

A MESSAGE FROM THE CHAIRPERSON

I am starting this message with a profound thank you to the staff, Board members and volunteers who helped us provide services to our members, clients and the community in 2011-2012. We are proud that ILCK continues to meet the needs of people with disabilities even though Mike Murphy, our executive director, is currently on medical leave and our budget has been cutback because of a reduction in core funding by IL Canada. Staff, board members and volunteers have stepped up to fill in the gaps that have occurred as a result of the funding cutbacks and staff shortages that have occurred during this past year. Thank you.

Our Board of Directors made raising funds our major goal for 2011-2012 and we have had some successes. I am pleased to report that we have progressed to the second level of United Way funding with a demonstration grant. We also continue to work with Treasure Chest Bingo, raising over \$8,000 each year. However, we do need more volunteers to work at the Bingos so if you or someone you know can spare 2 to 4 hours a month to help us out please call the office.

The ILCK BBQ and Silent Auction fundraiser was another success in 2011. Thanks to generous donations from our supporters, staff and volunteers we raised \$2,000.00. Again, I am making a plea for more volunteers to help us at the BBQ. It is our major event of the year and we want to continue to make it grow.

If you think that you are sensing a trend with my requests for volunteers, you are correct. We will be making the recruitment of volunteers one of our goals for 2012/2013. We are also formalizing the Board recruitment process. You will be receiving more information about this shortly.

This year the Francine Arsenault Award and the Al Mezzetta Award will be presented on Dec. 3rd, the International Day for Persons with a Disability. If you would like to nominate someone or would like to see the award criteria, please request a nomination form from the office.

The Board of Directors and I continue to be committed to work with our dedicated and professional staff, volunteers, and donors. Our goals for 2012/2013 will be fundraising, volunteer recruitment and marketing.

Don't forget to mark your calendars for our 25th anniversary celebration coming up in November 2013!

Again, thank you ALL. We depend on you and appreciate your support.

Mary Margaret Dauphinee
Chairperson, Board of Directors



Independent Living Centre Kingston

PROGRAM HIGHLIGHTS

Information and Networking

Information Services ~ ILCK provides information on services and programs available to persons with disabilities and the community. Independent Living Centres use a peer support methodology (a program is delivered primarily by people with disabilities and the information that is provided is derived from the disability experiences of individuals) to provide Information Services. ILCK works with people with disabilities addressing the “whole person” (looking at all issues) to achieve their goals. Information Services responded to over 4000 requests last year. The most common requests focused on finding wheelchair accessible housing, healthy eating on a budget, community services, and attendant services.

On line Access Guide ~ This reference for people with disabilities living in, and visiting, Kingston is intended to provide information that will assist individuals in deciding whether or not a facility or service meets individual accessibility requirements.

Registered Disability Savings Plan Project ~ Offered information sessions and one-to-one support for the Registered Disabilities Savings Program (RDSP). The RDSP is a federally registered tax free savings plan designed to ensure long-term financial security for people with disabilities. ILCK supported 87 individuals in completing the application process.

Peer Support

Peer Support ~ Peer support occurs when accessing any of the programs at the Centre. The majority of staff, board and volunteers has a disability and understand the impact of dealing with barriers related to a disability and the value of being treated with dignity. People with disabilities have contacted the Centre for peer support on topics such as: disability management strategies, accessible travel

planning, and home modifications. Many individuals also contact the Centre after they have newly acquired a disability for support, direction and an understanding ear. The centre responded to 904 requests for peer support and facilitated 58 peer support activities.

Diner’s Club ~ A consumer driven peer group providing opportunities for people with disabilities to share information and connect with individuals facing similar challenges in a community setting. We meet once a month, at an affordable and accessible restaurant. It’s a great opportunity to meet others, while enjoying the various cuisines in Kingston. There were 12 diner’s club meetings and 54 participants.

Independent Living Skills Development

Independent Living Skills Development Services ~ Assists individuals to develop the skills that help them deal effectively with personal and environmental barriers as a result of having a disability. There were over 10,000 contacts to the centre for this service. Some of the most common requests by people with disabilities were focused on helping obtain a local physician, being a liaison between individuals and their physicians, and connecting individuals with needed housing and legal services.

Disability Management Skills Training ~ Assists individuals in gaining a better understanding of the income supports systems for people with disabilities such as the Ontario Disability Support Program. We provided skills development in areas such as; understanding the application process and how to complete it, being able to communicate disability related barriers with physicians, and what an individual’s roles and responsibilities are throughout the process. ILCK supported 330 people with disabilities to access income supports.

2011-2012 Annual Report

Access to Employment ~ This pre-employment program that supported individuals with disabilities to work towards obtaining employment through individual skills building ended in September, 2011. Services included identifying barriers to employment, developing skills to manage or eliminate barriers, life management training, and identifying job goals. In this project's duration, ILCK worked with 135 people with disabilities to assist them with pre-employment skills building.

Community Development

Identified unmet needs for people with disabilities and delivered projects that use the Independent Living lens. The Independent Living lens is a disability driven context using the principles of choice, flexibility, and control, for individuals with disabilities throughout all projects. This means that ILCK provides the information and support to empower individuals so that they are in control and leading their own process. The following were community development projects delivered last year.

Access to Technology Program ~ Offered free public Internet and computer access for the Kingston community. The Centre provided one-to-one training and group workshops on a variety of topics that include adaptive computer technologies, introduction to Word, Excel, and the Internet. The accessible computer lab was accessed 735 times by people with disabilities.

Direct Funding, Self Managed Attendant Services ~ This unique program enabling adults with physical disabilities to become employers of their own attendants. Attendants assist with routine activities of living, such as dressing, grooming and bathing. As an employer, individuals are fully responsible for managing their own employees within a budget that is developed on an individual basis. ILCK is responsible for supporting and monitoring financial reports for the individuals using this program. Currently there are over 700 individuals accessing the program in Ontario and the Kingston office supports 180. Last year, the

centre reviewed 800 reports and responded to 2675 contacts.

Disability Awareness Training ~ Provided training and information on the AODA, preferred language, disability etiquette, appropriate attitudes, disability policy and practices, improved customer service and communications. ILCK facilitated training sessions using the "disability experience model" that ensures that the information comes from the perspective of individuals with disabilities.

Community Education and Networking Services

Over the past year, staff participated on boards, committees and attended events promoting full inclusion for people with disabilities. The following is a list of the initiatives that the Centre participated in:

- ◆ Revved Up Committee - Queens University/St. Mary's of the Lake Hospital
- ◆ Independent Living Canada Board of Directors
- ◆ Municipal Accessibility Advisory Committee - City of Kingston
- ◆ Employment Network Committee
- ◆ Ontario Network of Independent Living Centres
- ◆ Frontenac Accessibility Advisory Committee
- ◆ Spinal Cord Reunion Barbeque Committee - St. Mary's of the Lake Hospital
- ◆ Kingston Frontenac Anti-Violence Coordinating Committee
- ◆ Ontario Ministry of Citizenship and Immigration



www.ilckington.com

2011-2012 Volunteers

Our volunteers are significant contributors who assist in the success of the Independent Living Centre Kingston. Last year, our volunteers contributed over 2000 hours to the organization. Thank you to all of our volunteers for their dedication, and for believing in our mission to enhance the independence of people with disabilities in our community. The following are the 2011/2012 volunteers:

- ◆ Terri Dafoe
- ◆ Eartha
- ◆ Caroline Bilton
- ◆ Mandy McEwen
- ◆ Edward Kellar
- ◆ Karl Niemann
- ◆ Sandra Doughty
- ◆ Catherine Yang
- ◆ Naama Ofrath
- ◆ Susan Charlesworth
- ◆ Preston Allen
- ◆ Judith Gould
- ◆ Darlene Thompson
- ◆ Christine Gallah

Thank You to Our Donors

Dacon Corporation, Civitan International Foundation of Canada, Bennett's Value Mart, Brian Quinn's Meats Ltd., Ramekins, Tony Deodato and Sons, Lone Star Texas Grill, John's Delicatessen and Meat Market, Bread and Butter Bakery, Card's Bakery, Kelsey's Restaurant, Staples Business Depot, Novel Idea, Bronson and Bronson, Krown Rust Control, Firestone Tire and Automotive Centre, East Side Mario's, The Boiler Room, Schell's Food Basics, Future Shop, Camera Kingston, Mike Mundell's Surf and Turf Stores, Dingaling's, Play and Learn Parent Centre, Linden Audiotronic, Minos Village Restaurant, Keirstead, McDonald's, Minotaur Games and Gifts, Grant's No Frills, M&M Meat Shops, Domino's Pizza, Wine Kitz, Haven Home Climate Care, Taylor Studios, Rose and Crown, Cobico Jewellers, Oastler Stained Glass, Tata's Pizza, John Carr and Edie Emmons, Culligan, Sawdust and Glass.

2011-2012 Board of Directors

- ◆ Chairperson – Mary Margaret Dauphinee
- ◆ Vice Chair – Susan Charlesworth
- ◆ Secretary – Vacant
- ◆ Treasurer – Virginia Belmore
- ◆ Past President – Evelyn Maizen

Board Members at Large:

- ◆ Andrew Ashby
- ◆ John Fotheringham
- ◆ Dave Wolovick
- ◆ Lucinda Bray
- ◆ Glenn Outhwaite
- ◆ Steve Mitchell

2011-2012 Staff

- ◆ Executive Director - Mike Murphy
- ◆ Administrative Coordinator - Laura Allen
- ◆ Community Development Coordinator - Edward Kellar
- ◆ Independent Living Skills Coordinator - Judy Regis
- ◆ Direct Funding Program Coordinator - Neil Allen
- ◆ Employment Coordinator - David Baxter
- ◆ Administrative Support - Terri Dafoe
- ◆ Program Assistant - Daniella Good
- ◆ Program Assistant - Ashley Vader

Thank You to Our Funders

- ◆ Independent Living Canada
- ◆ Centre for Independent Living in Toronto Inc.
- ◆ City of Kingston, Ontario Works
- ◆ Industry Canada / KanNet (Community Access Program)
- ◆ Local Health Integration Network/Southern Frontenac Community Services Corporation
- ◆ Rick Hanson Foundation
- ◆ FK Morrow Foundation



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