



**Independent Living
Centre Kingston**

Promoting a new perspective on disability

2010-2011 Annual Report

A MESSAGE FROM THE CHAIRPERSON

On behalf of the Board of Directors, I am pleased to report on the accomplishments of the Independent Living Centre Kingston over the past year.

I reported last year that our goal was to find new and innovative ways to fund the Centre's programs. I am pleased to report that we obtained our lottery licence with the City of Kingston and are now doing bingo fundraisers with Treasure Chest Bingo. Last year we raised almost \$10,000 towards the delivery of our core programs. While this helped with our fundraising, we still have much more fund development to do to support our program delivery. For example, in the past year we had approximately 5,000 requests for information and referrals by people with disabilities and their family members, businesses, students and teachers, service providers and agencies.

One of our newest projects, Access to Employment, has transitioned from a pilot project through the Ontario Trillium Foundation funding in 2010. The community had identified this service as a need and the local Ontario Works office developed a Memorandum of Understanding with ILCK to deliver pre-employment services to their clients.

The ILCK BBQ fundraiser and silent auction in 2010 was a great success and I want to thank all of our sponsors, donors, and volunteers for their generous contributions. Everyone had a good time and we raised over \$1,000.00.

In addition, the centre made some exciting new changes to our office. Through the support of our landlords, Dacon Corporation, the office was renovated giving it an updated and professional look. We also added space to accommodate our computer lab and added a new office for better service delivery. In January the Board and staff embarked on a new plan to implement a code of conduct policy for the organization. Board and staff training was facilitated and the new policy was implemented in January.

Sadly, this year, in March, we lost one of our dedicated board members, Al Mezzetta. Al served on our Governance Committee and brought his years of wisdom and experience to our fundraising endeavours. Al was a strong voice for people with disabilities in our community and served as a role model by continually demonstrating the value of people with disabilities being involved in deciding how to live their lives.

The Independent Living Centre Kingston's Board of Directors has honoured Al's memory in two ways. We have created the Al Mezzetta Award to be presented every year to an individual or organization that has made a significant contribution to improving accessibility and inclusion for people with disabilities. We also established the Al Mezzetta Memorial, Friends of Independent Living Wall to remind us of Al's contributions and to recognize other people who have demonstrated strong leadership in our community.

Our goal for 2011/12 will continue to be fundraising. The board members and I are committed to work with the staff and volunteers to ensure the financial needs of the Centre are met so that we can continue to support people with disabilities as they achieve full participation in the community.

Again, thank you to our dedicated board, staff, volunteers, donors and supporters. We could not do it without you.

Mary Margaret Dauphinee

Independent Living Centre Kingston

PROGRAM HIGHLIGHTS

INDIVIDUAL CAPACITY BUILDING

Information Services

The Centre responds to requests for information on services and programs available to persons with disabilities. Our information service responded to over 5000 requests. Some of the most common requests were for affordable and accessible housing, income supports, and attendant services.

Peer Support Services

Peer Support occurs when accessing any of the programs at the Centre. The majority of staff, board and volunteers have 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, travel planning assistance and home modifications.

The Centre responded to 800 individual requests for peer support and facilitated 64 peer support activities. Many individuals contact the Centre for peer support after they have newly acquired a disability for support, direction and an understanding ear.

Independent Living Skills Development Services

This service assists individuals to develop the skills that help them deal effectively with personal and environmental barriers as a result of having a disability. Disability management and skills training meetings were facilitated to build skills in areas of barrier removal to accessing government programs. Overall, there were 9586 requests for Independent Living Skills Development.

Direct Funding Program – Self Managed Attendant Services

This program provides individuals with a physical disability the opportunity to become employers of their own attendant services. The program allows individuals the flexibility to hire, train and manage their own personal care. Currently there are over 700 individuals accessing the program in Ontario, and the Kingston office supports over 200 individuals in South Eastern Ontario. In the past year, the Centre responded to 2633 requests for support by individuals using the program.

Access to Technology Program

This program offers 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 used over 800 times last year.

Access to Employment

This pre-employment program supports individuals with disabilities to work towards obtaining employment through individual skills building. Services include identifying barriers to employment, developing skills to manage or eliminate barriers, life management training, and identifying job goals. This project has proven that providing pre-employment skills training leads to success, and success equals poverty reduction. Over the past year we worked with 84 individuals with disabilities. As a result, 23 people secured employment, 14 have begun post secondary education and 37 are working on acquiring the skills to manage their disability in relation to employability and overall life skills.

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Registered Disability Savings Plan

This project offers information sessions and one-to-one support for the Registered Disabilities Savings Program (RDSP). RDSP is a federally registered tax free savings plan designed to ensure long-term financial security for people with disabilities. ILCK supported 40 people through information and one-to-one sessions, facilitated 2 workshops, and assisted over 20 people to start the application process. Sessions will continue into 2012.

Healthy Eating and Active Lifestyles

This two year pilot project which has now come to an end was for people with all types of disabilities to implement healthy lifestyle practices that are achievable and easy to maintain. ILCK also provided one-to-one support, healthy eating workshops, and a series of sessions focussed on physical fitness and active living.

In addition, ILCK developed a healthy eating guide that provides tools and resources so that people with disabilities can have the information to choose healthy foods and incorporate healthy lifestyle habits into their daily routines.

COMMUNITY CAPACITY BUILDING

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
- ◆ School to Community Transitions Team
- ◆ Independent Living Canada Board of Directors
- ◆ Enhanced Employment Services Celebration
- ◆ Municipal Accessibility Advisory Committee - City of Kingston
- ◆ Employment Network Committee
- ◆ Ontario Network of Independent Living

Centres

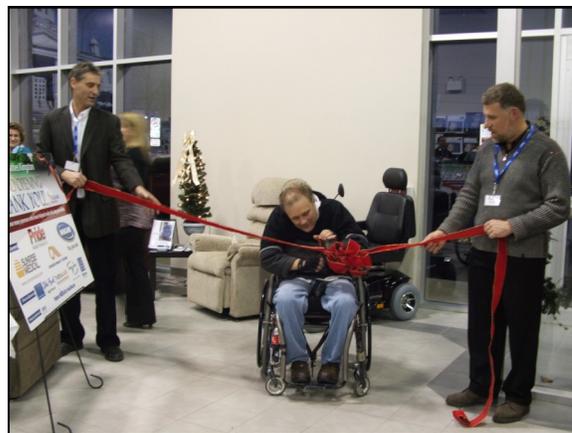
- ◆ Frontenac Accessibility Advisory Committee
- ◆ Spinal Cord Reunion Barbeque Committee - St. Mary's of the Lake Hospital

Disability Awareness Training

The Centre provided training and information on preferred language, disability etiquette, appropriate attitudes, disability policy and practices, improved customer service and communications. ILCK facilitates training sessions using the "disability experience model" which means that the information comes from the perspective of individuals with disabilities.

Accessibility Consulting

Consultations on adapting the built environment were provided to individuals, non-profit organizations and the private sector. Individuals with disabilities contacted the Centre for information on how to make their homes more accessible to meet their individual needs. Numerous businesses and organizations contacted the Centre to obtain information on accessibility standards as outlined in the Accessibility for Ontarians with Disabilities Act (2005).



Neil Allen cutting the ribbon at the Motion Specialties grand opening event

For more information visit
Independent Living Centre
Kingston's website:
www.ilckingston.com

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 2010/2011 volunteers:

- ◆ Terri Dafoe
- ◆ Eartha
- ◆ Laura Viera
- ◆ Vincent Durant
- ◆ Caroline Bilton
- ◆ Mandy McEwen
- ◆ Laura Dobbin
- ◆ Dave Wolovick
- ◆ Edie Emmons
- ◆ John Carr
- ◆ Gay Wiley

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.

Board of Directors

- ◆ Chairperson – Mary Margaret Dauphinee
- ◆ Vice Chair – Susan Charlesworth
- ◆ Secretary – Kurt Haliday
- ◆ Treasurer – Ginny Belmore
- ◆ Past President – Evelyn Maizen

Board Members at Large:

- ◆ Andrew Ashby
- ◆ John Fotheringham
- ◆ Diane Munroe
- ◆ Albert Mezzetta
- ◆ Maria Helena Delgado
- ◆ Judith Gould
- ◆ Dinah Cotter

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

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
- ◆ Ontario Ministry of Health Promotion
- ◆ FK Morrow Foundation



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