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Partner Agencies

Check out www.dsto.com for information about partner agencies and developmental services provided in Toronto.

Addus	416-544-8847
Bob Rumball Centre for the Deaf	416-449-9651
Christian Horizons	416-630-3646
Community Living Toronto	647-426-3220/3219
CORE	416-340-7929
Corbrook	416-245-5565
Common Ground Cooperative	416-421-7117
COTA Health	416-785-9230
Family Service Toronto	416-971-6326
Geneva Centre for Autism	416-322-7877
Griffin Centre	416-222-1153
Harmony Place Support Services	416-510-3114
JVS Toronto	416-782-3976
Kerry's Place Autism Services	416-537-2000
L'Arche Toronto Homes Inc.	416-406-2869
Mary Centre	416-630-5533
Meta Centre	416-736-0199
Montage Support Services	416-780-9630
Muki Baum Treatment Centres	416-630-2222
New Leaf	905-478-1418
New Visions Toronto	416-868-1493
Operation Springboard	416-913-1301
Participation House Toronto	416-439-3226
Pegasus	416-691-5651
Reena	905-889-6484
The Safehaven Project for Community Living	416-535-8525
Salvation Army Broadview Village	416-425-1052
Society of St. Vincent de Paul	416-265-2605
Surex	416-469-4109
Surrey Place Centre	416-925-5141
Unison Health & Community Services	416-653-5400
Vita	416-749-6234
Woodgreen Community Services	416-645-6000

For referrals contact any of the above agencies.

Other dsto partner agencies:

CARD - Community Association for Riding for the Disabled

Frontier College

Goodwill

Salvation Army Booth Industries

OPENING THE DOOR

Toronto Developmental Services Agencies, consumers, and the Toronto Region of the Ministry of Community and Social Services are working together to improve the quality of life of adults with developmental disabilities-today and into the future. We are committed to the equitable, strategic and effective use of all available resources in meeting the needs of adults with developmental disabilities and their families.

Working Together...

Toronto agencies decide to take collaborative approach to increase choice and build agency expertise.

Last year, when the government launched the two-year Person-Directed Planning initiative, developmental services in Toronto could have asked one of their agencies to provide the new service. Instead, given the tradition of working together, they decided to spread the resources across eight agencies. This had the twin benefits of greater choice for individuals and families, and of building greater expertise across the sector.

To date, the eight agencies have provided Person-Directed Planning for 125 individuals. Another 23

families have chosen to contract independent planners. In addition, 114 staff from 26 agencies have been trained in facilitation skills and the use of PDP tools. Also, the Person-Directed Planners involved in the initiative have created the Partners in Planning Toronto. This is a Person-Directed Planners' network that meets regularly to share information and knowledge, and to discuss best practices.

By the end of the initiative next March, 180 individuals and families will have been served. Perhaps just as importantly, the sector will have developed the expertise to continue to offer this important service.

...Changing Lives

More than 140 individuals have participated in the Person-Directed Planning process to date. Here are a few of their stories.

Zaim

Zaim is a 26 year-old man who currently lives with his family in Etobicoke. After he finished high school, life seemed to almost stop. His family worked extremely hard at trying to connect him to things that would help him reach the next stage in life, but as time went on, it became apparent that they needed more support.

Through the Person-Directed Planning process, Zaim identified four important goals: to make friends, to find a job, to give back to other people, and to eventually move into his own apartment. Zaim is an incredible basketball player, so his planning facilitator focused on that strength to help Zaim get connected. She knew someone who also loved basketball, so she introduced them to each other around this common interest. The connection has resulted in weekly basketball games in a local condominium gym, where Zaim spends time with many other players from the building. Zaim



Zaim has benefited from Person-Directed Planning

is also now working at Rainbow Theatres, a job that he secured through the Path to Work program at JVS Toronto. In getting to know Zaim, his facilitator realized how much he enjoys kids, and has made the connection to a potential volunteer children's program that she discovered through another family she's planning with. Through the support of Zaim's family, he is also spending time every week at various family members' homes practicing the things he'll need to know how to do in order to live on his own, like laundry and budgeting. Through this process, Zaim is well on his way to the next stage in life.

What is Person-Directed Planning?

Person-Directed Planning helps you think about the life you want and your future. It is a facilitated process which:

- Is directed by you
- Supports you in developing and implementing your plan to achieve the best possible quality of life
- Identifies, involves and strengthens your personal support network as an integral part of the process
- Promotes community participation in all aspects of your life
- Describes goals, clearly defined outcomes and the means to achieve them
- Identifies all informal and formal supports and services to be provided or purchased
- Determines the means by which to monitor and make revisions to the plan
- States who is responsible for what aspects of the plan and how the implementation will be accountable to you
- Involves plans which may be long or short-term, comprehensive or focused on specific aspects of your life, such as education, work, recreation, housing, health and finance

How can Person-Directed Planning help me?

Through this facilitated process, planning can give your life the direction you want. By exploring your strengths, talents and gifts, planning can help you figure out how to share these qualities, and how to find new opportunities. It's best to be clear about what you would like to do, how to do it, and the support you need so you can create the future you want.

Where can I go to access Person-Directed Planning?**How long will Person-Directed Planning be available for people?**

At present, eight agencies are involved in the Person-Directed Planning Initiative, which provides planning supports specifically geared towards community participation, employment and volunteer opportunities. Although the Person-Directed Planning Initiative is time-limited and ends on March 31, 2011, one of its purposes is to increase capacity in the system to continue providing this support after the end of the project. To access person-directed planning, please contact any of the following agencies:

Community Living Toronto:	647-426-3220
Corbrook:	416-245-5565 Ext 222
Family Service Toronto:	416-971-6326 Ext 326
Geneva Centre:	416-322-7877 Ext 296
Griffin Centre:	416-222-3563
JVS Toronto:	416-782-3976
Montage Support Services:	416-300-9839
Operation Springboard:	416-913-1301

Pour recevoir ce service en français, veuillez appeler
Family Service Toronto 416-971-6326.

Is there funding available for Person-Directed Planning?

Funding is available for families who choose to hire an independent Planner through the Person-Directed Planning Initiative until March 31, 2011. Independent Planners are paid on a fee-for-service basis up to a maximum of \$3,000 per plan, subject to available funding. This funding is provided on a first-come, first-served basis. To request independent planner funds please call **Family Service Toronto at 416-971-6326 ext 326.**

What different ways is planning done? What tools are used?

There are many tools available to planners including MAPS and PATHS, Inspiration software, PLAD, One Page Profile, etc. All are flexible based on your strengths, preferences and communication style. You would be asked which format you would prefer; however it is important to note that tools are not meant to be just another way to create a service plan but are a different way of thinking about how to reach the goals you want to achieve. Typically your planning facilitator meets with you in advance of your planning meeting to discuss the tools and helps you find what will work best for you.

How can I prepare for my plan?

To prepare for a plan, it's best to be thinking of whom you would like to invite and what general goals and dreams you would like to address through this process. You can call a planning agency or planner to help you in getting ready for your planning meeting/s.

How often do I meet with my group to go over my plan?

Typically the beginning stages of planning may require more frequent meetings, but the number of meetings may be dependent on the progress made towards the achievement of the goals. It is also likely that there may be meetings just with your planning facilitator outside of the regular group planning meetings.

What is a circle of support?

A circle of support is a group of people who agree to meet on a regular basis to assist you to accomplish personal visions or goals. The members of a circle of support are usually friends, family members, co-workers, neighbours, congregation members and sometimes service providers. The majority of people in a circle of support are not paid to participate. They are involved because they care about you and have made a commitment to work together to support you in making your life better.

"The whole idea of circles isn't any different than what we all do. Each of us has an informal network of people who come together in times of crisis or need. Because the people we care about are so vulnerable, we have to formalize this, name it, and have regular meetings." (quote from a parent)

How can a circle of support help me carry out my plan?

- Support you to find your voice
- Bring ideas and assist in planning for the future you want
- Help with decision making
- Support you to monitor your health
- Use their personal networks to find opportunities for community connections
- Stand ready to give support
- Help you to manage finances
- Spend time with you
- Advocate on your behalf
- Provide friendship
- Celebrate together

How can I get help to build a circle of support over the long-term?

Many circles of support form during periods of transition in a person's life, such as moving to high school, leaving school, moving out of the family home or looking for work. A planning facilitator can help you to develop a circle of support. As you become more involved in your community through the goals identified in your planning process you will have greater access to people who may become part of your circle of support.

Developmental Services Toronto (dsto) held its fifth annual Information Fair on May 6, 2010. Fifty-five agencies, organizations and groups participated in the 2010 Fair. There were 35 displays by dsto agencies, 12 by dsto-related initiatives and community partners, and 8 by self-advocate / family groups and community organizations.

Overall attendance was up in 2010. In total, 490 people participated in this year's Fair either as a visitor, a display volunteer, or both. The 2010 Fair attracted the greatest number of family members (212) ever-compared to 115 in 2009.

For the fourth year in a row, the Information Fair offered presentations on themes of interest primarily to families. This year's presentations included one repeat from 2009 (*Making the Transition for Children's to Adult's Services*) as well as first-time sessions on *Exploring Creative Alternative*

to Government-Funded Programs and Person-Directed Planning. The sessions were extremely well attended; head counts indicated that the first two sessions had between 90 and 100 attendees each, with about 45 attendees for the third session. All of the presentations received positive evaluations.

A "Wrap-Up" Report on the 2010 Information Fair is available on www.dsto.com (select "Helpful Resources" on the homepage, then select "Fifth Annual Information Fair – May 2010").

Mark your calendars now for the 2011 Information Fair. It will be held Thursday, May 19 at the Japanese Canadian Cultural Centre, 6 Garamond Court, Toronto. Visit www.dsto.com or the Spring edition of the Newsletter for more details.

dsto Council Planning the Work and Working the Plan

The dsto Council is a unique group that advises both the Toronto Regional Office of the Ministry of Community and Social Services and Toronto developmental service agencies on matters related to the well-being of adults with a developmental disability. The Council is made up of self-advocates, family members, community members, and representatives from boards of service agencies.

Our official mandate is "To provide a consumer perspective on the design and functioning of the Toronto Partnership for adults with a developmental disability and their families."

In order to be more effective in this role, Council recently decided to change how we plan and report on our work. We decided that all of our work should be focused around three key areas:

1. The well-being of adults with a developmental disability
2. The conditions in which they live
3. The quality of the services and supports they receive

We then organized our work around these three key areas. For instance, our priority work group that looks at the importance and development of personal relationships goes under our "Well-Being" focus. Presentations to Council from various self-advocate, family and multicultural groups will be asked to speak to "Living Conditions," and our Ontario Disability Support Program (ODSP) advisory group fits under our "Quality of Services" focus.

Planning our work around these three areas will allow us to concentrate our work and better inform those who have a direct impact on the lives of adults with a developmental disability. To that end, we will also be producing an annual report that will summarize Council's work and findings over the past year. At the end of the day, if we do a good job of planning our work, we'll do a better job of working our plan and helping our friends, family members and clients with a developmental disability.

...Changing Lives

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Bob

Bob is a young man who dreamt of being a police officer. He loves everything about law enforcement: the uniforms, the badges, security equipment, even the notebooks. When Bob completed his initial plan, he was hopeful that he could find a way to realize his dream. After researching the requirements for a job in law enforcement, however, Bob found that he didn't have the right skills. Being a determined individual, he next tried pursuing a security guard position, only to again be denied for lack of skills. Through Person-Directed Planning, Bob was able to find a volunteer position as a security helper in a retirement home. Here he can practice security duties that fit his skills and help out with the patients. By remaining open-minded, the retirement home — which was impressed with Bob's friendly attitude and willingness to help others — could see a mutual benefit to their relationship. Bob is excited to start the next chapter in his life where he has found meaningful work in his community.

Mackenzie

Mackenzie is a friendly and outgoing young woman. She enjoys spending time on the computer and talking on the phone. Since Mackenzie graduated from high school, she has lost touch with many of her friends and has little to do. Mackenzie would like to find things to do during the day, but she and her family were unsure how to find programs. Through the Person-Directed Planning process, Mackenzie and her family were able to talk about some of the areas that Mackenzie would like to develop further. These include recreation, interpersonal skills, getting involved in her community, and finding meaningful daytime activity. Mackenzie, her family, and the Person-Directed Planning facilitator developed a plan of action for accomplishing her goals in all of the areas identified at the initial meeting. At present, Mackenzie is preparing to begin a day program, where she can build new relationships, develop greater independence, and practice accessing the community. Mackenzie has also connected to a community safety workshop, and a local community centre that offers a gym facility.

There are more than 30 agencies that are funded by the Ministry of Community and Social Services to provide services and supports to adults with developmental disabilities and their families. These agencies are working with each other, with individuals and families, and with the Toronto Regional Office of the Ministry to provide the best services possible. This partnership is referred to as “dsto.”

Who We Serve

dsto provides services and supports to individuals who:

- Are 16 years of age and older
- Live in Toronto
- Have a confirmed or suspected developmental disability

What We Provide

dsto provides information and referral, a wide variety of services and supports, and opportunities for adults with a developmental disability to meet others, as follows.

For Information

www.dsto.com

This website provides information on:

- The services and supports provided by developmental services agencies in Toronto
- News and events, such as upcoming presentations and conferences
- Government funding programs, such as Passport and Special Services At Home (SSAH)
- Groups that support individuals with developmental disabilities and their families
- Helpful resources, such as new publications and links to other websites
- Links to [ConnectABILITY](#), a virtual community focused on lifelong learning and support for children, youth and adults with an intellectual disability, their families, caregivers and support networks

dsto Agencies

Most dsto agencies can provide information on the services and supports available in Toronto and how to apply for them. To contact an agency, see the list of agencies and telephone numbers on the front of this Newsletter.

dsto Annual Information Fair

Once a year, dsto agencies hold an information fair to provide information on:

- dsto agencies and what they provide
- Other community resources including government programs, Community Care Access Centres, Parks and Recreation
- Groups that support individuals with a developmental disability and their families

The Information Fair also includes presentations on topics of interest to individuals and families. The Fair is usually held in May. Check the dsto website, the Spring Newsletter, or contact any agency for details.

For Services

People New to dsto:

- If you have no existing connection to a dsto agency, contact any of the agencies listed on the front of this Newsletter
- As part of the application process, you will be offered short-term support, including help with getting connected to community programs and applying for government funding programs

People Already Connected to a dsto Agency:

- If you have an existing connection to a dsto agency, contact that agency to let them know the type of service or support you are looking for

Types of Services and Supports

dsto provides a variety of services and supports. Some services you can apply for directly, and some require an agency to act on your behalf.

Adult Protective Service Worker (APSW)

APSW's work directly with adults who have a developmental disability and live on their own without significant supports. They assist individuals in acquiring the skills necessary for daily living and for using mainstream community resources.

- **Call 416-963-8656 Ext 232 for male applicants and Ext 231 for female applicants**

Community Participation Supports / Day Programs

A variety of social, recreational and training activities and programs

- **Contact the agency that is helping you apply for service** (also referred to as the “lead agency”)

Crisis Supports

Time-limited residential and non-residential services, as well as supports to individuals and caregivers who require help in a crisis.

- **Contact the Griffin Community Support Network at 416-222-3563**

Family Support (Case Management)

This service addresses the needs of individuals living with their family. The support provided includes assistance with researching and referring to community activities and programs. The service is goal oriented and short-term.

- **Contact the agency that is helping you apply for service**

Person-Directed Planning

Using a variety of tools, person directed plans explore who a person is, what their goals are, and provide an action plan for achieving those goals.

- **Contact any of the following agencies:**

Community Living Toronto, Intake and Access

at 647-426-3219 or 426-3220

Corbrook at 416-245-5566 Ext 222

Family Service Toronto at 416-971-6326

Geneva Centre for Autism at 416-322-7877 Ext 296

Griffin Centre, Adult Intake at 416-222-3563

JVS Toronto, Al Green Resource Centre at 416-782-3976

Montage Support Services at 416-300-9839 or 416-780-9630

Operation Springboard, Intake at 416-913-1301

Residential Supports

A variety of living arrangements made possible through varying levels of staff support.

- **Contact the agency that is helping you apply for service**

Respite Supports

Planned services that provide short-term relief and/or support to caregivers.

- **Contact respiteservices.com or telephone any of the dsto agencies listed on the front of the Newsletter**

Specialized Services and Supports

A variety of specific services and supports, including psychological assessment, counseling, and behavioral services.

- **Contact the agency that offers the service or support that you require**

Toronto Network of Specialized Care

Services for adults who have a dual diagnosis (developmental disability and mental health needs – which may include emotional or behavioral issues) or complex service needs.

- **Contact www.community-networks.ca or 416-925-5141 Ext 2731**

For Meeting People

Self-Advocates Hang-Out

A monthly gathering of adults with developmental disabilities to have fun and discuss things of importance in their lives.

- **Contact Carol Krause, the Consumer Engagement Facilitator at 416-968-1964 Ext 2268**

