



# COMMUNITYLIVINGREPORT



COMMUNITY LIVING  
BRITISH COLUMBIA



## Message from the Board

By M. Lynn Rolko

Welcome to the September edition of Community Living Report. When Lois asked me if I would be interested in writing a guest article in our newsletter, I hesitated for a very brief moment. Yes it was brief, because as many of you know, I am extremely passionate and often over excited about the possibilities for individuals, their families, friends and support networks in the Community Living family.

I remember when we got the telephone call from Nicole's principal letting us know that she and four other children with special needs would be moving into the mainstream in their local schools. I was overjoyed and at the same time I was terrified. As a result of Nicole becoming "just another kid" she went on to graduate with her peers to a standing ovation. When we lost Nicole, in 2003, a few of her friends contacted all of her graduating class and the majority of them attended her Celebration of Life at her high school. Oskar and I were overwhelmed by the respect and the love radiating throughout the celebration.

At the time of Nicole's passing I had

been a member of the Transition Steering Committee and was sitting on the interim board of directors for CLBC. I realized that Nicole's life after graduation had not been as successful as her school years, and she'd deserved greater participation in the community at large. My determination to see individuals have the opportunity to access more choices, greater independence, to be part of the whole community and be heard became even more intense.

So here we are – after years of asking governments for change and for responsibility for our loved ones, their families and their support networks, CLBC has become a reality. This is significant. I am excited about the opportunity facilitators will have to participate in supporting individuals and families in a more flexible and caring way. I say in a caring way, because for years the facilitators have been gatekeepers instead of doing what they were trained to do. I look forward to service providers sharing their successes and innovative ideas with all of us. I am pleased that families and their loved ones will have meaningful participation in the person centered planning process.

I know our board and staff will stay true to the vision. I also know that in order to be successful our community must act as one. It is natural to be fearful of change, but in time, I know the compassion that lives in all of us will turn our hopes into reality.

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## September 6th: CLBC celebrated its move to independence in an afternoon of food, fun, music and recognition...

We would like to thank everyone who joined us on this special day. Our vision, that children and adults with developmental disabilities, supported by family members and friends, will have the opportunities and supports needed to pursue their own goals and participate as full and valued citizens in their communities, is one step closer to becoming reality.

We hope you enjoy the pictures of a great day!



*Paul Goldberg provides some entertainment while flipping hotdogs*



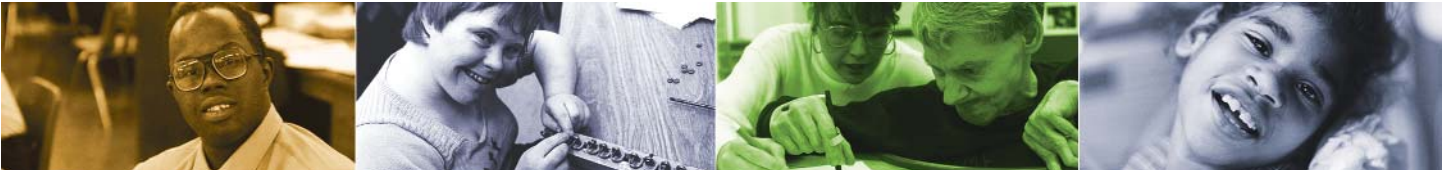
*Amanda Lennard & Lois Hollstedt*



*Jeff Moulins with a friend*



*Minister Hagen opens the celebrations*



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## October is Community Living Month!

### AROUND BC: EVENTS AT A GLANCE

WHERE	EVENT	DATE/TIME	HOST
<b>Cloverdale:</b> Shannon Hall 6050-176th St.	"A Night of Stars"	<b>September 30</b>	Peace Arch Community Services <a href="http://www.pacsbc.com">www.pacsbc.com</a>
<b>Prince George:</b> 950 Kerry Street	Community Living Pancake Breakfast (free)	<b>October 7</b> 8am - 11am	AiMHi Prince George <a href="http://www.aimhi.ca">www.aimhi.ca</a>
<b>Prince George:</b> 950 Kerry Street - Gymnasium	A "Fall Fun Fair" for the Family.	<b>October 15</b> 11am - 3pm	AiMHi & West Bowl Association <a href="http://www.aimhi.ca">www.aimhi.ca</a>
<b>Surrey:</b> Central City Shopping Centre	The Imposter's Review	<b>October 15</b>	<a href="http://www.bcacl.org">www.bcacl.org</a>
<b>Penticton:</b> Leir House, 220 Manor Park	Community Living Month Tea	<b>October 21</b>	Penticton & District Community Resources Society <a href="http://www.pdcrs.ca">www.pdcrs.ca</a>
<b>Williams Lake:</b> <b>Opportunity Centre,</b> 203 North 5th ave.	Open House: Community Living Evening Banquet	<b>October 21</b>	Williams Lake Association for Community Living <a href="http://www.wlacl.com">www.wlacl.com</a>
<b>Williams Lake:</b> <b>Opportunity Centre,</b> 203 North 5th ave.	Concert: Handchimes	<b>October 21</b> 1pm	Williams Lake Association for Community Living <a href="http://www.wlacl.com">www.wlacl.com</a>
<b>Prince George:</b> 950 Kerry Street - Gymnasium	An afternoon of Bingo (free)	<b>October 27</b> 1pm - 3pm	Prince George Self Advocate Caucus <a href="http://www.aimhi.ca">www.aimhi.ca</a>
<b>Prince George:</b> 950 Kerry Street - Gymnasium	AiMHi's Halloween Dance. Tickets: \$5.00 / person	<b>October 28</b> 6:30pm - 10pm	AiMHi, Community Options & P.G. Self Advocate Caucus <a href="http://www.aimhi.ca">www.aimhi.ca</a>

**1st annual Art Show  
for BC artists with  
developmental  
disabilities.**

**October 6th & 7th  
Terasen Gas Building**  
(ballrooms), 1111 West  
Georgia St., Vancouver.

The Mainstream  
Association and the  
Ethical Funds Company  
join forces to celebrate  
Community Living Month,  
October 2005, by hosting  
the 1st annual art show  
for people with develop-  
mental disabilities.

#### Event & Art Show

October 6th,  
6 pm - 10 pm

#### Art Show & Silent Auction

October 7th,  
10 am - 6 pm

For details, please see  
their website:

[www.artshow.mapcl.org](http://www.artshow.mapcl.org)



## CLBC takes another step towards "A New Way"

CLBC's new service delivery model is a change from the way we used to provide services to you. To make sure the service you get is uninterrupted and high quality, CLBC has decided to phase in the new approach slowly. This means the new approach will be tried out in just a few communities first before introducing it province-wide.

CLBC has identified the communities of Abbotsford, Chilliwack and Langley to develop and conduct business in this "new way," beginning in October 2005.

These communities were suggested for the following reasons:

1. They are close to headquarters for support logistics
2. There is a mix of service providers in each community
3. There is support for the CLBC model from providers
4. There is an urban/rural mix in the geographic area
5. There will be a Community Living Centre located in the community along with quality service analysts on site

The Abbotsford, Chilliwack and Langley CLBC offices will provide services and conduct business following the new CLBC service delivery model. These offices will also provide CLBC with the opportunity to monitor this change, adjust where necessary and provide "best practice" information to continue with this roll out across the province.

### EVENT REMINDER

#### BC Association for Community Living (BCACL) is turning 50!

*BCACL 50th Anniversary Conference and AGM*

**September 29 - October 1**, Vancouver Airport Conference Resort, Richmond

2005 marks BCACL's 50th year of advocating for the inclusion of people with developmental disabilities in the community. BCACL is looking forward to a year of reflection, celebration and building on its foundations for the future. 'Everyone Belongs' is the theme for the conference and AGM on Sept. 29 - Oct. 1. It will be a great place to build skills and increase knowledge about rights and strategies. Everyone is invited!

**For more information**, visit the BCACL website:

[www.bcacl.org/BCACL\\_50th\\_Anniversary/](http://www.bcacl.org/BCACL_50th_Anniversary/)

The CLBC staff in the Abbotsford office have been asked to participate in this phased-in approach. This development will be closely monitored for a three month period ending on December 31, 2005.

The information gathered in Abbotsford will be used as the model is being phased in throughout the province beginning in January 2006.

A project manager will oversee the development site and will report directly to Doug Woollard, Vice President, Planning and Community Development.



## From Good to Great: Developing Person-Centered Agencies in British Columbia

### TRAINING EVENT

This past spring, CLBC hosted the first *From Good to Great* conference – a gathering focused on developing person-centered agencies in BC.

Under CLBC, person centered thinking and planning will now play a major role in the new service delivery model. At its simplest level, it is a way of organizing activities and supports around one person to meet his or her needs and work towards a better future.

In November phase II of the *Good to Great* conference series will be held in both Kelowna and Richmond. These conferences will be entitled *Building Capacity for Person Centered Supports and Services: A Workshop in Person Centered Thinking*.

This event will bring people together to share ideas, and help service providers facilitate personal planning more effectively for individuals and families.

This 2-day training event, facilitated by Michael Smull, serves as a foundation for anyone involved in supporting people with developmental disabilities.

Day one will focus on learning person-centered thinking skills that support choice, while also addressing health and safety issues. In day two, participants will focus on practicing mindful listening and using the information to describe what is important, and how to best support each person.

The training is designed and recommended for all paid staff, regardless of their role. CLBC field staff and managers are also encouraged to participate.

The cost to register is \$150.00. Registration forms will be available on the CLBC website in the coming weeks and the BC Association for Community Living

will begin processing workshop applications on October 3rd.

\* Please note that initial registration will be limited to 2 people per agency because CLBC is hopeful that representatives from as many different service providers as possible from across the province will attend this workshop.

For more information, please visit our website: [www.communitylivingbc.ca/from\\_good\\_to\\_great/](http://www.communitylivingbc.ca/from_good_to_great/)

### TRAINING EVENT:

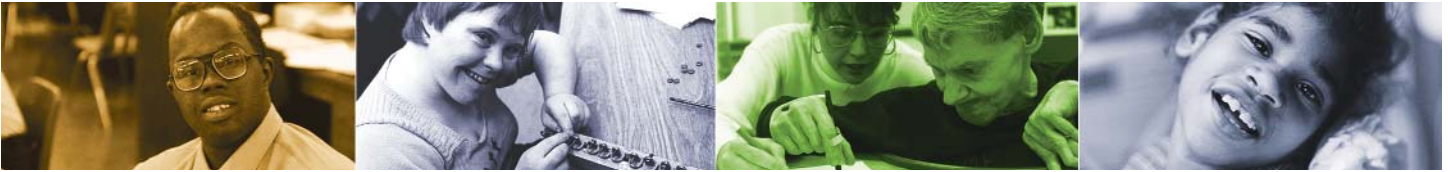
**Kelowna: November 28 & 29**  
Capri Hotel, 1711 Harvey Avenue,  
Kelowna, BC.

Room rates are \$70.00 per night plus applicable taxes for single or double occupancy. An additional adult occupying the same room is \$10.00 per night. Poolside rooms are an additional \$20.00 per night.

**Richmond: November 30 & December 1**  
Riverside Palace - 14500 River Road,  
Richmond.

### About the Facilitator:

*Michael Smull* is the director of Support Development Associates and has worked with people with disabilities for the past 30 years. He has extensive experience in nearly all aspects of developing community services. Michael has written extensively on issues relating to supporting people with challenging behaviors, person centered planning, and the challenge of changing systems to support self-determination.



## Person-Centered Planning in Action

*By Doug Barr  
Social Worker,  
Courtenay*

I have been a CLS social worker since 1993 and have

worked in the Comox Valley the entire time. In my practice, I have attempted to have a person-centered approach as much as possible, given the restrictions placed on me by the existing system. I found over time that I was frequently in the position of trying to fit a person into an existing service, even if it was clear that the support or service was not optimum. This often required me to be reactive when the inevitable crises would develop. Ironically, I would then have to spend more time and resources fixing problems that were created by the "pounding a round peg in a square hole" style of social work.

I was dissatisfied with the way in which my practice was headed and became very interested in the possibilities offered by the Individualized Funding Project. I applied for and was accepted to be a facilitator in 2003-2004. I took part in the provincial training and was able to see that a person-centered approach was possible, and that my practice did not have to change in a radical way to adopt it.

The clearest example of how a person-centered

approach can benefit someone involves a young man that I have worked with for many years. The young man has many challenging behaviours that led to him being placed in residential care when he was younger. These challenges eventually led to placement breakdowns, critical incidents involving violence/aggression, and he left school sooner than planned.

In May of 2004, this young man was spending on average 10 days a month in the local psychiatric ward, receiving PRN medication almost every day, and most importantly being extremely unhappy with his life. Through my work in the IF project, I was able to consider a more person-centered approach for him. I was able to spend the time necessary to review what he wanted to have in his life. I spent time with him, his support network and his family. I was able to apply the principles of person-centered planning to his situation, and from that, helped create an individualized plan of support. The plan required a team approach, with everyone keeping the young man at the center of all we did.

The end result is that as of this month, the young man has not been hospitalized in 17 months, he has only needed to receive PRN medication twice in that same period, he runs his own planning meetings once every two weeks with his whole team, and most importantly he is happier than he has been in many years. He still has his challenges, but his flexible support plan can accommodate his needs and he does not have to fit into our existing programs. For this young man, he is finally "a round peg fitting into a round hole."

**Doug Barr**  
Social Worker  
Community Living BC, Courtenay



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## Creating safeguards for people with disabilities

by Michael Kendrick, PhD

Most people with disabilities live with vulnerabilities of all kinds, and many of these could develop into a significant cause

for concern under certain conditions. Fortunately, vulnerabilities can be managed so the probability of some events is prevented or lessened.

The same is true of organizations – the quality of their work and contribution is also vulnerable and may need to be managed in order to be properly addressed. In both instances, a positive approach is to

craft intentional safeguards to enhance strengths and assets in both people and organizations. Properly done, such intentional safeguards can produce many important benefits. For example: freedom from undue anxiety, more adequate preparations for managing and anticipating adverse events, the ability to manage risk better and address needs more effectively, better quality and flexibility of safeguards to respond to what people and organizations actually need.

*On August 11, North Okanagan Community Life Society sponsored a workshop led by Michael Kendrick on the relationship between the creation of intentional safeguards and generating quality of life outcomes for people with disabilities.*

*The event was attended by self advocates, family members, service providers and staff.*

## You've Gotta Have Friends

*A project in community development*

***A good life is more than just services. A good life means being surrounded by family and friends, and engagement with the community.***

The Langley Association for Community Living (LACL) believes strongly in this idea. LACL has been providing a large number of programs, supports and initiatives to the community living sector for many years now. However, staff have recognized for a long time that for some people, these do not go far enough. Some individuals they support do not have anyone in their lives besides those who are paid to be there. As a result these individuals can feel lonely and isolated, living within their communities but not feeling connected to the people and activities around them.

About a year ago LACL started a new project called *You've Gotta Have Friends*. The project members gather regularly to explore and discuss the issue of

genuine friendships for people living with disabilities. After several meetings discussions have grown to include seniors, family members of individuals with developmental disabilities, youth from the local college, ministers from various local churches and public health staff. These discussions focus on community development — on creating ways for the community itself to take ownership of this issue, instead of relying on governments to provide direction or funding. Around 200 community leaders, public and private, from the Langley area have been invited to learn more about these discussions and to have the opportunity to become a bridge between people on both sides of this issue.

On November 8th 2005, *You've Gotta Have Friends* will hold a celebration to announce the winners of their recent photo contest. Be sure to watch the LACL website for contest winners.

For more information, please visit the LACL website: [www.langleyacl.org/friendship/](http://www.langleyacl.org/friendship/) or contact Daniel Collins, Executive Director: [dcollinslacl@shaw.ca](mailto:dcollinslacl@shaw.ca).



## A National Forum:

### *Advancing a family agenda to support Canadians with disabilities*

Hosted by the Canadian and Saskatchewan Associations for Community Living, and the Canadian Coalition for Family Supportive Policy.

**When:** November 2 - 4, 2005

**Where:** Sheraton Cavalier Hotel, Saskatoon, Saskatchewan.

The purpose of this forum is to bring together people with disabilities, families, advocates, policy makers, and researchers to consider how to advance a family agenda that can support the wide diversity of families seeking to secure the

inclusion, human rights, and equality of their family member with a disability. This forum will look at disability and family support across the lifespan – from pre-natal life, to children, working-age adults and seniors.

Engage in dialogue, learning, and building solidarity for a broad-based family support agenda with a focus on: inclusive ethics and values; access to disability supports; inclusive communities; family economic security; planning for the future; and family leadership and networking.

**For more information:** Visit their website: [www.seatoskymeetings.com/cacl/](http://www.seatoskymeetings.com/cacl/) or contact Greg Holmes, Project Coordinator with Sea to Sky Meeting Management Inc.: (604) 984-6455, Email: [greg@seatoskymeetings.com](mailto:greg@seatoskymeetings.com)

## LETTERS TO THE EDITOR

We want to hear what you think about issues or events in your community.

Send us your letters in 250 words or less. Please include a valid email address and phone number. We may edit letters for reasons of space or clarity. The newsletter reserves the right to publish your letter, unless it is labelled 'not for publication.'

**Please email your letter to:**

[info@communitylivingbc.ca](mailto:info@communitylivingbc.ca)

**Or mail it to:**

Community Living British Columbia  
c/o the Editorial Board  
Suite 101, 3705 Willingdon Avenue  
Burnaby, BC. V5G 3H3

## CONTACT US

We are updating our website regularly. You can find all the latest information about Community Living British Columbia at:

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)

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