert on employment, and will include a variety of community partners

such as school district personnel and the Chamber of Commerce. Project outcomes will be shared province wide.

A three-year grant was awarded to Theatre Terrific to support the Classic Project. Using workshops, readings and research into the many disabled roles depicted in classical plays, the result will be a new or modified play that features a cast of both disabled and non-disabled actors. This play will be presented in 2009, during the Cultural Olympiad in 2010 and in follow-up tours. Actors with disabilities will receive classical theatre training, be paid as actors and perform in venues and festivals in BC and across Canada.

CLBC's commitment to innovation will help pave the way for sustainable, person-focused approaches to developing, funding and implementing needed supports and services. CLBC has also developed an innovation framework designed to promote innovative thinking and practice within CLBC, the community living field and the broader community. More information can be found at www.communitylivingbc.ca/what_we_do/innovation. ✨

INNOVATION EXPO PLANNED FOR APRIL

The Innovation Expo is an opportunity for social services organizations or other community groups to show case an innovation project or program. Using a trade show format, each presenter will have a separate booth to present, demonstrate or show case his or her project or program.

Groups or organizations that have an innovative project or program that may be of interest to other social service agencies, self-advocates or families should consider participating. Some things to consider are whether your project or

program is unique in your community, region or British Columbia; collaborative; consumer or family driven; or funded or supported by unique or multiple sources.

For more information, please contact:

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250-498-0309 or rlittle@img.net. ✨

PROJECTS WILL PROVIDE CLBC WITH HELPFUL INSIGHT

CLBC is calling for proposals for demonstration projects. These projects will provide five to 15 individuals with disabilities the opportunity to build or expand their personal support network. At the completion of the project, the agency or group will provide CLBC with a manual of the process used to assist other agencies or community groups in applying the approaches for creating or expanding personal support networks.

Interested agencies or groups should e-mail Jule.D.Hopkins@gov.bc.ca for more information. Please indicate in the subject line: Building Personal Support Networks RFP. ✎

'THE BOY INSIDE' SCREENING TO BE HELD IN MARCH



CLBC is co-sponsoring a screening of the celebrated film, "The Boy Inside," as part of the Vancouver Jewish Film Festival. The movie takes an intimate look at documentarian Marianne Kaplan's family as her 12-year-old son Adam, diagnosed with Asperger's syndrome, struggles to survive the harsh social climate of the schoolyard.

The screening will also feature the film, "Shameless: The Art of Disability," in which art, activism and disability are the starting point for a funny and intimate portrait of five

surprising individuals.

"The Boy Inside" was featured at the Vancouver International Film Festival this September and each of the screenings sold out. The directors of the films, as well as Marianne's son, Adam, will take part in a 20-minute discussion period after the screenings.

The event will take place on Thursday, March 29 at the VanCity Theatre in Vancouver. For more information on time, price and details, please visit the events section of the CLBC website closer to the date. ✎

GRANTS ENABLE INNOVATIVE RESIDENTIAL OPTIONS

CLBC has funds set aside through the Residential Options Project to assist service providers who wish to develop a broader array of residential alternatives.

Service provider transformation grants will allow agencies to design and implement innovative residential services with supports that expand the range of options an individual may explore when choosing a home. We invite proposals that support an individual or group of individuals to move from staffed residential care to an arrangement that is more person-centred and community inclusive.

For detailed information about the grants and how to apply, please visit:

www.communitylivingbc.ca/what_we_do/ServiceProviderTransformationGrants.htm. ✎

E-MAIL LIST WILL HELP SHARE INFORMATION


By Aimee Morry, *Self-Advocate Advisor, CLBC*

Happy New Year everyone! My name is Aimee Morry. I am the Self-Advocate Advisor with CLBC.

My job is to give a voice to self-advocates. It is also to help self-advocates give their input to important issues and provide practical support to self-advocates in leadership roles.

I have started a mail-out and e-mail distribution list for individuals, self-advocates and their advisors. This will help include your voice in CLBC's work, share information and strengthen the voice of self-advocates in BC.

Please contact me if you are interested in receiving this mail-out or would like to be added to the e-mail distribution list. I can be reached at:

- **Direct line:** 604-664-0195
- **Cell phone:** 604-313-9926
- **E-mail:** Aimee.Morry@gov.bc.ca
- **Toll Free:** 1-877-660-2522 



UPCOMING COMMUNITY EVENTS

A Day with the Families of Deohaeko Support Network

Place: Semiahmoo Library Meeting Room, Surrey

Date: February 9

Time: 10:00 am to 4:00 pm

Fireside Conversation with Janet Klees & Michael Kendrick

Place: Edenvale Retreat & Conference Centre, Abbotsford

Date: February 13

Time: 6:30 - 9:00 pm

Transition Planning Fair

Place: William E. Lucas Continuing Education Centre, North Vancouver

Date: February 22

Time: 7:00 - 8:30 pm

For more information, please visit the Events section of our website at www.communitylivingbc.ca.

STAY CONNECTED WITH CLBC

It is a major priority of Community Living BC to communicate with the people they serve, their families, service providers and stakeholders. We promise to provide the most up-to-date information in a timely and consistent manner.

But we need your help. In order for us to provide better communication, we need to collect your contact information. If you are interested in receiving the latest news from CLBC, please visit our website at

www.communitylivingbc.ca, fill out the contact form from the Contact Us section and provide us with all of your contact details. If you do not have access to the Internet, please call 604-664-0101, to provide our receptionist with your name, address, phone numbers, affiliation, and email address.

Free access to the Internet is available at all public libraries across BC. You can also sign up for a free e-mail address at www.hotmail.com or www.yahoo.ca. 

ORIENTATION FOR COMMUNITY COUNCILS HAS BEGUN

Training sessions have started for the community councils that have received approval by the board of directors. The sessions will continue through the end of March.

Each community living centre will have a community council. The council will focus attention, and gain a wider outlook on, how to creatively respond to the collective needs and interests of the people and families CLBC supports.

The community councils will be made up of self-advocates, family members, service providers and community members. Each community planning and development area has created a



nomination committee to select the council members. Each nomination committee was primarily made up of family members.

The councils, which will be established across the province, will create meaningful involvement for self-advocates, families, community members and service providers in service delivery and goal achievement.

Having community councils for every community living centre ensures that self-advocates and their families, support network members and service providers have a major role in creating good lives in welcoming and inclusive communities. ✨

CONTACT US



The Citizen is published every two months by CLBC's Communications Department. It is your information source for news that's relevant to the individuals and families CLBC supports. The views and opinions expressed in *The Citizen* are not necessarily those held by CLBC. We are always on the lookout for inspirational stories about people in the community. If you know of an event that others might like to know about, an issue that invites debate, or news worth reporting, let us know. While we appreciate story ideas and submissions, *The Citizen* reserves the right to edit content for accuracy, grammar and space, but strives to maintain the integrity and voice of the author.

If you have a story suggestion, feedback on the newsletter, or would like to subscribe to a paper version of *The Citizen*, please e-mail: editor@communitylivingbc.ca

To receive a link to a PDF version of *The Citizen*, please e-mail: newsletter@communitylivingbc.ca

If you have a general question about CLBC, please e-mail: info@communitylivingbc.ca

For the most up-to-date information on CLBC, please visit our website at: www.communitylivingbc.ca



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