

WINTER
2018

THE STAR



Developmental
Disabilities Association

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CANADA'S AGING POPULATION AND DDA'S SENIORS OUTREACH PROJECT

BY ALANNA HENDREN

So many great people do so many great things at DDA that it's difficult to select specific projects to highlight, but this year we have launched a pilot project service that shows terrific potential.

Under the auspices of our Family Support program, our Seniors Outreach project is designed to support aging people with developmental disabilities who live with their more senior parents. Having had the experience of supporting adults who have been taken to the psychiatric unit after the death of a parent – losing their immediate family, their community contacts and home in the process – we decided it would be better to support the entire family rather than just the person with a developmental disability.

The median age in Canada currently sits at 40.6 years. 38% of Canadians belong to the Baby Boomer generation (people born between 1946 and 1965). The average life expectancy in Canada is 82 years – 80 years for men and 84 for women. It is easy to see why we are encountering challenges recruiting staff – they are all retiring! Because of Canada's aging population, demand for caregivers overall will be increasing by 40% over the next 10 years, but net new entrants into the workforce for all occupations will only be 0.9%. With such a high number of old people, someone has to take care of them!

Estimates for the prevalence of intellectual/developmental disabilities in Canada range from 0.7% to 3%. Using rough estimates, there are about 50,000 people with intellectual/developmental disabilities aged 45 to 64 and about 11,000 aged 65 to 74 in Canada. These numbers are expected to double by 2025 (see "Seniors on the Margins", Government of Canada). At DDA, we already have people who are over 74, living well into their 80s!

Most people with developmental disabilities in Vancouver and Richmond live with their parents. Many aging adults live with much older parents. The challenges that come with aging include increasing physical health problems – requiring more support than average – and aging people

with developmental disabilities need even more support. With an overburdened health care system, seniors often need advocates to ensure they are receiving the services they need. Seniors are also increasingly prone to mental health problems such as depression, cognitive decline and the effects of using multiple medications, each with its own side effects. Six percent of seniors have Alzheimer's or dementia and this number may be increasing in future years. 25% of people with Down syndrome aged 40 and over will show signs of early-onset dementia, and by the time they reach 60, this increases to 65%. People with Rett syndrome, Fragile X syndrome, Williams syndrome and other disorders are also at high risk for early-onset dementia.

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...our Senior's Outreach project is designed to support aging people with developmental disabilities who live with their more senior parents.
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Marginalization due to physical and mental health problems is a common challenge for aging parents and their aging sons and daughters who live with them, as is the lack of family or social support, reliance on public financial support (poverty), lack of affordable housing and a loss of independence. All aging adults are competing for public and private services in an exploding geriatric sector experiencing rapidly increasing demand and a decreasing public supply of dollars and professionals.

There is a world-wide shortage of psychiatrists. Care givers will be ever harder to recruit. Families will also pay more for services like home nursing, home support and for long-term care, due to long wait-list for public funding.

As an aging Baby Boomer, this scenario looks pretty depressing, but there are methods to offset the effects of getting older. In the area of health, preventative routines like diabetic diets (they work for everyone), regular exercise (cardio), blood pressure management, vision/hearing aids, rest, recreation, limited alcohol/drug consumption, regular doctor's check-ups and keeping up with social contacts can help us age more slowly.

These strategies also work for people with developmental disabilities. In the area of cognitive decline however, it is more important to get a cognitive baseline test between age 40 to 45, so suspected decline can be measured



against these scores at a later date. Without these measures, it is hard to demonstrate that the individual is changing. Like the rest of us, people with disabilities need their lives to slow down to a speed with which they're comfortable. Emerging technical solutions such as Life Alert bracelets, new wearable technology including Fitbits with heart monitors and other features, GPS systems for tracking wanderers, and remote monitoring for people, can assist those who may need emergency help but don't need full time staff support.

At DDA we have many senior parents supporting adults who have been with us since they were children. Many of these parents lack family support, community connections or social contacts. Most have no plan for their son or daughter after their passing. Without planning, they risk passing away at home, only to be discovered by the person who lives with them – in this case, a person with a developmental disability. In one case in Vancouver, a woman lived with her deceased father's body for four months before neighbours realized he had passed. Other folks that participate in our day programs have arrived at home and found their parent deceased, called 9-1-1 and found themselves in the psychiatric unit because first responders didn't know what to do with them. Parents are generally unaware that their son or daughter will lose their lifelong roommate, home, family connections, stability and control over their lives in these situations,

causing them high anxiety and trauma. Many families don't have anywhere to go to alleviate their concerns about what will happen after their passing.

To address these challenges, the goal of DDA's Seniors Outreach pilot project is to increase the time aging families can live together successfully. Our Family Support staff connect with the individual with a developmental disability and their family members to assess family capacity, parent health, abilities and needs. Then, they connect parents with any community and health services they need, or provide support directly, including offering tech solutions as appropriate. They connect both the individual and parent to community professionals as required. After they have developed a relationship with parents, staff encourage future planning that includes financial, housing and social support for their son or daughter, documented in an estate plan or will. They also develop a plan for the surviving individual based on parent and family wishes, directions, and in case of emergency, for first responders.

The benefits of this project have been numerous. They include:

- Providing connections to community services that can support each person individually, and together with their family, to maintain or improve their health;

- Helping parents provide input into a plan that will survive them and know that their son/daughter will be cared for after their passing;
- Encouraging many parents to write their first will and plan their estates;
- Providing regular contact and support to the family, decreasing social isolation;
- Providing pre-arranged respite if a parent/caregiver needs surgery or is hospitalized;
- Keeping families together longer;
- Providing the individual with an emergency and long-term plan available for first-responders and relatives, including phone numbers for the people who should be notified;
- Easing social isolation and supporting a big life transition for both parties;
- Providing the individual who has lost a parent with a plan that involves their family, and includes a contact number to at least one person who can help implement their plan;
- Allowing parents to rest in peace;
- Negating the need for psychiatric involvement;
- Providing CLBC planners and funders with an advance emergency and long-term plan so they know what to do to support the individual and can forecast future regional resource needs;
- Saving money in expensive out-of-home service costs for the parent (long-term care) and individual (group home or home share).

Many of the people who we support have lived with their parents for over 50 or 60 years. They love and look after each other. They give each other's life meaning. They have never experienced living alone. This is a very trying, confusing time for anyone, but for people with developmental disabilities, the death of a parent can seem like the end of the world. With a little support, planning and forethought, the situation can be tempered by sensitive supports and care provided by someone who they know.

DDA's family support program and our technological innovations are not government funded, but CLBC Vancouver does pay for one staff member to make our current program possible.

FOR MORE INFORMATION

If you or someone you know would benefit from the Seniors Outreach program, please contact Terry Schenkel:
604.233.5433 / tschenkel@develop.bc.ca



The third edition of Namaste Canada, a widely popular Indo-Canadian cultural show was held on September 1, 2018 at the Michael J. Fox Theatre. Organized by the Consulate General of India, Vancouver, and the India Cultural Association, Namaste Canada reflects India's diverse culture and includes a variety of Indian traditional dances, music and food.

The day began with an opening speech by the Consulate General, Ms. Abhilasha Singh, and DDA clients also got to see a traditional lamp lit by chief guest, Hon. Jinny Sims, and several other MLAs.

Before the festivities began, the guests also presented certificates to all the organising committees on stage. Among the recipients were our very own DDA clients! They were very happy and excited to have received their certificates of participation.



During the day, clients performed a dance to a very catchy number, fusing Punjabi, Hindi and English lyrics. The performance was much appreciated by the packed house and they received a standing ovation. It was truly an emotional and touching moment. To make things even better, in attendance were some of the family members of the clients as well.

DDA has been a part of Namaste Canada since its inaugural year in 2016, and this event encourages our clients and staff to take part in community events, inviting family members, and taking part in a positive environment including a cheering crowd. After the performance, there were even people waiting to shake hands of our clients and appreciating their work.

Thank you to all the staff who volunteered their time to make Namaste Canada such a big success and so enjoyable for our clients and families!



EMPLOYER OF THE YEAR 2018

BY ROCHELLE REZANSOFF

Jobs West is pleased to present the Employer of the Year award to three dedicated businesses! Jobs West provides employment services through multiple WorkBC Centres, as well as Community Living BC.



Sean Sagar (Owner), Karyn Headdma (Supervisor)

MYBADGES.COM — RICHMOND

Working with Avia Employment Services in Richmond, Jobs West awarded Employer of the Year to MyBadges.com, congratulations! Over the past 3 years, MyBadges.com has hired multiple individuals as well as hosted work experiences. They have worked diligently with Jobs West to create and maintain customized employment opportunities.

Congratulations, MyBadges.com!



Cindy Lam (Supervisor), Jin Bin Chen (client), Carlo Fierro (Store Manager)

SUPERSTORE 1517 — VANCOUVER

Jobs West is pleased to present the Employer of the Year award in Vancouver to Superstore location 1517.

Working with individuals from our YWCA WorkBC locations, Superstore has worked tirelessly to create customized roles that focus on individuals' skills and strengths. Jobs West has maintained a 10 year relationship with Superstore, hiring numerous individuals from our pool of candidates. Last year, Superstore reached out to Jobs West and was keen to create new positions. Superstore has been exceptional in creating and maintaining an inclusive work environment.

Congratulations, Superstore!



Joel Henderson (Supervisor), Gary Price (General Manager), Maxwell McCormick (Client), Riley Sharpe (Client), Katya Hewitt (Client)

WALMART — NORTH VANCOUVER

Jobs West is pleased to present the Employer of the Year award in North Vancouver to Walmart.

Walmart has shown strong leadership in their role as a customized employer, from the initial interview to training, the Walmart team has gone above and beyond to support individuals in customized employment. Working with our clients from our YWCA partnership, Walmart has hired 6+ individuals and looking to hire another 3 in the next few months.

Congratulations, Walmart!

**FOR MORE INFORMATION
ABOUT JOBSWEST**

VISIT OUR WEBSITE AT www.jobswest.ca



ON THE TABLE

BY TERRY SCHENKEL

On September 13, several DDA programs participated in the Vancouver Foundation's 'On The Table' initiative. The participating programs and groups shared a meal and discussed a variety of topics that were important to them.

'On The Table' was created in response to research done by Vancouver Foundation that showed many people are feeling lonely and disconnected. To address this, they encouraged groups to discuss topics that mattered while sharing a meal together. This initiative brought together 361 hosts and over 4,500 participants across British Columbia.

Among the groups that took part was DDA's Vietnamese Family Support Group. About 18 people came together, shared lasagna and caesar salad, and talked about the upcoming municipal election. Paul Hendren, City of Vancouver Election Outreach Lead, came and shared information about the Mayor's office, the council and school Trustees. It was a great night.

FOR MORE INFORMATION

ABOUT OUR FAMILY SUPPORT GROUPS, SEE THE BACK
OF THIS ISSUE OR CONTACT:

tscenkel@develop.bc.ca

REFLECTING ON OUR FAMILY SUPPORT GROUPS IN 2018

BY SHIXIN GAO

After more than two decades, the Chinese Family Support Group continues to be a huge success.

Every third Saturday of the month, DDA hosts a parent-to-parent support and information group for Chinese speaking families. The group is parent-centred and helps to connect them with other parents and family members. This is very important when they feel alone or unheard. Any participant may bring any issue up to the meeting facilitator to see if the topic warrants a group discussion. According to families, meeting another participant who understands and can provide information on what they are experiencing, is crucial and beneficial.

In September, an Information Officer from Autism Information Services British Columbia (AIS BC) held a presentation in Mandarin about the Individual Education Plan (IEP) and the school system. This presentation was relevant to many parents because some of the families are new immigrants and do not quite understand the complexities of a school system. The majority of family members speak English as a second language and benefitted from learning about the IEP. All the parents have the same goal: They wish to help their child at school. There were 42 parents that attended. They listened carefully, took notes in detail, and asked many questions regarding their concerns.

In October, a board-certified Behavior Analyst (BCBA) provided a workshop about Applied Behavioural Analysis (ABA) and explained this approach to behaviour management. After the presentation, parents divided into two groups and discussed more information related to the topic. They shared their own stories and successful educational/behavioural strategies with each other. After the meeting, the family members said they have more confidence and appreciated the presenter and the parent group facilitator for hosting the workshop. They all think parent support groups are fantastic and useful.

FOR MORE INFORMATION

On our Family Support Groups and their meeting times, please refer to the back page of this STAR Newsletter or visit www.develop.bc.ca/events



ACROSS CANADA 2018 DONATES TO DDA

BY KATHY MONCALIERI

DDA was chosen as one of six charities to benefit from Across Canada 2018.

This initiative brought together 10 cyclists to bike across our country for 10 weeks from June 8 to August 21, 2018. The host organizations, E&E Global Foundation and Vancouver Cycle Touring Association, surpassed their pledged goal total of \$100,000, and donated \$23,476.87 from that total to our Child and Youth Services' Child Development Centres.

These funds will support playground renovation projects at several of the sites, improving the outside play opportunities for the children in our care.

DDA thanks all involved with Across Canada 2018 and appreciates the time, effort and dedication that brought about such successful results.

AZURE HOUSE BBQ 2018

BY MASOOD SYED

A good time was had by everyone who attended the annual Azure House BBQ on September 5, 2018.

Residents and staff were joined by those at Camsell, Langton, Curzon, Robinson, and Minoru homes, and everyone brought homemade foods to add to the spread. The weather was great, and the gathering was a wonderful opportunity for everyone to reconnect.



NEW PILOT PROJECT: COMPLEX MEDICAL DENTAL PROGRAM

The provincial government is funding a Complex Medical Dental (CMD) pilot project led by the BC Dental Association (BCDA). The pilot project will create new opportunities to receive dental coverage for recipients of disability assistance, income assistance, and their families, that are specific to their needs.

The CMD pilot funding will be available on a pre-approval basis for applications submitted to the BCDA from now through to January 31, 2019. Eligible people accessing the pilot will receive one-time coverage of up to \$1,000 for certain medical dental procedures and up to \$500 for necessary sedation or general anesthetic. These amounts may be exceeded in exceptional circumstances with approval.

For more information about the Complex Medical Dental Pilot Program, please visit:

<http://www.communityventures.ca/bc-dental-associations-complex-medical-dental-pilot-program/>



ART SHOW IN HONOUR OF BILL ADAMS

On October 16, an art show was held in honour of long-time board member Bill Adams, who passed away last year. Held at Roundhouse Community Centre, the event featured artwork from over 65 DDA artists.





A NEW EXPERIENCE

BY EDWARD MATSUDA

When I meet with home share providers, one of the topics I speak about is giving their live-in home share clients new experiences as part of becoming a family unit.

There are some caregivers who include their Home Share clients on vacation getaways, and just recently one of our Home Share Providers, Rica and her family, took both of their clients for a getaway to Las Vegas during September 2018.

For one of her clients, Gordon, this was his first time not only in Las Vegas but probably his first plane ride ever. The home share provider shared that Gordon was wide-eyed during the flight down to Las Vegas and that Gordon was all smiles from beginning to end - in fact, he did not get much sleep the night before the trip.

Gordon, his roommate, and the family stayed at Caesar's Palace on the infamous Las Vegas Strip. Gordon experienced walking up and down the strip, shopping, the neon lights, the dancing fountains at the Bellagio Hotel, the noisy slot machines, the delicious food, all among the many sights and sounds that Las Vegas has to offer. Gordon was able to buy some souvenirs to remember his new experience.

Kudos to Rica, Ferdinand, their kids and relatives, all who shared their enthusiasm with Gordon, that I am sure he will remember for a long time.

INTERESTED IN HOMESHARE?

Contact Edward at ematsuda@develop.bc.ca

HOLIDAY OPTIONS RECAP 2018

BY KYLEEN LEE & JACKIE LANZ

Each year, Holiday Options creates an adventurous, positive experience for many clients, giving them the opportunity to take part in a number of different trips. From week-long cruises to Alaska, to local daytrips to Buntzen Lake, dinner cruises, spa dates, these trips cater to a variety of interests!

Here are a few recaps of Holiday Options' adventures. The rest can be found on our website:

<https://www.develop.bc.ca/programs/adult-services/holiday-options-blog/>



Sunset Dinner Cruise - July 5, 2018

The Sunset Dinner Cruise is always a crowd-pleaser, which is why we are running two of these this year. It is a lovely two hour cruise that passes the downtown Vancouver skyline, Canada Place, Mountains of the North Shore, Stanley Park, and more. It is like dining in a restaurant that looks out into all of Vancouver's finest views.

With live music on board, Linus was able to sing along to his favorite tunes. Everybody loved the dinner; however, it was the dessert that hit the spot for all of us. New York-Style cheesecake and chocolate cake was served, and everybody had seconds. It was a perfect evening on the Britannia ship. We are looking forward to the next dinner cruise!

Victoria Trip - July 30-August 3, 2018

Our annual Victoria trip took place this past week from July 30 to August 3, and was filled with great activities and even better company.

The weather was sunny and the temperature was high, and so was our energy! We couldn't contain ourselves as we saw the water and ferries leaving the Tsawwassen terminal. Once we docked at Swartz Bay, it was a photo extravaganza as we wanted to take pictures with the local scenery and shops.

Throughout the week, our days were filled with many activities such as walking along Oak Bay beaches, Royal BC Museum, IMAX at the RBCM, discounted movies on Tuesdays at Cineplex, Butchart Gardens, Thetis Lake, Ogden Point, Fisherman's Wharf, Beacon Hill Park, two different picnics, walking downtown and swimming at the lake.

We kept our energy level high from the various meals we had during the trip such as sandwiches, veggies, baked chips, pasta from the Old Spaghetti Factory, fish and chips, Chinese food, pizza from Pizza Hut, and a fancy dinner at Cactus Club. And that's only lunch and dinner! Oak Bay Bed & Breakfast provided phenomenal breakfast meals ready to jump start anyone's day! Fruit parfaits always came every morning first, and were followed by various morning-style dishes such as eggs benedict, classic eggs, toast, hash browns, etc.

Highlights of the trip from the clients were the Butchart Gardens and food in Victoria, nothing quite like a trip full of activities and all your favourite foods!

Alaskan Cruise - August 8-15, 2018

This year's big trip was a round trip, seven-night cruise to Alaska.

The group of six, including staff, were on Holland America's Volendam ship where there are ten decks, with passenger cabins spread across five of them. The ship also had two swimming pools, two hot tubs, a spa, and a show lounge that we took advantage of almost every night. The ship's theme was floral - they had fresh displays all throughout the ship to emphasize the floral patterns.

During the cruise, there were four days where we got to explore different ports in Alaska. Those ports included Juneau, Skagway, Glacier Bay, and Ketchikan. We loved getting off the boat and exploring what Alaska had to offer. We were especially excited to see glaciers, whales, and seals.

During the times on the boat, we enjoyed feasting every day. There is no doubt we each put on a few pounds when we got home. We also enjoyed the live shows every evening. In the day time, we explored each deck and went swimming, that way, we can eat even more! This relaxing seven-night cruise made our bellies very happy.

We are excited and looking forward to next year's big trip! Goodbye summer 2018.



NEW WHITE CLOTHING BINS

THANK YOU to our new bin hosts for supporting DDA

Be sure to drop off your donations at any of our white clothing bins!



Tsawwassen RV Park
4761 Nulelum Way,
Tsawwassen



Gordon Food Service
1700 Cliveden
Ave, Delta

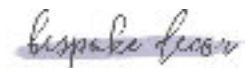


Rancho Management Services
1088 Richards St.
Vancouver



Valvolene Express Care
22855 Lougheed Hwy,
Maple Ridge

Laughing Stock Ranch
24555 32 Ave,
Abbotsford



Hamilton Farms
3057 Lefevre Rd,
Abbotsford

Bespoke Décor
3104 SE Marine Drive,
Vancouver

LOCATE A BIN NEAR YOU AT www.develop.bc.ca

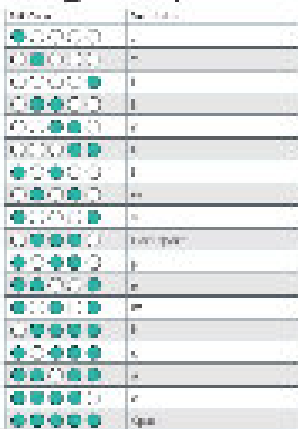
HARNESSING CREATIVITY FOR ACCESSIBILITY

BY KEEGAN NEWBERRY

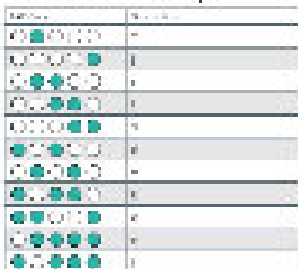
Being a support worker requires a certain level of problem-solving skills, quick-thinking, and creativity. Every day brings another challenge, as we try to support individuals in our care in a world that is not yet 100 percent accessible for all. What happens when the only wheelchair accessible route is closed for construction? What happens when an accessible communication device fails? We stop, we think, and then we come up with a solution to get through that moment. With technology becoming more and more prevalent in our daily activities, harnessing this creativity that we are already using has the potential to allow for new and inventive ways to support and enrich the lives of the individuals in our care.

Almost 1,500 apps are released daily through Apple's App Store, yet only a fraction of these are designed specifically to support individuals with complex needs. With each iOS update, Apple has continued to add more robust built-in accessibility supports, such as voiceover

Single Tap



Double Tap



and touch/display accommodations; however, it is up to the app developer to ensure that their app is compatible with the built-in iPad features. Unfortunately, many are not.

This is where creativity comes into play. Most apps have the ability to manipulate settings, and the degree to which you are able to do this varies between developers.

Exploration and experimentation with these settings has the potential for discovering new ways to support individuals with technology already in our grasp. The Tap™ system, as seen in our featured tech review, is a perfect example

of creativity at work.

This device was originally designed as a discrete one-handed keyboard, but has evolved to include gaming components, and a variety of

other features. In the very simplest terms, the user wears a device on one hand and using a pre-set code, they are able to type messages by tapping their fingers in set formations which convert to text on a screen connected via Bluetooth. One of the newer updates has included a feature called, TapMapper, which is a web-based application that allows users to manipulate this code for their own individual needs.

While teaching a randomized code is not realistic for our clients, there are still ways we can use this device as an accessible communication tool. This is the moment, where we as support workers we need to stop, think, and then solve. The original code is not appropriate for our users, but we do support many individuals who already use gestural and non-verbal communication. What if there was a code designed around the American Sign Language alphabet?

With this in mind, TapMapper has allowed us to design code for the ASL alphabet in less than 30 minutes. Exploration, experimentation, and a little creativity can go a long way in finding accessible alternatives in a world that hasn't quite caught up.

To put this into perspective: this is only one app. Consider the potential among the two million apps currently available in the App Store. We are not reinventing the wheel here, we are just finding different ways to use it.

“

Almost 1,500 apps are released daily through Apple's App Store, yet only a fraction of these are designed specifically to support individuals with complex needs.

”

iOS/ANDROID TAP™ DEVICE

BY KEEGAN NEWBERRY

Product: Tap™

Cost: \$179 USD + taxes
(~\$230.00 CAD)

Producer: Tap Systems Inc.

Compatibility: iOS and
Android

Category: Accessory

Sub-Category: Multi-Use



Product Summary

The Tap device, also known as the Tap Strap, is a wearable keyboard designed by Tap Systems Inc. Each letter of the alphabet is assigned to a tapping code. When the user taps their hand using a various combinations of their fingers, they are able to produce text or elicit commands on the paired device. Though originally marketed as a one-handed wearable keyboard and mouse, significant updates have been made over the past six months to include greater user control and personalization, a wider range of applications specifically designed for use with the Tap device, and capabilities as a gaming controller. It is compatible with both iOS and Android, and can be paired with Mac and PC. The Tap comes in two sizes and advertises eight hours of continuous operation, with a specialized charger/case included with purchase. At this time all associated apps are available as free downloads through the App Store. Additional information can be found on their website: <https://www.tapwithus.com/>

Highlights

- Video tutorials included in app, as well as accessible video options of visual impairments.
- Easy set-up instructions in simple language with picture/video supports.
- Can be used on either right or left hand.
- Learning apps (Tap Genius) teach each set of code sequentially and allow for practice.
- Multiple gaming apps available to practice skills in fun setting (TapTapBunny, Tap Squadron, TapChase, TapLoops).
- Accessible version of Tap training (TapAloud) for individuals with visual impairments.
- Ability to modify tap codes to personalize for each user.

Lowlights

- Requires a minimal amount of fine motor control to use device accurately.
- Significant learning curve initially to become proficient with use.
- Requires regular consistent use to maintain the tapping library.
- Unlikely to withstand high wear and tear without damage.
- Not possible to slow the speed of training programs to accommodate for different learners.

Star Rating

Ease of Use: Easy with Practice ★★★★★

Adaptability: Wide Variety of Settings Available ★★★★★

Accessibility: Suitable for Most Users ★★★★★

Cost vs. Value: You Get What You Paid For ★★★★★

Overall Rating: ★★★★★

Final Word

There have been significant, positive improvements with this device over the past six months. Additionally there is an ongoing system in place for continued developments with the associated Tap apps. They have done an excellent job in providing accessibility options for users; however the scope of these options have been focused on supporting those with visual impairments. Supporting diverse learners and users often means thinking outside the box in terms of adaptations for mobility impairments, communication impairments, and cognitive delays. Beyond what this device was originally designed for, it has the potential to assist with developing fine motor skills, dual-referencing abilities, teaching cause and effect, following one step instructions, and more. They have the potential for being resources for those supporting individuals with developmental disabilities, but the impact and range of the device's use is solely dependent on the creativity of the user.



DDA KICKS OFF UNITED WAY WITH HOT-DOG DAYS

BY KEVIN CHAN

To kick off DDA's annual United Way campaign, Head Office and Kaslo each put on a hot dog lunch with all proceeds going to the United Way of the Lower Mainland.

Over the two dates, the Hot Dog Kick-Off raised \$866.30. These events also proved to be a great way for staff and clients to re-connect over everyone's favourite lunch food! In addition to the Hot Dog Kick-Off, Residential Services also held a Halloween party that raised \$500!

This year, DDA has set a goal to exceed the number of donors that gave in 2017.

Thank you to everyone who volunteered and took part!





\$747
RAISED

DDA CLEANS CLOSETS FOR THE UNITED WAY!

BY KATHY MONCALIERI

The Developmental Disabilities Association's staff, children, adults and their families worked hard during the month of October to support their annual United Way Cash 4 Clothes campaign.

In total, 249 bags were collected through our Cash 4 Clothes initiative, surpassing last year's count of 245 and creating an all-time record over our four years of collecting! This added \$747 to DDA's ongoing efforts to benefit the United Way.

Thank you to everyone for your continued help and participation.

DDA's Cash 4 Clothes supports organizations and teams with their fundraising efforts.

FOR MORE INFORMATION

Visit our website www.develop.bc.ca or email:
cash4clothes@develop.bc.ca

United Way
FUNDRAISER

WALK N' ROLL-A-THON

2018

BY LILIANA TSUI

\$695
RAISED

This year was the 6th annual Walk n' Roll-A-Thon at Trout Lake in benefit of United Way! DDA staff and clients participated from each of the six adult day programs as well as some residential programs.

We were lucky to have our fitness students, Andrea and Vanessa, assisting us to plan for this big event. They spread their positive energy to all the programs and worked throughout the summer to deliver the best experience to all participants by bringing them together and building relationships between different programs.

Some of the preparation for our Annual Walk N' Roll-A-Thon event involved a dance performance, where the participants showed their best moves. Program workers from each of the sites also contributed to this event, where they set up fitness stations and engaged everybody in a variety of fitness activities.

We want to thank all the staff, volunteers and student program workers for their help. This event was a success because of your support! Due to all the participation, we were able to raise \$695 dollars!

See you next year for more hot dogs, veggie burgers, fitness and FUN!



VICTORIA DAY PROGRAM TRANSIT & COMMUNITY SAFETY

BY KAREN SOLES

At DDA we promote the health, safety and wellbeing of everyone in the community. In harmony with the DDA's mission to overcome obstacles and encourage abilities, we want to ensure full access and independence in the community.

At Victoria Day Program we offer an all-day activity called Transit and Community Safety. The purpose of this group outing is to work on transit and safety skills while also building confidence in using public transportation. Public transportation is a skill everyone can benefit from as it can be used to travel throughout the Lower Mainland for personal, recreational and work opportunities.

The activity begins with trip planning, where the group will point out landmarks, bus stops, and transit exchanges to orient themselves to different areas or neighbourhoods that the group will be travelling to. Preparation for the day includes getting everyone to carry the proper fare, dressing appropriately for the weather and what to do if they get separated from the group.

Arrivals are practiced, and prompts help to ensure that we are getting off at the right exchange or stop. Over time the prompts fade and individuals become aware of when and where they need to be to arrive safely and in a timely manner.

Departures are done in a consistent manner to practice the skills of time management and being on time. Schedules and routes are either printed out with written instructions or in photo sequences depending on each person's preference and ability.

We also include the concepts of personal space and safety, such as how to be aware of other's needs like letting older people and young children sit in the priority seating area and how much space we should give strangers. We practice patience and safe boarding by not pushing and allowing others the room they need to pass by us as they board on and off the bus, train or boat.

This all-day activity has become a favourite at Victoria Day Program especially for people who really enjoy getting out in the community and exploring different neighbourhoods in Vancouver.





Halloween @ DDA



Jingle & Mingle

— JOIN US —

FOR THE DDA HOLIDAY OPEN HOUSE
WEDNESDAY, NOVEMBER 28TH, 2018
AT ONE TO SIX O'CLOCK

HOSTED BY THE DEVELOPMENTAL DISABILITIES ASSOCIATION
SUITE 100 3851 SHELL ROAD, RICHMOND, BC V6X 2W2
PLEASE SEE REVERSE FOR PARKING & DIRECTIONS

RSVP – RECEPTION AT 604.273.9778 OR RSVP@DEVELOP.BC.CA BY NOV 21, 2018

REFRESHMENTS & GIFT BASKET RAFFLE



Developmental
Disabilities Association



COMING FULL CIRCLE: FROM CHILD CARE ATTENDEE TO EARLY CHILDHOOD EDUCATOR

BY KEVIN CHAN & JIYOUN HA

Anne is a rare full-circle moment for DDA. Having been a child within our child care programs herself, she has now joined DDA as an early childhood educator. Anne's first entry back into DDA was as part of her Early Childhood Educator (ECE) practicum, and has since stayed on with us as a full time teacher.

While Anne's situation is unique, her passion and motivation as a member of our staff is similar to those of her team, which is why she is a natural fit in our programs.

Here is what she had to say about her experiences as a staff member and how she pulls from her previous experiences when planning and executing activities with children.

How long have you been working with DDA?

I've been working for a year now, since last August.

Did you know anything about DDA before you started working here?

I didn't know a lot about working here, but when I was a little kid I had attended a DDA child care centre.

What would you say motivates you in your position?

I have a fine arts diploma because I was actually going to finish a fine arts degree and major with that. I originally wanted to work with teenagers as a fine arts teacher - I got inspired by a teacher in high school. After getting into the fine arts field, I wasn't sure if I really wanted to do that.

So then I volunteered at a few daycare centres and thought, "Oh, this is actually really fun!" and then I felt like I could incorporate my fine arts ideas with children because they're really able to express their ideas through art. I thought it was a great way to use my skills in art with children, so I thought that's how I'd get my start, as a preschool teacher.

I still want to pursue working with children, but I'm actually going to finish my ECE degree first. So that's another two years, and I'm still going to be working here, too.

What kind of personal goals do you want to accomplish through your work?

Being able to not just engage with the kids, but with their families - which is why I wanted to get my ECE degree, to gain more knowledge about children and families. I hope to pursue my degree to continue working in the consultant area in the Infant Development Program, which is within DDA as well

I build a lot of relationships with not just the kids, but with their families as well, and that's how I realized that I don't want to leave DDA.. Because I'm going back to school, I can't work full-time, but if I could work part-time here, that'd be great. I realized how I'd love to still support these families as much as I can.

What is the most interesting/fulfilling experience you've had working here?

I think being able to really work with such a great team. I know we have our ups and downs like everybody else, but being able to really build relationships with the staff, kids, and families are things that have really impacted me. To be able to work with people who have more experience is really maturing.

I'm glad I have some flexible staff members, and with me being flexible too, we all work really well together. Having staff who have been here for so long, they know how to do things when we're stuck.

What does a typical day of work look like for you?

I come in, greet everybody, and greet the children.

We do art with the kids in the morning, we have snacks, we play, there's circle time (which is everyone's favourite part), then we go outside before lunch, do some napping, wake up, have another mini-circle to get them back up, then we go outside for the rest of the day.

Since I work in a couple different programs, I am familiar with all the staff and children, not just for one program. There is a time in the afternoon when all of the kids are combined, and that's what I really like.

The great thing about DDA, that I really like, is that they don't just work with certain children. It's in the wide range of abilities and special needs, children with extra support needs; it varies with them and the kind of support that they need. Really knowing that I can have a big range of families I can work with was what I really liked. It is very inclusive.

Having been a child in DDA's childcare programs, how does it feel being on the other side of the teacher-child dynamic? Do you see yourself in some of the programs?

There is one girl, who's really shy and quiet and takes time to bloom; I think that's kind of like me. I see a reflection of some of the kids in me, particularly when I was in practicum.

There was a girl, and we're both Filipino. And she was really shy, and didn't say much. But when I saw her leave with her grandparents, I saw a way to relate to her. She said "Lolo" which means "Grandpa" in Filipino, and I thought, "That's me right there!" Super shy around others, but outgoing when she sees people she is familiar with.

Does that help you in empathizing with the kids, and your approach to kids?

Definitely. It really helps me realize that I can bring those memories back to them. I actually went up to that girl the next day saying, "Oh, your grandpa's a 'lolo' too?" And she said, "Yeah!" It really got her to open up.

Did you have any preconceptions about the position that turned out to be true/false?

Yeah. Coming into the field, I didn't realize how much more firm you really had to be. Being a practicum student, you have others to support you if a kid isn't listening to you. But after practicum, you have full responsibility, where you're kind of on your own. Even

though you have other staff members, they rely on you to know what you're doing. That was the hardest part for me, just being the newest co-worker and it being a lot more work than you thought when you were a practicum student.

If you had to describe working at DDA in 3 words what would they be?

Amazing - I was able to build my journey here and know that I was welcome here, really throughout my own life.

Confidence - Working here has helped me build my confidence and know that there are so many areas that I can grow in.

Trustworthy - I can trust the organization and be supported in my work.



Any advice for someone starting at DDA?

Know that there are people you can rely on. There are a lot of people, even outside your direct team, that you can contact and they'll always get back to you. It's also a flexible organization, so if you decide to pursue other education and training or similar career choice, there are options for you.

We are currently hiring for our Child & Youth Programs.
Join us today (<http://www.develop.bc.ca/jobs>)

FAMILY SUPPORT GROUPS IN VANCOUVER

Our Family Support Groups meet monthly in Vancouver. It's a great opportunity to come hear an interesting speaker and connect with other parents. DDA contributes a space for meetings, handouts, meeting ideas, childcare, and more.

VANCOUVER CHINESE SUPPORT GROUP

General support for children & adult's issues in Cantonese and Mandarin.

MEETING: 3rd Saturday of the month
from 6:30-8:30pm

PLACE: 4948 Fraser Street, Vancouver

CHILD MINDING: Available on site when requested at least one week in advance of meeting

CONTACT: Michelle Lu [778.689.1223](tel:778.689.1223)
luluckw@gmail.com

YOUTH IN TRANSITION

Support information for transition to adulthood.

MEETING: **Wednesday, December 5**

PLACE: Developmental Disabilities Association - 3455 Kaslo Street Vancouver

MEETING: Saturday November 3 at 10:30am

PLACE: Vancouver Resource Society, 2006 West 10 Avenue Vancouver

CONTACT: Liz Cochrane 604-733-6252 or transitionparents@gmail.com

VIETNAMESE FAMILY SUPPORT GROUP

Support to Families in Vietnamese

MEETING: Second Thursday of the Month from 6:30pm to 8pm

PLACE: 3455 Kaslo Street Vancouver

CHILD MINDING: Available on site when requested at least one week in advance of meeting

CONTACT: Nikki Tran at 778-895-2535 from 6:00pm to 9:00pm

LOWER MAINLAND JAPANESE FAMILY SUPPORT GROUP

General support to Families in Japanese

MEETING TIME	TOPIC
Nov 24, 2018 10:30am-1pm	Art Expression
Jan 26, 2019 10:30am-1pm	Socialization and Sexuality

PLACE: 3455 Kaslo Street Vancouver

CONTACT: Chigusa Barnes at chishebarnes@msn.com

FIRST STEP JAPANESE FAMILY SUPPORT GROUP

General support to Families in Japanese

MEETING TIME: TBD

PLACE: 3455 Kaslo Street Vancouver

CONTACT: firststepcanada@outlook.com

UPSIDE DOWN FAMILY SUPPORT GROUP

Support to Families with Children with Down Syndrome

MEETING: Fourth Saturday of each month

NORTH VANCOUVER LOCATION: **November 24, 2018**
1:15 - 3:15pm
Maplewood House
399 Seymour River Place

VANCOUVER LOCATION: **TBD**
10:00-Noon
Vancouver IDP Playroom
3455 Kaslo Street

CONTACT: Aileen Mellors at amluyt@gmail.com or Shixin at 604-301-2831 or sgao@develop.bc.ca

VISIT OUR SOCIAL MEDIA SITES

TO FIND OUT WHAT'S HAPPENING AT DDA AND IN YOUR COMMUNITY.

 **FACEBOOK:** facebook.com/dda604

 **TWITTER:** twitter.com/dda604

 **YOUTUBE:** youtube.com/dda604

PLUS FIND US ON YELP, GOOGLE, BING AND FACEBOOK AND DROP US A REVIEW IF DDA HAS HELPED YOU AND YOUR FAMILY!

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**Developmental
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We welcome your comments and feedback. Kindly direct all comments and submissions to communications@develop.bc.ca.