

2013 - 2014 Board of Directors

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- ♦ Lucinda Bray
- ♦ Glenn Outhwaite
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Thank You To Our Funding Partners

- ♦ 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.
- ♦ Employment and Social Development Canada / New Horizons for Seniors
- ♦ Employment and Social Development Canada / Canada Summer Jobs
- ♦ Ontario Trillium Foundation

2013 - 2014 Volunteers

Our volunteers are valued partners who build real success at the Independent Living Centre. Last year, they contributed over 1,853 hours to the organization.

Thank you so much to all our volunteers for their dedication, hard work and ingenuity!

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| ♦ Terri Dafoe | ♦ Kenneth Kellar |
| ♦ Ross Halliday | ♦ Kaitlyn Ward |
| ♦ Eartha | ♦ Mandy Schan |
| ♦ Mandy McEwen | ♦ Janet Anderson |
| ♦ Edward Kellar | ♦ Andrew Ashby |
| ♦ Naama Ofrath | ♦ Daniella Good |
| ♦ Rachel Dicks | ♦ Mandy Schan |
| ♦ Kurt Halliday | ♦ Barry Kaplan |
| ♦ Samantha Allen | ♦ Susan Charlesworth |
| ♦ Judith Gould | |
| ♦ Nicholas Leduc | |

2013 - 2014 Staff

- ♦ Independent Living Coordinator - Laura Allen
- ♦ Skills Coordinator - Judy Regis
- ♦ Direct Funding Program Coordinator - Neil Allen
- ♦ Admin. Assistant - Mandy Schan
- ♦ Volunteering Coordinator - Janet Anderson
- ♦ Program Assistant - Joe McCauley
- ♦ Program Assist. - Philippa Campaye



Independent Living Centre Kingston

Disability Resources and Support

Annual Report - 2013 / 2014

A Message From The President

Independent Living Centre Kingston took several big steps this year. We moved to a new location in order to serve consumers more directly, we started new projects designed to build the core programs and we hired a manager who is now working with other staff and volunteers to put more effective systems into place.

Now located at 540 Montreal Street in Kingston, the Centre is working closely with Kingston Home Base Housing and their programs that serve people living in poverty and homelessness. At the same time, we are delivering our core programs - *Information and Networking, Independent Living Skills, Peer Support, and Community Development* - to the consumers who have used our services for 26 years.

Our progress in making up revenue lost by the cancellation of national funding continues as we put into place a business plan that will bring revenue directly to the core programs. The United Way of Kingston, Frontenac, Lennox & Addington is now funding our Information and Networking program through a demonstration grant and we are applying this November for Member Agency status. We are currently shoring up activities that have value but are unpaid and projects that need to be paid more to run at full capacity. We've started two new "businesses" - Supported Volunteering and Art for Self-Exploration. We've completed a project to create a community resource handbook that will become a community program. Our mission to build employment and accessibility services also continues.

Our partnering with other agencies has now moved beyond the exchanges of information and referrals most agencies practice. A new stronger partnering with Home Base Housing and the Canadian Mental Health Association signals our thinking and acting along with allies in the community.

Highlighting the summer was the 25th Anniversary BBQ and Open House. Presentations were made by Mayor Mark Gerretson, John Gerretson, MPP and Bhavana Varma, President and CEO of the United Way KFL&A. 125 people enjoyed the delicious food, the lively music of R2B2 and the silent auction. Raising just under \$4,000, this is a great tribute to the community support the Centre values.

As ever, the Centre gratefully acknowledges the work of our volunteers, including Board members. We support our volunteers as they work the Bingos, the annual open house and other events. Building resources at the Centre is part of what we do and volunteers are part of that. Thank you again to everyone who supports the Centre, especially our members, donors and partners in the community.

 <https://twitter.com/ILKingston>

 www.facebook.com/ILCKingston



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PROGRAM AND SERVICE HIGHLIGHTS

Information and Networking

The Centre responds to many kinds of requests, helping people get information, use it well and work other service providers. Each response focuses on the whole person (looking at all issues) in order to help individuals and families meet their needs and reach their goals.

Information Services responded to 1,892 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.

Access Kingston Online is an 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 Information sessions and one-to-one support for the Disability Tax Credit and the Registered Disability Savings Plan - a federally registered tax free savings plan designed to ensure long-term financial security for people with disabilities. We supported 68 individuals in completing the application process and hosted 3 group sessions.

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 216 requests for peer support and facilitated 59 peer support activities.

The Diner's Club is a peer support group that

offers individuals the opportunity to meet new people, share stories, ideas and experiences, and enjoy a meal. Once a month we visit local accessible restaurants - a great opportunity to enjoy an evening at a favourite restaurant or experience somewhere new. There were 12 Diner's Club meetings and 57 participants this year.

The Weekly Drop-In is a peer group offering supported social activities. Participants enjoy conversation, information exchange, celebrations, cards, and board games. 47 peer drop-in groups were supported this year.

Independent Living Skills

The Centre supports individuals in developing skills to deal effectively with personal and environmental barriers. There were more than 1,260 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 provides assistance for individuals with disabilities and/or family members gain a better understanding of social assistance. This includes Ontario Works, Ontario Disability Support Program, Canada Pension Plan - Disability and Assistance for Children with Severe Disabilities. We support consumers understanding the application process and how to complete it, communicating disability-related barriers to doctors and responsibilities throughout the process. We supported 133 people access income supports applications and there were 2,697 contacts for this service this year.

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Community Development

This program builds Independent Living in the community. It researches and identifies needs and barriers. It supports projects that empower individuals and organizations.

Access to Technology offers free and supported public Internet and computers for the Kingston community. Our accessible computers provide word processing, spreadsheets, web browsing, scanners and more. Individuals can also use current accessibility software. The accessible computer service was accessed 294 times by people with disabilities.

Self-Managed Attendant Services enables 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 employers, individuals are fully responsible for managing their own employees within a budget that is developed on an individual basis. The Centre 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 169. Last year, the Centre reviewed 2,625 reports and responded to 552 contacts.

Disability Awareness Training provides training and information to local businesses, organizations and the public concerning

preferred language, disability etiquette, disability policy and practices, improved customer service and communications, and the Accessibility for Ontarians with Disabilities Act (AODA). We 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 and 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
- ◆ 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
- ◆ Kingston's Community Services Fair
- ◆ Old Age Security Working Group
- ◆ Practical Assistance Group
- ◆ St. Lawrence College - CICE
- ◆ Disability Awareness Workshops - CSC

