

# A MESSAGE FROM THE PRESIDENT

Independent Living Centre Kingston (ILCK) is proudly celebrating 30 years of growth and dedication to the community. We have witnessed many fluctuations in funding, but our staff and volunteers never wavered in their commitment to serving people with disabilities. We look forward to continuing to provide services for people with disabilities for years to come.

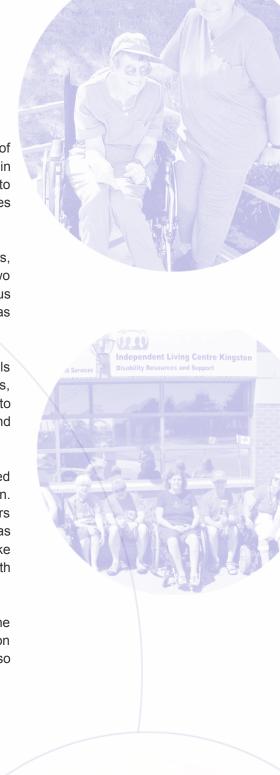
Neil Allen is one of our most dedicated and the longest-serving staff members, who, after 19 years of service, recently left to pursue other goals. During his two decades with the centre, he forged community partnerships and represented us on many boards and committees. We will remember him for his tireless work as the regional administrative coordinator of the Direct Funding Program.

In this annual report and on our recently revised website, we laid out the goals and outcomes of ILCK. Amongst these is our support of people with disabilities, their families, and the community. Our programs and services are free, thanks to the generous support from governments, charitable foundations, fundraisers, and donations from individuals within the community.

We have become a member of the United Way in recent years and have received financial assistance, resources, and training to help strengthen our organization. ILCK has had a significant impact within the community during its first 30 years because of dedicated staff members, volunteers, and board members. It has given people with disabilities an opportunity to have their voices heard and to take part in many aspects of the community. That participation helps people with disabilities to achieve choice, flexibility, and control over their lives.

In closing, I wish to acknowledge the efforts of Daniel Brouillard, president of the board of directors whose term has ended. Dan contributed to the organization and showed leadership in cementing our relationship with the United Way. He also supported and guided ILCK and helped develop our five-year strategic plan.

#### Vincent Durant





### Who We Are

Independent Living Centre Kingston is a regional non-profit organization run by and for people with disabilities. We assist people with disabilities to obtain independence. By providing programs including Information & Support, Peer Support, Independent Living Skills Development, and Research and Community Development, we identify and respond to the, unmet needs of people with disabilities. By empowering people with disabilities, they can increase their confidence, raise their self-awareness, and help them live independently.

## What We Do

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.

## Mission Statement

Independent Living Centre Kingston is a regional non-profit organization run by and for people with disabilities. We provide leadership, support and skills development for people with disabilities and our communities.

## Vision Statement

We believe in a society where people with disabilities fully participate in every aspect of their communities by applying Independent Living principles. These principles empower individuals with disabilities to explore options, make decisions, take risks and take control of their lives.



# Information and Support



The Information and Support program provides people with disabilities and their families access to disability services and support in our community.

Through one-to-one support, our program assisted individuals to achieve independence. We responded to 3185 requests for support on issues such as:

- Attendant Services
- Income Supports
- Assistive Devices
- Counselling
- Poverty Relief
- Food and Shelter
- Volunteer and Employment Options

# Community Internet Access

Individuals used our computer 1415 times over the period of the year. We have equipped the computers with accessibility features accommodating people with various disabilities. The lab is free and open to the public Monday to Friday from 9:30 AM to 4:00 PM. Our computers are used to search for jobs, connect with friends and family, and find community resources.

#### Disability Tax Credit Support Services

Support Staff assisted individuals with completing the Federal Disability Tax Credit Application. This tax credit is a non-refundable credit that helps people with disabilities and their families reduce the amount of income tax they have to pay. We offered extensive one-to-one support to 146 people with disabilities in completing the application.

#### **Erica's Story**

Erica lives with bipolar disorder, ADHD, and dyslexia. She was homeless when she came to seek our help. Our team helped her get the resources she needed to find a safe and suitable home for her and her four wonderful children.

We helped Erica apply for the Ontario Disability Support Program and the Disability Tax Credit Program which will help decrease her financial stress. She hopes, after receiving her benefits, that she can focus on her health and education.

"I went to the centre when I was homeless and about to lose my children. Since then I have finished support programs and completed my high school education. I couldn't have done any of that without the help of the Independent Living Centre," said Erica.

Her goal is to enhance her knowledge of mental health issues and pursue her next level of education.

# Peer Support

Peer Support provides people with disabilities an opportunity to share knowledge and lived experiences. We offer the program in a group setting or individually. It aims to help reduce isolation, build relationships, improve leadership skills, exercise rights, and responsibilities, and solve problems. Our team has supported 96 requests for peer support.



#### **Drop-In Peer Group**

The Drop-In peer group gives individuals the opportunity to have discussions, play board games, and go on outings. The group is open to people with various disabilities and promotes an inclusive environment. We conducted 56 peer group events this year.

#### **Diner's Club**

The Diner's Club meets every month and visits local accessible restaurants for dinner. The club gives people with disabilities a chance to meet new individuals and enjoy various cuisines. We hosted 12 dinners last year and on average there were 21 diners at each event.

# Independent Living Skills Development (IL Skills)

IL Skills empowers people with disabilities to use and increase their self-advocacy. The program assists individuals to find the supports they need to develop life management skills and reach their goals. We supported 1672 requests from people to apply for programs such as the Canada Pension Plan, drug benefit programs, and Assistance for Children With Severe Disabilities.

#### Access to Independence

Access to Independence assists people with disabilities to gain income stability and better access to disability supports. We have supported 169 individuals to access the Ontario Disability Support Program and stabilize their financial situation.

The Diner's Club has given me a great opportunity to make new friends.

Diner's Club Participant

# Research & Community Development

Our Research and Community Development Program helps us respond to the unmet needs in services identified by people with disabilities. Tested and validated research and Information is important to developing programs and services which benefit the community. Examples of our 2017 initiatives included our Community Internet Access Program and the Self-Managed Attendant Services Program (Direct Funding).

### Self Managed Attendant Services (Direct Funding)

Direct Funding is an innovative program enabling adults with physical disabilities to become employers of their own attendants. Attendants assist individuals with activities such as dressing, grooming, and bathing. As employers, participants manage their employees within a budget developed individually. We have responded to 3922 requests for one-to-one support to assist individuals in managing their attendant services.

Visit www.dfontario.ca for more information.

#### Mandy's Story

Mandy is a self-manager. She has been using the Self-Managed Attendant Services (Direct Funding) program since 2000.

"Before I found Direct Funding, I used another organization for my attendant services. They decided how many hours of care I needed a week with a health care attendant. I got three hours of care a week which wasn't enough. The attendants only completed mandatory activities and left before they were finished," said Mandy.

The Direct Funding Program has given her the freedom to enjoy her life. She can hire her own attendants without a third party company.

"Being a self-manager has given me the freedom to live independently and not rely on my friends and family to take care of me," said Mandy.

#### 2017 - 2018 Staff Members

Laura Allen
Executive Director

Judy Regis
Program Coordinator

Nicole Cromwell Program Facilitator

Neil Allen
Direct Funding Program Coordinator

Elizabeth Stevenson
Direct Funding Program Supervisor

Carolann Sutherland
Audit Clerk

Ashley Raposo
Direct Funding Assistant

Johnadeen Albertini Marketing Assistant

Phillip Stafford Receptionist

Joe McCauley Bookkeeper

Christa McAfee
Community Outreach Facilitator

#### 2017 - 2018 Board of Directors

**Daniel Brouillard** 

**President** 

**Vincent Durant** 

Vice President

Susan Charlesworth

**Treasurer** 

Sarah Blaney-Lew

**Secretary** 

Evelyn Maizen

**Past President** 

Rachel Ashby

Director

Michael Inglis

**Director** 

**Brian Evoy** 

Director

### Thank You To Our Funding Partners



**Independent Living Canada** 



Treasure Chest Bingo Association



Service Canada



Local Health Integration Network



City Of Kingston Ontario Works



Community and Social Services Gananoque



**United Way KFL&A** 



**Centre for Independent Living** in Toronto

#### Thank You To Our Volunteers

Thank you to our volunteers for their dedication and supporting our mission to empower people with disabilities. Our volunteers are a major part of the success of Independent Living Centre Kingston. Volunteers contributed 3176 hours to our organization. The following are the 2017-2018 volunteers:

Eartha

Mandy McEwen

**Edward Kellar** 

**Kurt Halliday** 

**Shane Huffman** 

Riley Stretch

**Angie Stanton** 

Holly Boyce

Michael Inglis

Peggy Lum-Brouillard

Kenneth Kellar

Sue Charlesworth

Dana McAfee

Candace Keller

Ellis Stevenson

**Chris Niezen** 

**Andrew Stevenson**