

A MESSAGE FROM THE PRESIDENT

Independent Living Centre Kingston will be 25 years old November 28, 2013 and we celebrated the anniversary early at our annual BBQ and open house. Ted Hsu, MP, John Gerretson, MPP, and Mayor Mark Gerretson attended and spoke about the work done by ILCK in our community. Governor General David Johnston could not be with us but sent a message recognizing everyone involved in building the ILCK into what it has become today. We continue to receive congratulations and well wishes from all over Canada.

We are on the move. In the New Year we will be joining Home Base Housing at 540 Montreal Street. It is a good move for us and for our members and I know it will continue our positive and productive partnership with Tom Greening and all Home Base Housing staff.

It has been a challenging year for Independent Living Centre Kingston. Losing our core funding and having our Executive Director on medical leave has presented us with new challenges. I extend my sincere thanks and commend the volunteers, staff and Board members of the Centre for their cooperation and effort in dealing with these challenges.

Making up the lost revenue has been our main goal this year and the Fundraising Committee has submitted proposals to a number of funding agencies. The board and staff also worked diligently during the year to ensure that the programs, policies and management of the Centre were not affected and continued to be effective in meeting the growing and changing needs of our members and the community.

We continue to recruit more volunteers and can use your help. The Centre depends on our volunteers and we need more to work at the Bingos, staff the reception desk, and help with our annual BBQ fundraiser. If you can spare 3 to 4 hours a week or a month to help us out please call the office.

The Francine Arsenault Award and the AI Mezzetta Award will be presented on December 3rd, the International Day for Persons with a Disability. If you want to nominate someone or would like to see the award criteria, please go to our website or request a nomination form from the office.

Thank you again to all of you who support the Centre, especially our members, donors and the community. We will continue to seek additional funding and opportunities to partner with other groups for the benefit of the Centre and its members. If you would like to be a part of the Centre's exciting future, please give us a call.

Mary Margaret Dauphinee, President, Board of Directors

Independent Living Centre Kingston

PROGRAM HIGHLIGHTS

Information and Networking

Information Services ~ The Centre responds to a wide range of requests, answers questions and refers individuals to the appropriate resources. Each response focuses on the whole person (looking at all issues) in order to achieve the individual's goals.

Information Services responded to over 3800 requests last year. Some of the most common requests focused on finding information on community services, wheelchair accessible housing, accessible travel, attendant services, and information on government programs for people with disabilities.

Online Access Guide ~ Access Kingston is an online accessibility reference guide for people living in and visiting Kingston. It provides information that assists individuals in deciding whether or not a facility or service meets their individual accessibility requirements.

Registered Disability Savings Plan Project ~ Information sessions and one to one support for the Registered Disabilities Savings Plan, a federally registered tax free savings plan designed to ensure long-term financial security for people with disabilities. ILCK supported 167 individuals in completing the application process and hosted 7 group sessions.

Peer Support

Peer Support ~ The Centre understands the impact of dealing with barriers related to a disability and the value of being treated with dignity. We offer assistance on topics such as disability management strategies, travel planning and home modifications. The Centre responded to 982 requests for peer support and facilitated 66 peer support activities.

Diner's Club ~ A peer support group that offers individuals the opportunity to meet new people, share a story, ideas, experiences and enjoy a

meal. Join the Diners' Club once a month when we visit local accessible restaurants. It's a great opportunity to enjoy an evening out at one of your favourite restaurants or experience somewhere new. There were 12 diner's club meetings and 54 participants.

Weekly Drop-In ~ A weekly peer group offering group directed social activities. Participants enjoy conversation, information exchange, celebrations, cards and board games. 48 peer drop-in groups were supported.

Independent Living Skills Development

Independent Living Skills Development Services ~ The Centre supports individuals with disabilities in developing the skills to deal effectively with personal and environmental barriers. There were more than 1565 contacts with the Centre for this service. For example, we assisted people in finding a doctor, acting as a liaison between individuals and their physicians, case managers and/or probation officers and connecting individuals with needed housing or legal services.

Disability Management Skills Training ~ Provides assistance for individuals with disabilities and/or family members gain a better understanding of social assistance. This includes Ontario Works, Ontario Disability Support, Canada Pension Plan-Disability and Assistance for Children with Severe Disabilities. We provided skills development for; understanding the application process and how to complete it, communicating disability related barriers to doctors and one's role and responsibilities throughout the process. We supported 331 people with disabilities access income supports and there were 5350 contacts for this service.

www.ilckington.com

2012-2013 Annual Report

Community Development

ILCK Community Development researches and identifies unmet needs for people with disabilities; we develop and deliver projects that empower individuals to better control their own processes.

Access to Technology Program ~ Offers free public Internet and computer access for the Kingston community. ILCK's accessible computer lab offers computers with word processing, spreadsheets, web access, scanners and more. Individuals can also use current accessibility software. The accessible computer lab was accessed 294 times by people with disabilities.

Direct Funding, Self-Managed Attendant Services ~ A 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 695 individuals accessing the program in Ontario and the Kingston office supports 182. Last year, the Centre reviewed over 2100 reports and responded to more than 2800 contacts.



Disability Awareness Training ~ Provides training and information to local businesses, organizations and the public on: preferred language, disability etiquette, disability policy and practices, improved customer service and communications, the Accessibility for Ontarians with Disabilities Act (AODA). ILCK facilitated training sessions and one to one support 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
- ◆ 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
- ◆ Kingston's Community Services Fair



2012 - 2013 Board of Directors

- ♦ President - Mary Margaret Dauphinee
- ♦ Vice President - Susan Charlesworth
- ♦ Secretary - Vacant
- ♦ Treasurer - Virginia Belmore
- ♦ Past President - Evelyn Maizen

Directors

- ♦ Andrew Ashby
- ♦ David Wolovick
- ♦ Lucinda Bray
- ♦ Glenn Outhwaite
- ♦ Stephen Mitchell

Thank You to Our Funders

- ♦ Independent Living Canada
- ♦ Centre for Independent Living in Toronto
- ♦ City of Kingston, Ontario Works
- ♦ Treasure Chest Bingo Association
- ♦ United Way, Kingston Frontenac Lennox and Addington
- ♦ Local Health Integration Network/ Southern Frontenac Community Services Corp.
- ♦ Human Resources and Skills Development Canada

2012 - 2013 Volunteers

Our volunteers are significant contributors who assist in the success of the Independent Living Centre Kingston. Last year, our volunteers contributed over 2200 hours to the organization. Thank you to all of our volunteers for their dedication, and for believing in our mission to promote the independence of people with disabilities in our community. The following are the 2012/2013 volunteers:

- | | |
|----------------------|------------------|
| ♦ Terri Dafoe | ♦ Samantha Allen |
| ♦ Eartha | ♦ Judith Gould |
| ♦ Caroline Bilton | ♦ Nicholas Leduc |
| ♦ Mandy McEwen | ♦ Liat Josovits |
| ♦ Edward Kellar | ♦ Kim Chung |
| ♦ Sandra Doughty | ♦ Kenneth Kellar |
| ♦ Naama Ofrath | ♦ Kaitlyn Ward |
| ♦ Susan Charlesworth | |
| ♦ Jessica Marx | |

2012 - 2013 Staff

- ♦ Independent Living Coordinator
Laura Allen
- ♦ Independent Living Skills Coordinator
Judy Regis
- ♦ Direct Funding Program Coordinator
Neil Allen
- ♦ Community Development
Coordinator Edward Kellar
- ♦ Program Assistant
Rachel Dicks

www.facebook.com/ILCKingston



Independent Living Centre Kingston

298 Concession St., Kingston, Ontario K7K 2C1

Ph: 613-542-8353 * TTY: 613-542-8371 * Fax: 613-542-4783

Email: info@ilckingston.com * Web: www.ilckingston.com