



# Saskatchewan Abilities Council Bulletin

## Exciting Developments in 2016

Exciting new developments in Saskatoon and Moose Jaw are the latest examples of the Saskatchewan Abilities Council's person-centred approach to Quality of Life (QOL) programming. Given its long and successful track record in delivering quality services to adults living with disabilities, the Council was approached by the Ministry of Social Services to offer expanded QOL programming. Here's a preview!

### New Quality of Life Program in Saskatoon

The Saskatoon Branch is opening its first Quality of Life centre in 2016. "The field of QOL programming is very new to us in Saskatoon," says Janine Baumann, Saskatoon Branch Program Manager. "Other branches have been doing this for a number of years, in different forms, so we're fortunate to be able to draw on their experience for staff training, activities, even the physical elements of what we need to have in the space itself."

The Saskatoon Branch has been running its QOL program since September with 7 participants—the new centre will expand that number to 35. "Many participants today have higher needs and require more one-on-one support than what the Council would have seen 15 or 20 years ago," Janine says. "The new Quality of Life centre will have the space, staff and programming for that."

A holistic approach to programming will encompass leisure, physical activity and social connection. The centre will have a sensory room to give participants a calm, quiet place for respite. Facilities allow

varied opportunities for learning within the centre, but activities will also take place out in the community.

"We're looking forward to connecting participants with the community as much as possible, and also connecting the community with us, whether through partnerships, events, or volunteer opportunities," Janine says. "It's an exciting process."



*Saskatoon Quality of Life Program participants and staff at the Festival of Trees*

### New Home, Day Supports in Moose Jaw

In Moose Jaw, the Council is working with the Ministry to provide new home and day supports in the community. The program expansion will help support individuals transitioning from Valley View Centre to community living, but it is also marks a

clear move away from traditional residential supports in favour of community-based supports that give individuals living with disabilities more control over their lives.

"The home supports will be similar to those offered by Creative Options Regina (COR), which follows a gentle teaching philosophy and a peer-based approach. It places the decision-making firmly in the hands of the individual," say Corey Hadden, Regional Director in Regina.

In the home, Council staff are support persons whose primary objective is relationship development. Day supports build on successes in Regina to offer individuals in Moose Jaw new, fresh opportunities to become part of their community and enjoy full citizenship.

The services in Moose Jaw will include supports based on individualized person-centred plans. Supports are flexible and evolve with the individual. The key to person-centred planning is that it allows each individual to participate in the community as they choose.

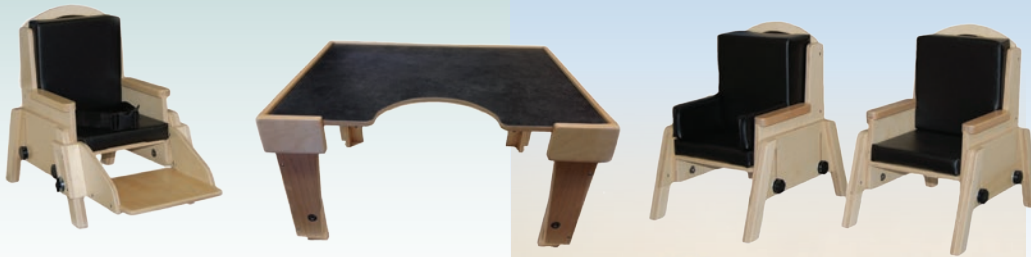
"Quality of life is important for all people and should be thought of in the same way for all people – with and without disabilities," Corey says. "The Council will provide these new quality of life supports and services through a framework that embraces *Being, Becoming, Belonging*."



*New home opening in Moose Jaw in 2016*

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# Paediatric Wooden Equipment Meets a Need



Since its introduction in 2014, the Council's Paediatric Wooden Equipment loan program has been successful in meeting a vital need in services for children living with disabilities in Saskatchewan. The program provides height-adjustable chairs, tables and therapy benches—made out of wood.

Lee Jasieniuk, a physical therapist at the Alvin Buckwold Child Development Centre in Saskatoon's Kinsmen Children's Centre says, "In our work, a bench is not just a bench—it's therapy. We use the wooden benches to teach children to sit, to climb, to go from sitting to standing, to practice balance."

The wooden benches are more affordable than some of the commercial options available, but it is their functionality that Lee appreciates most. "They're well-made and they stand up to multiple users. They come in more than one size and each size is adjustable, so you can adapt it as the child grows or to do specific tasks," she says.

Occupational therapist Charlotte Henderson says the wooden chairs and tables benefit children with decreased muscle tone in their core muscles, such as those with cerebral palsy or Down syndrome. "They're high-quality products with a great degree of adjustability. We can order them individually for each child, so parents can carry out therapy recommendations at home."



Chairs can be adjusted so that children can have both feet on the floor. Padding can be added to a chair for increased support. A cut-out lets children put their elbows on the table for increased stability.

"Parents are finding these tables are a great place for playing, feeding and developing fine motor skills like colouring. The cut-out is also good for children who have trouble focussing on tasks, because it provides a defined work area," Charlotte says.

Funded through Saskatchewan Aids to Independent Living (SAIL), the Council's Paediatric Wooden Equipment program provides equipment on a free loan basis, with appropriate referral.

## OUR MISSION

*The Saskatchewan Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreational services.*

## OUR VALUES

*At the Council we treat people with:*

• Respect • Honesty • Compassion

*Our programs and services are:*

• Client-centred • Goal-oriented • Accountable

*We value:*

• Teamwork • Excellence • Innovation

# AROUND THE COUNCIL

## 2016 EASTER SEALS SNOWARAMA

The Yorkton Easter Seals™ Snowarama is just around the corner! On February 6th, 2016, snowmobile enthusiasts from across the province will head to Yorkton for this exciting family-oriented fundraising event. With a minimum of \$150 in pledges, riders receive a free breakfast and lunch, free fuel at the midway point, and a complimentary invitation to the evening Awards Banquet. To find out how you can participate please call (306) 782-2463.



The 28th Annual Ability Bowl is set for April 23rd, 2016! Over 150 people will dress up in costume and 5-pin bowl for the purpose of raising funds to support the programs and services offered at the Swift Current Branch of the Saskatchewan Abilities Council. For more information please call (306)773-2076.



**Thank you for helping children and youth living with varying abilities succeed!**



# Yorkton Settlement and Integration Hosts 5th Annual Festival of Cultures



If you live in or around Yorkton, you've probably heard of the annual Festival of Cultures. The day-long multicultural event features food, music, dance and exhibits from various cultures represented in the region. In 2015, this included presentations and displays by First Nations, Canadian, Philippine, Thai, Indian, Mexican, Serbian, Jamaican, United Kingdom and Ukrainian cultures.

Did you know that for the past five years, the event has been hosted by *Partners in Settlement & Integration*? This unique service might just be one of the Saskatchewan Abilities Council's best kept secrets.

"We're a one-stop shop—the primary resource for settlement and immigration in east central Saskatchewan," says Edith Montesclaros, Senior Supervisor for *Partners in Settlement & Integration*. The

small, tightly-knit team includes Edith, a settlement advisor, a settlement worker and a newcomer liaison worker. Together, they provide a point of contact for an average of 300 newcomers a year, as well as for agencies and companies looking for information on settlement.

"Our focus is settlement—we want newcomers to stay in the region, so we do whatever we can to help them connect to services in the region and build connections in the community," Edith says. This ranges from help with daily living to housing, computer skills to language assessment, volunteer services to employment services.

"One measure of our success is that we see newcomers who have established themselves encouraging family members to come here," Edith says. "We are also seeing more newcomers buying houses—that shows their interest and commitment to building a life here."

Learn more about services, events, resources and news on the Yorkton Newcomer Centre website: [www.yorktonnewcomercentre.ca](http://www.yorktonnewcomercentre.ca).

## Join the Saskatchewan Abilities Council today!

# Yes!

I know my membership will help improve the quality of life for thousands of people living with disabilities in Saskatchewan.

Enclosed is my membership contribution of:

☐ \$25.00 ☐ \$75.00 ☐ \$150.00 ☐ surprise us! \$ \_\_\_\_\_

☐ I am already a member, but I am purchasing a membership for \_\_\_\_\_

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COUNCIL

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SASKATCHEWAN

# Abilities

COUNCIL

## Directors Corner - Kimi Duzan

Meet Kimi Duzan, new Regional Director at the Swift Current Branch. "When I came to the position in August 2015, it was like a homecoming," Kimi says. "I was born, raised, lived and worked in southwest Saskatchewan for a number of years before moving to Alberta. I've spent over three decades working in supported employment, and working for the Council was always in the back of my mind. When I saw the posting for the regional director, I thought, 'the stars have aligned!' I knew it was meant to be."

With new services and expanded programs, the branch is busier than ever, and Kimi credits staff members and community partners with helping her get up to speed. "There have been a lot of exciting developments in the last year, as well as a lot of evolution in the Council itself," Kimi says. "Today, the Council is guided more by the people we serve. Expectations have changed, especially among young people with disabilities and their families. They want to do what they see other young people doing—go to school with friends, go to the mall, play sports, have social opportunities. They want to be able to work, to have job options, to earn money and be independent."

In Swift Current, as in other Council branches, this shift in focus means more emphasis on community-based activities. "We encourage people to gather around their interests, not their disability. We help people of all ages and abilities explore and develop their interests, and then we connect them to opportunities in the community."



*Kimi Duzan – New Regional Director of the Swift Current Branch*

Kimi also points to a partnership that has the Council providing regular public transit service for the City of Swift Current as proof of how integrated the Council has become in the fabric of community life. "The Council has been serving Swift Current with Access Transit services for 30 years. The City knew we could bring value when they asked us to partner in providing regular transit service."

It is a win-win situation. The City gets an experienced partner in public transit, and the Council earns revenue by providing approximately 11,000 hours of regular transit services a year. "It also opens doors to all kinds of supported employment opportunities," Kimi adds.

The branch continues to explore opportunities to enhance its services and programs. "There's such great strength in the branch and the community," Kimi says. "I'm excited to use my experience to help expand partnerships and build relationships."

## Saskatchewan Abilities Council Programs & Services

### VOCATIONAL SERVICES

- Employment Opportunities
- Supported Employment
- Support Services
- Training

### REHABILITATION SERVICES

- Adaptive Technology
- Orthopaedics
- Parking Program for People with Disabilities
- Special Needs Equipment

### RECREATIONAL PROGRAMS

- Quality of Life Centres
- Camp Easter Seal
- Life Enrichment
- *SLYP-Out*
- *Summer Fun*
- Access Transit

