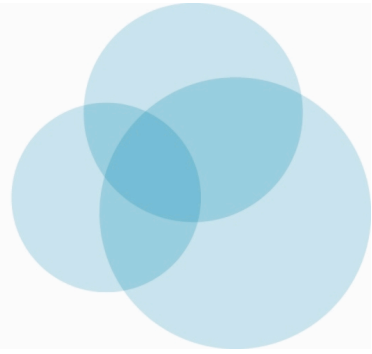


PLAN



Family Resource List for Ontario

Vision

Resource	Description	Contact
<i>A Good Life by Al Etmanski</i>	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, BC V5R 5W2 Phone: 604-439-9566 Email: inquiries@plan.ca www.plan.ca
<i>Peace of Mind cd</i>	<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.	
<i>PATH: Planning Alternative Tomorrows with Hope</i>	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: inclusionpress@inclusion.com www.inclusion.com
<i>Peace Begins With Me by Ted Kuntz</i>	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	www.peacebeginswithme.ca

	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.	
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Relationships

<p><i>The Company of Others: Stories of Belonging</i></p>	<p>A creative collaboration by author Sandra Shields and photographer David Champion, 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.</p>	<p>Email: inquiries@planinstitute.ca www. planinstitute.ca</p>
<p><i>The Ties That Bind</i> <i>A National Film Board of Canada Production</i></p>	<p>Award winning documentary filmmaker John Ritchie takes a firsthand look at a family's struggle to let go, when every instinct compels them to hang on. Richie follows the Jordon family for almost three years. The result in an extraordinarily intimate film that reveals, with raw emotion and surprising humor, the complexity around one young man's transition toward a more independent life.</p>	<p>Email: inquiries@planinstitute.ca www. planinstitute.ca</p>
<p><i>Reaching Out; A portrait of social networks in Canada</i> <i>by Nancy Rother</i></p>	<p>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.</p>	<p>Email: inquiries@planinstitute.ca www. planinstitute.ca</p>
<p><i>One Candle Power - Seven Principles that Enhance the Lives of people with Disabilities and Their Communities</i> <i>Revised by Cathy</i></p>	<p>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</p>	<p>Email: inclusionpress@inclusion.com www.inclusion.com</p>

<i>Ludlum and the Communitas Team</i>	wonderful resource.	
<i>Weaving the Ties That Bind</i>	An online course for facilitators. Using 20 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 www.planinstitute.ca

Home

A sanctuary that your relative can call their own.

<i>Canadian Cohousing Network</i>	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.	www.cohousing.ca
<i>Creating Housing Choices for People with Developmental Disabilities</i>	A Resource Guide. Itay Greenspan and Laural Raine. Kehilla Residential Program. Toronto, Ontario, April 2006.	
<i>Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP) — Secondary/Garden Suite</i>	The Residential Rehabilitation Assistance Program — Secondary/Garden suite is to assist in the creation of affordable housing for low-income seniors and adults with a disability by providing financial assistance to convert/develop existing residential properties that can reasonably accommodate a secondary self-contained unit. The assistance is in the form of a forgivable loan.	Canada Mortgage and Housing Corporation: Phone 1-800-639-3938 Website: www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_002.cfm
<i>Ontario Housing Corporation</i>	The Social Housing Branch sets the framework for municipal administration of social housing throughout the province, including non-profit, cooperative and former public housing.	Social Housing Branch, 2nd Floor, 777 Bay Street, Toronto, ON, M5G 2E5 Toll Free: 866-846-3949 Phone: 416-585-7533 Fax: 416-585-7003 Website: www.gov.on.ca

Decision-Making

Office of the Public Guardian and Trustee	This office is responsible for protecting mentally incapable people, protecting the public's interest in charities, searching for heirs, investing perpetual care funds and dealing with dissolved corporations.	595 Bay Street, Suite 800 Toronto, ON, M5G 2M6 Toll Free: 1-800-366-0335 Phone: 416-327-6683 Fax: 416-314-2642 Website: www.attorneygeneral.jus.gov.on.ca/english/family/pgt
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Financial and Estate Planning

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 www.sdc.gc.ca
Ontario Disability Support Program - Income Support (ODSP)	The Ontario Disability Support Program (ODSP) provides income support and health and other benefits for people with disabilities in financial need. It also provides employment supports on a voluntary basis to help people with disabilities who can and want to work.	Ministry of Community and Social Services, Client Services Unit, 900 Bay Street, M1-57 Macdonald Block, Toronto, ON, M7A 1N3 Toll Free: 1-888-789-4199 Phone: 416-325-5666 / 1-888-789-4199 TTY: 1-800-387-5559 Fax: 416-325-7136 Website: http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx

Advocacy

Planned Lifetime Advocacy Network	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, BC, V5R 5W2 Phone: 604-439-9566 Fax: 604-439-7001 E-mail: inquiries@plan.ca Website: www.plan.ca
Lifetime Networks Ottawa	PLAN is a not-for-profit organization created by and for families who have a relative with a disability. They help families ensure a safe and secure future for their relative with a disability.	406-1390 Prince of Wales Drive, Nepean, ON, K2C 3N6 Phone: 613-748-7162 Fax: 613-226-7522

		E-mail: LNO@lifetimenetworks.ca Website: www.lifetimenetworks.ca
Planned Lifetime Networks (Waterloo-Wellington-Oxford)	Planned Lifetime Networks supports families to develop quality of life and safe and secure futures for their relatives with disabilities.	5 – 420 Erb Street W., Suite 306, Waterloo, ON, N2L 6K6 Phone: 519-746-1188 Email: plnww@sympatico.ca Website: www.ont-autism.uoguelph.ca/plnwwinfo.shtml

Family Resource Groups

Family Alliance Ontario	Family Alliance Ontario is an alliance of citizens that offers knowledge, tools and networking opportunities to individuals with disabilities and their families to assist them to realize a vision that includes having valued relationships, choice and control in their lives, and enables inclusion through meaningful contribution and participation in their communities.	www.family-alliance.com
Community Living Ontario	Community Living Ontario links local associations and their members with the resources and information they need, and by offering training and consultation in the areas of family support, education, employment, human rights, community participation, advocacy and self-planning.	240 Duncan Mill Road, Suite 403, Toronto, ON, M3B 1Z4 Toll Free: 1-800-278-8025 Phone: 416-447-4348 Fax: 416-447-8974 E-mail: info@communitylivingontario.ca Website: www.communitylivingontario.ca
Ontario Brain Injury Association	This organization exists to enhance the lives of Ontarians living with the effects of acquired brain injury (ABI) through education, awareness and support.	P.O. Box 2338, St. Catharines ON, L2R 7R9 Toll Free: 1-800-263-5404 Phone: 905-641-8877 Fax: 905-641-0323 E-mail: obia@obia.on.ca Website: www.obia.on.ca
Multiple Sclerosis Society of Canada - Ontario Division	Provides information, advocacy, referrals, medical equipment provision, peer support, support counseling, self-help	175 Bloor Street E., Suite 700, North Tower, Toronto, ON, M4W 3R8

	groups for people with multiple sclerosis, education and system advocacy. Also funds research related to multiple sclerosis.	Toll Free: 1-800-268-7582 Telephone: 416-922-6065 Fax: 416-922-7538 E-mail: info.ontario@mssociety.ca Website: www.mssociety.ca/ontario
<i>Epilepsy Ontario</i>	Epilepsy Ontario is a health organization dedicated to promoting independence and optimal quality of life for children and adults living with seizure disorders, by promoting information, awareness, support services, advocacy, education and research.	Suite 308, 1 Promenade Circle, Thornhill, ON, L4J 4P8 Toll Free: (800) 463-1119 Phone: 905-764-5099 Fax: (905) 764-1231 Email: info@epilepsyontario.org Website: epilepsyontario.org
<i>Schizophrenia Society of Ontario</i>	The Schizophrenia Society of Ontario offers a reason to hope and the means to cope for families affected by schizophrenia. Through their network of chapters in communities across Ontario, their regional programs and provincial office, they are available with the people, places and information needed for some real peace of mind.	130 Spadina Avenue, Suite 302, Toronto, ON, M5V 2L4 Toll Free: 1-800-499-6367 Phone: 416-449-6830 E-mail: info@schizophrenia.on.ca Website: www.schizophrenia.on.ca
<i>Ontario Federation for Cerebral Palsy</i>	Provides information, referrals and support to those affected by cerebral palsy. Offers a resource lending library, support group meetings and a network of contacts throughout the province. Produces information materials for individuals with cerebral palsy, for families affected by the condition and for teachers who work with children who have disabilities.	104 - 1630 Lawrence Ave West, Toronto, ON, M6L 1C5 Toll-Free: 1-877-244-9686 Phone: 416-244-9686 Fax: 416-244-6543 E-mail: info@ofcp.on.ca Website: www.ofcp.on.ca
<i>Canadian Mental Health Association (CMHA) - Ontario Division</i>	Works to promote the mental health of all individuals in Ontario. Aims to reduce the stigma of mental illness through education, advocacy, and research. Also provides consultation to other groups involved in community-based programs for people with a mental illness.	2301 - 180 Dundas Street W., Toronto, ON, M5G 1Z8 Phone: 416-977-5580 Fax: 416-977 2813 E-mail: info@ontario.cmha.ca Website: www.ontario.cmha.ca
<i>Down Syndrome Association of Toronto</i>	A non-profit organization providing support and information to parents of children with Down syndrome, students	40 Wynford Drive, Suite 303, Toronto, ON, M3C 1J5

	and teachers. Their objective is to make information accessible to as many people as possible around the world.	Phone: 416-966-0990 Fax: 416-966-3962 Email: info@dsat.ca Website: www.dsat.ca
Autism Society Ontario	ASO is dedicated to increasing public awareness about autism and the day-to-day issues faced by individuals with autism, their families, and the professionals with whom they interact. The Society and its chapters share common goals of providing information and education, supporting research, and advocating for programs and services for the autism community.	1179A King Street W, Suite 004, Toronto, On, M6K 3C5 Phone: 416-246.9592 Fax: 416-246.9417 E-Mail: mail@autismsociety.on.ca Web: www.autismsociety.on.ca

Services

Community Care Access Centres – Health Services	Provide a simplified point of access to long-term care: (1) arranges and authorizes visiting health and personal support services in peoples' homes, (2) authorizes services for special needs children in schools, (3) manages admissions to long-term care facilities, and (4) provides information and referrals to the public about other community agencies and services.	Toll Free: 1-800-268-1154 Phone: Ministry of Health INFOLine - 416-314-5518 TTY: 1-800-387-5559 E-mail: infoline@moh.gov.on.ca Website: www.health.gov.on.ca/english/public/contact/ccac/ccac_mn.html
Assistive Devices Program (ADP)	A program of the Ministry of Health and Long-Term Care, which financially assists Ontario residents who have long-term physical disabilities to get needed equipment and supplies.	Ministry of Health and Long-Term Care, Assistive Devices Program, 5700 Yonge Street, 7 th Fl, Toronto, ON, M2M 4K5 Toll Free: 1-800-268-6021 Phone: 416-327-8804 TTY: 416-327-4282 E-mail: infoline@moh.gov.on.ca Website: www.health.gov.on.ca/english/public/program/adp/adp_mn.html
Developmental Services	Services and supports to people of all ages who have a developmental disability and their families, primarily through a network of community-based, board operated, non-profit transfer payment agencies. Services funded by the Ministry of Community and Social Services and	Ministry of Community and Social Services, Developmental Services Branch, 56 Wellesley Street West, 12 th Floor, Toronto, ON, M7A 1E9

	delivered through community agencies include: in-home and out-of-home respite; specialized community supports which assist people with developmental disabilities to remain in the community; community participation supports which provide people with developmental disabilities support for both competitive and non-competitive employment opportunities; community living supports and residential services which include supports to assist individuals to live independently in the community, as well as 24-hour group living situations and associate living arrangements.	Phone: 416-327-4954 Fax: 416-325-5554 Website: www.cfcs.gov.on.ca/cfcs/en/programs/SCS/DevelopmentalServices/default.htm
Ontario Works	Ontario Works provides financial and employment assistance to people in temporary financial need. People receiving assistance through Ontario Works participate in a wide range of employment assistance activities, which helps them prepare for, find and keep jobs.	Ministry of Community and Social Services, Client Services Unit, 900 Bay St, M1-57 Macdonald Block, Toronto ON, M7A 1N3 Toll free: 1-888-789-4199 Tel: 416-325-5666 Fax: 416-325-7136 Website: www.cfcs.gov.on.ca/CFCS/en/programs/IES/OntarioWorks

Other Resources

PLAN's Social Audit Website	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.	www.social.audit.ca
Enablelink and Abilities Magazine Website	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.	www.enablelink.org
Quality Mall Website	Quality Mall is a unique website designed like a shopping mall where you can find	www.qualitymall.org

	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.	
<i>PWD online: Guide to Government of Canada Services for People with Disabilities and their Families</i>	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.	www.pwd-online.ca
<i>Accessible Parking Permit (APP)</i>	A portable parking permit allows holders to use designated parking spaces and benefit from exemptions to local municipal traffic control and zoning by-laws. The permit is free to eligible persons.	Ministry of Transportation, Licensing Administration Office, 2680 Keele Street, Building A Downsview ON, M3M 3E6 Phone: 416-235-2999 / 1-800-387-3445 Website: http://www.mto.gov.on.ca/english/dandv/vehicle/app.htm