

# THE STAR

SPRING  
2020



Developmental  
Disabilities Association

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# NEWSLETTER

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## REFLECTING ON 40 YEARS OF SUPPORT

BY: ALANNA HENDREN

This year marks my 40th year supporting people with intellectual, cognitive and developmental disabilities in British Columbia. I sometimes complain that we are battling the same problems that we faced 40 years ago and in many ways we are, but reflecting back on the past 4 decades reminded me how far we have come. We really did change the world and it changed us, we succeeded and we failed and we faced new challenges we could never have imagined.

In North America, civil, women's and disability rights activists led a charge that resulted in the 1975 United Nations Declaration on the Rights of Disabled Persons, but there was no legislation to enforce these rights anywhere. DDA and other associations formed by families in the 1950's provided small pockets of supports to children with developmental disabilities in urban centers but otherwise, the great majority of parents sent their children to residential institutions, called 'hospitals' or by 1980, 'schools'. Woodlands School in New Westminster had about 800 residents at the time – 75% were labelled 'severe' or 'profound' – and about 1200 staff. Many infants were dropped off anonymously in baskets at the doors of the institutions. In the meantime, local family associations like DDA (or the North Shore Association where I started after a summer job at Pearson Hospital) united to promote education for their children. By 1980, some school districts had assumed limited responsibility for segregated 'special' schools however the B.C. School Act was not revised to entitle all school-aged children a full education until 1990.

When I got my first job as a front line staff, I was told that our job was to help people with 'mental handicaps' live in the community just like everyone else. To a large extent, this is what I (and all of us at DDA) still do today. In 1980, almost all the jobs in the community today did not exist because all the funding was tied up in institutions. Local Associations employed very few staff and stretched each one to the limit due to lack of funds. There were no inclusive schools, so special education assistants were unnecessary. Sheltered workshops 'employed' adults with

intellectual/developmental disabilities but only received \$1.10 per client hour in funding, enough to pay for one staff for every 10 to 12 clients to give parents a break from caregiving.

By the time institutions closed in 1996 we were able to secure funding and created courses to train professionals in every area represented today. Teachers learned about inclusion and physicians learned about the unique issues facing people with genetic and other disorders they hadn't experienced before. Community support workers proliferated. Where generic services could not adapt, we created specialized service teams until we could develop community capacity. We received generous BC Housing funding to buy homes and we implemented some of the first employment programs. Because funding moved from the institutions into the community with the residents, the money once attached to institutional 'patients' (and all that has been added since) continues to support people with disabilities today.

When a baby is born with a developmental disability today, or should a child be diagnosed with a neuro-disability later in childhood, their parents no longer need to sit and consider an admission to a provincial institution because there is no other support. Parents are no longer told to forget they ever had this child. While stigma still exists and full inclusion is still elusive, we have come a long way. Infant Development professionals offer assistance to families that has been described to me as "life-saving" and "priceless". Augmented with appropriate therapies, these services prevent two-thirds of the children referred from ever needing adult services. Inclusive childcare did not exist in 1980 but today I often can't tell if any of the kids on the playground have a disability.

Helping people with developmental disabilities live in the community has improved beyond our wildest expectations, but the bureaucracies that support this ambition have only become more convoluted and complex. In some cases our challenges truly have grown in scope – autism has increased from 4/10,000 in 1980 to 1/58 today and unaffordable housing is a major barrier

to community inclusion – but many contemporary problems are due to the proliferation of complex, uncoordinated bureaucratic systems that exclude many families from receiving assistance. In 1980, there were positions called ‘social workers’ who met with families and became their point of contact for disability services and referrals. Families had a contact who was responsible for their ‘case’ - a person who understood their unique issues, where supports were available, all the systemic barriers and how to overcome them. Families today have been forced to become their own social workers with predictable results. Their access to services is limited because many don’t know where to go, what to expect or what they need, and often their choices are extremely limited. All in all, our march towards inclusion has paid off big time in the lives of those we support. Social services, education and health

professionals were able to make a way when there was no way and found answers to problems we thought were insurmountable. However, nothing would have been possible without the tireless advocacy of families for whom supports can disappear at the stroke of a politician’s pen. Today there is still no community living legislation that offers entitlements, making government programs, such as community living, voluntary. People with intellectual/developmental disabilities can still be abandoned without recourse. Families and self-advocates need to continue their political activities with vigilance until the day everyone gets the support they need, the day everyone belongs.



## CBC NEWS VISITS PLAYHOUSE CHILD DEVELOPMENT CENTRE

BY: ELISSA MORRIS

On November 14th 2019, CBC Radio Canada visited DDA's own Playhouse Child Development Centre. A reporter and camera crew came by to document Geneviève Parent and her son Elliot's story. They had struggled to find a suitable childcare centre for Elliot, an individual with developmental disabilities. She explained to CBC about the progress her son Elliot has made during his time at Playhouse and having his own support educator Kimberley Simpson.

Talking about Playhouse, Geneviève said, "It's such a great example of inclusion. The members of the staff are able to understand him. There is even new equipment, they buy books that are more suited

to him. They change the configurations, they adjust the chairs in which he eats."

We are grateful for CBC coming to our child development centre and showcasing the fantastic work our support workers and centre staff are doing.

We are also currently taking waitlist applications for our new child development centre, Fraserview, at Sir Stanford Fleming School. Please apply on our website, [www.develop.bc.ca](http://www.develop.bc.ca).

You can read the full CBC article here: <https://ici.radio-canada.ca/nouvelle/1392323/service-garde-enfant-handicap-elliot-genevieve-parent-katrine-conroy?fbclid=IwAR3rR760t6-o2f88mrlpaPNKMWbUcbHQpfnz38IHYE72H16hEVK-HcY7B0> (please note the article is written in French).



## RESIDENTIAL CHRISTMAS PARTIES

BY: DONNA CAIN AND TASIA ALEXIS

We held our annual Arlington Christmas Party luncheon at Trout Lake Community Centre this past December. Families, friends, and residents look forward to this event each holiday season. The photo booth, filled with an enormous supply of fun props to adorn oneself, is always a festive treat and provides a nice memento of the day. All good parties have an element of music and we didn't disappoint as we had a live jazz duo that led the crowd in a participatory sing a long/dance of all the holiday classics.

This party will always be special to us as a long-time resident from Arlington, John Dietrich was able to join us. We weren't sure if he would be well enough to come as he spent most of the year in and out of hospital. That day was a good day for him and he was able to attend, joined by his cousin. They both had an amazing time joining in on all the merriment of the day! Sadly though, this was his last big party as he succumbed to his health issues on Jan. 4th. John's family and friends will miss him dearly and will remember

## ANNUAL CHRISTMAS TOY DRIVE

BY: THE CHILD AND YOUTH DEVELOPMENT CENTRES

Child and Youth Services' annual toy drive was again successful in filling a van with presents for the Lower Mainland Christmas Bureau. The 6 a.m. delivery by our Program Managers to the Pan Pacific Christmas Wish Breakfast was a special team effort and was made possible by generous donations from DDA staff, families and friends. Thank you to everyone who contributed to this meaningful tradition.

him fondly as someone who enjoyed the company of others and relished friendships.

The Richmond Christmas Party was celebrated on December 10th at the Presbyterian Church Hall in Richmond on No.2 Road. There was lots of singing of Christmas Carols alongside a guest musician, and people danced up a storm to famous tunes. We all had so much fun and enjoyed ourselves. For lunch we had a full course turkey dinner with all of the trimmings. Every home cooked and contributed to the dinner so the kitchen crew was well organized. Many thanks to all of the cooks. We had a Selfie wall with dress-up decor for laughs and giggles. At the end of the party everyone received a small gift of appreciation. Everyone was so excited. We all look forward to this annual event as it is a time for all of us to come together and celebrate being with close friends and the warmth of the holiday season. DDA's Residential Program strongly believe in the value of giving back to the community so we encouraged the programs to donate a non-perishable item to the church food bank. Wishing everyone the very best in 2020!



## STUDY FINDS SIBLINGS OF THOSE WITH DEVELOPMENTAL DISABILITIES BECOME NICER PEOPLE

BY: EVAN KELLY

Growing up in a home with someone who has a developmental disability can have a positive impact on family life, according to a new study. Researchers at the University of Tel Aviv examined the relationship between siblings with typical development and those who had a brother or sister with some form of developmental disability. They discovered that kids who have a sibling with a disability show more empathy, are more attentive to the needs of others, and have a heightened sense of responsibility.

In a first-of-its-kind research approach, Prof. Anat Zaidman-Zait, of the Department of School Counseling and her team assessed the drawings of sixty children between the ages of eight and thirteen. The children were asked to draw themselves with their siblings and family members. Art therapists would then score the artwork using several criteria, such as how far apart the people in the drawings were from each other, which could indicate emotional conflict. As

a control, the evaluators did not know which drawings came from which family.

Zaidman-Zait says the analysis of children's drawings was vital to the study as it helps researchers peer into the inner worlds of children which is better expressed through art and not self-reporting. She says the study was very revealing, "We found that children with siblings with intellectual disabilities scored higher on empathy, teaching, and closeness and scored lower in conflict and rivalry than those with typically developing siblings."

The paper, titled "The quality of the relationship between typically developing children and their siblings with and without intellectual disability: Insights from children's drawings," was published in the peer-reviewed medical journal *Research in Developmental Disabilities*. To learn more go to [https://english.m.tau.ac.il/news/sibling\\_study](https://english.m.tau.ac.il/news/sibling_study)

## CHANGES TO THE DISABILITY ACT

On January 1, 2020, a number of changes to the Employment and Assistance Act and the Employment and Assistance for Persons with Disabilities Act took effect. As outlined by the Ministry of Social Development and Poverty Reduction, these changes include:

- Ending the requirement for people on PWD, PPMB or regular Income Assistance to pursue Canada Pension Plan retirement benefits before the age of 65;
- Removing the limit to the number of security deposits for Ministry clients;
- Introducing a repayable pet damage deposit with the same requirements as a security deposit;
- Changing the definition of spouse so that people can live together for 12 consecutive months (instead of 3) before being considered spouses;
- Married spouses who separate but are not yet divorced can live together in the same home and be treated as separate family units even if they are still legally married;
- Adults will no longer be considered dependents of each other on the basis of demonstrating a parent role towards the child;
- Eliminating the two-year independence rule, which states that young adults must be financially independent for two years before being able to access income assistance.

## 2ND ANNUAL THEMED ART SHOW IN CELEBRATION OF JEWISH DISABILITY AWARENESS ACCEPTANCE & INCLUSION MONTH

Artists of all levels and abilities were asked to submit work in celebration of Jewish Disability Awareness Acceptance and Inclusion Month.

This year's theme: Community Longing and Belonging: how do we make meaning of the concept of community, the real and imagined spaces we inhabit? What does community belonging look like and what are the possibilities for belonging in an ever changing world?

Art will be exhibited from **February 26th to March 29th** in the Sidney and Gertrude Zack Gallery at the Jewish Community Center in Vancouver and will feature art from 7 DDA artists.

## TAX TIPS & INFORMATION

BY: TERRY SCHENKEL

Through the tax system, the Canada Revenue Agency (CRA) administers a range of benefits and credits for persons with a disability or those who are caring for a dependant with a disability. By filing your income tax and benefit return by April 30, 2020, your return will be processed faster and if you are entitled to a refund, you will receive it earlier.

### MAXIMIZE TAX CREDITS

Notable Federal non-refundable tax credits.

- **Disability Amount** – If a qualified practitioner certifies on Form T2201, Disability Tax Credit Certificate, that you have a severe and prolonged impairment in physical or mental function, you can claim the disability amount when filing your return. The disability amount can be transferred in whole or in part if the person with the disability does not need it to reduce his or her taxable income.
- **Medical Expenses** – You may be able to claim the cost of medical expenses for any 12-month period ending in 2019 (provided that they have not been claimed before) for yourself, your spouse or common-law partner, or your dependants. For more information about medical expenses, including a list of common eligible expenses, please call **1 800 959 8218** or visit [www.canada.ca](http://www.canada.ca).
- **Canada Caregiver Credit** – You may be able to claim the CCC for one or more of the following individuals if they depend on you for support because of a physical or mental impairment:
  1. Your or your spouse's or common-law partner's child or grandchild.
  2. Your spouse's or common-law partner's parent, grandparent, brother, sister, uncle, aunt, niece, or nephew (if resident in Canada at any time in the year).

### REGISTERED DISABILITY SAVINGS PLAN

A registered disability savings plan (RDSP) is a plan that provides long-term financial security for a beneficiary who has a severe impairment in physical or mental function. The beneficiary named under an RDSP must be eligible for the disability tax credit. Contributions are not tax deductible, but the earnings generated on contributions are tax-exempt while they stay in the plan. When earnings are withdrawn from the savings plan, they are taxable in the hands of the beneficiary.

For more information, go to [www.rdsp.ca](http://www.rdsp.ca)

### HELP COMPLETING YOUR RETURN?

Disability Alliance BC has a free tax preparation service that assists those on PWD and income assistance. To access their service, please call **(236) 477-1717**.

Otherwise, if you qualify for the Community Volunteer Income Tax Program and have a simple tax situation, a trained volunteer will help you complete your 2019 income tax and benefit return.

To find a Community Volunteer Income Tax Program clinic near you, go to [www.canada.ca](http://www.canada.ca) or call the CRA Individuals Income Tax Enquiries line at **1 800 959 8281**.

### MULTIPLE FORMATS

If you have a visual impairment, you can get our publications in braille, large print, etext (CD or diskette), or MP3, or by calling **1 800 959 2221**. You can also get your personalized correspondence in one of these formats by calling **1 800 959 8281**. Visit [www.canada.ca](http://www.canada.ca) for more information.

**WANT TO KNOW MORE ABOUT FINANCIAL PLANNING & TAX CREDITS?**

CONTACT THE FAMILY SUPPORT AND ADVOCACY PROGRAM AT  
**(604) 327-9111**

## 2019 DDA OPEN HOUSE



# JOBS WEST



## KARMVEER AT SUPERSTORE

BY: AARON BOWBYES

Karmveer is one of the most enthusiastic and dedicated employees at the Real Canadian Superstore. All of us at Jobs West want to congratulate Karm for his many achievements. Karm has worked at Superstore for over a year. Before his current job, he also gained experience at Marshalls. Karm boasts about his attendance record, as he's never been late for work. He also commutes by bike which reflects his independence and saves trees as a bonus. He has come a long way professionally, and has much to be proud of.

Karm joined Jobs West in May 2016 while attending school and was eager to find work. Prior to entering the workforce, Karm gained valuable experience in an environment that he was passionate about through a placement at Bike Doctor. Karm then further developed his interest for bike mechanics by volunteering at the Bike Kitchen located at UBC. Shortly after this, he secured paid employment at Marshalls where he had the opportunity to gain experience in a warehouse environment and develop his stocking skills. It was then that Karm realized that he really enjoyed the warehouse setting and wanted to work more hours doing what he loved. In November of 2018, Karm secured employment at

Superstore as a Dairy Stocker and loves reporting for his weekly shifts!

Karm describes his job as fast-paced, and just great overall. He currently works in the dairy department; typically he stocks milk crates, collects empties, wraps skids, and helps customers. The dairy cooler can get pretty chilly, but that doesn't seem to bother Karm as he gets work done so quickly. When asked what he's good at doing, he says "everything." That gives you an idea of Karm's confidence, and he has skills to back those claims. There is never a dull moment for Karm in such a busy establishment.

Karm's favourite part of the job is to assist customers and treat people fairly. He says that he holds the fridge door for customers because "that's common sense." He also teaches customers to properly dispose of empty crates. That great attitude is exactly what improves a customer's experience and impresses management. Terry, his supervisor says "He's a really nice guy with great intentions. He's also a hard worker who always brings his game face, and he's an engaging guy." Karm's efforts don't go unnoticed.

# MAKE A BUSINESS BETTER – HIRE EMPLOYEES WITH A DEVELOPMENTAL DISABILITY

BY: EVAN KELLY

Since 1985, the Jobs West Employment Program has successfully placed hundreds of job seekers in gainful and productive employment opportunities with local businesses. As champions of inclusive hiring, we couldn't be more proud of this contributing workforce.

The reality is, however, there are still those businesses that may not feel comfortable offering jobs to those with a developmental disability. Some business owners mistakenly think that hiring employees with a disability carries risk. A little research would say otherwise. Organizations that hire neurodiverse staff actually make more money and have better morale among its workforce.

Statistics show people with developmental disabilities take fewer days off. They really like to work, are highly motivated, and they tend to stay on the job longer than typical employees. From an internal company perspective, it's been shown that firms who hire

with diversity see lower staff turnover and a general increase in innovative thinking when solving problems, all of which can help a business be more productive and competitive.

Corporations try to infuse their culture with a sense of inclusivity. Hiring a neurodiverse staff helps promote this feeling. Staff and customers alike enjoy working with people with developmental disabilities, so it's actually good for brand reputation and staff retention.

Still, one of the greatest benefits of hiring adults with developmental disabilities is that it sends a very strong and positive message that they are not invisible, in fact, they are quite valuable.

The research associated with this topic can be found here: <https://askjan.org/topics/costs.cfm> and <https://hbr.org/2017/05/neurodiversity-as-a-competitive-advantage>

## LEISURE FAIR 2020

## JOIN US AT OUR UPCOMING LEISURE FAIR 2020!

SUNSET COMMUNITY CENTRE (GYM)

6810 Main Street, Vancouver, BC, V5X 0A1  
Wednesday, April 1<sup>st</sup>, 2020  
6:00PM to 8:00PM

FREE  
EVENT



For more information, contact **Shixin Gao** at [sgao@develop.bc.ca](mailto:sgao@develop.bc.ca) or (604) 301-2831 or visit us on Facebook: [www.facebook.com/leisurefair](http://www.facebook.com/leisurefair)

TABLES ARE LIMITED, PLEASE REGISTER EARLY

# TECH REVIEWS

## DEMENTIA SUPPORTS

BY: KEEGAN NEWBERRY

Individuals with developmental disabilities today are living longer, healthier lives due to improvements in understanding, health care, and community supports. As a result, there is now an aging population of individuals within this demographic that require coordinated care teams particularly when supporting complex medical needs. CareZare, Timeless, and Dementia Talk are 3 apps available for iOS and Android, (Timeless is currently only available

on iOS) which are designed to provide a communication and tracking platform for individuals with dementia and their support teams. Each of these apps provide similar features: scheduling, tracking, and the ability to share notes and updates. These can be edited by any member of the team who has been registered as a care provider, with the intent of maintaining transparency and communication between all individuals involved in client care.

### CAREZAR

**PRODUCT**

CareZare

**PRODUCER:**

North Notch Ventures LLC

**COST**

Free

**COMPATABILITY**

iOS/Android



**EASE OF USE**

- Requires registration prior to use; each team member must be invited, download the app, and enter a code to connect;
- Initial set-up does require some time to enter information, though information entry is a simple tap and type;



**ADAPTABILITY**

- Four features are offered: heads-up, journal, calendar, and tasks; though it is not possible to personalize these features beyond their basic functions for individual needs;
- Pictures can be attached using the journal feature for an alternative to text-only communication and tracking;



**ACCESSIBILITY**

- Simple to use for care providers and provides basic features needed for communicating across a support team

### TIMELESS

**PRODUCT**

Timeless

**PRODUCER:**

Timeless Innovations, LLC

**COST**

Free

**COMPATABILITY**

iOS



**EASE OF USE**

- Requires registration prior to use; primary caregiver must download the app, create a profile, then invite each team member as well as the client to do the same;
- Instructions are not clear as to how to link caregiver and client accounts requiring some trial and error to have both working properly;
- Initial set-up is time intensive, though the client app is extremely well laid out and easy to navigate.



**ADAPTABILITY**

- Five features are offered: updates, events, photos, face recognition, and contacts;
- Face recognition and photos are the stand out feature; caregiver is able to label individuals in photos and then the client can use the face recognition feature to take a picture of an individual and have the app match that to a name and profile;
- Client version of the app is highly visual, with limited text to increase ease of understanding;
- Updates and reminders can easily be added, with photo support, and appear on a centralized update page for both the client and other team members;



**ACCESSIBILITY**

- Client version of the app sets Timeless apart from other dementia support apps; this simplified version allows clients to be an active participant in their care;
- Visuals support a range of users who may not be able to interpret text information alone;
- App is streamlined enough to provide a straightforward user experience while still protecting the dignity of the person served.

## DEMENTIA TALK

**PRODUCT**

Dementia Talk

**PRODUCER:**

Sinai Health System – Reitman Centre

**COST**

Free

**COMPATABILITY**

iOS/Android



**EASE OF USE**

- Requires registration prior to use; each team member must download the app, create a user name and profile, and then search for other team members to link;
- Initial set-up requires entry time, though the home page is well laid out and each feature easy to navigate through;



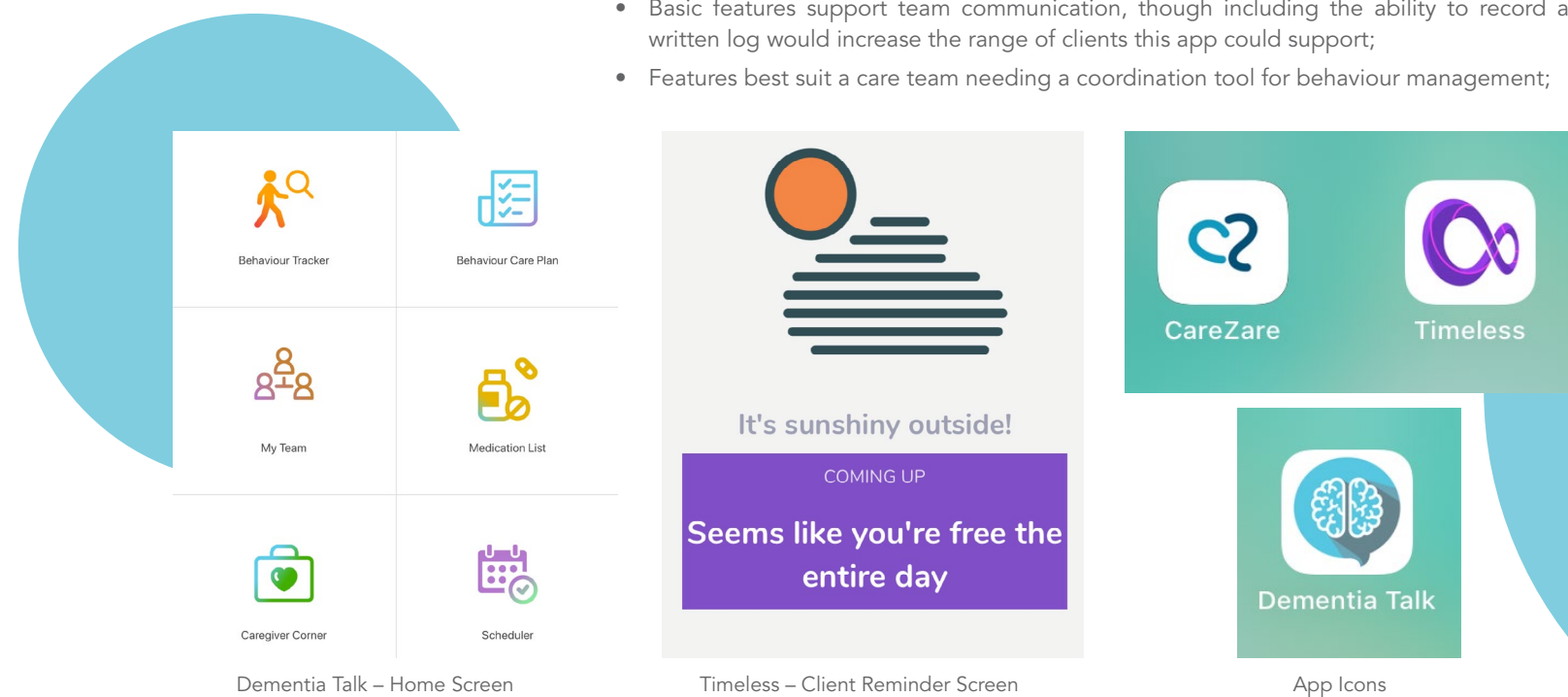
**ADAPTABILITY**

- Five features are offered: behaviour tracker, behaviour care plan, medication list, scheduler and caregiver corner;
- Possible to use behaviour care plan to identify challenging behaviours, search for care tips and strategies, and share these with the rest of the team;
- Lacks a notes feature to record information beyond the built-in categories;



**ACCESSIBILITY**

- Caregiver corner feature offers self-care tips for care providers;
- Basic features support team communication, though including the ability to record a written log would increase the range of clients this app could support;
- Features best suit a care team needing a coordination tool for behaviour management;



### FINAL WORD

As all 3 of these apps are available for free download, overall ratings have been considered excluding that field. Each app has its own highlights and lowlights, but the manner in which Timeless has embraced the concept of client-centred care through its client version of the app makes it a clear standout. However, it is important to note the complex registration process and set-up required for Timeless which leaves CareZare and Dementia Talk both as close contenders. Care teams willing to look past the initial challenges will be able to access Timeless's well-designed features that are flexible enough to maintain quality support over time as individual care needs change.

For care providers seeking a quick set-up and a strict communication tool for their support team may prefer CareZare for its straightforward, tap and type features; though over time this app may not be able to accommodate for complex care plans. Dementia Talk provides the specific care management features that CareZare lacks, though is hindered by its limited platform for

open caregiver communication. These 2 apps may work well when used in tandem, though that will increase the difficulty of initial set-up and on-going maintenance may be a challenge to ensure continuity of information between them.

Though all 3 of these apps have privacy features and a privacy policy readily available online, consideration prior to use must be given based on individual organizational privacy guidelines and informed client consent. Overall, technology supports should be chosen considering a variety of factors: client profile; client and caregiver support needs; technological skills level; etc. No single app will provide every feature desired, and it is often a combination of technological and traditional support methods that best ensures a well-connected care team. Each of these apps provide caregiver supports in their own way and regardless of if and what technological solutions are chosen, the more resources available and better supported a care team is, the higher the quality of care they will be able to provide to their clients.



## DEVELOPING SKILLS THROUGH COOKING

BY: DAVID WONG

The Main Street Drop-In Cooking program has provided healthy and nutritious meals for some of our childcare centres for many years. The Drop-In Center also provides a \$3.00 hot lunch program for its participants. These programs rely on the support of our volunteers who gain valuable experience and training in the food service industry.

Three of the volunteers at the Main Street Drop-In Centre exemplify the spirit of these programs in their commitment to the work. They have worked hard to develop their confidence in the kitchen, as well as culinary skills that are transferable to all areas of the food service industry. Nancy, Joy, and Fraser have played a big part in preparing food and ensuring the cleanliness of the kitchen. They have learned to work together and to communicate with the team to complete a variety of kitchen tasks. Throughout their experience, Nancy, Joy and Fraser have been able to identify their strengths and challenges in the kitchen. In the beginning they practiced tasks, such as cutting and chopping, under supervision but they have now gained the confidence to perform these same tasks independently. Each of the volunteers has led a cooking session that allowed them to build on their leadership skills and take charge when required. We look forward to seeing more of their progress in the future!



## RECYCLING AT WEST 8TH

BY: KELLY NEALY

The clients of West 8th have been participating in a community recycling class for well over 8 years. Not only is the class responsible for collecting and returning the recycling for West 8th, they also pick up the recycling from five local stores around the neighbourhood. Their stops include Whole Foods, Save on Foods, Canadian Tire, Emelle's Catering and Denbigh Fine Art Services, all located within walking distance of West 8th. The recycling class consists of picking up bottles and cans from each location and delivering them to the depot. There, they sort the items and collect the money they have earned. The money they receive goes back into the program, and the clients brainstorm different ways they would like to spend it. This past year they had a pizza party for Halloween and visited the Richmond pumpkin patch. Mark Lei, who has been a part of the Recycling class since the beginning states, "The recycling class is important because it's a great chance to learn, take care, and appreciate our environment". Rain or shine, summer or winter, the members of this class are highly motivated to decrease the amount of waste in our community and help preserve energy.



## FRED & MICHELLE'S ACTING CLASS

BY: DONNA CAIN AND MICHELLE JIANG

In Residential Services we encourage staff to think outside the box and use their creativity to enhance the lives of the individuals living in our programs. Above is a snapshot of the ingenuity of one of our staff to facilitate a lifelong hobby of one of the residents who has a slow degenerative health problem that now has him confined to a wheelchair most of the day. He has limited range of motion with his arms. Residential workers are given flexibility and choice to create some of their job responsibilities and duties. Michelle has provided an exemplary example of our workers imagination and

resourcefulness. Fred looks forward to his time with Michelle and it has become the highlight of his week:

"Every Saturday afternoon, Fred and I participate in acting class. Fred uses the week to think of a topic that he would like to discuss and we act out a scene relating to the week's topic and theme. Some topics we have talked about include friendships, relationships between family members, a variety of holidays, what it means to be in love, and going on vacations. Fred likes to dress up as his character and takes pride in identifying as an actress. Fred is a very creative individual and he often uses these acting classes to artistically express himself and talk through topics that he would like to better understand." – Michelle Jiang



# FAMILY SUPPORT GROUPS

## VANCOUVER CHINESE SUPPORT GROUP

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

Date: 3rd Saturday of the month.

Time: 6:30PM – 8:30PM

Location: 4948 Fraser Street, Vancouver

Childcare: Available on site when requested at least one week in advance of meeting.

Contact: Katherine Lee, [katsalon@hotmail.com](mailto:katsalon@hotmail.com) or  
Fannie Huang, [fanniehuang525@hotmail.com](mailto:fanniehuang525@hotmail.com)

## YOUTH IN TRANSITION

Support information for transition to adulthood.

Dates: Wednesday, March 4, 2020

Wednesday, May 6, 2020

Time: 6:30PM

Location: 3455 Kaslo Street, Vancouver

Contact: Liz Cochrane (604) 733-6252 or  
[transitionparents@gmail.com](mailto:transitionparents@gmail.com)

## VIETNAMESE FAMILY SUPPORT GROUP

Support to families in Vietnamese.

Date: Second Thursday of the Month

Time: 6:30PM – 8:00PM

Location: 3455 Kaslo Street, Vancouver

Childcare: Available on site when requested at least one week in advance of meeting.

Contact: Nikki Tran (778) 895-2535 from 6:00PM – 9:00PM

## TWINKLE STARS LOWER MAINLAND JAPANESE FAMILY SUPPORT GROUP

Support to families in Japanese.

Date: Friday, February 28, 2020

Topic: Recreation Programs in Vancouver

Time: 10:00AM – 2:00PM

Location: 3455 Kaslo Street, Vancouver

Contact: Chigusa Barnes, [twinklestars2017@hotmail.com](mailto:twinklestars2017@hotmail.com)

## FIRST STEP JAPANESE FAMILY SUPPORT GROUP

General support to families in Japanese.

Date: TBD

Location: 3455 Kaslo Street, Vancouver

Contact: [firststepcanada@outlook.com](mailto:firststepcanada@outlook.com)

## UPSIDE DOWN FAMILY SUPPORT GROUP

Support to families with Children with Down Syndrome.

### Vancouver Location

Dates: Saturday, February 22, April 25, 2020

Time: 10:00AM – 12:00PM

Location: 3455 Kaslo Street, Vancouver

Contact: Aileen Mellors, [amluyt@gmail.com](mailto:amluyt@gmail.com) or Shixin Gao,  
[sgao@develop.bc.ca](mailto:sgao@develop.bc.ca)

### North Vancouver Location

Dates: March 28, May 23 and June 2 2020

Time: 1:15PM – 3:15PM

Location: Maplewood House, 399 Seymour River Place, North Vancouver

Contact: Aileen Mellors, [amluyt@gmail.com](mailto:amluyt@gmail.com) or Shixin Gao,  
[sgao@develop.bc.ca](mailto:sgao@develop.bc.ca)

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