



2015-2016 Annual Report

A MESSAGE FROM THE CHAIRPERSON

Challenges are best confronted by a team of individuals that are dedicated, committed, inspired, and selfless in their focus on finding solutions. Independent Living Centre Kingston (ILCK) has been fortunate to have had access to a collective of individuals both volunteers and staff that have allowed us to prosper in the last year.

In 2015/2016 ILCK with the able guidance of our new Executive Director (Laura Allen) we were able to forge ahead.

We have made significant inroads in our fundraising efforts. Our inaugural Scavenger Hunt as well as our second annual Swing Dance were well attended and met their targeted fundraising goals. Our Bingo revenues continue to be a stable anchor in our fundraiser portfolio.

The ongoing support of the United Way (UW), financial and intellectual has also been instrumental for our positive growth. With their increased support we have been able to enhance our Information and Support Services delivery. We have been able to hire two new staff members for program delivery.

The one year Access to Volunteering Program jointly funded by UW and City of Kingston's Community Investment Fund is focusing on supporting individuals with

disabilities overcoming barriers to accessing volunteer opportunities.

We have also embarked on a joint venture with Canadian Mental Health Association-Kingston named: "Canvassing for Mental Illness and Other Disabilities". A successful Mask Workshop served as the first event. A future canvas painting event has already been initiated.

Direct Funding, Self-Managed Attendant Services program has been able to expand and reduce the wait time as a direct result of enhanced MOH funding. Financially, Independent Living Skills Development has benefitted from our improved billing system.

We have also benefitted from additional Core Funding from IL Canada and for marketing our web site and promotional materials are being redesigned.

The above highlights of the last year certainly give us much to celebrate. To the collective of individuals your contributions are duly recognized and appreciated.

In the coming year our efforts to secure financial stability will continue. We also need to focus on the establishment of an assessment tools to track our performance.

Daniel Brouillard

Direct Funding, Self Managed Attendant Services

Information Services

Access Kingston

Diners' Club

Access to Volunteering

Peer Support Programs

Resource Centre

Independent Living Skills Development

Access to Technology Program

Independent Living Centre Kingston

PROGRAM HIGHLIGHTS

Information and Networking

Information Services help connect people with community supports to address issues such as: income support programs, recreation, attendant services, poverty, social supports, etc.

Information Services responded to 3,600 requests last year.

Access Kingston is our online guide for people visiting and living in Kingston. It helps people in deciding if a facility or service meets their accessibility needs.

Registered Disability Savings Plan is a federally registered tax free savings plan for people with disabilities. The centre offers one to one support to learn how to apply for an RDSP and the Disability Tax Credit. ILCK supported 104 individuals in completing the application process.

Our **Resource Centre** has an extensive community resource library that offers information on topics such as food, shelter, and other support services in our community. We also offer a **Computer Lab** open to the community with internet access that is equipped with accessibility features such as voice input and voice output software.

The computer lab was accessed 766 times by people in our community.



Peer Support

Peer Support Programs allow individuals with disabilities to share experiences and knowledge. Participants share about managing a disability and help each other in developing strategies to overcome barriers. We offer one to one support, weekly social group, and a monthly diner's club.

People with disabilities have contacted the Centre for peer support on topics such as: disability management strategies, accessibility issues, 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 802 requests for peer support and facilitated 46 peer support activities.

Diner's Club is a peer support group that offers people with disabilities the chance to enjoy a meal, meet new people, share stories, ideas, and experiences. There were 12 diner's club meetings and 52 participants.

Drop In is a peer support group that offers people with disabilities the chance to meet new people, play cards and board games, have a conversation, share information, go on outings and explore new ideas.

Independent Living Skills Development

Independent Living Skills Development Services assists individuals to find the resources they need and develop life management skills to reach their goals. We assisted 1,034 people with the process of applying for programs such as Ontario Disability Support Program and CPP Disability.

Community Development

ILCK **Community Development Programs** and services help address the unmet needs for people with disabilities. We develop and deliver projects that empower people to have better control of their own lives.

Direct Funding, Self Managed Attendant Services offers people with physical disabilities choice. Choice in services, the opportunity to control their personal care routines, and flexibility over who they hire.

Currently there are 830 individuals accessing the program in Ontario and the Kingston office supports 200. Last year, the centre reviewed 800 reports and responded to 2273 contacts.

Access to Volunteering assists people with disabilities to volunteer in the community. We help participants overcome barriers, and develop and build their skills to be successful in their volunteer positions.

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:

- ♦ Ontario Network of Independent Living Centres
- ♦ Frontenac Accessibility Advisory Committee
- ♦ Spinal Cord Reunion Barbeque Committee - St. Mary's of the Lake Hospital
- ♦ Transitions: School to Community Steering Committee

Who we are

Independent Living Centre Kingston is a non-profit organization run by and for people with disabilities. We believe all people with disabilities can fully participate in every aspect of their communities. Using Independent Living principals we help people with disabilities explore options, make decisions, take risks and control their lives. The Centre has been providing leadership, support and skills development for people with disabilities and our community since 1988.

What we do

Independent Living Centre Kingston is a disability resource centre. We provide information, support, and skills building programs that address disability issues in the community. We support people with disabilities, their families, and the community. All of our programs and services are free.

Accredited member of



Canada

*Voir au-delà du handicap
Promoting a new perspective on disability*



**United Way
Centraide**

Member Agency
Organisme Membre

2015-2016 Staff

- ◆ Executive Director - Laura Allen
- ◆ Exe. Assistant - Elizabeth Stevenson
- ◆ Coordinator - Judy Regis
- ◆ DF Program Coordinator - Neil Allen
- ◆ Program Assistant - Joseph McCauley
- ◆ Volunteer Coordinator - Tracy Waldrif
- ◆ Program Assistant - Jennifer Siemon

2015-2016 Volunteers

Our volunteers are significant contributors who assist in the success of the Independent Living Centre Kingston. Last year, our volunteers contributed 2,620 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 2015-2016 volunteers:

- ◆ Eartha
- ◆ Mandy McEwen
- ◆ Edward Kellar
- ◆ Kurt Halliday
- ◆ Samantha Allen
- ◆ Holly Boyce
- ◆ Janet Anderson
- ◆ Michael Inglis
- ◆ Peggy Lum-Brouillard
- ◆ Kenneth Kellar
- ◆ Lucinda Bray

2015-2016 Board of Directors

- ◆ President/Treasurer - Daniel Brouillard
- ◆ Vice President - Vincent Durant
- ◆ Secretary - Rachel Ashby
- ◆ Past President - Evelyn Maizen

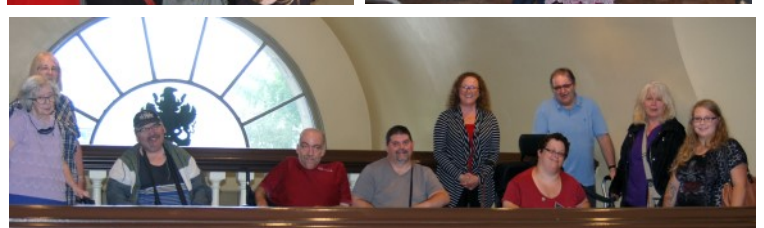
Directors

- ◆ Brenda Miller
- ◆ Michael Inglis
- ◆ Susan Charlesworth
- ◆ Kurt Halliday

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Thank You to Our Funding Partners

- ◆ Independent Living Canada
- ◆ Government of Canada - HRSDC
- ◆ Ontario Trillium Foundation
- ◆ Ontario Works - Kingston
- ◆ United Way KFL&A
- ◆ Centre for Independent Living in Toronto
- ◆ The Community Foundation for Kingston & Area
- ◆ Community Spirit Bingo
- ◆ Canadian Mental Health Association - Kingston
- ◆ Service Canada - Summer Experience Program



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