

ILCK - Your Source for Disability Information

Independent Living Centre Kingston (ILCK) believes in a society where people with all disabilities fully participate in every aspect of their communities by applying Independent Living principles. These principles empower individuals with disabilities to explore options, make decisions, take risks and take control of their own lives.

An important step toward Independent Living is knowledge. ILCK provides information on services and programs available to persons with disabilities. Some of the most common requests include affordable and accessible housing, accessible transportation, and income supports.

ILCK also delivers services, information, and resources directed to educating the community and local businesses about accessibility and disability issues.

We encourage you to increase your awareness of disability issues by visiting our centre for information handouts or use our computer lab to explore the Web and the ILCK website. Also, don't forget to inquire about our training and consulting services.



Membership has its advantages

When you become an ILCK member you gain access to a wide variety of resources and join the growing community of people supporting the Independent Living movement. Your membership includes: voting privileges at the annual general meeting; one free copy of disability related resources developed by ILCK (membership year); quarterly newsletter and announcements; seasonal events like summer barbeques, holiday parties and more. Contact ILCK to join or for more information.



Notes from the Executive Director

Independent Living Centre Kingston and the Independent Living Movement in Canada understanding what makes us unique.

There are many organizations that provide services to people with disabilities. In order to fully understand the value of these organizations you must understand what makes them unique. Some organizations' uniqueness comes from their expertise in being disability specific; some organizations expertise is in community rehabilitation; and still other organizations' provide home support so that individuals can remain in their home. The majority of these organizations emphasize 'fixing the person' in order to maximize independence, they are based on a medical model.

The Independent Living movement is based on the ideology that physical, attitudinal and systemic barriers need to be eliminated in order to maximize independence for People with Disabilities.

Independent Living Centres differentiate ourselves from traditional groups in a number of unique ways. The first is that we work with people to help them understand and more effectively manage their disability related barriers. The second unique feature of Independent Living Centres is that we work with individuals with disabilities to navigate through the many systems, programs and services that they require to participate as full citizens. Thirdly, we provide support and understanding based on a majority of our staff having direct disability expertise; and we serve people with all types of disabilities.

All Independent Living Canada member Independent Living Centres are autonomous registered charities with Revenue Canada and have been part of a world wide movement for more than 30 years.

The *Independent Living movement* has been defined by People with Disabilities worldwide as *the standard by which they should be supported*.

At our Independent Living Centre here in Kingston we have been empowering people and the community for 20 years. I would like to invite everyone to join me in congratulating Neil Allen who is celebrating his 10th year of service with our organization.

Tips & Tricks

Income Tax Time

It is income tax time and if you are a person with a disability, there may be some expenses that you can claim such as home modifications and medical expenses. For a complete list of eligible expenses visit:

<http://www.cra-arc.gc.ca/E/pub/tg/rc4064/rc4064-e.html>

Volunteer and Information Kingston is offering their **Annual Income Tax Clinic**.

There is no charge for this service for individuals with incomes under \$25,000 or families with incomes under \$35,000.

For more information contact
613-549-4151

Access 2 Entertainment

In conjunction with 9 disability groups Famous Players and Cineplex Galaxy have announced the creation of Access 2 Entertainment.

The Access 2 Entertainment card will provide either free or discounted admission (to a maximum of \$3) to support persons accompanying persons with disabilities to participating theatres across Canada.

To apply for this card please go to the Access 2 Entertainment home page:

<http://www.access2.ca>

Assistive Device Feature

Can't use the switch on your lamp?

Do you want to control your lights from bed or from across the room? Try this remote control that you can plug your lights into and control them from up to 40 feet away with just the touch of a button. It also works on outdoor lights!



\$27.98 at Rona

Computer Tip

If you have difficulty using a computer mouse, keyboard alternatives can help. Popular shortcuts are:

- Select text: place the cursor at the beginning of the text then hold down the space bar and using the arrow keys, move the selection
- Cut: with text selected hold the Ctrl (control) key and press the x key
- Copy: with text selected hold the Ctrl key and press the c key
- Paste: with text selected hold the Ctrl key and press the v key

Air Fare Policy



Canadian Transportation Agency decides in favour of one-person-one-fare policy.

On January 10, 2008 - The Canadian Transportation Agency has ordered Air Canada, Air Canada Jazz and WestJet to adopt a one-person-one-fare policy for persons with severe disabilities who travel within Canada by air. The airlines have one year to implement the policy.

The tribunal's Decision means that for domestic services, Air Canada, Air Canada Jazz and WestJet may not charge more than one fare for persons with disabilities who

- are accompanied by an attendant for their personal care or safety in flight, as required by the carriers' domestic tariffs, or
- require additional seating for themselves, including those determined to be functionally disabled by obesity for purposes of air travel.

The Decision does NOT apply to:

- persons with disabilities or others who prefer to travel with a companion for personal reasons;

- persons with disabilities who require a personal care attendant at destination, but not in-flight; and
- persons who are obese but not disabled as a result of their obesity.

The Decision is based on longstanding principles of equal access to transportation services for persons with disabilities, regardless of the nature of the disability, and the agency's legislative mandate to remove "undue obstacles" to their mobility. The decision respects related decisions of the Supreme Court of Canada and Federal Court of Appeal.

For more information, please visit:

www.cta-otc.gc.ca/media/communique/2008/080110-2_e.html

What's new on www.ilckington.com

- A link to the Accessible Channel, a national descriptive, closed-captioned HD digital TV specialty service for the vision impaired and persons who are hard of hearing that is inclusive of the whole family.
- A video documenting the beginning of the Independent Living movement.
- Information on the Investing In Futures program and Registered Education Savings Plan (RESP), one of the best ways for family and/or friends to save towards a child's post-secondary education.

Tips for Talking to Your Doctor



The following tips will help make your next medical appointment more beneficial for you and your doctor. You will be able to let your doctor know and understand more about you, your disabilities and how your daily life is affected or how illness affects your disability.

1. Be prepared

- Doctors and their offices are busy and your visit may be short.
- Think about and write down all your questions. Take a pen and paper with you.
- Arrive early to check in and complete any paperwork.
- Have your OHIP card and other info available.

2. What's your problem?

- Be clear in stating what's wrong or what's different. Refer to your questions.
- Tell your doctor if you have self-medicated.
- Tell your doctor everything – your thoughts, feelings and fears.

3. Ask questions

- Write down the answers or ask for a pamphlet.

4. Speak up

- Repeat what you think the doctor said. If you don't understand ask for a further explanation.

5. Don't be embarrassed

- Your doctor is not shocked by anything.

6. Don't withhold information

- The more you share the better informed your doctor is.

7. Bring someone with you

- If you need the moral support or a note taker.

8. Follow Up

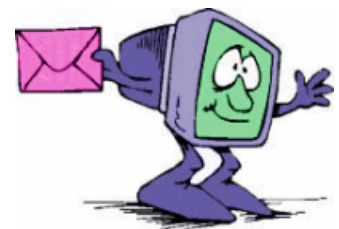
- Do I need to see a specialist or tests or a follow up visit?

9. Feeling overwhelmed

- Please tell your doctor.

Stay connected to ILCK!

- Are you a member?
- Is your contact information up-to-date?
- Do we have your current email address?



**Contact the
Centre
today!**

Augmentative and Alternative Communication (AAC)

Some people have complex communication needs associated with a wide range of physical, sensory and environmental causes which restrict/limit their ability to participate independently in society. They and their communication partners may benefit from using AAC methods (ISAAC 2002).

People have difficulty speaking due to disabilities such as cerebral palsy, traumatic brain injury, developmental delay, autism etc. Having a severe speech problem affects many aspects of a person's life. It may affect one's ability to live in the community, direct one's care, find employment, discuss sexual matters and report or prevent abuse.

AAC refers to ways other than speech that are used to communicate. Most people who use AAC have a variety of communication systems. Depending on their needs and skills they usually include a number of aided and unaided communication systems.

Unaided AAC systems might include:

- voice;
- nodding and shaking one's head;
- facial expression;
- pointing or looking at desired objects;
- gestures;
- sign languages.

Aided AAC systems might include:

- communication displays (comprised of written words, letters or phrases, pictures or symbols);
- devices which speak or print out messages;
- call bells etc.

Agency Profile



Augmentative Communication
Community Partnerships
CANADA

ACCPC was founded in September 2000 and incorporated as a federal non-profit organization in August 2001. It was established to complement existing clinical, educational and support services by addressing the service gaps and unique issues faced by people who use AAC, their families and community agencies.

ACCPC promotes improved quality of life for individuals who use AAC by increasing social awareness and developing socially innovative projects to enhance community participation for people who use AAC.

Our major activity is conducting innovative projects that result in information and resources for policy makers, people who use AAC, their families, service providers and the community-at-large.

<http://www.accpc.ca/>

Employment Tip

In today's shrinking employment market potential jobseekers need to understand that knowledge is a big advantage. Not only knowledge about the potential employer including: Company profile, products that they sell or manufacture; but *knowledge about themselves*. The process to find this self-knowledge is lead by you and for you.

A common belief is the way to succeed is to mould yourself to job ads. Changing yourself to 'fit' a position requires you to use extra energy to meet the demand, and not spend that energy to fulfill the jobs tasks and truly succeed .

Many people do not realize the importance of disability management or how they are actually managing their disability in their day to day routine.

Start by asking yourself some of these questions:

- *What are my abilities?* Make a list of things that you feel are your strengths, focusing on your abilities helps to bring out transferable skills that may be useful in a wide range of jobs.
- *What are my disabilities and related barriers?* How am I managing my daily routine? Have I done all I can to improve and problem solve to create a strategy?
- *What did I like/dislike from my previous jobs?* Trying to analyze and understand your previous jobs will give you information to direct you to a more fulfilling work environment.
- *What are some of the things you enjoy doing?* Finding work that is linked to your interests helps make it enjoyable and successful. You tend to stay longer in a job you enjoy doing.
- *Do I need more training?* Once you have identified the type of work you want to do you need to ask yourself if you need retraining for this job, and will you commit to the learning/retraining.

By making lists and exploring different options you are looking at the whole picture.

The ILCK Access to Employment Program (preparing for employment) can assist you in organizing your process.

For more information contact David at the Centre.

Dates to Remember

April 7th: Dinner Club - Swiss Chalet
April 10th: Centre Closure for Good Friday
April 13th: Centre Closure for Easter Monday
May 5th: Dinner Club - Lone Star Steakhouse

Weekly Drop-In
every Tuesday from
1 pm - 3 pm
Cards, games,
computers, and
networking!

Consumer Stories

Independent Living Centre Kingston, 298 Concession St

January 10, 2009

Dear Sir/Madam:

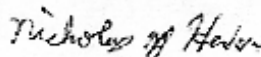
I thought that I would drop a line to the Independent Living Centre to let you know where one of your former clients is today. I am severely learning disabled, to the point of needing assistance with all reading and writing. I received funding through one of your grant programs to attend cooking school in 2002.

I went to Liaison College and completed the Cook Basic and Cook Advanced diplomas thanks to this funding. There would have been no way for me to afford this without the assistance provided. I later moved Ottawa, and continued working towards my apprenticeship, finally receiving my Interprovincial Red Seal in 2007. While in Ottawa I also undertook further part time studies in wine and obtained a Sommelier Certification from Algonquin College in 2007.

Life circumstances have now brought me to Newfoundland, where I have established my own business. I offer small-scale catering and plan wine-tasting events for clients. I will be holding an official launch of the business next month, but I have already been serving clients since August 2007. If you're interested in learning about the services that I offer, the company website is at www.winefoodfun.co

I just wanted to say thank you to your organization which really got me started on this path by helping me to fund my education and to arrange for accommodations at cooking school especially Laura Bell, who was my direct contact. It's a great service that you are providing to the residents of Kingston.

Best wishes,



Nicholas Hender

Accredited Member



For more information please visit/contact:

Independent Living Centre Kingston

298 Concession St., Kingston, Ontario K&K 2C1

Ph: 613-542-8353 * TTY: 613-542-8371 * Fax: 613-542-4783

Email: info@ilckingston.com * Web: www.ilckingston.com