

The Citizen

Connecting people with their community



COMMUNITY LIVING
BRITISH COLUMBIA



Events spread awareness

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Cliff and Sky (right), join Minister Rich Coleman to share the message of Start with Hi.

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Lois Hollstedt, C.M.

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NOVEMBER 1, 2009 WAS A NEW START FOR CLBC AS WE MOVED TO

focus exclusively on providing services to adults with developmental disabilities in British Columbia. While our mandate to serve only adults is new, our purpose has not changed. We will continue to focus our work on ensuring the people we serve have choices which support them to live good lives in welcoming communities.

We are improving the service delivery model in order to enhance service and support for the people we serve. There is now an increased focus on the facilitator as the point of contact, allowing for quality service analysts to focus on critical responsibilities such as contract and budget management. Over the next few months, training will ensure everyone has the skills to work collaboratively in these new roles.

I want to thank all staff for your patience and professionalism in moving through this change. The uncertainty faced by people regarding their work life was not evident in the day-to-day service you provided and the Board is impressed by your dedication. As an organization, we have been through tremendous change in the past five years, but we are building a system that continues to improve. As we go forward with learning new roles and working in new teams, we hope to provide you with the tools and supports you need to continue to provide the high level of supports the community expects.

New tools continue to be developed to improve our ways of work and our outcomes. One of these is the Cross Ministry Transition Planning Protocol for Youth with Special Needs. This recently signed protocol outlines how CLBC and nine other government organizations will work together to support youth with special needs and their families as youth transition to adulthood. You can view it on our website at www.communitylivingbc.ca.

I also want to thank the community for its continued support as we move forward and refocus our service delivery. Our feedback has shown that community experts are in agreement with our goals and that we are moving in the right direction. In times of change, it is challenging to see that forward motion, but our indicators show that the number of people served continues to increase and the level of satisfaction with services is high. Our sincere thanks to everyone involved. ■

Finding pride in helping others

By Amanda Arnet

“When I shaved my hair, I was thinking of mom the whole time and I was so proud for doing it. I raised a lot of money and I am very happy with the total.”

— Amanda Arnet, Self-Advocate



Amanda shaved her head to raise funds at a Cops for Cancer event in Victoria.

MY NAME IS AMANDA

Arnet and I live in Victoria on Vancouver Island. I got a job at Thrifty Foods in May, 2008. I have been there for a year and five months now.

Last year my mom got lung cancer in June. I lived full time with my mom through this hard time. Time went by and we found out that my mom was not going to pull through. She was supposed to make it to May but she passed away on January 6, 2009. That was hard for my family and me.

Also in that time my mom was sick, I met my boyfriend. His name is Ron and we started to date in November, 2008. I met him at Thrifty Foods and I also met my good friend Sheenagh there. She is like a sister to me.

Then I moved out of my dad's place into an apartment in March, 2009. Then on April 1, I got into the Supported Apartment Living Program.

I also volunteer at the Beacon Hill Children's Farm one day a week. I love animals! Pugs are my favorite.

I also like to read, go to movies, hang out with friends and be on my computer and MSN and Facebook.

I started Special Olympics this year for the first time. I do curling and swimming and really enjoy it.

I also have a sister named Jailene who is 18.

I love working at Thrifty Foods. It's like a big family. We all laugh and chat about things. I bag the groceries, collect the hand packs, buggies, do car service, bottles and garbage.

I also love living on my own. It's the freedom and going to bed when I want and eating what I want. I can have my friends over anytime without

worrying about bugging other people around me.

Recently, I participated in the Cops for Cancer event in Victoria. When I shaved my hair I was thinking of my mom the whole time and I was so proud for doing it. I raised a lot of money and I am very happy with the total.

Thank you to everyone who helped me with the fundraising part. I could not do this without your help. ■

Inside Voice is published in each issue of *The Citizen*. If you are interested in writing for this column, please call Chris Rae at 1-877-660-2522 or email editor@communitylivingbc.ca

Self-advocate leadership conference marks its 10th year

By Gregg Schiller

THE 10TH ANNUAL SELF-ADVOCACY Leadership Conference and Retreat took place from October 30 to November 1 in Abbotsford at the Edenvale Retreat and Conference Centre.

The first event took place 10 years ago with 25 self-advocates from Mission, Abbotsford and Chilliwack getting together for a weekend planning retreat about reaching out to their peers by sharing personal stories, and learning from each other about becoming leaders in their communities.

At that first retreat, the self-advocates decided to invite others from around the province for an annual weekend and also worked to develop the popular website www.SelfAdvocateNet.com.

Over the years, self-advocates from as far away as Sturgeon Falls, Ontario have regularly attended this fun and educational annual event.

This year, workshops on a variety of topics of interest were presented, along with recreational activities like the Self-Advocacy Game Show. and authentic African drumming by the bonfire with Nigerian drummer and storyteller Courage Eigbiki. To top it all off, we also had a Halloween dance with costumes.

Some of the educational workshops included: “Safety on the internet and protection of our privacy” by police Detective Mike Macfarlane; “Healthy relationships” by counsellor Dorothy Hyslop; “Healthy nutrition” by chef and author Veena Thompson; “Preventing stress through

yoga” by Arlene Schouten; a self defence class taught by Milo Hilario, a Pan-Am Games Gold Medalist in Jiu-Jitsu; and a presentation by Jane Dyson from the BC Coalition of People with Disabilities.

Self-advocate webmasters Joe Rikley and Bryce Schaufelberger collected input on the SelfAdvocateNet website, which is managed and operated by self advocates who have attended the retreats over the years.

Between all the workshops and fun, we also enjoyed amazing hospitality from the Edenvale staff, as well delicious home-cooked nutritional meals and snacks prepared by chefs from the Edenvale Centre.

Over the years this event has taken place, I have seen people grow and become strong leaders in their communities and gain the confidence to speak up in front of their peers. We had about 70 people attending this year and expect that to increase next year. Thanks to some new funding from CLBC, this year we were able help new people from across BC to attend and enjoy the event.

This leadership conference is a great way for self-advocates to be inspired by each other and to recognize that they themselves are real grassroots leaders who are building wonderful connections and creating public awareness in their communities.

The 11th annual Self Advocacy Leadership Conference and Retreat will take place next year again at Edenvale from October 8-10. If you are interested in attending, please e-mail: GreggSchiller@shaw.ca. ■



Crystal Moorman and Tricia Lins share a laugh during the Self-Advocacy Leadership Conference and Retreat.

CLBC supports new group of adults with disabilities

ON OCTOBER 31, 2009, THE Province deposited the regulatory change for the new eligibility criteria. The change creates a new set of criteria and focuses on a different group of adults with developmental disabilities. CLBC will use the new criteria to provide services and supports to an increased number of adults with support needs and who are most in need of services. Individuals may apply to CLBC on or after February 1, 2010.

To be eligible for support under the new criteria, individuals must have a diagnosis of Fetal Alcohol Spectrum Disorder or a diagnosis of a Pervasive Developmental Disorder, plus have significant limitations in adaptive functioning. Adaptive functioning is how well a person handles common demands in life and how independent they are compared to others of a similar age and background. For example, the assessment will look at an individual's ability to function in areas such as self-

care or independence at home or in the community.

If you would like more information on the new eligibility criteria please visit www.communitylivingbc.ca or call 1-877-660-2522. ■

Event celebrates importance of art and inclusion

FOLKS FROM THE COMOX VALLEY on Vancouver Island came up with a great way to celebrate Community Living Month 2009. They organized an event called C.A.F.E., which stands for Community Arts Fair and Expo.

The Self-Advocate Liaison Project, Comox Valley Self Advocate Group and the Youth Project, worked together from June to October and the results were a very successful event. C.A.F.E. brought together artists and crafters from the area, as well as community organizations for a day in October at the Comox Recreation Center.

Vendors sold pottery, natural skin care products, jewelry, reusable coffee sleeves, paintings, needlework, quilting, home-baked goodies and more. Community groups such as Wilderness Accessibility, Community Way Dollars,

and The Friendship Project shared information and met members of the public, creating conversation and awareness.

"We looked for ways to get the community involved," said Michael McLellan.

Michael, who along with Shelley Marinus, works for CLBC's Self Advocate Liaison project, is always looking for ways to connect with community and showcase the abilities of self-advocates in the Comox Valley.

Michael pointed out that the event was a real collaboration between many community groups. "We really want to thank everyone, especially the Comox Valley Recreation Center, for supporting our event and all the artists who came out to participate."

The day wrapped up with a dance that was organized by the Youth Project. Over 100 people celebrated together, dancing to music by local group "The Dukes". By the end of the day, organizers were thinking about how to make next year's event even better. ■



Sherri Lines, Michael McLellan, Shelley Marinus, Brad Erhardt and Nikki Haultain at the Community Arts Fair and Expo in the Comox Valley.

Events spread the word about Start with Hi



Ron Cannan, Member of Parliament for Kelowna-Lake Country, shows off his Start with Hi button with Tracy Jo at the event in Kelowna.

CLBC BELIEVES ADULTS WITH developmental disabilities and their families have the right to pursue good lives in welcoming communities. Part of a good life is feeling safe where you live, go to school, work and play. CLBC is committed to providing education, support and leadership to encourage networks and partnerships that help adults with developmental disabilities feel safe and secure wherever they live.

Start with Hi, a CLBC public awareness initiative, supports this commitment by encouraging all British Columbians to say “Hi” to a person they see regularly who has a developmental disability.

“It’s important for people to know that I am a person first, not a person with a disability,” says Tracy Jo, an individual with developmental disabilities involved with Start with Hi. “I want people to know they shouldn’t be afraid to say hello to someone. You never know, they might become a long-term friend, and you can be there for each other if you need help or are in trouble.”

To spread the word about Start with Hi, CLBC celebrated Community Living Month with events across BC during October. The events drew support from local MLAs, City Councillors, and MPs who encouraged British Columbians to make people with developmental disabilities feel safe and included in their communities through small acts, like saying hello.

Emin, Cliff, Tracy-Jo, Heather, and Nadine, the individuals featured in the Start with Hi

posters and on the website, also attended the events during Community Living Month and have become well known spokespeople throughout the province. Actively helping to raise awareness and promote inclusion for all community members.

“I enjoyed being involved with Start with Hi, coming to the Vancouver event and visiting CLBC. I’d like to be involved in other Start with Hi events,” says Emin, who attended the event at Oakridge Mall on October 3.

“The Start with Hi event in Victoria was really fun, it was a great day. I enjoyed saying Hi to people and telling them all about CLBC and Start with Hi,” says Heather, who attended the event on October 17.

“Start with Hi changed my life. People recognize me now and say Hi. I really enjoyed the events and it was really good to meet all the people in Vancouver and Prince George,” says Cliff.

Start with Hi’s website, Startwithhi.ca, features videos of Emin, Cliff, Heather, Tracy Jo and Nadine, who share their experiences and stories about inclusion. Start with Hi’s facebook group has become a major forum for people around the world to interact, discuss inclusion, and share stories and news. [Facebook.com/Startwithhi](https://www.facebook.com/Startwithhi) currently has over 2,650 fans and continues to grow.

Great things can happen through small actions. CLBC asks that everyone just start with “Hi” and take it from there. ■

“A lot of people have recognized me and recognize people with disabilities. I think Start with Hi is working really well. My teacher really liked the video and posters. It feels good to be involved.”

— Nadine, Salmon Arm

Heather quizzes a visitor to the Start with Hi event in Victoria about inclusion.



Honourable Shirley Bond, MLA for Prince George-Valemount and Minister of Transportation and Infrastructure, joins Cliff in Prince George to share the message of Start with Hi.

Members of the public at Oakridge Mall in Vancouver stop by to learn more about inclusion and Start with Hi.



Home sharing conferences provide opportunity to share knowledge and energy

Lower Mainland

Over 150 home sharing providers braved the rainy weather to attend CLBC's October 17 conference for Lower Mainland home sharing providers.

The goals of the day were simple: create a space for home sharing providers, agency coordinators, CLBC staff, and speakers to come together and see what amazing, exciting, and innovative opportunities would blossom.

The day began with the joyous rhythms of the Drum Cafe who brought everyone together to make music with drums, maracas, and even a cowbell or two. People got to their feet and danced in the aisles, creating a great feeling of unity and togetherness. The energy and passion continued into the first session of the day where home sharing providers heard from the Asante Centre on the topic of Fetal Alcohol Syndrome Disorder, the BC Coalition for People with Disabilities on keeping yourself and the individual you support safe in an emergency, and Jule Hopkins, CLBC's Director of Service Accountability and Safeguards, on developing natural community safeguards.

After lunch, home sharing providers participated in a World Cafe. This

allowed everyone to share the knowledge, experiences, and joy they find in the everyday life of home sharing. Table groups talked about the challenges they face and shared valuable tips such as how to arrange respite or order new bus passes.

The sharing of knowledge and energy continued into the afternoon. Sessions included a panel from the Developmental Disability Mental Health Team, the Community Health Nurse program, and Income Assistance who spoke about accessing community supports. Speakers from the Office of the Public Guardian and Trustee and Nidus spoke about helping individuals make decisions. A CLBC team offered information about ongoing planning and goal-setting.

The day ended on a high note as home share providers had an opportunity to hear from the Spectrum Society about developing personal networks, CBI Consultants about supporting challenging behaviour, and a registered psychologist about taking care of yourself when you're a support provider.

The day was a great success. Home sharing providers left with new information, new skills, and new tools to help make their home sharing arrangements even better. ■



Participants get energized during the Drum Cafe at the Lower Mainland homesharing conference.



Susan Erickson, Dr. Sally Barros and Ken Morita.

North Interior

On September 30 and October 1, 2009, CLBC hosted a home sharing conference in the North Interior Region. The conference was held at Quaaout Lodge and Conference Centre near Chase. Participants included 33 home sharing providers, seven home sharing staff from local agencies, and nine CLBC staff members.

Key note speaker Mitch Loreth focused on the importance of personal and community values in supporting adults with developmental disabilities and challenged us all to move toward successful social inclusion.

There was a host of local expertise that was drawn upon to offer concurrent sessions with topics such as “Wellness for the caregiver” presented by Ted Wilson, a counsellor from Salmon Arm; “Aging and dementia issues” presented by Louise Bick from New Horizons, “Dealing with and avoiding crisis” presented by Lance Elmer from DESC Services and “Legal issues” presented by Kathryn Vennard, a lawyer from Salmon Arm.

Home sharing providers reported that they “felt important and cared for by CLBC,”

and that the event was an effective way to network and share information.

Feedback was very positive:

“The conference gave me a renewed boost.”

“I felt treated to a very relevant conference.”

“Mitch was phenomenal, so inspirational and is such a wealth of knowledge.”

When asked if there was support for organizing another event in the future, the response from participants was a resounding “Yes!”

This incredibly successful conference would not have been possible without the tireless efforts of the home sharing providers, CLBC staff, and self-advocates who pulled the event together.

The conference was a useful event for networking and for providing home sharing providers with the opportunity to participate in professional development relevant to their work. ■



Left: Participants take in the informative presentations at the North Interior Homesharing conference.

Right: Ann Boon and Keynote Speaker Mitch Loreth.



Creating inclusive employment

by Paul Malette, Director, CBI Consultants

CBI CONSULTANTS

provides person centered positive support to children, youth and adults with complex support needs. As a community based agency, our goal is to demonstrate inclusive practices and share with families, schools, agencies, and the general community. We developed a person centered planning and positive behaviour support process called the Lifestyle Development Process (LDP).

Through the CLBC innovation grant on employment, CBI Consultants became involved in inclusive employment practices and the Customized Employment initiative. Real work for real pay and the “employment first initiative” are changing the lives of many people with developmental disabilities in British Columbia and creating more inclusive and diverse work environments.

Real work for real pay is at the heart of quality lives in the community. However, for truly inclusive lives to be achieved, all life domains need to be considered

including community life, home life, inclusive recreation leisure opportunities, and friendships. At CBI Consultants, we see the individualized funding initiative as one flexible vehicle to create these full lives in welcoming communities. Beginning with real work for real pay, individualized funding can allow individuals with developmental disabilities and their families to become connected with and fully access their communities.

It has been our experience that several key features are needed to move from congregate care and segregated programs to full inclusion. Individualized funding has the potential to achieve this. Strength based person centered planning and personal profiles are the link to real jobs, inclusive community activities, social relationships and full days and rich lives.

For people with more complex support needs, an array of technical supports may be needed, including augmentative and alternative

communication strategies, systematic instruction, positive behavioural support and social supports. To be sustainable, these technical supports can and must be transferred to the person, their families and the natural supports at work and in the community. These natural supports require access to ongoing troubleshooting and support as needed.

When CBI Consultants was established in 1990, British Columbia was in the process of closing institutions. In 2009, we are at the next crossroads, transitioning from segregated programs to individualized inclusive lives. There are many leaders and best practices to draw upon in BC. CBI is excited to be part of this process and has developed a training and technical assistance centre to train and support families, agencies, schools, employers and the general community to promote good lives in welcoming communities.

For more information on CBI Consultants, please visit www.cbiconsultants.com. ■

Work experience provides important step towards employment

THE PORT ALBERNI ASSOCIATION

for Community Living Community Employment Program works with local employers to help several individuals with developmental disabilities gain skills needed to get paid employment in the community.

“Hands on work experience is very valuable for learning and building skills and getting references,” says Sandy Gagnon, Vocational Counsellor for PAACL.

Several individuals have been placed with employers for three to six months. “While the placements are unpaid, the ultimate goal is paid employment as a result of the work experience. We make that clear to the employers,” says Sandy.

Work experience is also a way for people to find out what kind of work they like or don't like. “We do a review in the middle and at the end of the placement. Employers also give feedback about what people are good at and what they can work on,” says Sandy.

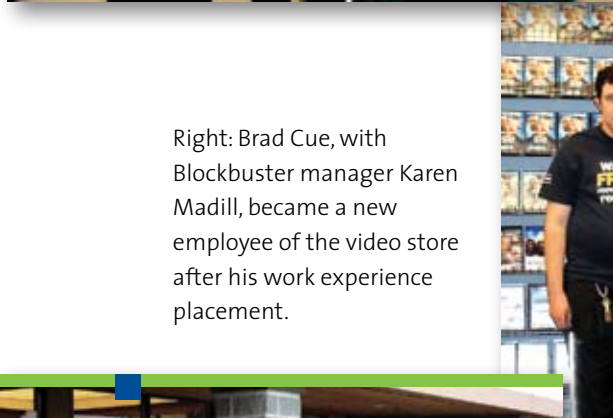
“The work experience program is a great way to build on the individual's strengths, weaknesses and communication skills for both the job coaches and the trainees. The program is great to enhance self esteem, challenge the trainee to maximize their skills, and to build a resume,” says Blockbuster manager Karen Madill.

As well as building the skills and confidence of the individuals, the program has also made co-workers and employees aware that people with a disability can work, that they learn things at a different pace, and that they have great work ethics.

For more information, call Tina Nesbitt or Sandy at 250-724-7150, ext. 1, option 6. ■



Left: Sandy Riddalls (centre) participated in work experience at Wal-Mart to gain employment skills in retail.



Right: Brad Cue, with Blockbuster manager Karen Madill, became a new employee of the video store after his work experience placement.



Above: Andy Turcotte (right) did his work experience placement with Randy Romano at Quality Foods.

Right: Tejinder Chahal, with Blockbuster supervisor Marlene Jones, learned new skills and built his confidence through work experience.



Forum brings together disability leaders to share their knowledge

ON SEPTEMBER 24 AND 25, COMMUNITY LIVING BC CEO Rick Mowles hosted a forum which brought together senior government leaders in developmental disability from Washington, Oregon and Saskatchewan. Participants shared information, discussed issues of mutual importance and considered various ways to improve flexibility and responsiveness in their respective jurisdictions.

Day one featured presentations from each state and provincial organization that highlighted key issues and accomplishments during the past year. Common challenges included responding to the needs of people who are aging and who have complex support requirements, and determining appropriate ways to allocate available resources in an equitable way. At the same time, however, progress is being made in providing needed family support services and enabling more adults with developmental disabilities to obtain real work for real pay.

The afternoon discussions focused on three areas of shared concern: 1) What outcomes should funders measure? 2) What strategies can help community supports and services become more individualized? 3) What is the funding body's responsibility when vulnerable adults may not want the system involved in their lives? While no specific answers were identified for these complex questions, participants found the dialogue helpful in framing next steps and are committed to sharing information with each other on an ongoing basis.

The topic on day two was innovation and its role in helping community living services become more sustainable. This is an issue disability service systems world-wide are beginning to face because of challenges like an aging population and the difficulty many historical service models have in delivering individualized services and high levels of user satisfaction. There is growing concern that without

an injection of new thinking and financing models, the community living sector may not be able to keep pace with growing demand in the coming years. In discussions leading up to the forum, participants agreed that while they were at different stages in their journey, it would be mutually beneficial to discuss strategies that could help them to become more innovative in order to address system sustainability.

Andrew Wharton, a former Senior Advisor for the Ministry of Housing and Social Development's Disability Strategy, currently on secondment to the Vancouver Foundation as a government liaison, participated as a resource expert. His presentation on social finance and social innovation helped frame the day's discussion. Social finance refers to an approach to managing money that seeks to leverage existing funding to attract new investment for public benefit.

Examples of social finance being created by financial institutions, governments, foundations, and other investor groups include community investing, and philanthropic grant-making and program investments. Social finance's most well known and successful example is micro-lending to low-income entrepreneurs unable to access mainstream lending (microfinance).

Social Innovation on the other hand, according to Dr. Frances Westley, refers to a complex process of introducing products, process or programs that profoundly change the basic routines, resource and authority flows of beliefs of the social system in which they arise. Successful social innovations have durability and broad impact and can be scaled to reach more people.

Because the majority of community living services have traditionally been funded by government, where there was no financial return, and measurement of social return to the

“We all came away knowing that we can create the structures that support people with developmental disabilities to lead meaningful lives but in doing so, we struggle over the same barriers and ask the same questions. It was helpful to hear how our partner provinces and states are trying to address these questions. We were able to have real ideas shared and made new contacts for future problem solving.”

— Mary Lee Fay, Administrator, Oregon Department of Human Services



Left to right: Brian Salisbury (CLBC Director of Strategic Planning), Mary Lee Fay and Mike Maley (Oregon Department of Human Services - Seniors and People with Disabilities Oregon), Jeff Redekop and Bob Neufeldt (Saskatchewan Ministry of Social Services - Community Living Division), Linda Rolfe (Washington Department of Social & Health Services - Aging and Disability Services Administration), and Carol Goozh (CLBC Vice President of Policy and Program Development).

Exploring Social Innovation

Some BC service providers have been experimenting with social innovation for a number of years. Building on this, Richard Faucher, Executive Director with the Burnaby Association for Community Inclusion recently brought together service providers, CLBC staff and other stakeholders like Van City and Legacies Now to explore the potential of social innovation and social finance to help improve the lives of people with developmental disabilities. Over the next year, this leadership group will provide education about these concepts for the community living sector, and develop resource tools and a number of pilot projects. To learn more about social innovation and social finance, you can visit www.socialfinance.ca.

community has been loose and inconsistent, participants were unanimous that the dialogue on social innovation and social finance opened up new possibilities for the way in which community living supports and services might be funded and delivered in the future.

Next steps for forum participants is a conference call in six months to share how they are approaching the various issues that were part of the two day agenda. ■

Self-advocates walk to promote awareness

By Percy N. Hebert, Quesnel Cariboo Observer

THE QUESNEL SELF-ADVOCACY GROUP held a walk to promote Community Living Month and community inclusion of developmentally disabled persons.

The self-advocacy group encourages members to be active in the community and make a difference in their own lives. “The group is about persons with developmental disabilities advocating for themselves,” volunteer peer advisor Vickie Pigeon said.

About 50 self-advocates, family members and supporters made the walk from City Hall to Carson Avenue, across Reid Street and then up St-Laurent Avenue. The crowd was treated to cake and refreshments, as well as brief presentations.

On hand for the occasion were Cliff Stacey of Surrey and Jule Hopkins of Vancouver, spokespersons for the Start With Hi initiative, sponsored by Community Living BC.

“When I get on the bus I just say hi to the driver and the passengers,” Stacey said. “Now they say hi to me.”

Tania Blak, a resource teacher at Quesnel Junior High reminded those gathered of the importance of inclusion.

“I believe non-inclusive education leads to a non-inclusive community,” Blak said. “For that reason inclusive education is very important.”

Nolan Fallowfield, a self-advocate, thanked the City of Quesnel for supporting the transit system, making the city a welcoming community for people with disabilities and offered a suggestion.

“The transit system needs to run for longer hours and on Sundays,” he said. “I hope the

city understands how important the transit system is to all of us here today.”

“I’m really pleased with the turn out,” Pigeon added.

Pigeon has been working with developmentally disabled persons for as long as she can remember, beginning with a high school project involving preparing a Special Olympian for a local sporting event. A team leader with Dengarry Professional Services, who provide support for people with developmental disabilities, Pigeon cannot put her finger on the motivation that led her to her chosen vocation.

“I couldn’t tell you, it is just something I enjoy doing,” she said. “I just kind of gravitated to it, for me it’s like getting out of bed.”

Pigeon, who has a developmentally challenged 20-year-old son, also participates in the home share program. As part of the program, Pigeon and her family have opened up their home to another developmentally disabled 23-year-old man, who has now been living with the family for four years.

“I don’t see it as a challenge,” Pigeon said. “He’s just part of our family. It just gives us a sense of giving back to the community.”

Members of the self-advocacy group strive to commit to the well being of their communities. For example, Aaron Allinson, 30, along with other self-advocates, volunteers with ticket collection, security and other odd jobs at each Millionaires home game and other volunteer work in the community.

“I love it,” Allinson said. ■



Jean Scrivner, Eldon Carter and Paul Goyette lead the Quesnel self-advocacy walk.

Day promotes rights of people with disabilities and inclusion in community

DECEMBER 3, 2009 WAS THE International Day of Persons with Disabilities. This day is observed annually and aims to promote an understanding of disability issues, the rights of people with disabilities, and the positive aspects of inclusion of people with disabilities in every aspect of community: political, social, economic, and cultural. The Day provides an opportunity for action to realize the goal of full and equal enjoyment of human rights and participation in society by persons with disabilities. It was established by the World Programme of Action concerning Disabled Persons, and adopted by the United Nations General Assembly in 1982.

The theme of this year's International Day of Persons with Disabilities was: "Making the Millennium Development Goals (MDGs) Inclusive: Empowerment of persons with disabilities and their communities around the world". The United Nations and the global community are committed to working towards inclusion for people with disabilities. However, despite the fact that many commitments have been made to include disability and persons with disabilities in development, a gap between policy and practice remains. MDGs can only be achieved if persons with disabilities and their family members are included.

In recognition of the Day, CLBC has posted information and links on the Start with Hi site and Facebook page. To share the success of our Start with Hi public awareness initiative and inform others around the world, CLBC has sent information about the initiative to the UN to inspire others to make people with developmental disabilities feel safe and included in their communities through small acts, like saying hello.

For more information on the International Day of Persons with Disabilities and the Millennium Development Goals, please visit www.un.org/disabilities. ■

Lower Mainland travel during the 2010 Games

VANCOUVER WILL HOST THE 2010 Olympic Winter Games from February 12 to 28, 2010, and the Paralympic Games from March 12 to 21, 2010. During this time, 4,000 athletes, 10,000 media, 25,000 volunteers, and more than a quarter of a million visitors are expected to the City of Vancouver.

At Games time there will be an enhanced transportation service to optimize the movement of spectators to all city and mountain venues. Information on the 2010 transportation plan, including maps, is available at: www.vancouver2010.com. It is advised that you consult this website in order to plan your routes and travel.

In preparation for the Games, BC Transit has addressed specific questions regarding transportation of people with disabilities.

"The Transportation Plan provides for certain routes to be designated 'Olympic routes.' HandyDART vehicles have access to use these routes for travel but not for passenger drop-off or pick-up. In cases where clients will need to access a specific location, the operator will need to identify an appropriate parking area off the Olympic route for the drop-off or pick-up. For many important health services located on this route, an appropriate location has already been identified." For specific inquiries please contact Translink at 604-953-3352.

The City of Vancouver is identifying, where possible, alternate temporary loading zone areas on side streets that will accommodate passenger access to buildings adjacent to Olympic Lanes or 24 hour parking/stopping restrictions.

In order to minimize any impacts on service delivery during this time, Community Living BC (CLBC) has completed a business continuity plan for the 2010 Olympic Games. We can confirm that CLBC offices will remain open and continue to operate as usual throughout the Games.

Due to the increased security and changes to transportation routes in the Vancouver, Sea to Sky Corridor and Whistler areas during the Games, please ensure you keep informed of route changes and modify your plans for travel to work, home, or appointments if necessary.

Additional information on the 2010 Olympic Winter Games can be found at: www.olympichostcity.vancouver.ca and www.whistler.com/olympics. ■

The Citizen photo contest winner



THANK YOU TO EVERYONE WHO PARTICIPATED IN THE CLBC photo contest this year. We received many great photos of individuals and their friends and families from across BC.

Our winner is Kris Gower, a service provider from Victoria. His photo captures Susan enjoying an outing to the Ocean Sciences Centre in Sidney:

“As we walk into the fully accessible building, Susan and I are greeted by the warm smiles of the employees at Sidney’s new Ocean Sciences Centre. After presenting Susan’s season pass, they open the hatch to what looks like a giant submarine. Inside the submarine I can feel Susan relax in her chair, knowing what to expect when the door opens again. When the door finally does open, we are again greeted by more friendly staff, who recognize us instantly as we have quickly become regular visitors. They say “hello” to Susan and I and then let us proceed through the resplendent maze of colorful fish tanks. Susan enjoys sitting in front of the “sea-nettle” jellyfish. She does not move a muscle as she marvels over the beautiful orange creatures dancing over the bright blue backdrop.” ■

CONTACT US

Submit

If you have a story suggestion or feedback on the newsletter, E-mail editor@communitylivingbc.ca.

Questions

If you have a general question about CLBC, email info@communitylivingbc.ca

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 submission, *The Citizen* reserves the right to edit content for accuracy, grammar and space, but strives to maintain the integrity and voice of the author.

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CLBC is a Crown agency of the government of British Columbia and is committed to being carbon neutral by 2010.

