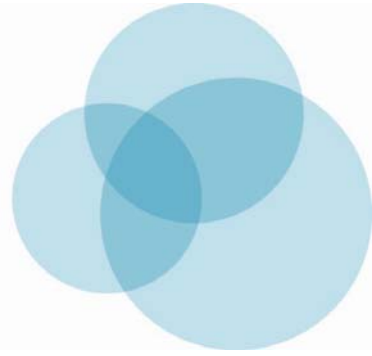


PLAN



Family Resource List for British Columbia

We hope this resource list will assist you in discovering the seven steps to creating a good life and a secure future for your family member. We've also added a few contacts for family resource groups and services in British Columbia.

Vision

Creating a vision for a good life for your son or daughter is one of the most important steps you can take. It is in creating a vision and sharing it with others that our dreams become reality. The following resources will help you get started.

Resource	Description	Contact
<i>A Good Life by Al Etmanski</i>	A Good Life is for families, friends and caregivers of people with disabilities. It offers a step by step guide to creating a plan for the future which provides for the safety, security and well being of people with disabilities. It leads the reader to look beyond professional services and programs in planning for the future and focus on what is needed to create a good life.	PLAN 260-3665 Kingsway, Vancouver, BC V5R 5W2 Phone: 604-439-9566 Email: inquiries@plan.ca www.plan.ca
<i>Peace of Mind cd</i>	<i>Peace of Mind</i> is a practical and caring interactive tool to help you plan for the future of your relative with a disability. It combines personal stories, testimonials, tips, videos and worksheets to get you started on your path to peace of mind.	
<i>PATH: Planning Alternative Tomorrows with Hope</i>	PATH is a results oriented creative planning tool which starts in the future and works backwards to first steps that are possible and positive.	Inclusion Press International & the Marsha Forest Centre 47 Indian Trail, Toronto, ON, M6R 1Z8, Canada Phone: (416) 658-5363 Email: inclusionpress@inclusion.com www.inclusion.com

<i>Peace Begins With Me by Ted Kuntz</i>	In Peace Begins With Me; Ted Kuntz shares the story of how his son with a disability led him on a journey through darkness to a life of peace, joy and happiness. At the core of his message are simple yet powerful strategies that enable us to experience more peace and joy and create a life more of our choosing. Ted's deeply personal story is an inspiration to all of us who want to move past pain and hurt, and return to peace and joy.	www.peacebeginswithme.ca
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Relationships

Safety and security is dependent on the number of caring and supportive relationships in our lives. Overcoming isolation and loneliness is often one of the biggest challenges our relative will face. The following resources can help you learn about developing circles of support.

<i>PLAN Institute for Caring Citizenship</i>	The Institute's goal is to foster caring communities that welcome the participation and contribution of all citizens. They provide training, consultation, research and publications for individuals, families, organizations, support workers and professionals who want to learn more about the values, concepts and actions of caring citizens.	#260 – 3665 Kingsway Vancouver, British Columbia V5R 5W2 Phone: 604-439-9566 Fax: 604-439-7001 E-mail: inquiries@planinstitute.ca www.planinstitute.ca
<i>The Company of Others: Stories of Belonging</i>	A creative collaboration by author Sandra Shields and photographer David Campion, this book uniquely captures the spirit and significance of personal networks. Compelling stories and photographs lead the reader on an intimate journey into the lives of five individuals—with no connection to one other and little in common, except in one respect: each person is at the centre of an active social “circle”—a network of caring friends and family whose lives are enriched by the relationship they share. An extraordinary and moving book about the transformative power of family and community.	Email: inquiries@planinstitute.ca www.planinstitute.ca
<i>Reaching Out; A portrait of social networks in Canada by Nancy Rother</i>	Reaching Out is a portrait of facilitated social network development across Canada. Filled with the wisdom of individuals, families and facilitators from all walks of life, it is one of the clearest, most practical guides you will find to	Email: inquiries@planinstitute.ca www.planinstitute.ca

	facilitating networks. The report is based around seven critical elements for creating and sustaining social networks, exploring challenges and offering practical tips for each.	
<i>One Candle Power - Seven Principles that Enhance the Lives of people with Disabilities and Their Communities Revised by Cathy Ludlum and the Communitas Team</i>	The Communitas Team created seven booklets on supporting Circles in the mid 1980's. This wisdom has recently been updated so you can review the lessons they learned then - and in the intervening years. If you want to know about Circles of Support, this is a wonderful resource.	Email: inclusionpress@inclusion.com www.inclusion.com
<i>Weaving the Ties That Bind</i>	An online course for facilitators. Using 20 years of PLAN's experience in developing social support networks, this course provides participants with the knowledge and skills necessary to become a social network facilitator. Designed to be both practical and inspirational, this course is available through the Plan Institute.	Email: inquiries@planinstitute.ca www. planinstitute.ca
<i>Social Networks Annotated Bibliography - Brian Smith</i>	This bibliography has been prepared for people interested in addressing the fundamental challenge of marginalization through the development and facilitation of social networks. For many labeled and marginalized people, isolation and loneliness are the biggest challenges they face. We are discovering that without a well developed social network it is difficult if not impossible to fully participate in and contribute to society.	www.planinstitute.ca

Contribution

Our relatives offer many gifts and contributions. When those gifts are acknowledged and received, we all benefit. Participating in our communities and being recognized for our contributions is a mark of citizenship. To learn more, visit these web sites.

<i>Philia: A Dialogue About Citizenship</i>	The Philia Dialogue is a global conversation on <i>caring citizenship</i> - a notion of citizenship based on contribution, participation, relationship, and a commitment to the common good. The inspiration for this dialogue stems from our roots in the disability community. Philia believes that welcoming the presence and participation of people with disabilities as well as others who have been	www.philia.ca
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	marginalized or isolated - will revitalize our communities and strengthen our society	
<i>The Ties That Bind Internet Documentary and Community Engagement Project</i>	This site was created by the National Film Board to document the making of The Ties That Bind and to engage the community in discussion. There are many valuable topics, videos, articles and polls to take.	www.tiesthatbind.ca

Home

A sanctuary that our relatives can call their own. Home can take many different forms for those who experience disability. For those who need support in day to day life, traditional group homes were, at one time, the only option. Today, many families are creating exciting alternatives, some of which include home ownership.

<i>Home is Where the Heart Is</i>	A one-day seminar created for families who are looking at housing options. The seminar goes over the issues to consider, various housing options developed by families and the advantages and disadvantages and methods of ownership. This course is offered in-person and will be available online shortly.	Email: inquiries@plan.ca www.plan.ca
<i>Creating Housing Choices for People with Developmental Disabilities</i>	A Resource Guide. Itay Greenspan and Laural Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.	
<i>Canadian Cohousing Network</i>	Cohousing describes intentional neighborhoods that combine the autonomy of private dwellings with the advantages of shared resources and community living. Residents usually own their individual homes, which are clustered around a "common house" with shared amenities. Each home is self-sufficient with a complete kitchen, but resident-cooked dinners are often available at the common house for those who wish to participate.	www.cohousing.ca
<i>Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)</i>	The Residential Rehabilitation Assistance Program assists in the creation of affordable housing for adults with a disability by providing financial assistance to renovate/convert/develop existing residential properties. The assistance is in the form of a forgivable loan.	Canada Mortgage and Housing Corporation 1-800-639-3938 www.cmhc-schl.gc.ca
<i>Independent Living BC</i>	This program helps seniors and persons with disabilities live independently in affordable, self-contained housing.	www.bchousing.org/program/s/independent Toll Free: 1-800-257-7756 Vancouver: 1-604-433-2218

Provincial Housing Program	This program provides housing assistance to low and moderate income individuals and families.	www.bchousing.org/programs/independent Toll Free: 1-800-257-7756 Vancouver: 1-604-433-2218
Exemptions for Equipment and Devices Used by Persons with a Permanent Disability	This program provides a tax exemption for equipment required by persons with a permanent disability	Toll Free: 1-877-388-4440 Vancouver: 1-604-660-4524
Giving in Action Family Independence Fund	The Family Independence Fund helps families throughout the province who have children or adults with developmental disabilities living at home.	www.givinginaction.ca Toll Free: 1-866-523-3157 Vancouver: 604-683-3157

Decision-Making

The ability to make choices about who will help us and where we will live is a basic need we all share. When our children reach the age of majority, we no longer have the legal right to assist them with decisions. An alternative to obtaining legal guardianship is substitute decision making. To find out more about legal options, the following resources are available.

Supported Decision Making online course	PLAN offers an online course on supported decision making and representation agreements.	www.plan.ca
Public Trustee of British Columbia	Operates under provincial law to protect the legal rights and interests of vulnerable British Columbians. The PGT provides a range of financial and personal care management services for adults under a number of different roles including Committee of Estate, Committee of Person, Power of Attorney, Representative, Litigation Guardian and Pension Trustee. Ministry of Attorney General (MAG)	700-808 West Hastings Street, Vancouver, V6C 3L3 Greater Vancouver Client Services Team: 604-775-1007 Lower Mainland Client Services Team: 604-775-1001 E-mail: mail@trustee.bc.ca www.trustee.bc.ca
Representation Agreement Resource Centre	Many families assist their adult child with a disability to create a Representation Agreement as an alternative to legal guardianship. A Representation Agreement is a legal document that says who you give authority to if you need assistance managing your affairs. Your adult child does not need to meet the legal test of capacity to create a	Representation Agreement Resource Centre and Nidus eRegistry 411 Dunsmuir St., Vancouver, B.C. V6B 1X4 Tel: 604-408-7414 E-mail: info@nidus.ca

	simple representation agreement with limited powers. It can cover financial and legal matters and health and personal care matters. The resource centre helps individuals with the creation of these documents and registers them on a central registry.	www.rarc.ca
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Financial and Estate Planning

Ensuring that your relative will experience a life that is full and rewarding, with the necessary funds for vacations, etc. is one of the keys to a good life. Writing your will and creating a discretionary trust is an important way to ensure that your family member with a disability still receives disability benefits.

Registered Disability Savings Plan (RDSP).	This long-term plan provides matched government funds to compliment individual savings. There is even a government contribution for those who are unable to save.	To sign up for a free RDSP seminar or find out more information, go to www.rdsp.com
Safe and Secure by Al Etmanski with Jack Collins and Vickie Cammack	Safe and Secure offers clear, practical guidance for planning for the future. It provides information relevant to families within the framework of policy, regulations and practice in British Columbia. Safe and Secure includes specific information on BC Benefits and other government benefit entitlements, alternatives to adult guardianship, financial planning, will and estate planning, discretionary trusts, home ownership and establishing a network of friends. For families living in British Columbia there is no better source for information to help you plan for the future of your relative with a disability. An Alberta edition is also available. Both are available through PLAN.	Email: inquiries@plan.ca www.plan.ca
CanadaBenefits	A very useful site to find out what federal and provincial benefits you may be entitled to receive. Listings for each province include motor vehicle tax rebates, bus passes, subsidies for housing, etc.	www.canadabenefits.gc.ca
Canada Pension Plan (CPP) Disability Benefits	CPP provides a monthly taxable benefit to contributors who are disabled and to their dependent children.	www.sdc.gc.ca Toll Free: 1-800-277-9914 TTY: 1-800-255-4786

<i>BC Employment and Assistance for Persons with Disabilities Program</i>	This program provides a disability benefits and specialized employment supports to qualifying persons with disabilities.	www.mhr.gov.bc.ca/factsheets/pwd.htm Toll Free: 1-800-663-7867 Victoria: 1-250-387-6121 Vancouver: 1-604-660-2421
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Other Resources

<i>PLAN's Social Audit Website</i>	Conducting the Social Audit was a milestone for PLAN. The board of PLAN implemented the social audit to ensure that the values around which PLAN is so carefully constructed are maintained long into the future. It was PLAN's means of holding itself accountable and provides a transparent view of the organization, reporting on both successes and challenges in a balanced and candid way. To our knowledge, PLAN was the first not-for-profit organization in Canada to have an externally reviewed social audit.	www.socialaudit.ca
<i>Enablelink and Abilities Magazine Website</i>	A wonderful Canadian resource for people with disabilities and those who care about them. Lists many directories and resources, offers an ezine with regular updates and news from across the country.	www.enablelink.org
<i>Exceptional Family Magazine</i>	Exceptional Family is a quarterly publication exclusively designed for Canadian parents and caregivers of children with cognitive and physical special needs.	www.exceptionalfamily.ca
<i>Quality Mall Website</i>	Quality Mall is a unique website designed like a shopping mall where you can find lots of free information about person-centered supports for people with developmental disabilities. Each of the mall stores has departments you can look through to learn about positive practices that help people with developmental disabilities live, work and participate in our communities and improve the quality of their supports.	www.qualitymall.org
<i>PWD online: Guide to Government of Canada Services</i>	A site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs	www.pwd-online.ca

<i>for People with Disabilities and their Families</i>	and services in Canada. Includes: Income Benefits and Tax, Housing, Accessibility, Transportation and Travel, Advocacy, Learning and Skills Development, Employment, Health, Safety and Security, Recreation and Active Living, Community and Citizen Participation, Key Publications, Provincial and Territorial Contact Information and Non-Governmental Organizations.	
<i>BC Bus Pass</i>	This program provides an annual pass for public transit systems to persons with disabilities.	Toll Free: 1-888-661-1566
<i>BC Parking Permits</i>	Provides Parking Permit Program for People with Disabilities.	SPARC BC (Social Planning and Research Council of British Columbia) 4445 Norfolk Street, Burnaby, V5G 0A7 Phone: 604-718-7744 (Parking Permit Inquiries) E-mail: info@sparc.bc.ca www.sparc.bc.ca

Organizations

Advocacy

<i>Advocate for Service Quality</i>	The Advocate for Service Quality helps adults with developmental disabilities and their families get good quality services. They can help with services from the Ministry of Children and Family Development, from other ministries, or from service agencies in the community	Suite 820 - 999 West Broadway Vancouver, V5Z 1K5 Phone: 604-775-1238 (Vancouver) Phone: 1-800-663-7867 (Elsewhere in BC - Enquiry BC) www.mcf.gov.bc.ca/getting_help/advocate_service_quality.htm
<i>Planned Lifetime Advocacy Network</i>	PLAN is a not-for-profit organization created by and for families who have a relative with a disability. We help families ensure a safe and secure future for their relative with a disability.	#260 – 3665 Kingsway Vancouver, V5R 5W2 Phone: 604-439-9566 Fax: 604-439-7001 E-mail: inquiries@plan.ca Website: www.plan.ca
<i>PLAN Okanagan</i>	PLAN Okanagan is an affiliate of PLAN	1650 Bernard Ave Kelowna,

		V1Y 6R9 Phone: 250-860-2080 Fax: 250-860-2080 www.planok
<i>BC Coalition of People with Disabilities</i>	BCCOD is a provincial, cross-disability advocacy organization with a mandate to raise public and political awareness of issues that concern people with disabilities. Their Advocacy Access line and Help Sheet series on disability benefits are useful resources for individuals who have disabilities and their families.	#204 – 456 West Broadway Vancouver, V5Y 1R3 Phone: 604-875-0188 Toll Free: 1-800-663-1278 Fax: 604-875-9227 TTY: 604-875-8835 E-mail: feedback@bccpd.bc.ca Website: www.bccpd.bc.ca

Family Resource Groups

<i>Family Support Institute</i>	Aims to strengthen and support families of people with disabilities. Provides information, referral, training and networking opportunities. Offers workshops for professionals and training for parents who wish to act as regional resource parents in their communities. Provides videotapes, publishes a quarterly newsletter, and features an extensive lending library.	227 6 th Street, New Westminster, V3L 3A5 Phone: 604-540-8374 ext 523 E-mail: fsi@fsibc.com www.familysupportbc.com
<i>Vela Microboard Association of British Columbia</i>	Facilitates the development of microboards for people with challenges. A microboard is a small group of family and friends that join to create a nonprofit society, aiming to address a person's needs in an empowering and customized fashion.	100-17564-56A Avenue Surrey, V3S 1G3 Phone: 604-575-2588 Fax: 604-575-2589 info@microboard.org www.microboard.org
<i>BC Epilepsy Society</i>	Provides information and referral to people with epilepsy and to their families/caregivers. Runs support groups and offers public education about seizures and first aid.	#510 - 999 West Broadway, Vancouver, V5Z 1K5 Phone: 604-875-6704 1-866-EPILEPSY (1-866-374-5377) Fax: 604-875-0617 info@bcepilepsy.com www.bcepilepsy.com
<i>BC Friends of Schizophrenics</i>	Provides support and education to families with relatives who have schizophrenia or a related condition. Offers a support group for	201-6011 Westminster Highway Richmond, V7C 4V4

	professional caregivers of people with schizophrenia. Also provides advocacy, public information, and support for research.	Phone: 604-270-7841 1-888-888-0029 Fax: 604-270-9861 bcss.prov@telus.net www.bcss.org
Multiple Sclerosis Society of Canada - BC Division	Provides information, advocacy, referrals, medical equipment provision, peer support, support counseling, self-help groups for people with multiple sclerosis education programs and system advocacy.	1501-4330 Kingsway Burnaby, V5H 4G7 Phone: 604-689-3144 1-800-268-7582 Fax: 604-689-0377 info.bc@mssociety.ca www.mssociety.ca/bc
Cerebral Palsy Association of BC (CPABC)	Provides information, referrals and support to those affected by cerebral palsy. Offers a resource lending library, support group meetings and a network of contacts throughout the province.	801 - 409 Granville Street, Vancouver V6C 1T2 Phone: 604-408-9484 1-800-663-0004 Fax: 604-408-9489 info@bccerebralpalsy.com www.bccerebralpalsy.com
Canadian Mental Health Association (CMHA) - BC Division	Works to promote the mental health of all individuals in BC. Aims to reduce the stigma of mental illness through education, advocacy, and research. Also provides consultation to CMHA branches and to other groups involved in community-based programs for people with a mental illness.	1200-1111 Melville Street Vancouver, V6E 3V6 604-688-3234 1-800-555-8222 Fax: 604-688-3236 office@cmha-bc.org www.cmha-bc.org
Lower Mainland Down Syndrome Society	Nonprofit society of parents, professionals, and self-advocates concerned with the problems and issues facing people with Down syndrome, their families, and friends.	201-13281 72nd Avenue, Surrey, V3W 2N5 604-591-2722 Fax: 604-591-2730 E-mail: lmdss@telus.net Website: www.lmdss.com
British Columbia Association for Community Living (BCACL)	Acts as a resource for local associations throughout British Columbia by providing educational workshops, publications, resources and advocacy.	227 6 TH Street, New Westminster, V3L 3A5 604-777-9100 Fax: 604-777-9394 E-mail: info@bcacl.org Website: www.bcacl.org
Autism Society of British Columbia	Parents, professionals and others work to promote full community inclusion of children and adults with autism spectrum disorders. Offers information, referral and	303-3701 East Hastings Street, Burnaby, V5C 2H6 604-434-0880

	support groups for significant others and caregivers.	1-888-437-0880 Fax: 604-434-0801 administrator@autismbc.ca www.autismbc.ca
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Services

<i>Community Living British Columbia (CLBC)</i>	Provincial Crown agency responsible for the delivery of services and supports to adults with developmental disabilities who are living in the community. Also responsible for independent planning support, family support and residential services for children and youth ages 6 to 18 with developmental disabilities.	7 th Floor – Airport Square 1200 W 73 rd Avenue, Vancouver, V6P 6G5 Toll Free: 1-877-660-2522 Phone: 604-644-0101 Fax: 604-664-0765 info@communitylivingbc.ca www.communitylivingbc.ca
<i>Acquired Brain Injury Program</i>	Serves people 19 years and older who have an acquired brain injury Individuals who receive disabilities benefits (level 2), and who do not receive funds from external sources such as ICBC, WCB, trust funds, and litigation settlements, may be eligible for funding assistance.	Fraser Health Authority (FHA) 200-218 Blue Mountain Street, Coquitlam, V3K 4H2 Phone: 604-933-2050 Fax: 604-933-2065 www.fraserhealth.ca
<i>Choices for Supports in Independent Living (CSIL)</i>	A program that provides funds which allow the individual to directly hire assistants. Available through the continuing care department of your regional health authority.	