



Vernon

Embracing Disabilities Together

Disability Resources for
Youth Transitioning

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Young Adults with Disabilities: Wanting Independence in Vernon and Surrounding Area

Becoming a young adult can be an exciting time. For starters, excitement because as a young adult you will finally be on your own, but at the same time there are many questions circulating around your brain. When a young adult has a disability there may be a few additional questions that need answered before the complete move to independence. The following is a list of web sites or agencies that can help support a young adult in making this transition.

Independent Living Vernon



Vernon
Promoting a new perspective on disability

Provides social support and information referral to individuals with a variety of disabilities. There are social workers on staff who can assist an individual with filling the documents needed for services available.

Address: Suite #107, 3402-27th Ave. Vernon, BC
Phone: 250-545-9292
Fax: 250-545-9226
Website: www.ilvernon.ca

Find us on:



Independent Living Vernon

Programs at ILV:

Youth Opportunities Unlimited Group

A fantastic support group for youth and young adults with various disabilities. The group is for ages 16 – 29. Each Tuesday the group will meet up from 3:30-5:30pm and there are always different activities planned to try and fulfill the interests of the different group members. Joining the group is free and there are free snacks. During the awesome activities there are usually notes shared about independent living skills like budgeting, health concerns, employment skills, and community networking. There is no referral needed from the doctor and it is open to everyone who wants to join.

Coordinator: Crystal Williams

E-mail: crystal@ilvernon.ca

Find us on:



ILV YOU Group

Youth Transitioning Support Drop-in

This is a drop-in for youth with various disabilities becoming adults or trying to further their independence. Crystal can provide the youth or family with information on a variety of services available in the community or surrounding area to help make this transition process easier. The drop-in regularly runs Thursdays 2:00-4:00pm.

Contact: Crystal Williams @ 250-545-9292

E-mail: crystal@ilvernon.ca

Friendship Peer Support

A friendly support group for people with various disabilities. The group is primarily for adults and meets regularly on Fridays from 12:30-3:00pm. During the group there are usually stimulating conversations shared and entertaining games for all members to participate. There is no charge to join the group and there are usually snacks provided.

Indoor Adaptive Rowing Program

This is a great opportunity for people with disabilities to be physically active. Vernon Rowing & Paddling Club and Independent Living Vernon partnered up to run this program. There are two indoor rowing machines and the Rowing Club can bring a stationary seat to sit on a machine, for individuals who are unable to use their legs.

Contact: Crystal Williams @ 250-545-9292

e-mail: crystal@ilvernon.ca



**COMMUNITY LIVING
BRITISH COLUMBIA**

Community Living BC delivers supports and services to adults with developmental disabilities and their families in British Columbia.

Listed below is an overview of the types of support CLBC can provide to eligible adults and their families. For more detailed information, please contact your local community living centre.

Vernon local address:

Suite 201, 2802 – 30th Street

Vernon, BC

V1T 8G7

Phone: 250-549-5490

General Enquiries: vernon@communitylivingbc.ca

Manager: Bill Tidsbury

Programs at CLBC:

Residential

Community Living BC supports eligible adults to live as fully and independently as possible in the community. Funding and the type of

support provided depend upon the individual's current disability-related needs, support preferences, and preferred home environment.

Supported Living

Supported living is a residential option that provides individuals living independently in the community with assistance in daily living. This service is available to individuals who own, lease, or rent their own homes. Supported Living services include outreach support and cluster living. Outreach support provides targeted hourly support to individuals through one-on-one or group arrangements. Within cluster living, an on-site contractor provides ongoing support to a group of individuals who have homes close to one another (typically within the same apartment building).

Shared Living

Shared living is a residential option in which an adult with a developmental disability shares a home with someone who is contracted to provide ongoing support. The home is the primary residence of both the individual being supported and the person offering support. Shared living includes home sharing and live-in support. Within home sharing, the contractor controls the home through ownership, lease, or rental. Within live-in support, the individual controls the home.

Staffed Residential

Within staffed residential, support for daily living is provided to an individual or group of individuals by a team of staff who rotate through the home according to an established schedule that includes overnight hours.

Community Inclusion

CLBC funds a variety of community inclusion options. These services are designed to support individuals to have rich lives within community. The amount of funding and type of support provided depend upon the individual's current disability-related needs, support preferences, and goals for inclusion.

Employment

This service uses a variety of methods to ensure that individuals achieve employment within an integrated setting. This option includes supported employment, customized employment, and / or self-employment options. Employment is a first priority for individuals served by CLBC.

Skill Development

This service provides individuals with support to develop skills that are required for healthy, independent living. Support may be provided to individuals through one-on-one or group arrangements. Services are goal-based and time-limited.

Community-Based

This service is designed for individuals who require ongoing support to participate in community in a meaningful way. The service operates outside the individual participants' homes and is usually offered according to an established schedule that allows individuals to participate on a part-time or full-time basis. This service may have a vocational focus, social /recreational focus, or some combination of the two.

Home-Based

This service is designed for individuals who require ongoing support to participate in community in a meaningful way. The service operates within the individual participants' homes and is usually offered according to an established schedule that allows individuals to participate on a part-time or full-time basis. This service may have a vocational focus, social / recreational focus, or some combination of the two.

Respite

Respite provides families with a break from the challenges of caregiving. Families can use this service in the manner that best suits their unique circumstances. The service may be delivered in the family home, the home of a respite provider, or within the community.

Direct-Funded

Direct-funded respite is coordinated by families. The family recruits, screens, monitors, and pays for the delivery of respite services.

Contracted

Contracted respite is coordinated by a community-based agency. The agency recruits, screens, monitors, and pays for the delivery of respite services.

Support for Individuals and Families

CLBC funds a range of services for those who support an adult family member with a developmental disability. Services are designed to enhance the individual's overall quality of life and to strengthen the family's ability to manage. Services are typically goal-focused and time-limited.

Psychological

Psychological services require CLBC to establish a contract with a licensed psychologist or qualified mental health professional on behalf of an individual with mental health support needs. The service includes consultation, assessment, and therapy.

Behavioural

Psychological services require CLBC to establish a contract with a qualified professional on behalf of an individual with mental health support needs. The service includes consultation, assessment, and therapy.

Home-Maker

Home-maker services are available to individuals who require basic housekeeping services or temporary personal care to successfully live in the community. The service may also be accessed by those who provide ongoing, unpaid residential support to an adult with a developmental disability.

Support Coordination

This service is tailored to the unique needs of the individual or family. It may involve counselling, resource / referral, education / training, scheduling, advocacy, or connecting people with peers in the community. The service is typically delivered through a community-based agency that is contracted by CLBC to oversee the service. Support may be offered to an individual, a specific family member, an entire family, or family groups with similar needs.

Kindale Developmental Association for Community Living



The BC Association for Community Living (BCACL) is a non-profit federation working with partners to build community and to enhance the lives of children, youth and adults with developmental disabilities and their families by supporting abilities, promoting action and advancing rights, responsibilities and social justice.

Programs at Kindale:

Academics: Computer training with basic academics are provided for specified consumers.

Communications: A speech-language pathologist performs assessments, develops and implements programs specific to each consumer's needs.

Community Integration: Aims to develop valued social roles within the community. Offers one to one conversation and promotes street safety and awareness.

Community Living: Support in personal management, home management, money management, social skills, etc for individuals living independently in the community.

Computer Lab: Offered to learn computer skills from playing games to learning and improving spelling and maintaining personal banking information.

Cooking: Two full kitchens at Bechtold Centre and Seaton Centre. Kitchenettes at Bechtold and Old Towne Thrift Shoppe. Programs of varying intensity teach nutritional cooking skills.

Community Living Inclusion:

Bechtold Centre: houses the developmental, communication, and senior's programs

Mainstreet Connections: Provides a variety of services that promote independent living in the community (250) 545-2377

Old Towne Thrift Shoppe: Operated by volunteers and Kindale customers

Seaton Centre: Was built to specifications for persons with varying disabilities (wheel chair accessible) for full service developmental and senior's programs.

Employment Skills: Full range of employment training from behavior to vocational rehabilitation.

Health & Physical Development: A nurse monitors our consumer's health. Exercise sessions are part of many consumers daily programs.

Rotary Employment Program (REP)

Self Employment Company

Housing:

Middleton House: 2-storey home for 6 adults. Fully wheelchair accessible including customized ceiling tracking and wheelchair lift for easy access to both levels (Rose Breikreutz)

Rosewood House: Tri-plex for 5 adults (Synece Graves)

Van Kleeck House: 4 adults (Samantha Fairweather)

Warner House: 5 adults (Pat Blades)

Psychiatric Services: Kindale offers a range of assessment, diagnostic and program developmental services to consumers who have a dual diagnosis.

Secondary Student Transition Program: Provides work experience and transitional living for developmentally delayed students coming out of high school.

Self Help Skills: A variety of programs are in place based on individual assessments.

Semi-Independent Training: Consumers receive training to learn a variety of skills towards independence, and independence in the community.

Seniors Programs:

Arts/Crafts: Crafts are usually geared for the season and special occasions throughout the year

Baking: Every Friday, a hot lunch is prepared for consumers. It is the seniors departments job to prepare dessert.

Gardening: Consumers help with buying plants in the spring that will grow and can later be used in the fall for arts and crafts sessions.

Library: Weekly visits to the library to borrow books, tapes and videos.

Music: Consumers play musical instruments and sing some of their favorite songs.

Transportation: 6 vans to transport wheelchair-dependent individuals.

Contact:

Armstrong Centre

23A 3300 Smith Dr.

Phone:(250) 546 - 3005

Fax:(250) 546 - 3053

Email: kindale@kindale.net

Website: www.kindale.net

Seaton Centre

Vernon BC

1340 Polson Dr

Phone:(250) 558-1997



**CANADIAN MENTAL
HEALTH ASSOCIATION**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**

A nation-wide, volunteer organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, community-based research and services.

We are committed to providing an environment that is free from prejudice, discrimination and harassment. We strive to reflect the entire community in our volunteers and staff, and promote equal access to the services we provide.

Programs offered through CMHA:

Crisis Line

We hope that you will spend some time checking us out. Our programs have a rich history of compassion for people. From the grass roots beginnings the focus has always been on 'people first'.

If you are in need of support, call...

**CRISIS LINE: 1-888-353-CARE
(353-2273)**



If you are having thoughts of suicide call...

SUICIDE LINE: 1-800-SUICIDE (784-2433)

Peer Support Services

This consumer driven program provides a variety of services to consumers, including support and education, one-on-one social activity, hospital visitation, advocacy, and leadership training.

Peer Outreach

Peer Outreach volunteers are trained to offer support, friendship and empathy to their peers in the mental health community. Through interaction with their peers, they seek to foster:

- Empowerment through meaningful volunteer opportunities
- Awareness of resources in the community
- Independence by emphasizing recovery and by being positive role models

Peer Facilitation Program

Peer Facilitators are trained in communication skills, the rights of people hospitalized, the Mental Health Act, and issues affecting day-to-day living of people coping with a mental illness. They work with health care providers and their peers to ensure a higher quality of life and address concerns people with a mental illness might have.

Provincial Advocacy

Our CMHA BC Division Office strives to advocate at a broader "systems" level. To learn more about their projects visit:

www.cmha.bc.ca/advocacy

Contact Peer Outreach:

Phone: (250) 542-6155

Fax: (250) 542-5886

E-mail: peersupport@cmha.vernon.bc.ca

Bounce Back: Reclaim your Health

It is administered by CMHA and serves people in the community who suffer from low mood or depression, with or without anxiety, who are referred by their doctor. It is self-help that includes workbooks, a DVD and coaching sessions. The coaches in Vernon service the Okanagan Valley from Osoyoos to the Shuswap, with the exception of Kelowna, which has its own local coach.

For more information, please visit: <http://www.bouncebackbc.ca/>

Socialization and Recreation Program

The program provides Leadership Training, with opportunities for camping, fishing, boating and hiking. Weekly activities and events to support creativity and exercise range from art and guitar lessons, to swimming and floor hockey. These are just some of the activities, there are many more to participate in! See our Branch for more details...a calendar of activities is available at the front desk. You can also view this month's activities on this website.

Website: <http://vernon.cmha.bc.ca/how-we-can-help/recreation>

Therapeutic Programs

Light Therapy

This program assists individuals in the treatment of depression, and/or Seasonal Affective Disorder. Please call to make an appointment

Arts & Crafts

At CMHA VERNON, we offer activities that are proven to be therapeutic for those coping with a mental illness. Some of these activities include:

- Arts lessons
- Quilting
- Guitar lessons

Pre-vocational Programs

Our Supported Work Coordinator is dedicated to supporting individuals in achieving their employment goals. At CMHA VERNON, we offer a variety of programs and services to individuals overcoming mental health issues:

- Recycling Works
- Clean Works
- Kitchen Program and Coffee Room
- Supported Employment
- Clerical Works
- Retail Training
- Leadership Training

Employment

Coordinated by Zane Klym, this program assists consumers with resume writing, interview skills, training courses, and finding part or full-time employment. Volunteer and paid work positions include: local pizza shop, retail stores, gas stations, assembly line production, grocery and convenience stores, lawn maintenance, building maintenance, food bank, and several non-profit agencies.

Supported Housing

CMHA, in partnership with Mental Health Services, operates two care facilities, with a combined total of 26 beds, for individuals requiring a more structured assistance at various stages of their recovery. The facilities have 24 hour staff trained in psycho/social rehab, as well as nursing staff. Education and life skills training are the key elements to these programs.

Subsidized Housing

Vernon CMHA is also responsible for the care and management of over 140 mental health and low income units. One, two, three or four bedroom units are available. With the partnership of BC Housing and Interior Health Authority, our community benefits from the wide range of housing options available.

CMHA Housing Complexes in the Vernon Area:

53rd Avenue Complex - 2201 - 53rd Ave. (42 Units)

Albert Place - 3610 25th Ave. (18 Units)
27th Street - 3305 27th Street (8 Units)
CMHA House - 3405 Okanagan Ave. (7 Units)
Melrose Apartments - 3003 28th Ave. (6 Units)
The Belvedere - 1708 32nd Street (17 Units)
Yin-Ho Gardens - 4206 Alexis Park Drive (43 Units)

Application Form for Subsidized Housing can be found at the website:
<http://vernon.cmha.bc.ca/how-we-can-help/housing-income>

Canadian Mental Health Association, Vernon & District Branch

3100 - 28th Ave.

Vernon, BC

V1T 1W3

Canada

- **Hours:** 8 AM - 4 PM Mon - Fri
- **Phone** (250) 542-3114
- **Fax** (250) 549-8446

General Emails vernon@cmha.bc.ca

Website www.vernon.cmha.bc.ca

i Belong

www.ibelong.ca -

A new website on friendship. If you are a young adult with intellectual disabilities, this is a great website to check out for: Videos, Stories, Activities & Documents, Plain language in Young Adults section, "Listen" buttons (if you don't want to read).



Angel Society

www.angelscommunity.com/EN/disabilities/ -



Their goal is all about providing the most up to date sources of help find services for a variety of disabilities.

Amputee.ca

<http://www.amputee.ca/index.htm> -

newest online resource for amputees in Canada and around the world.



Therapeutic Riding Association, North Okanagan

<http://www.notra.info/> -



Horseback riding has long been recognized in Europe as an excellent means of providing physical, psychological, social and educational benefits for people with disabilities. The first Canadian program was initiated in Ontario in the late sixties and now there are many therapeutic riding programs all across Canada.

Address: 9380 Highway 97N, Vernon, BC

Phone: 250-549-0105

Vernon Rowing & Dragon Boat Club, Adaptive Rowing

<http://www.vernonrowinganddragonboat.com>

VRDBC is dedicated to sharing the benefits of sport equally with our community, regardless of age and ability. Through rowing and paddling sports, we strive to encourage participation, personal challenge and the pursuit of excellence from grass



roots to the Olympic and Paralympic podium. VRDBC broadens access to sport by offering programs and events that encourage broad participation. It is hoped that by encouraging participation, personal challenge and the pursuit of excellence, we will foster healthier and happier individuals, and a stronger community.

VRPC can accommodate rowing for most persons with disabilities. The boats are wide bodied and stable with pontoons on the riggers that make flipping them virtually impossible. For arms only rowers, there are fixed seats with backs and wide Velcro straps that secure the rower. For rowers who can use their trunk and legs, the pontoons alone create the stability necessary to row with ease. CO2 lifejackets are available to wear as an added safety precaution.

Acknowledge the financial assistance of the Province of BC.

Coordinator: Lisa George

Phone: 250-938-7769

E-mail: lisa@vrdbc.com

Team Canada GO Office: 1-866-658-6333

Anxiety BC

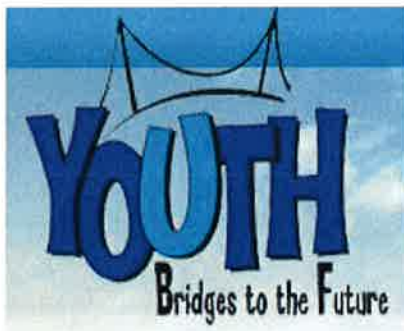
<http://www.anxietybc.com/> -

To increase awareness of anxiety disorders.



Bridges to the Future

<http://www.bridgestothefuture.ca/> -



Bridges was developed to close the gap between services for children with physical disabilities and services for adults with physical disabilities. Bridges transcends this division by assisting and empowering youth with necessary skills to move forward into adulthood independently as possible.

Blind Sports

<http://www.bcblindsports.bc.ca> -

British Columbians who are blind, visually impaired, deaf blind, or have additional disabilities will experience the enjoyment of achieving a healthy active lifestyle through participation in physical activity, physical education, recreation, outdoor pursuits, and sport at their chosen level.



Disability Sport

<http://www.disabilitysport.org/> -

- To lead in the organization of the BC Disability Games.
- To identify ways that BC Disability Sports can support athletes with disabilities.
- To strengthen relationships with our members.
- To develop relationships with BC communities to enhance sport opportunities for people with disabilities.



- To build mutually beneficial relationships with key stakeholders.

Physical Activity Programs

Vernon Wheelchair Basketball Club

The BC Wheelchair Basketball Society (BCWBS) is a non-profit organization formed in 1983 and registered with Revenue Canada as a charity since 1985. BCWBS provides support to wheelchair basketball programs throughout British Columbia.

Vernon Coordinator: Kathey Van der Star

E-mail: kathey@vanderstar.com

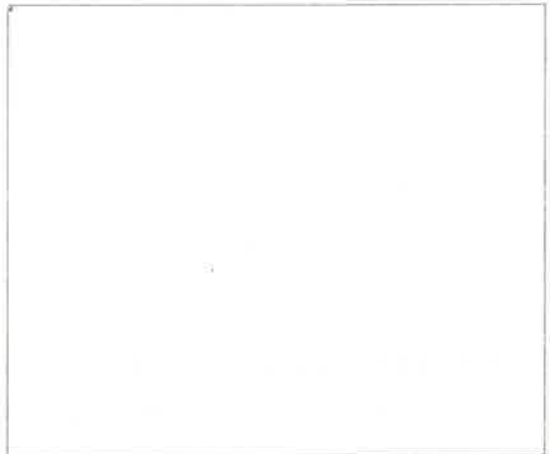


BC Wheelchair Sports Association

BC Wheelchair Sports Association has served to enrich the lives of Canadians. We work with partners across the country to provide wheelchair sports opportunities for individuals with physical disabilities. Our scope is wide. We provides programs for athletes from the grassroots to the Paralympic level, and develop world-class coaches, officials, classifiers and other sport professionals.

Sports under our umbrella include wheelchair rugby, wheelchair athletics (track and field), and wheelchair tennis. We oversee wheelchair basketball through BCWBS. We provide support for other activities, including floor hockey and target sports. We believe strongly in the benefit of sport recreation for individuals

with disabilities for all British Columbians. This has always been our passion. We're not just changing wheelchair sports. We're changing lives.



BCWSA – Tennis

Website: www.bcwheelchairsports.com

Provincial Coach: Steve Manley, Club Pro II, Wheelchair Tennis Certified
steve@bcwheelchairsports.com

Program Coordinator: Lisa Myers lisa@bcwheelchairsports.com

Program Manager: Kevin Bowie kevin@bcwheelchairsports.com

Program Manager: Holly Tawes holly@bcwheelchairsports.com

Phone: 604-333-3520

Website: <http://www.bcwheelchairsports.com>

Special Olympics

<http://www.sobcvernon.ca/> -



Adults, youth and children with an intellectual disability Vernon Special Olympics has sports for athletes of all ages and abilities: Alpine Skiing, Bocce, Bowling, Basketball, Club Fit, Cross-Country Skiing, Curling, Floor Hockey, FUNdamentals, Golf, Power Lifting, Slo Pitch, Soccer, Snowshoeing, Swimming, T-Ball, Track & Field

Contact: 002 - 3402 - 27th Ave.
Vernon, B.C. V1T 1S1
Telephone: 250-306-8954

BC Lupus Society

<http://www.bclupus.org> -



BC Lupus Society

To provide education and support to people affected by lupus; to create awareness of lupus; and to support advances in the treatment and research.

Paraplegic Association

<http://bcpara.org/> -

The BC Paraplegic Association provides the support counted on by thousands of BC residents with spinal cord injuries and other physical disabilities to enable their transition from hospital care to the community.



CONNEC TRA SOCIETY

<http://www.connectra.org/> -

Dedicated to encouraging and enabling people with physical disabilities to contribute to their communities by fostering community support and establishing relationships that reward personally and financially. Our goal is to connect people with physical disabilities to the community at large on a number of levels. Individuals and businesses get involved to encourage and support our participants with opportunities that help them to pursue interests and realize ambitions.



CNIB

<http://www.cnib.ca/en/bc-yukon/> -

CNIB is the primary source of support, information and most importantly, hope, for all Canadians affected by vision loss.

We are recognized experts in vision health and have been making a profound difference in the lives of Canadians since 1918.



At CNIB it is well understood that there are ways to enjoy a good quality of life for any of us experiencing vision loss, and important preventive steps we can all take to maintain vision health.

Disability Foundation

- <http://www.disabilityfoundation.org/>

The foundation provides opportunities for people with disabilities. It promotes the capabilities and talents of people with physical challenges, once barriers in the physical landscape have been overcome. Check out the affiliated societies!



Disabled Sailing BC



<http://www.disabledsailingbc.org/> -

Today, the Disabled Sailing Association of BC (DSA-BC) operates eight specially designed Martin 16 sailboats and hosts between 800 and 1,000 sailing experiences annually at Jericho and more from its affiliated branches in Victoria, Chemainus and Kelowna.

Pacific Assistance Dogs Society

<http://www.pads.ca/> -

PADS dogs are the heart of our program: they are the reason we exist at all. PADS dogs are specially trained to aid people with physical disabilities or who are deaf or hard of hearing and are also placed with professional caregivers who work in long term care facilities and group homes.



Silver Star Adaptive Snow Sports

<http://www.ssass.bc.ca/> -

Provide ski and snowboard lessons for students of all ages with a variety of disabilities. Team and volunteer instructors work closely with each student to determine the most appropriate method of traveling the slopes and our goal is to have each individual safely enjoy the snow in the least restrictive way possible.

A member of the Canadian Association of Disabled Skiers.



BRAINTRUST Canada, Vernon

Branch

www.braintrustcanada.com

BRAINTRUST
C A N A D A

BrainTrust Canada Association is a progressive community agency dedicated to preventing injury and maximizing independence for people living with brain injury. We currently offer services to individuals with brain injury and their families throughout the Interior of BC and our injury prevention efforts have impact across the nation.

Organizational Programs

Direct Support to Individuals & Families

COBIS provides local individualized community support and rehabilitation services. Including: residential, pre-employment, health maintenance, education, financial, compensatory strategy development, advocacy, and family support.

Community Education and Prevention

Provides local, regional, provincial and national public education, awareness and injury prevention strategies. We are currently engaged in a large awareness and prevention campaign designed to heighten awareness of brain injury in BC and Canada.



Research Centre

Engages in action and applied research relating to support and treatment strategies for people living with acquired brain injury. This group is currently under development.

Phone: (250) 307-6064

Fax: (250) 861-3008

E-mail: infovernon@braintrustcanada.com

Vernon and District Association for Community Living

– Venture Training

www.vdacl.ca

Vernon and District Association for Community Living is a non-profit, community based organization, serving persons with developmental disabilities in Vernon and the surrounding communities.



Offers a variety of supports in our Adult Community Living programs, Community Employment Partnerships Programs and Community Access Programs.

Programs & Services

Community Connections

- Participants enjoy and assist in the planning of community, social, and recreational activities. This includes but is not limited to: Tai Chi, music, arts and crafts.

Venture Uptown

- Participants enjoy community based social and recreational activities such as pool, darts, and tours.

Lifeskills Community Outreach(Basics)

- Individuals living independently or semi-independently receive one-to-one and group assistance in all aspects of life, recreational skills and job skills development.

Venture Therapeutic Woodworking

- Participants are provided with vocational training, skill enhancement and training, through the productive lath, survey stakes and pallet repair.

Accessing Community Training (ACT)

- Individualized skill enhancement including areas of computers, literacy, finance and community independence.

Venture Therapeutic Cycle/Cycle

- In partnership with the Vernon RCMP participants assist in retrieving stolen bicycles in and around Vernon. Bikes are either returned to owners, stripped for parts or sold.



Recycling Therapeutic Program

- Participants sort and recycle materials in partnership with local government and businesses.

The Place Therapeutic Lunch Program

- Participants prepare lunches for a number of School District 22 elementary schools. Participants assist in all aspects, from shopping and preparation to delivery

E-waste

- Community partnership program that provides the public with a designated collection site to dispose of electronic items they no longer require and are considered "End of Life".

Supported Work Program

- Employment opportunities should be available to all individuals. All of our interventions, skill development and case management are geared toward successful participant employment and employer satisfaction.

Armstrong Outreach

- Through hands on skill development and participation in community activities participants gain an increased level of independence and self-confidence.

Volunteer Home Share Network

- Offers alternatives to staffed residential homes by providing individuals an opportunity to live within their community with non related families.

- There are two ways Home Share Network transpires. One: Family Care Model; where adults will live with a family either by just renting a bedroom, or living in a self-contained suite with-in the family home. Two: Modified Family Care; adults have their own apartment/home and another family is moved into that individuals space, or the adult lives next door and the family assists in the development of the individual's independent living skills.
- Venture Home Share Network contracts families (singles/couples) that are interested in welcoming an individual into their home. The family's (Provider's) responsibility to create an environment that allows for a healthy and balanced life.
- **Contact** for VENTURE HOME SHARE NETWORK
4240 ALEXIS PARK DRIVE
VERNON, BC
V1T 6H3
- Phone: 250-503-1108
- Fax: 250-549-3394



Venture Centre Contact:

4240 Alexis Park Drive

Vernon, BC V1T 6H3

Phone: 250-542-2374, Fax: 250-549-3394

e-mail: vdac@shawcable.com

North Okanagan Community Life Society (NOCLS)

– www.nocls.com

To be an innovative leader in the development of mentally and physically challenged individuals to enable them to achieve their highest potential.



Making Connections

- Developing more socially inclusive personal lifestyle options, and connecting people in the community. Assisting with individual needs to gain access to support services and help him/her to have a healthy and safe adult social care options and opportunities.

In Depth Assessments

- In partnership with families, workers facilitate a thorough assessment to understand a client's needs, health concerns, and supporting services. By doing this assessments it is hopes that the client obtains valuable and meaningful services. Helps empower individuals to set their own life's visions.

Funding and Support Application Process

- Help families gain access to government supports and funding to allow clients to have control over who they hire to provide personal assistance. Allow client's with physical disabilities become self-managers of their own personal assistance.

Family Support Groups

- To help families to better understand the process necessary to support their loved ones to attain autonomy and self-directed support.

Office Address: 4102 Pleasant Valley Rd. Vernon, BC V1T 4M2

Phone: 250-545-5153 Fax: 250-558-0753

E-mail: garry.molitwenik@nocls.com

Community Recreation Initiatives Society (CRIS)

- www.adaptiveadventures.ca

Provides various sport activities for people with disabilities.

Activities may include, but are not limited to kayaking, canoeing, hiking, and cycling.

Daily programs are run throughout the year and multi-day trips are also offered.



Address: Mission Park RPO

P.O. Box 25141

Kelowna, BC V1W 3Y7

Phone: 250-979-3941

Fax: 1-866-903-3383

E-mail: general@coreinso.com

Disability Alliance BC



For over 35 years, Disability Alliance BC (formerly BC Coalition of People with Disabilities) has been a provincial, cross-disability voice in British Columbia.

Our mission is to support people with all disabilities, to live with dignity, independence and as equal and full participants in the community. We champion issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research and publications.

Advocacy Access

- Advocates assist hundreds of people in our office to apply for and appeal the denial of provincial and federal (Canada Pension Plan [CPP-D]) disability benefits.
- Help hundreds more over the phone and by email.
- Help other organizations across BC to assist people with disabilities through our workshops and published information.

Community and Residents Mentors Association

*** CARMA**

- To provide opportunities for people with disabilities to encourage and to assist others to plan their life goals
- To provide peer support for residents of George Pearson Centre who wish to make a transition to the community
- To collaborate with service providers and government in the development of the most appropriate resources for community living
- To research and evaluate the impact of peer mentoring on quality of life

Emergency Preparedness

- Since 2006, the DABC Emergency Preparedness Project has been a leader in promoting the inclusion of people with disabilities in emergency preparedness in BC and Canada.
- Projects for this include: Workshops, Training for Businesses, Training for Community Organizations, Numerous Publications in their Library, 9-1-1: Help Emergency Services – needed information about calling for emergency assistance.

Registered Disability Savings Plan

Free Resources about:

The Registered Disability Savings Plan (RDSP), introduced in 2007, is a powerful way for eligible people with disabilities to save for their long-term financial security. It also enables people receiving social assistance to protect assets and income.

The Registered Disability Savings Plan (RDSP) Action Group has created a great new user-friendly guide on the RDSP, entitled *How to Start and Manage a Registered Disability Savings Plan in British Columbia*. DABC is a member of this group.

To download the guide, please visit the following link: <http://www.sdsi.gov.bc.ca/publicat/pdf/rdsp.pdf>

To assist people with disabilities receiving social assistance who want to know more, DABC has completed the following resources that are available to download [or watch] at no cost.

- **Publications:** Visit the Library to see all the [RDSP Publications](#) .
- **Videos:** See these videos on our [YouTube Channel](#): Why You Should Open an RDSP | Putting Money In | Getting Money Out | RDSP and People Receiving Social Assistance.



Social Inclusion Demonstration Project

Tax AID DABC

- Tax Assistance and Information for People with Disabilities DABC (Tax AID DABC) is a new program offered by Disability Alliance BC.
- Can assist people who are receiving the Persons with Disabilities (PWD) benefit or the Persons with Persistent and Multiple Barriers (PPMB) benefit with simple income tax filings and information/referrals.
- There are a number of financial benefits available to British Columbians who file their taxes. The money received from these benefits will not usually affect PWD or PPMB assistance cheques. These benefits are listed below:
 - GST/HST Credit
 - BC Low Income Climate Action Tax Credit (up to \$115. 50 for families living on a low income)
 - PST Credit
 - Working Income Tax Benefit
 - Canada Child Tax Benefit
 - Registered Disability Savings Plan Grants and Bonds

Wellness and Disability Initiative

- Umbrella program which includes: AIDS and Disability Action Program (ADAP) and Health Education, Advocacy and Leadership (HEAL)
- All WDI programs provide health and wellness information in plain language and alternative formats. We serve people with disabilities, family members, caregivers, healthcare workers and educators.

Contact:

Advocacy Access Program

Phone 604-872-1278 **Toll Free** 1-800-663-1278

TTY line (hearing impaired only) 604-875-8835

Office Hours: Monday to Friday 8:30 a.m. - 4:30 p.m.

DABC: all other programs

Phone 604-875-0188; Toll Free 1-800-663-1278

TTY line (hearing impaired only) 604-875-8835

Fax 604-875-9227

Email: feedback@disabilityalliancebc.org

Email

Please do not send urgent or time-sensitive requests by email. Please call us if you need a fast response. Thank you.

General email and webmaster: feedback@disabilityalliancebc.org

Wellness and Disability Initiative and HEAL Program:
shelley@disabilityalliancebc.org

AIDS and Disability Action Program: shelley@disabilityalliancebc.org

Emergency Preparedness Program
karen@disabilityalliancebc.org

CARMA: carma@disabilityalliancebc.org

Individualized Funding
ifproject@disabilityalliancebc.org

Transition: trans@disabilityalliancebc.org