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## RESOURCES

### Reading List

#### *Becoming Human*

**Jean Vanier**

House of Anansi Press Limited, 1998

We could have chosen any number of Jean Vanier's books because they are all worth reading. This book is illustrative of the power of Jean's insight which is inspired by people with disabilities.

#### *The Body Silent*

**Robert F. Murphy**

New York: W. W. Norton, 1990

Without a doubt this is one of the best books written about and by people with disabilities. An anthropologist writes about his own gradual experience of becoming a person with a disability and what keeps him safe and maintains his quality of life.

#### *Breaking Bread and Nourishing Connections: People with and Without Disabilities Together at Mealtime*

**Karin Melberg Schwier and**

**Erin Schwier Stewart**

Paul H. Brookes Publishing Co. Baltimore, 2005

A feast of insight into the art of dining and hospitality.

#### *Building Communities from the Inside Out: a Path Towards Finding and Mobilizing a Community's Assets*

**John McKnight and John Kretzmann**

We continue to model our work at PLAN on John McKnight's analysis and insights. You can download a pdf copy by searching Google for this title.

#### *The Careless Society*

**John McKnight**

New York: Basic Books, 1995

This represents the best of John's writing. Inspired by the CBC radio series, "Community and Its Counterparts." John and his writings are a major inspiration to Al Etmanski.

#### *The Church of 80% Sincerity*

**David Roche**

A Perigee Book, New York, 2008

This is a funny, honest, and irresistible glimpse into everyone's inner beauty and worth.

#### *Community: The Structure of Belonging*

**Peter Block**

Berret-Koehler Publishers, Inc.; San Francisco, 2008

Peter eloquently and elegantly explains how belonging is the path by which communities can emerge out of fragmentation.

#### *In the Company of Others*

**Claude Whitmyer, editor**

**Revised by Cathy Ludlum and the**

**Communitas Team**

New York: Jeremy Tarcher, 1993

This is a compilation of writings on the art of community development and building community connections.

#### *The Company of Others: Stories of Belonging*

**Sandra Shields and David Campion**

Vancouver, The PLAN Institute, 2005

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*Crossing The River: Creating a Conceptual Revolution in Community and Disability*

**David Schwartz**

Cambridge, Mass.: Brookline Books, 1992

The best description from an American point of view on the new way of thinking—or the paradigm shift—in social services for people with disabilities.

*The Diving Bell and the Butterfly*

**Jean-Dominique Bauby**

London, Fourth Estate, 1997

Recently made into a compelling and thoughtful movie.

*Down Stairs That Are Never Your Own: Supporting People with Developmental Disabilities in Their Own Homes*

**John O'Brien and Connie Lyle O'Brien**

Visit <http://thechp.syr.edu/rsa.htm>

This is a good overview of alternatives to group homes and the conceptual shift that will be required in order to achieve widespread home ownership or rental accommodation for people with disabilities.

*Facing Death, Embracing Life*

**David Kuhl, M.D.**

Doubleday Canada, 2006

A sensitive and all encompassing guide for those living with a terminal illness and for those who care about them.

*From Behind The Piano—The Building of Judith Snow's Unique Circle of Friends*

**Jack Pearpoint**

Toronto: Inclusion Press, 1990

This is the book to read if you want to learn more about Judith Snow, an amazing human being.

*Getting to Maybe: How the World is Changed*

**Frances Westley, Brenda Zimmerman, and Michael Patton**

Toronto, Random House, 2006

PLAN's story is one of many used to illustrate a new approach to changing the world.

*The Healing Web—Social Networks and Human Survival*

**Marc Pilisak and Susan Hillier Parks**

University Press of New England, 1986

This book will give you all the theory behind the importance of social networks. In our opinion, it is a classic and a must read for anyone who wants to dig a bit deeper.

*How to Change the World—Social Entrepreneurs and Power of New Ideas*

**David Bornstein**

New York, Oxford University Press, 2004

This book tells the stories of people who have both changed lives and found ways to change the world.

*Mind/Body Health: The Effects of Attitudes, Emotions and Relationships (3rd Edition)*

**Keith J. Karren, Brent Q. Hafen,**

**Kathryn J. Frandsen, Lee Smith**

This is a very good book for introducing body/mind health issues.

*Moving Toward Citizenship: A Study of Individualized Funding in Ontario*

**John Lord**

Toronto, Individualized Funding Coalition of Ontario, 2006.

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*The Myth of Ability  
The End of Ignorance*

**John Mighton**

Vintage Canada, Toronto

John's writing honours and applies to every child. He pays attention to how kids pay attention, captures their imagination, and enlarges their self-confidence.

*On Equilibrium*

**John Ralston Saul**

Toronto, Penguin Books, 2001

John is PLAN's Patron, collaborator, and intellectual inspiration. The sections on Imagination and Intuition are thoughtful; they validate what formal systems ignore or discard.

*One Candle Power—Seven Principles that Enhance the Lives of People with Disabilities and their Communities*

**Pat Beeman, George Ducharme, and Beth Mount's original work on Circles brought together, revised, and updated.**

Toronto: Inclusion Press, [www.inclusion.com](http://www.inclusion.com).  
A classic!

*Path & MAPS Handbook: Person Centered Ways to Build Community*

**John O'Brien, Jack Pearpoint & Lynda Kahn (2010)**

This handbook reflects what we have learned since Jack and John and Marsha wrote the Path Workbook in 1995. It provides a stronger foundation for PATH and MAPS by connecting person-centered planning to the work of community building. It is a supplement, not a replacement for the existing books.

*PATH: Planning Possible  
Positive Futures*

**Marsha Forest, Jack Pearpoint, and John O'Brien**

Toronto: Inclusion Press

We like this one a lot. It's a practical planning process that provides a good way of stepping out of the day-to-day and allowing your heart and mind to soar. It also provides an excellent structure for strategic and future planning. Visit [www.inclusion.com](http://www.inclusion.com).

*Pathways to Inclusion: Building a New Story with People and Community*

**John Lord and Peggie Hutchison**

Concord Ontario, Captus Press, 2007

This is an examination of various perspectives on disability. John and Peggie provide insightful discussion on the current need for social innovation to move vulnerable citizens from areas of exclusion to social inclusion.

*Peace Begins With Me*

**Ted Kuntz**

Coquitlam, 2005

Ted is a Past President of PLAN. This best selling book inspires people from all around the world. Visit [www.peacebeginswithme.ca](http://www.peacebeginswithme.ca).

*Roots of Empathy—Changing the World Child by Child*

**Mary Gordon**

Thomas Allen Publishers, Toronto, 2005

Mary is a spirited colleague whose work brings babies into classrooms to foster empathy, reduce aggression, and increase tolerance.

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*Slow Dance: A Story of Stroke,  
Love and Disability*

**Bonnie Sherr Klein**

Toronto, Knopf Canada 1998

*What's Really Worth Doing and How  
To Do It—A Book for People Who Love  
Someone Labelled Disabled*

**Judith Snow**

Toronto: Inclusion Press, 1994

Words of wisdom and inspiration from one of  
the wisest.

*The World we Want—Virtue, Vice and  
The Good Citizen*

**Mark Kingwell**

Toronto, Viking, 2000.

Mark's writing on justice provides a thoughtful  
framework for a new theory of citizenship that  
includes people with disabilities and others whose  
contributions have been ignored.

## Films and Videos

*And Then Came John—The Story of  
John McGough*

**A video by Telesis Productions,  
Mendocino, California**

This remains one of our favorites. It's a true story of  
an artist, who happens to have Down syndrome, and  
the love that emanates from his connections in the  
community.

*Best Boy*

**Ira Wohl**

This film won an academy award several years  
back. It's a true story in which the director filmed

the process of his cousin, a middle-aged man with a  
disability, leaving home. There is a companion follow-  
up documentary as well. You can find it at specialty  
video stores or libraries.

*MY LIFE, MY CHOICE*

*Personal Stories, Struggles and  
Successes with Person Directed Living*

**Parashoot Productions Inc.**

Inclusion Press ([www.inclusion.com](http://www.inclusion.com))

My Life, My Choice profiles seven adults with  
disabilities living Person Directed lives in Windsor,  
Ontario, Canada. Rather than relying on a limited  
number of programs and services to direct their lives,  
their futures are in their own hands.

*REVEL IN THE LIGHT:*

*The Story of Rebecca Beayni*

**[www.rebeccabeayni.com](http://www.rebeccabeayni.com)**

Masterworks Productions

Rebecca is a woman whose openness to life touches  
and stirs those in the world around her. This is  
a testament to love and family and the amazing  
mystery of hope. This DVD is for families, friends, and  
individuals with disabilities as well as professionals  
and community members who wish to create a better  
world for all.

*SHAMELESS: the Art of Disability*

**A film by Bonnie Sherr Klein**

Art, activism, and disability are the starting point for  
what unfolds as a funny and intimate portrait of five  
surprising individuals.

*The Ties That Bind*

**Force Four Entertainment Inc.**

**National Film Board of Canada, 2006**

A documentary film about Chris Jordan, his family,  
and PLAN. There is a companion resource guide in

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both English and French. This DVD is for all families worried about the future well-being of their relatives with disabilities.

## Our collaborators

**www.abcdinstitute.org** This is the home of John McKnight's Asset Based Community Development Institute.

**www.abilities.ca** This is the website for the Canadian Abilities Association which includes the talented Ray Cohen's many important initiatives such as Access Guide Canada and the award winning *Abilities* magazine.

**www.ashoka.ca** This is a global fellowship of social entrepreneurs. Al Etmanski was one of the first two Canadians selected to be part of this prestigious network.

**www.cdss.ca** The positive communications and strong ethical stances make the Canadian Down Syndrome Society a leading advocacy organization.

**http://chance.unh.edu/** The Center for Housing and New Community Economics. Chance is dedicated to increasing access to integrated, affordable and accessible housing.

**www.communityworks.info** This is the website of David and Faye Wetherow, social inventors, trainers, and consultants.

**www.fieldnotes.ca** This is the website of Sandra Shields and David Champion. This talented couple have dedicated their writing, photographic and artistic talent to economic and social justice issues.

**www.ilcanada.ca** This is the umbrella organization for the Independent Living movement in Canada and a network of Independent Living Centres.

**www.in-control.org.uk** This website is testimony to the power of families and individuals with disabilities. In Control led the campaign for direct funding or self-directed support for the elderly and people with disabilities.

**www.inclusion.com** This is the website of Inclusion Press International and the great work of Jack Pearpoint, Lynda Kahn, Cathy Hollands, and the late, esteemed Marsha Forest.

**www.larche.ca** L'Arche is PLAN's closest collaborator, embodying and exemplifying the work of their founder Jean Vanier. It is worth subscribing to *A Human Future*, a quarterly electronic publication featuring thought provoking interviews with outstanding Canadians.

**www.mcconnellfoundation.ca** This website is the home of the progressive JW McConnell Family Foundation and long-time supporter of PLAN and the PLAN Institute.

**www.normemma.com** This website links to the talented, inspirational and humorous team of Norman Kunc and Emma Van der Klift who provide keynote addresses, workshops, and training in the areas of inclusive education and disability rights.

**www.qualitymall.org** This is a website where you can find 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.

**www.tamarackcommunity.ca** This website is full of resources and practical advice for community engagement, community organizing, and convening.

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## Ontario organizations

### *Aspergers Society of Ontario*

**[www.aspergers.ca](http://www.aspergers.ca)**

Their mission is to provide education, resources and support to individuals with AS, their families, educators, medical and mental health professionals, employers, government and the community, to enable individuals with AS to realize their potential as fully contributing members of their community.

### *Autism Society Canada*

**[www.autismsocietycanada.ca](http://www.autismsocietycanada.ca)**

Autism Society Canada (ASC) was founded in 1976 by a group of parents committed to advocacy, public education, information and referral, and support for its regional societies.

### *Autism Ontario*

**[www.autismontario.com](http://www.autismontario.com)**

AO provides Special Education Advisory Council (SEAC) representatives to all four Toronto SEAC's; publishes a regular newsletter; subsidizes the cost for attending workshops and seminars; subsidizes the cost of summer camp; holds "family fun" events.

### *Brain Injury Association of Canada*

**[www.biac-aclc.ca](http://www.biac-aclc.ca)**

Their mission is to improve the quality of life for all Canadians affected by acquired brain injury and promoting its prevention.

### *Ontario Brain Injury Association (OBIA)*

**[www.obia.ca](http://www.obia.ca)**

Their mission is to enhance the lives of Ontarians living with the effects of acquired brain injury through education, awareness and support.

### *Canadian Association for Community Living*

**[www.cacl.ca](http://www.cacl.ca)**

CACL is a national federation of over 40,000 individual members, 400 local associations, and 13 Provincial/Territorial Associations for Community Living. CACL is a national member of Inclusion International, the international federation of associations working to advance the inclusion and human rights of people with intellectual disabilities and their families.

### *Canadian Council of the Blind*

**[www.ccbnational.net](http://www.ccbnational.net)**

The CCB has over 65 chapters across Canada and is the largest membership based organization for the blind. The CCB deals with the ongoing effects of blindness with specific programs to encourage active participation in local communities, education, sports and recreation and employment.

### *Canadian Cystic Fibrosis Foundation*

**[www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)**

The Canadian Cystic Fibrosis Foundation (CCFF) is a Canada-wide health charity with more than 50 volunteer chapters. The CCFF's primary objective is to fund cystic fibrosis research and care. The Foundation is one of the world's largest non-governmental granting agencies in the field of cystic fibrosis research.

### *Canadian Hearing Society*

**[www.chs.ca](http://www.chs.ca)**

CHS is a not-for-profit agency and the leading provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are culturally deaf, oral deaf, deafened and hard of hearing.

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*Canadian Mental Health Association*

**[www.cmha.ca](http://www.cmha.ca)**

CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.

*Canadian Mental Health Association,  
Ontario*

**[www.ontario.cmha.ca](http://www.ontario.cmha.ca)**

The Canadian Mental Health Association, Ontario develops and provides public policy advice that promotes mental health and improves the lives of people living with mental illness.

*Canadian Mortgage and Housing  
Corporation*

**[www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)**

CMHC works to enhance Canada's housing finance options, assist Canadians who cannot afford housing in the private market, improve building standards and housing construction, and provide policymakers with the information and analysis they need to sustain a vibrant housing market in Canada.

*Financial Assistance and  
Assisted Housing*

For information about financial assistance programs:

RRAP Ontario Information Centre

1-800-704-6488

Email: [rrap\\_ontario@cmhc-schl.gc.ca](mailto:rrap_ontario@cmhc-schl.gc.ca)

Name: Linda M Gauthier

Phone: 705-523-2912

Email: [lgauthie@cmhc-schl.gc.ca](mailto:lgauthie@cmhc-schl.gc.ca)

*CNIB National Office*

**[www.cnib.ca](http://www.cnib.ca)**

CNIB is a source of support, information, and most importantly, hope, for all Canadians affected by vision loss. CNIB is active in every region of the country, with staff and volunteers working in offices and often traveling to provide support to clients in their homes and in rural communities.

*CNIB — Ontario Division*

**[www.cnib.ca/en/ontario](http://www.cnib.ca/en/ontario)**

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

*Canadian Paraplegic Association*

**[www.canparaplegic.org](http://www.canparaplegic.org)**

CPA's mission Statement is to assist persons with spinal cord injuries and other physical disabilities to achieve independence.

*Canadian Paraplegic Association Ontario*

**[www.cpaont.org](http://www.cpaont.org)**

Their mission is to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

*Canadian Wheelchair Sports Association*

**[www.cwsa.ca](http://www.cwsa.ca)**

The mission of CWSA is to promote excellence and develop opportunities for Canadians in wheelchair sport.



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*Ontario Wheelchair Sports Association*

**[www.ontwheelchairsports.org](http://www.ontwheelchairsports.org)**

The Ontario Wheelchair Sports Association is dedicated to the development and promotion of athlete centred, amateur wheelchair sport programs.

*The Cerebral Palsy Support Foundation of Canada*

**[www.cpssc.ca](http://www.cpssc.ca)**

Provides funding and other support to any Canadian with Cerebral Palsy or Canadians with a similar mobility disability.

*Ontario Federation for Cerebral Palsy*

**[www.ofcp.on.ca](http://www.ofcp.on.ca)**

The Ontario Federation for Cerebral Palsy (OFCP) is a non-profit, charitable organization that strives to address the changing needs of people in Ontario with cerebral palsy.

*Citizens With Disabilities – Ontario (CWDO)*

**[www.cwdo.org](http://www.cwdo.org)**

CWDO actively promotes the rights, freedoms and responsibilities of persons with disabilities through community development, social action, and member support and referral. Their primary activity is public education and awareness about the social and physical barriers that prevent the full inclusion of persons with disabilities in Ontario.

*Community Living Ontario*

**[www.communitylivingontario.ca](http://www.communitylivingontario.ca)**

Community Living Ontario is a provincial association that promotes citizenship, belonging, and equality of people who have an intellectual disability.

*Council of Canadians with Disabilities (CCD)*

**[www.ccdonline.ca](http://www.ccdonline.ca)**

CCD is a national human rights organization of people with disabilities working for an accessible and inclusive Canada.

*Developmental Disabilities Internet Resource Collection*

**[www.nornet.on.ca](http://www.nornet.on.ca)**

This is a collection of useful developmental disabilities Internet resources and links designed for persons with a developmental disability, parents, or relatives, friends, staff, organizations, teachers, students, or anyone interested in learning more.

*Down Syndrome Association of Ontario (DSAO)*

**[www.dsao.ca](http://www.dsao.ca)**

DSAO is a charitable, non-profit organization, which is composed of local Down Syndrome Associations from across the province. Their mission is to ensure equity in all aspects of life for persons with Down Syndrome in Ontario.

*Epilepsy Canada*

**[www.epilepsy.ca](http://www.epilepsy.ca)**

Epilepsy Canada remains the only organization in Canada dedicated to the support of epilepsy-focused research initiatives. By renewing your membership in Epilepsy Canada you are renewing your commitment to supporting research on epilepsy in Canada. This is important.



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*Epilepsy Ontario (Provincial Office)*

**[www.epilepsyontario.org](http://www.epilepsyontario.org)**

Epilepsy Ontario shares same office as Epilepsy Canada in Toronto

*Family Alliance Ontario (FAO)*

**[www.family-alliance.com](http://www.family-alliance.com)**

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.

*Independent Living Canada*

**[www.cailc.ca](http://www.cailc.ca)**

Founded in 1986, by the Independent Living movement, Independent Living Canada (formerly the Canadian Association of Independent Living Centres) is the national umbrella organization, representing and coordinating the network of Independent Living Centres (ILCs) at the national level.

*Laidlaw Foundation*

**[www.laidlawfdn.org](http://www.laidlawfdn.org)**

Laidlaw Foundation invests in innovative ideas, convenes interested parties, shares its learning and advocates for change in support of young people becoming healthy, creative and fully engaged citizens.

*Marsha Forest Centre*

**[www.marshaforest.com](http://www.marshaforest.com)**

The Centre's focus is the development of future leadership for inclusion through the creation of focused programs, materials, and research that will create a world where everyone belongs.

*Multiple Sclerosis Society of Canada  
National Office*

**[www.mssociety.ca](http://www.mssociety.ca)**

The mission of the Multiple Sclerosis Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

*Multiple Sclerosis Society of Canada  
Ontario Division*

**[www.mssociety.ca/ontario](http://www.mssociety.ca/ontario)**

In communities across Canada, volunteers and staff provide information, support, educational events and other resources for people with MS and their families. Researchers funded by the MS Society are working to develop new and better treatments. Their ultimate goal is the cure for MS.

*Muscular Dystrophy Canada*

**[www.muscle.ca](http://www.muscle.ca)**

Muscular Dystrophy Canada's dedicated volunteers and staff across the country raise funds and work hard to support the independence and full participation of Canadians with neuromuscular disorders, fund research to find a cure and improve the quality of life of people with neuromuscular disorders, assist clients to participate in the decisions that affect them, and collaborate with others for social change.

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*National Educational Association of Disabled Students (NEADS)*

**www.neads.ca**

The National Educational Association of Disabled Students is a consumer organization, with a mandate to encourage the self-empowerment of post-secondary students with disabilities. NEADS advocates for increased accessibility at all levels so that disabled students may gain equal access to college or university education, which is their right. The Association provides information on services and programs for students with disabilities nationwide, publishes a regular newsletter, and conducts research on issues of importance to its members. Members include disabled students, educators, organizations and professional service providers.

*Ontario Disability Support Program*

**www.mcass.gov.on.ca**

The Ontario Disability Support Program Income Support helps people with disabilities who are in financial need pay for living expenses, like food and housing.

The program provides eligible people with disabilities with:

- **financial help**

This is called Income Support and it helps people with disabilities who are in financial need pay for living expenses, like food and housing.

- **help finding a job**

This is called Employment Supports and it helps people with disabilities who can and want to work prepare for and find a job.

The Ontario Disability Support Program is managed and delivered by the Ministry of Community and Social Services.

*Ontario Ministry of Community and Social Services*

**www.mcass.gov.on.ca**

The goal of the Ministry of Community and Social Services is to build thriving and inclusive communities sustained by the economic and civic contributions of all Ontarians. The ministry's mission is to build resilience and remove obstacles that impede opportunity and participation in community life. The ministry's mission is to build resilience and remove obstacles that impede opportunity and participation in community life.

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*Planned Lifetime Advocacy Network*

**www.plan.ca**

PLAN's mission is to help families secure the future for their relative with a disability and to provide parents with peace of mind.

**Lifetime Networks Ottawa**

**www.lifetimenetworks.ca**

Prince of Wales Drive  
Ottawa ON K2C  
Telephone (613) 748-7162

**PLAN Toronto**

**www.plantoronto.ca**

Centre for Social Innovation  
215 Spadina Avenue, Suite 425  
Toronto ON M5T 2C7  
Telephone/Fax: (416) 232-9444

**Thunder Bay Family Network**

**www.tbayfamilynetwork.ca**

email: debj56@yahoo.ca  
977 Alloy Drive, Unit 15  
Thunder Bay ON P7B 5Z8  
Telephone (807) 346-1490

**Planned Lifetime Networks  
(Waterloo Wellington Oxford)**

**www.plannedlifetimenetworks.ca**

5-420 Erb St. W.  
Suite 306  
Waterloo ON N2L 6K6  
Telephone (519) 746-1188

*PLAN Institute*

**www.planinstitute.ca**

PLAN Institute believes communities become more hospitable, caring and resilient as a result of the contributions of people who are marginalized and their families. Its goal for the future is to be the leading influence on caring citizenship in Canada, recognized for improving the lives of people with disabilities, their families and their communities.

*Vela Microboard Society*

**www.microboard.org**

A Vela Microboard is formed when a small group (micro) of committed family and friends join together with a person with challenges to create a non-profit society (board). Together this small group of people address the person's planning and support needs in an empowering and customized fashion. A Vela Microboard comes out of the person centered planning philosophy and is therefore created for the sole support of one individual. If you are outside of B.C., contact Vela's Executive Director and she will be happy to assist you.

## PLAN Books and Products

PLAN and PLAN Institute for Caring Citizenship offer products for sale. Please see below for a list of items and a brief description. To order, please visit [www.plan.ca](http://www.plan.ca) or [www.planinstitute.ca](http://www.planinstitute.ca).



### *The Company of Others*

*The Company of Others*, a creative collaboration by author Sandra Shields and photographer David Campion,

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.



### *A Good Life*

*A Good Life for You and Your Relative With a Disability* is an inspirational guide to rethinking disability and the value of people

with disability in a caring society. It provides families, caregivers and those worried about the well-being of people with disabilities with insights, stories of inspiration, and practical advice. 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.



### *Peace of Mind (CD)*

The *Peace of Mind* CD-ROM is a practical and loving guide to help you plan for the future of your relative with a disability. It combines personal stories, testimonials, tips, and step-by-step worksheets to get you started on your path to peace of mind.



### *Reaching Out*

*Reaching Out* by Nancy Rother, 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 on facilitating networks.

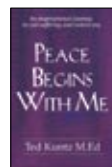


### *The Ties That Bind (DVD)*

a National Film Board of Canada production

In *The Ties That Bind* award winning documentary, filmmaker John Ritchie takes a first hand look at a family's

struggle to let go, when every instinct compels them to hang on. Richie follows the Jordan family—Kathleen, Bill, Chris and his two siblings—for almost three years. The result in an extraordinarily intimate film that reveals, with raw emotion and surprising humour, the complexity around one young man's transition toward a more independent life.



### *Peace Begins With Me*

In *Peace Begins With Me*, Ted Kuntz shares the story of his journey of making peace with his son's disabilities. It is a

journey through darkness to a life that is now filled with peace, joy, and happiness. At the core of Ted's message are simple yet powerful strategies that enable all of us to experience more peace and joy and create a life more of our choosing. A must read!

## Safe and Secure is a road map to a good life.



*Safe and Secure* is a timely, practical, and thought-provoking guide for individuals and families in Ontario.

I know it will help many people begin to come to grips with disability and, equally important, to dream and to discover hope and possibility in their own communities. *Safe and Secure* is a road map to a good life. It addresses issues of financial security, citizenship, and

creating home. Its most significant contribution, however, will be that it clearly addresses the isolation that exists throughout much of the disability community.

*Safe and Secure* is a comprehensive guide that is sure to help individuals living with disabilities and their families plan for a positive future, one built on solid relationships and real opportunity.

**The Honourable David C. Onley, O. Ont**  
**Lieutenant Governor of Ontario**



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Safe and Secure