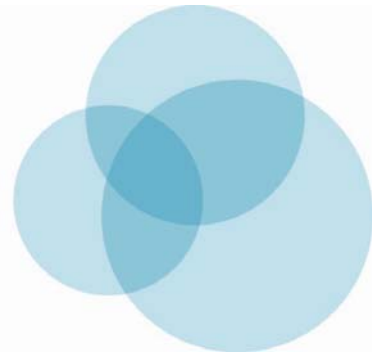


# PLAN



## ***New Brunswick Family Resource List***

*Welcome to PLAN'S Family Resource List for New Brunswick. This list includes many valuable provincial and federal resources on the following topics:*

<i>Vision.....</i>	<i>2</i>
<i>Relationships.....</i>	<i>3</i>
<i>Contribution.....</i>	<i>5</i>
<i>Home.....</i>	<i>5</i>
<i>Decision-Making.....</i>	<i>6</i>
<i>Financial and Estate Planning.....</i>	<i>7</i>
<i>Family Resource Groups.....</i>	<i>8</i>
<i>Services.....</i>	<i>10</i>
<i>Other Resources.....</i>	<b><i>Error! Bookmark not defined.0</i></b>

## 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.*

<b>Resource</b>	<b>Description</b>	<b>Contact</b>
<b><i>A Good Life</i></b> by Al Etmanski	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, V5R 5W2  Phone: 604-439-9566  Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a>  <a href="http://www.plan.ca">www.plan.ca</a>
<b><i>Peace of Mind</i></b> cd	<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.	Plan Institute for Caring Citizenship  <a href="mailto:inquiries@planinstitute.ca">inquiries@planinstitute.ca</a> <a href="http://www.planinstitute.ca">www.planinstitute.ca</a>
<b><i>PATH: Planning Alternative Tomorrows with Hope</i></b>	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: <a href="mailto:inclusionpress@inclusion.com">inclusionpress@inclusion.com</a> <a href="http://www.inclusion.com">www.inclusion.com</a>
<b><i>Peace Begins With Me</i></b> by Ted Kuntz	In <i>Peace Begins With Me</i> ; 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.	<a href="http://www.peacebeginswithme.ca">www.peacebeginswithme.ca</a>
<b><i>Love is a dance of holding on and letting go</i></b>	Resources and worksheets designed to help families understand the challenge of letting go and holding on differently.	Website: <a href="http://www.tiesthatbind.ca">http://www.tiesthatbind.ca</a>
<b><i>The Ties That Bind Internet</i></b>	This site was created by the National Film Board to document the making of	Website: <a href="http://www.tiesthatbind.ca">www.tiesthatbind.ca</a>

<b>Documentary and Community Engagement Project</b>	The Ties That Bind and to engage the community in discussion. There are many valuable topics, videos, articles and polls to take.	
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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.*

<b>PLAN Institute for Caring Citizenship</b>	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 values, concepts and processes to create caring relationships.	260 – 3665 Kingsway, Vancouver, V5R 5W2  Phone: 604.439.9566 Fax: 604.439.7001  Email: inquiries@planinstitute.ca Website: www.planinstitute.ca
<b>The Company of Others: Stories of Belonging</b> <i>by Sandra Shields and David Campion</i>	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  Website: www.planinstitute.ca
<b>Reaching Out; A portrait of social networks in Canada</b> <i>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 facilitating networks. The report is based around seven critical elements for creating and sustaining social networks, exploring challenges and offering practical tips for each.	Email: inquiries@planinstitute.ca  Website: www.planinstitute.ca
<b>One Candle Power — Seven Principles that Enhance the Lives of people with Disabilities and</b>	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	Email: inclusionpress@inclusion.com  Website: www.inclusion.com

<p><b><i>Their Communities</i></b>  <i>Revised by Cathy Ludlum and the Communitas Team.</i></p>	<p>the intervening years. If you want to know about Circles of Support, this is a wonderful resource.</p>	
<p><b><i>Weaving the Ties That Bind</i></b></p>	<p>An online course for facilitators. Using 18 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.</p>	<p>Email: <a href="mailto:inquiries@planinstitute.ca">inquiries@planinstitute.ca</a>  Website: <a href="http://www.planinstitute.ca">www.planinstitute.ca</a></p>
<p><b><i>Social Networks Annotated Bibliography by Brian Smith</i></b></p>	<p>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.</p>	<p>Website: <a href="http://www.planinstitute.ca">www.planinstitute.ca</a></p>
<p><b><i>Simple truths are sometimes the hardest to see</i></b></p>	<p>Resources and worksheets that explore the importance of relationships and the creation of circles of friends.</p>	<p>Website: <a href="http://www.tiesthatbind.ca/">http://www.tiesthatbind.ca/</a></p>
<p><b><i>The Belonging Initiative</i></b></p>	<p>The Belonging Initiative is a national initiative committed to nurturing belonging and ending isolation of people with disabilities. It is guided by a fundamental belief in the importance of human connections and the possibilities for mutual enrichment that arise through such connections. Holding a passionate belief that collectively we can develop a groundswell that will lead to a society in which everyone belongs! To that end, the Belonging Initiative has formalized a collaboration and developed a framework for creating a national presence to change the lives of isolated Canadians with disabilities.</p>	<p><a href="mailto:inquiries@planinstitute.ca">inquiries@planinstitute.ca</a>  Website: <a href="http://www.nurturingbelonging.ca">www.nurturingbelonging.ca</a></p>

## **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.*

<b><i>Philia: A Dialogue on Caring Citizenship</i></b>	The Philia Dialogue is a global conversation on caring citizenship — 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 marginalized or isolated — will revitalize our communities and strengthen our society.	Website: <a href="http://www.philia.ca">www.philia.ca</a>
<b><i>What we see depends on what we are looking for</i></b>	Resources and worksheets that examine how contribution and citizenship go hand in hand.	Website: <a href="http://www.tiesthatbind.ca/">http://www.tiesthatbind.ca/</a>

## **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.*

<b><i>Home is Where the Heart Is</i></b>	A booklet created for families who are looking for options. The booklet discusses the issues to consider, various housing options developed by families and the advantages and disadvantages and methods of ownership. While developed for families living in British Columbia, the lessons are applicable universally.	Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a> Website: <a href="http://www.plan.ca">www.plan.ca</a>
<b><i>Creating Housing Choices for People with Developmental Disabilities</i></b>	A Resource Guide. Itay Greenspan and Loral Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.	
<b><i>Creating a Future of Home Ownership for Persons with Developmental Disabilities</i></b>	June Birch and Maureen Murphy Black, May 2003.	

<b>Canadian Cohousing Network</b>	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.	Website: <a href="http://www.cohousing.ca">www.cohousing.ca</a>
<b>Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)</b>	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  Phone: 1.800.639.3938  Website: <a href="http://www.cmhc-schl.gc.ca">www.cmhc-schl.gc.ca</a>
<b>Housing and Income Support</b>	Department of Family and Community Services. Family and Community Services administers a number of housing programs that are jointly funded with the Federal government, as well as others that are 100% provincially funded.	Sartain MacDonald Building, 551 King Street, P.O. Box 6000, Fredericton, E3B 5H1  Phone: 506.453.2001 After Hours Emergency: 1.800.442.9799 Fax: 506.453.7478  Website: <a href="http://www.gnb.ca/0017/index-e.asp">www.gnb.ca/0017/index-e.asp</a>
<b>Moving away from home is a rite of passage</b>	Resources and worksheets that explore different types of homes and living options.	Website: <a href="http://www.tiesthatbind.ca/the_mes/index.php?theme=8">http://www.tiesthatbind.ca/the_mes/index.php?theme=8</a>

## **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.*

<b>Public Trustee of New Brunswick</b>	Operates under provincial law to protect the legal rights and interests of vulnerable individuals living in New Brunswick.	Administrator of Estates: PO Box 5100, 3rd Floor, 520 King Street, Fredericton, E3B 5G8  Phone: 506.453.2737 Fax: 506.444.4999  Email: <a href="mailto:maurice.cormier@gnb.ca">maurice.cormier@gnb.ca</a>
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		<p>Public Administrator:  Department of Justice, 670 King Street,  Centennial Building,  Fredericton, E3B 5H1</p> <p>Phone: 506.453.2538  Fax: 506.453.3275</p> <p>Email: douglas.wright@gnb.ca</p>
<b><i>Making choices is about taking chances</i></b>	Resources and worksheets designed to explore the area of “choice” and how supported decision making helps keep people safe while respecting their ability and right to make choices for themselves.	<p>Website:  <a href="http://www.tiesthatbind.ca/the-mes/index.php?theme=3">http://www.tiesthatbind.ca/the-mes/index.php?theme=3</a></p>

### **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.*

<b><i>Safe and Secure by Al Etmanski with Jack Collins and Vickie Cammack</i></b>	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.	<p>Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a>  Website: <a href="http://www.plan.ca">www.plan.ca</a></p>
<b><i>CanadaBenefits</i></b>	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.	<p>Website:  <a href="http://www.canadabenefits.gc.ca">www.canadabenefits.gc.ca</a></p>

<b><i>Money isn't everything, but it sure helps</i></b>	Resources and worksheets that assist families to focus on their financial and estate planning, thus planning for a more financially secure future for their loved one.	Website: <a href="http://www.tiesthatbind.ca/themes/index.php?theme=5">http://www.tiesthatbind.ca/themes/index.php?theme=5</a>
<b><i>Canada Pension Plan (CPP) Disability Benefits</i></b>	CPP provides a monthly taxable benefit to contributors who are disabled and to their dependent children.	Toll Free: 1.800.277.9914 TTY: 1.800.255.4786  Website: <a href="http://www.sdc.gc.ca">www.sdc.gc.ca</a>
<b><i>Disability Supplement</i></b>	This annual supplemental benefit is for persons who qualify for income assistance under the Extended Benefits Program.	Toll Free: 1.800.442.4412 Phone: 1.506.453.2001 (Fredericton)  Website: <a href="http://www.gnb.ca">www.gnb.ca</a>

### **Family Resource Groups**

*There are many resource groups throughout your province and Canada that offer information, guidance, support, and advocacy.*

<b><i>Planned Lifetime Advocacy Network</i></b>	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  Email: <a href="mailto:inquiries@plan.ca">inquiries@plan.ca</a> Website: <a href="http://www.plan.ca">www.plan.ca</a>
<b><i>New Brunswick Association for Community Living (NBACL)</i></b>	NBACL works with people who have an intellectual disability and their families to build inclusive communities where persons with an intellectual disability can live, learn, work and actively participate in their communities as valued and contributing members.	420 Wilsey Road, Suite 201, Fredericton, E3B 6E9  Toll Free: 1.866.NBACL.4U (1.866.622.2548) Phone: 506.453.4400 Fax: 506.453.4422  Email: <a href="mailto:nbacl@nbnet.nb.ca">nbacl@nbnet.nb.ca</a> Website: <a href="http://www.nbacl.nb.ca">www.nbacl.nb.ca</a>
<b><i>Epilepsy New Brunswick</i></b>	Epilepsy New Brunswick is dedicated to increasing the quality of life for these who must cope with a seizure disorder, the education of the public and various professional practitioners and act in an advocacy role when necessary. Offers literature about epilepsy upon request, lending library of videos and books, Parents' Support Network, speakers who will address clubs/services; counselling services, inter-relationships with other health — related organizations, etc.	221 Prince William Street, Saint John, E2L 2B8  Phone: 1.506.630.112  Website: <a href="http://www.sjfn.nb.ca/community_hall/E/epil0112.html">http://www.sjfn.nb.ca/community_hall/E/epil0112.html</a>

<p><b>Schizophrenia Society of New Brunswick</b></p>	<p>This Society strives to (1) promote and provide education and information about schizophrenia and other mental illnesses, (2) promote and provide support for individuals and families affected by schizophrenia and (3) supports research into schizophrenia, its causes, treatment and possible cure.</p>	<p>Box 562, Miramichi, E1V 3T7</p> <p>Phone: 506.622.1595 Fax: 506.622.8927</p> <p>Email: <a href="mailto:ssnbmiramichi@nb.aibn.com">ssnbmiramichi@nb.aibn.com</a> Website: <a href="http://www.schizophreniasociety.nb.ca">www.schizophreniasociety.nb.ca</a></p>
<p><b>Multiple Sclerosis Society of Canada</b> — Atlantic Division, Kings County New Brunswick Chapter</p>	<p>The Multiple Sclerosis Society strives to be a leader in finding a cure for Multiple Sclerosis and enabling people effect by MS to enhance their quality of life.</p>	<p>71 Ilsley Avenue, Unit 12 Dartmouth, NS B3B</p> <p>Atlantic Division: 1.800.268.7582 Phone: 506.433.1097</p> <p>Email: <a href="mailto:info.atlantic@mssociety.ca">info.atlantic@mssociety.ca</a> Website: <a href="http://www.mssociety.ca">www.mssociety.ca</a></p>
<p><b>Cerebral Palsy Association Foundation (St. John) Incorporated</b></p>	<p>Provides information, referrals and support to those affected by cerebral palsy.</p>	<p>P.O. Box 2152, St. John, E2L 3V1</p> <p>Phone: 506.648.0322</p> <p>Email: <a href="mailto:cpfsj@mail.com">cpfsj@mail.com</a></p>
<p><b>Canadian Mental Health Association (CMHA) — New Brunswick Division</b></p>	<p>Works to promote the mental health of all individuals in New Brunswick. 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.</p>	<p>403 Regent Street, Suite 202, Fredericton, E3B 3X6</p> <p>Phone: 506.455.5231 Fax: 506.459.3878</p> <p>Email: <a href="mailto:cmhanb@nb.aibn.com">cmhanb@nb.aibn.com</a> Website: <a href="http://www.nb.cmha.ca">http://www.nb.cmha.ca</a></p>
<p><b>Brain Injury Association of New Brunswick</b></p>	<p>The Brain Injury Association is associated with TBI Home, which is a peer support website for people living with a brain injury, their families and friends. The goal is to support one another by sharing experiences.</p>	<p>Suite 148, 527 Beaverbrook Court, Fredericton, E3B 1X6</p> <p>Phone: 506.357.9955 Fax: 506.357.8412</p> <p>Email: <a href="mailto:roganne@rogers.com">roganne@rogers.com</a> or <a href="mailto:bianb@nbnet.ca">bianb@nbnet.ca</a> Website: <a href="http://www.tbihome.org">www.tbihome.org</a></p>
<p><b>Greater Moncton Down Syndrome Society Incorporated</b></p>	<p>In addition to the creation of a support network for families, the GMDSS also provides resources for the community, hosts social events and information workshops, as well as conducts a variety of fundraising efforts throughout the year.</p>	<p>P.O. Box 29070, Moncton, E1G 4R3</p> <p>Phone: 506.387.8592 Fax: 506.387.8592</p> <p>Email: <a href="mailto:grmctdss@rogers.com">grmctdss@rogers.com</a> Website: <a href="http://www.greatermonctondss.com">www.greatermonctondss.com</a></p>

<p><b>Autism Society New Brunswick</b></p>	<p>Promotes public awareness, understanding and acceptance of persons with autism, while providing support to families for the realization of services and programs within their community.</p>	<p>30 Ealey Crescent, Riverview, E1B 1E6</p> <p>Phone: 1.888.354.9622 Phone: 506.372.9011 (Moncton area) Fax: 506.372.9011</p> <p>Email: autism_nb@yahoo.com Website: www.autismnb.org</p>
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## **Services**

*Each province has unique government and non-profit programs to provide support services.*

<p><b>Department of Family and Community Services</b></p>	<p>Offers support in the following areas: general housing and income, career development, community involvement, non-profit and co-op housing, public housing, health care, etc.</p>	<p>Sartain MacDonald Building, 551 King Street, P.O. Box 6000 Fredericton, E3B 5H1</p> <p>Phone: 506.453.2001 After Hours Emergency: 1.800.442.9799 Fax: 506.453.7478</p> <p>Website: www.gnb.ca/0017/index-e.asp</p>
<p><b>Long Term Care Services for Adults and Seniors</b></p>	<p>These services help eligible adults and seniors who are limited in their ability to carry out normal daily activities on a long-term basis.</p>	<p>General Inquiries: 1.506.453.2001</p>

## **Other Resources**

*There are so many resources available to individuals, families and organizations. Listed here are some additional resources that you may want to explore.*

<p><b>PLAN's Social Audit Website</b></p>	<p>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.</p>	<p>Website: www.socialaudit.ca</p>
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<b><i>Enablelink and Abilities Magazine Website</i></b>	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.	Website: <a href="http://www.enablelink.org">www.enablelink.org</a>
<b><i>Quality Mall Website</i></b>	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.	Website: <a href="http://www.qualitymall.org">www.qualitymall.org</a>
<b><i>PWD online: Guide to Government of Canada Services for People with Disabilities and their Families.</i></b>	A site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs 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.	Website: <a href="http://www.pwd-online.ca">www.pwd-online.ca</a>
<b><i>Handi-Bus</i></b>	An accessible transit system serving persons with mobility impairments, special needs and seniors unable to utilize regular public transit system.	66 Waterloo Street, Suite 115, Saint John, E2L 3P4 Phone: 506.648.0609 Fax: 506.643.7009
<b><i>Parking Placards for Persons with a Disability</i></b>	The Province issues parking permits and placards displaying the international disabled symbol to promote special parking areas for persons having a disability.	Service N.B., P.O. Box 1998, 432 Queen Street, Fredericton, E3B 5G4  Toll Free: 888.762.8600 Outside New Brunswick: 506.684.7901  Email: <a href="mailto:snb@snb.ca">snb@snb.ca</a>