



COMMUNITYLIVINGREPORT



Message from the Board Chair

Welcome to the May edition of Community Living Report.

Lois Hollstedt

As this newsletter is being

delivered, CLBC is about 45 days away from becoming a permanent government agency. The hundreds of details to make this a reality are being completed and on July 1st the legal transfer will take place.

The details include many staff issues. One important process is making an offer of employment to each person, and demonstrating that CLBC wants all of them to choose to move from government. To help people make that choice, a series of training events are underway around aspects of the new organization.

Training will also be held in June for service providers. The focus is understanding people-centered planning and community involvement approaches at the core of CLBC.

Systems are being developed to help better manage information. CLBC will need to make good decisions, and effective recording and reporting of information is important for both staff and the

Board. Systems are also being reviewed to ensure that the operation continues to run smoothly through the transfer to CLBC.

One of the most important tasks is a file-by-file review of the safety concerns for each of the 15,000+ people CLBC will serve. The Board and management will be sure no one is put at risk during the transition and that a safety plan is in place for each person.

Finally, a review is underway of each policy affecting the services that CLBC will be responsible for. This will determine which policies need to be reconsidered and/or rewritten.

The weeks toward July 1st are full of exciting challenges. The 18 months following will continue to be exciting. When CLBC is legally in place, we will begin to implement the plans for transformation to serving people with developmental disabilities based on the input from individuals and families across the province. The Board is grateful for the hard work of our staff and the many community volunteers who have helped to shape the plan for this important work. We look forward to continuing our partnership in the months ahead.

For more info, please visit the CLBC web site at: www.communitylivingbc.ca

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INSIDE VOICE: A column by self advocates

This month, **Bryce Schaufelberger**, a self-advocate and former member of the Interim Authority board of directors, reports on the 7th Annual Self Advocates Day.

7th Annual Self Advocates' Day

On Tuesday, May 3, 2005, over 125 self advocates from all over the Fraser Valley gathered for the 7th Annual Self Advocates' Day held in Abbotsford at the Seven Oaks Alliance Church. Gregg Schiller was the organizer and facilitator of the day-long event which included workshops with guest speakers who talked about: Internet Safety (Detective Mike Macfarlane); Healthy Relationships (Dorothy Hyslop); Emergency Response and Preparedness (Pat Harkness); and Healthy Fitness/Nutrition (Francis van der Loos). I introduced Rod Gunn, a

current member of the CLBC Board, who provided information on the CLBC vision and model for Community Living services. Rod explained things in plain language and listened to everyone's feedback to take back to the CLBC Board.



Bryce Schaufelberger

The day ended with a celebration of the 7th successful year of the number one self advocacy website (www.SelfAdvocateNet.com) that was started at this event 7 years ago. Everyone had a great time and we are already looking forward to next year's 8th Annual Self Advocates' Day.

Shooting Stars - a new wellness program!

By Sarah Wiens, CLS social worker in Dawson Creek

Five self-advocates and five professionals can be found on Tuesday afternoon trying new exercise options, discussing nutrition and celebrating regained health. In a unique program that combines the personal goals of all participants, we have committed to sharing an hour for each and every week of 2005. Following a discussion about health and the difficulties of changing behaviour, social worker Sarah Wiens and HSCL nurse Pat Wonnacott identified a group of individuals who receive minimal supports around food preparation.

The HSCL physio Mary Beaulne was asked to prepare and lead 20 minutes of exercise. The Home Support Co-ordinator, Shelly Tremblay, prepares a healthy snack that shows appropriate portion size. Life skills worker, Val Haugen, helps lead a de-briefing of the previous week's successes and challenges as Pat weighs all participants. Usually the

snack relates to a challenge someone experienced the previous week, for instance we tried various seasonings/toppings on popcorn. Self-advocates also make requests.

Food is often used to as an emotional outlet. To demonstrate the use of non-edible reinforcement the person with the most weight loss each week makes a selection from a gift basket. The most amazing things have turned up in that gift basket!

Guests have joined us to share their journeys towards a healthier lifestyle, demonstrate new exercise options and share their knowledge of nutrition. A key component is the personal participation of everyone attending. Group rules, such as confidentiality, were created by discussion with all participants. Everyone helps to plan the six-week block of events. Because this program is formed around a universal concern that includes self-advocates, Shooting Stars has become a highlight of the week for many of us.



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Prince George Association for Community Living aims high for success

By Melinda P. Heidsma, Executive Director, Direct Care and J.W. (Bill) Fildes, Executive Director, Operations

Our organisation, AiMHi, also known as the Prince George Association for Community Living, is large and until recently our locations were spread out in the city of Prince George. We had been divided into four separate operating locations (all non-residential) because of growth and diversification. This caused financial inefficiency and meant that our staff and the people we served were isolated from one location to the next. But where some may have seen challenge, we saw opportunity.



Snoezelen Room at AiMHi

That opportunity came in the form of a vacant elementary school that was closed two years ago and left to attract dust and vandals. Through a series of meetings with School District Trustees and staff, we agreed to a process that would return this vacant building to the community to which it belonged. Our vision was a place for neighbors to play and meet together, and a home for AiMHi in the center of a community of which we are all a part.

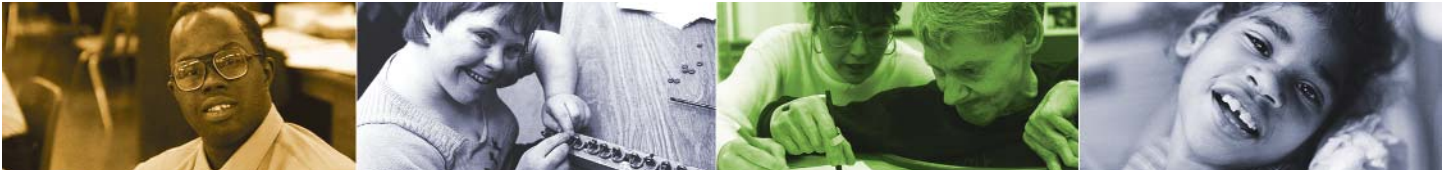
We met with school board and Prince George city officials, applied for rezoning of the property, and attended multiple city council meetings to hear the readings. We delivered 650 flyers to our "new" neighbors and invited them to share their views and concerns with us. We met

with as many people as possible to enlighten them on community living services, and we introduced them to some of the people who wanted to become their "neighbors and friends." We answered their questions about security of the building, the property, and their homes. We also promised to return parts of the building to the community for their use, including meeting rooms and a gymnasium that had long been lost to them.

We supported a building committee made up of self-advocates, families, community members, employees, and volunteer board members. Major building renovations began in January 2005. In addition to becoming the entry point for all AiMHi's non-residential services, we added many features not previously available to the neighborhood:

- ♦ An Internet Café for self-advocates, families, neighbors;
- ♦ A Bistro to hang out in;
- ♦ An office for the local Self-Advocates Caucus;
- ♦ A separate office for our Self-Advocate Peer Advisor;
- ♦ A Caucus Snack Shop (lots of fundraising going on here!)
- ♦ Two small training kitchens (one accessible);
- ♦ A large training kitchen (with accessible features);
- ♦ A large shared resource room;
- ♦ All washrooms are accessible, with accessible showers in both the men's and ladies washrooms;
- ♦ Hydraulic change tables;
- ♦ A wheelchair accessible weigh scale;
- ♦ 13 small training/meeting rooms;
- ♦ 4 large training/meeting rooms;
- ♦ A separate security system for a boardroom that can be booked by neighbors to use in after hours community meetings;
- ♦ A Swap Shop (with free stuff to give, or get!)
- ♦ The shredding business now has it's own home, as does the microfiche business;
- ♦ An outside warehouse for the bike recovery program;
- ♦ A Snoezelen room, for anyone who just needs a break from their hectic day;
- ♦ Two craft rooms (one with a fully functional kiln);
- ♦ All employees have their own work stations and a place to hang their pictures;
- ♦ The building has been designed with specific colors that clearly distinguishes 'public' from 'private' areas - hanging 'personnel only' signs is discouraged.

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Prince George Association for Community Living aims high for success *continued...*

On April 14th 2005, AiMHi hosted an Open House at our new location at 950 Kerry Street, Prince George. Hundreds of people joined us during our day-long celebrations: self-advocates, family members, community partners, neighbors, and members of AiMHi. We have been welcomed into this neighborhood. There is a strong sense of community for AiMHi and the people we support that has never been stronger!

Building community capacity is really very easy; involving community will always be the most important and critical first step. Life here at AiMHi is good because community is part of who we are; not just because we are located within it.



AiMHi Reception

EVENT UPDATE!

From Good to Great: Developing Person Centered Agencies in BC

Community Living British Columbia (CLBC) is sponsoring a **2 day conference in Vernon on June 16 & 17, 2005** for service providers, their staff and family care-givers. The conference aims to:

- ◆ Raise awareness about issues associated with service providers delivering personal planning support.
- ◆ Engage providers in discussions about current practice approaches.
- ◆ Develop a declaration on key elements of best practices in person centered thinking and planning.
- ◆ Identify ways to support dialogue and learning between community partners.

This interactive conference will combine traditional presentations, along with opportunities for all participants to share their perspectives, and engage in discussions about what has been "learned" and "next steps". Dr. Michael Smull, international expert

on person centered planning, will deliver the opening and closing keynote addresses, along with a number of concurrent sessions. In addition to the Declaration, a report will also be produced and disseminated.

The conference is part of a broader, multi-year CLBC initiative that will enhance service providers' capacity to deliver effective personal planning support to individuals and families who require responsive and flexible community supports and services.

Registration: cost is \$175.00.

Access the registration form and procedures here: www.langleyacl.org/conference/registration.htm.

Travel Subsidies

Partial financial subsidies may be available to offset the cost of travel and registration for self advocates and family members. For more information, please contact Dan Collins at the Langley Association for Community Living at dcollinslacl@shaw.ca or call 604-534-8611 [extension 25].



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Welcome: CLBC's New Directors!



Brian Salisbury, Director of Strategic Planning

Brian Salisbury comes to CLBC from Kwantlen University College where he has been a part time faculty member in the community support worker program for the past 11 years. During this period, he also worked extensively as a consultant in Canada, the USA, Australia and the United Kingdom on various disability policy issues, including the implementation of individualized funding and independent planning support. Since 2001, Brian has worked as a contractor with the Interim Authority for CLBC and the Ministry of Children and Family Development in a variety of roles in support of BC's move to community governance.

Paula Grant, Director of Policy

Originally from Ontario, Paula came to BC to do her

masters degree in social work and never left. After graduating, she moved to Lillooet where she was a frontline worker with a generalized caseload that included income assistance, child protection and services to individuals with developmental disabilities. Paula managed a range of programs over the years at MCFD headquarters including childcare, service to seniors, community grants and services to children with special needs.



She has worked as a director of community living programs and services for adults with developmental disabilities for over 20 years and has played a primary role in moving services from institutions to community based support.

She has worked with diverse groups within community and is thrilled to be part of the next 'wave' and new vision in community living. Paula is married with one daughter and likes reading, kayaking, hiking and travel.

EVENT UPDATE!

CLBC is moving forward... Come find out how we're doing.

As July 1st approaches, we will be travelling to communities across BC to provide updates to service providers and families on our devolution progress. Come out and get the latest information!

JUNE 15

Update to service providers and families on the devolution to CLBC, with an afternoon session for service providers and an evening session for families and self-advocates

Where: Interior Community Services, Kamloops, BC

Contact for more information:

Susan Harvey
Phone: (250) 554-3132 ext. 206

JUNE 28

Doug Woollard, Vice President of Community Planning and Development, will provide an update on the devolution to CLBC after the AimHi AGM.

Where: AimHi Offices
950 Kerry Street, Prince George, BC.

When: Tuesday, June 28th, 6:30 pm - 8:30 pm
Wednesday, June 29th, 9:30 am - 11:30 am

Contact for more information:

Melinda Heidsma
Phone: (250) 564-6408



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We've Moved!

CLBC now has a permanent headquarters in a new lower mainland office space.

Our new address is:

**Suite 101
3705 Willingdon Avenue
Burnaby, BC
Phone: (604) 660-5011**

Our new office is conveniently located on the Maple Clinic site at the intersection of Canada Way and Willingdon – we have lots of parking and the coffee is always fresh. We'd love to see you.



YOUR LETTERS...

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@interimauthorityclbc.ca

Or mail it to:

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

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