

PLANNED LIFETIME ADVOCACY NETWORK (PLAN)

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PLAN AFFILIATES – CANADA

PLAN Okanagan (Kelowna, BC)

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Email: mary@planok.ca;
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PLAN Calgary

Phone: (403)263-8226
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PLAN Edmonton (Edmonton, AB)

Phone: (780) 488-2422
Website: Planedmonton.ca

Lethbridge Association for Community Living

Phone: (403)327-2911
Email: mail@lacl.ca;
Website: www.lacl.ca

RDRACL PLAN (Regina, SK)

Phone: (306) 790-5680 • Fax: (306) 586-7899
Email: mainrdacl@sasktel.net

Thunderbay Family Network (Thunder Bay, ON)

Phone: (807)577-0034
Email: info@tbfm.ca;
Website: www.tbfm.ca

Citizen Advocacy (Ottawa, ON)

Phone: (613)761-9522
Email: info@citizenadvocacy.org;
Website: www.ciitizenadvocacy.org

Partners for Planning (Toronto, ON)

Phone: (416)232-9444
Email: info@plantoronto.ca;
Website: www.partnersforplanning.ca

Planned Lifetime Networks (Waterloo, ON)

Phone: (519)746-1188
Email: info@plnwwwo.ca;
Website: www.plnwwwo.ca

PLAN AFFILIATES – UNITED STATES

LifeSPAN (Redmond, WA)

Phone: (425) 883-9867
Email: info@lifspan-wa.org;
Website: www.lifspan-wa.org

Family Link (Boulder, CO)

Phone: (720)266-2797
Email: familylink@emlink.org;
Website: www.familylinkcolorado.org

PLAN of Arizona (Phoenix, AZ)

Phone: (602)759-8180
Email: plan@planofaz.org;
Website: www.planofaz.org

OTHER FUTURE PLANNING ORGANIZATIONS – CANADA

Continuity Care Inc. (Winnipeg, MB)
Phone: (204) 779-1679

Website: www.continuitycare.ca

The Circle of Life: A Life Planning Workbook – Manitoba (see website for details)

LifeTRUST Planning a living legacy (Fee-based planning firm serving families of individuals with special needs)
60 Harrison Drive, Newmarket, ON L3Y 4P4
Toll Free (Canada and USA) 1-800-638-7256

Website: www.life-trust.com/

OTHER FUTURE PLANNING ORGANIZATIONS – INTERNATIONAL

The ARC (many chapters in US) – Future Planning Resources

'A Family Handbook on Future Planning' (revised 2003) and other resource sites

Website <http://thearc.org/misc/futplan.html>

Disabled and Alone / Life Services for the Handicapped, Inc.

New York, NY

Phone: (212) 532-6740 | (800) 995-0066 Fax: (212) 532-3588

Email: info@disabledandalone.org

Website: www.disabledandalone.org

Also publishes LifeLines newsletter

The National PLAN Alliance (Planned Lifetime Assistance Network; Saratoga Springs, NY)

Telephone: (518) 587-3372 Fax: (518)587-3372

Website: www.nationalplanalliance.org

Vision

Creating a vision for a good life with your family member with a disability 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.

A Good Life 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.

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Email: inquiries@plan.ca Website: www.plan.ca

Peace of Mind CD ROM

Peace of Mind 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.

Safe and Secure-Seven Steps to creating a Good Life for People with Disabilities — Alberta Edition by Al Etmanski with Jack Collins and Vickie Cammack. Alberta contribution by Tom Cain

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 Alberta. Safe and Secure includes specific information on AISH 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 Alberta there is no better source for information to help you plan for the future of your relative with a disability.

Phone: 403.263.8226

Email: admin@plancalgary.ca Website: www.plancalgary.ca

PATH: Planning Alternative Tomorrows with Hope

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

Email: inclusionpress@inclusion.com Website: www.inclusion.com

Peace Begins With Me by Ted Kuntz

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.

Phone: (604)942-7134

Email: Tedjkuntz@gmail.com Website: www.peacebeginswithme.ca

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.

PLAN Institute for Caring Citizenship

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.

Email: inquiries@planinstitute.ca Website: www.planinstitute.ca

The Company of Others: Stories of Belonging by Sandra Shields and 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 Website: www.planinstitute.ca

Reaching Out; A portrait of social networks in Canada by Nancy Rother

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

One Candle Power — Seven Principles that Enhance the Lives of people with Disabilities and Their Communities

Revised by Cathy Ludlum and the Communitas Team. 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 Website: www.inclusion.com

Weaving the Ties That Bind

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.

Email: inquiries@planinstitute.ca Website: www.planinstitute.ca

Social Networks Annotated Bibliography by Brian Smith

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.

Website: www.planinstitute.ca

Home

A home is 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.

Home is Where the Heart Is

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: inquiries@plan.ca Website: www.plan.ca

Creating Housing Choices for People with Developmental Disabilities

A Resource Guide, Itay Greenspan and Laural Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.

Creating a Future of Home Ownership for Persons with Developmental Disabilities

June Birch and Maureen Murphy Black, May 2003.

Housing Issues for Albertans with Developmental Disabilities: A Discussion Paper November 2001

http://www.pdd.org/docs/prov/housing_issues.pdf

Home Ownership: A Resource Guide

http://www.pdd.org/docs/prov/PL_HomeOwnershipGuide.pdf

Canadian Cohousing Network

Cohousing describes intentional neighbourhoods 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: www.cohousing.ca

ALBERTA HOUSING RESOURCES

ACCESSIBLE HOUSING SOCIETY

A non-profit organization and registered charity with a mandate to open doors to homes that are accessible and affordable for people with limited mobility. Through outreach and residential programs, they provide housing and personal support so that everyone can have a home, belong and participate in the community.

Deerfoot Junction III, Suite #215, 1212 – 31st Ave NE Calgary, AB T2E 7S8

Phone: (403) 282-1872; Fax: (403) 284-0304

Email: info@accessiblehousing.ca

Website: www.accessiblehousing.ca

ATTAINABLE HOMES CALGARY CORPORATION

A non-profit organization and wholly owned subsidiary of The City of Calgary that works to deliver well-appointed, entry-level homes for Calgarians who have been caught in the city's growing affordability gap.

1010 – 6 Ave SE, Calgary, AB T2P 0V8

Phone: 403-265-9935

Email: Sales@Attainyourhome.Com

Website: [Http://Www.Attainablehomescalgary.Ca/Content/Connect-Us](http://Www.Attainablehomescalgary.Ca/Content/Connect-Us)

CANADA MORTGAGE AND HOUSING CORPORATION

CMHC works with its government, industry, and non-profit partners to improve access to affordable housing for these Canadians.

200, 1000 – 7 Ave SW, Calgary, AB T2P 5L5

Phone: 403-515-3000

Website: [Http://Www.Cmhc-Schl.Gc.Ca/En/Corp/Cous/Cous_006.Cfm](http://Www.Cmhc-Schl.Gc.Ca/En/Corp/Cous/Cous_006.Cfm)

CRA HOME BUYERS PLAN

The Home Buyers' Plan (HBP) is a program that allows you to withdraw up to \$25,000 in a calendar year from your registered retirement savings plans (RRSPs) to buy or build a qualifying home for yourself or for a related person with a disability.

Website: <http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rrsp-reer/hbp-rap/menu-eng.html>

HOME PROGRAM

The HOME Program has been developed to meet the need in the community in assisting moderate income individuals and families in becoming home owners.

Phone: 1-877-504-6161

Website: www.thehomeprogram.ca

HORIZON HOUSING

A not for profit organization providing affordable, integrated and supported homes to over 700 individuals in the city of Calgary. The Society serves tenants with a variety of special needs including individuals living with mental health challenges, physical disabilities, families and seniors living below the poverty line and the working poor.

#400, 105 – 12 Ave SE, Calgary, AB T2C 1A1

Phone: 403-297-1746

Email: Info@Horizonhousing.Ab.Ca

Website: [Http://Www.Horizonhousing.Ab.Ca](http://Www.Horizonhousing.Ab.Ca)

MOMENTUM

Graduates of Momentum's Fair Gains Program may be eligible to apply for the Owen Hart Foundation's Home Owner's Program.

16 – 2936 Radcliffe Dr SE, Calgary, AB T2A 6M8

Phone: 403-272-9323

Email: Info@Momentum.Org

Website: <http://www.momentum.org/fair-gains>

PRAIRIE SKY CO-HOUSING

Prairie Sky Cohousing Cooperative is an 18-unit residential development in Calgary, Alberta, Canada. They are a cooperative and caring neighbourhood based on principles of community, respect, and sustainability.

403 – 31 Ave NE, Calgary, AB T2E 2E3

Email: Info@Prairiesky.Ab.Ca

Website: <https://Prairieskycohousing.Wordpress.Com/Contact-Us/>

RAMP (RESIDENTIAL ACCESS MODIFICATION PROGRAM)

The Residential Access Modification Program (RAMP) provides grants to help lower-income Albertans with mobility challenges modify their homes so they can enter and move around more easily.

Alberta Human Services, Disability Services Division

10040 – 104 St NW, Edmonton, AB T5J OZ2

Toll Free: 1-877-427-5760

Email: Ramp@Gov.Ab.Ca

Website: <http://www.humanservices.alberta.ca/Disability-Services/Residential-Access-Modification-Program.Html>

Supported Decision Making and Guardianship/Trusteeship

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

Supported Decision Making

Outlines the continuum of supported decision making for different scenarios as well as information around Personal Directives, Wills, and Enduring Power of Attorney.

Website: www.HumanServices.Alberta.Ca/Guardianship-Trusteeship/supported-decision-making-how-it-works.html

Office of the Public Guardian

This website lists all the offices of the Public Guardian in Alberta

Or contact Alberta RITE operator at 310.0000 and ask to be connected toll free to the office nearest you.

Website: www.HumanServices.Alberta.Ca/Guardianship/OPG-Contacts

Public Trustee for the Province of Alberta

Alberta's Office of the Public Trustee protects the financial interests of vulnerable Albertans by administering the estates of dependent adults, deceased persons and minors when there is no one else to act.

Phone: 780.427.2744 Fax: 780.422.9136

Website: www.HumanServices.Alberta.Ca/guardianship-Tusteeship

Alberta Civil Liberties Research Centre

Provides clear explanations regarding many Alberta laws, for example, Guardianship.

Faculty of Law, University of Calgary

Phone: 403.220.2505

Website: www.aclrc.com (then go "Publications — Seniors and the law")

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 a will and creating a discretionary trust is an important way to ensure that your family member with a disability still receives disability benefits.

Assured Income for the Severely Handicapped (AISH)

This program provides financial assistance and health benefits to adults with permanent disabilities that severely impair their ability to earn a living.

Edmonton: 1.780.644.9992

Outside Edmonton: 1.877.644.9992

Website: <http://humanservices.alberta.ca/disability-services/aish.html>

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, Phone passes, subsidies for housing, etc.

Website: 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.

Toll Free: 1.800.277.9914 TTY: 1.800.255.4786

Website: www.sdc.gc.ca

Registered Disability Savings Plan (RDSP)

A tax-deferred savings plan established by the Government of Canada and the PLAN Institute of Canada.

Website: www.rdsp.com

Tax Credits & Deductions for Persons with Disabilities

Website: <http://www.cra-arc.gc.ca/disability>

Trusts

Website: <http://financialplanners.tdwaterhouse.ca/public24b3c33-125d-4800-8098-ba3d741d8e90.pdf>

Services & Other Resources

Persons with Developmental Disabilities (PDD) Program

The PDD Provincial Board develops, implements, and evaluates a provincial plan for the delivery of supports to adults with developmental disabilities. The Provincial Board also coordinates, funds, monitors, and assesses Community Boards in the carrying out of their activities.

Phone: 780.427.1177 Fax: 780.427.1220

Website: www.pdd.org

Premier's Council on the Status of Persons with Disabilities (liaison)

The Premier's Council aims to improve the lives of persons with disabilities. They do this by listening to issues of the disability community and communicating them to members of government.

Toll Free: 1.800.272.8841 Phone: 780.422.1095

Website: www.seniors.gov.ab.ca/CSS/premiers_council/index.asp

PWD online: Guide to Government of Canada Services for People with Disabilities and their Families.

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 NonGovernmental Organizations.

Website: <http://www.pwd-online.gc.ca/>

Quality Mall Website

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: www.qualitymall.org

THE TIES THAT BIND Documentary

Award-winning filmmaker John Ritchie takes a first-hand look at a family's struggle to let go, when every instinct compels them to hang on. Chris Jordan has multiple disabilities and he wants to move out of his parents' apartment and start his own life. The result is an intimate film that reveals the complexity around one young man's transition to a more independent life.

Website: <http://www.forcefour.com/productions/catalogue/the-ties-that-bind/>

Capacity Works. – Dr. Beth Mount

CapacityWorks 2 reflects the spirit of a global network of activists who are creating a person-centered world view that honors the capacities of people with disabilities and supports their engagement in civic life. CapacityWorks2 seeks to authenticate the art form of the imaginative journey of thousands who are finding their way toward a larger purpose in life.

Website: www.capacityworks2.com

Social Role Valorization and Person-Centred Planning

Social Role Valorization (SRV)

International Speakers and Training Events including:

Darcy Elks – Workshops include “A Vision for Families: Social Value and Inclusion for Children and Adults with Disabilities”

Website: www.socialrolevalorization.com/

Community Works (Person-Centred Planning Facilitators)

David and Faye Weatherow

911 Terrien Way

Parksville, BC V9P1T2

Phone: 250 248-2531 • Fax: 775-535-4897

Website: www.communityworks.info

Our-Kids-Adults: Support for Parents and Caregivers of and Adults with Disabilities

Life Planning: Financial and Legal (US and CDN – although some links no longer active)

Website: www.our-kids.org/OKAdults/lifeplan.html

PLENA – Public Legal Education of Alberta

Disability Law Referral Project

Website: <http://plena.org/new/index.asp?id=42>

Special Needs Future Planning – ‘Letter To My Fellow Parents’ from the Law Offices of Brian Rubin (Illinois)

Website: www.brianrubin.com/sys-tmpl/anopenlettertomyfellowparents/

The Special Needs Network (Illinois) – ‘10 Steps To Special Needs Planning For Families of Individuals With Disabilities’

Website: www.tsnn.org/resources/10steps.html

PUBLICATIONS / ARTICLES

- Anything from **INCLUSION.COM** – Includes **Inclusion Press, Inclusion Network** and **Marsha Forest Centre**; www.inclusion.com
- **A Good Life for you and your relative with a disability**, by Al Etmanski (PLAN).
- **Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities**, by Al Etmanski et al (PLAN). Also available in Alberta Edition. A step-by-step workbook for families and professionals.
- **Stronger Together – Ideas, reflections and suggestions about networks of support**, by Bruce Kappel. Published by Support & Trustee Advisory Services of Brampton, Ontario 1998.
- **We Come Bearing Gifts: The Story of the Deohaeko Support Network (1996)** by Janet Klees,
- **On our own...together: Trust funds for families with financially dependent loved ones and Endowment funds for small not-for-profit and charitable organizations (2002)** This 270-page book is really two books in one. The first part looks at trust funds for people who have a financially dependent loved one (e.g., an elder, a child with a disability, a spouse with long-term care needs). These funds can provide extra financial security during and after the life of the person(s) establishing the trust. The second part looks at how small not-for-profit and charitable organizations can create and maintain endowment funds to cover operational costs of running their programs. The book concludes with specific fund raising techniques that can benefit both audiences plus extensive appendices with samples of the material recommended throughout the book.
- **When I'm Gone, by Stephen Booth.** An introduction to wills and estate planning for parents of people with an intellectual disability. One of the main concerns of parents of a child with an intellectual disability is 'what will happen when I'm gone?' This book discusses the issues and options involved in planning for the future of a person with an intellectual disability. 0947205667, REDFERN LEGAL CENTRE PUBLISHING, October 2002, PB Australia
- **The Circle of Life: A Life Planning Workbook**, available from Continuity Care Inc. www.seniorscan.ca/lifestyl/advoc/contcare

OTHER IDEAS AND RESOURCES

- **SCRAPBOOKING** – On your own or in a group, scrapbooking is a wonderful way to visually document your family's history and preserve memories for your family member with a disability – and others!
- **VIDEOS** – Put those shoebox photos into video format and **MAKE A FILM OF YOUR FAMILY HISTORY!**
- **MAKE A COLLAGE!** Cut up those photos and make a collage of special people and special moments to hang on the wall.
- **MAKE A QUILT!** This idea inspired by Dr. Beth Mount's beautiful artwork found at: www.capacityworks.com
- **WORKBOOK DISCUSSION GROUPS** – Get together with other parents and/or family members to discuss specific topics in workbooks such as **Safe and Secure**.
- **CELEBRATIONS! PARTIES! HAVE FUN!**