RESOURCES

Reading List

Becoming Human
Jean Vanier
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
This represents the best of John’s writing. Inspired by the CBC radio series, “Community and Its Counterfeits.” John and his writings are a major inspiration to Al Etmanski.

The Church of 80% Sincerity
David Roche
This is a funny, honest, and irresistible glimpse into everyone’s inner beauty and worth.

Community: The Structure of Belonging
Peter Block
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
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
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
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.

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

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.

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.
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
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)
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
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
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
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 Campion. 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.
Ontario organizations

Aspergers Society of Ontario
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
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
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
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
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
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
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
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
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.
Canadian Mental Health Association
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
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
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
Name: Linda M Gauthier
Phone: 705-523-2912
Email: lgauthie@cmhc-schl.gc.ca

CNIB National Office
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
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
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
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
The mission of CWSA is to promote excellence and develop opportunities for Canadians in wheelchair sport.
Ontario Wheelchair Sports Association
www.ontwheelchairsports.org
The Ontario Wheelchair Sports Association is dedicated to the development and promotion of athlete centered, amateur wheelchair sport programs.

The Cerebral Palsy Support Foundation of Canada
www.cpsc.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
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
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
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
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
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.dsa.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
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.
**Epilepsy Ontario (Provincial Office)**

**www.epilepsyontario.org**

Epilepsy Ontario shares same office as Epilepsy Canada in Toronto

**Family Alliance Ontario (FAO)**

**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**

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**

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**

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**

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**

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**

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.
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.mcss.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.mcss.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.
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

**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.

**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)**

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 Jordon 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

SIX STEPS TO CREATING A GOOD LIFE FOR PEOPLE WITH DISABILITIES

Al Etmanski
with Jack Collins and Vickie Cammack

RDSP contribution by Jack Styan