

Annual Report

2019-2020

Independent Living Centre Kingston



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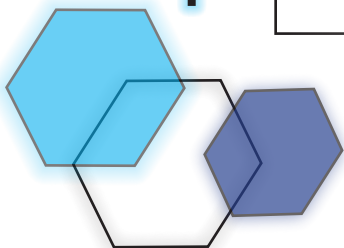
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Board of Directors 2019-2020

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Evoy**

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Program Facilitator

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Independent Living Skills
Program Coordinator

Arielle Woods

Receptionist

Lori White

Independent Living
Skills Facilitator

Emylee Wolfe-Vroomman

Receptionist

President's Message

It is a sincere pleasure to be able to communicate with each of you in this 2019-2020 Annual Report. We are living in quite different times and our Centre is not isolated from this "new normal". Through the months leading up to February 2020 it was business as usual within the Centre but all that changed in mid-March. Our centre closed its doors to the public and our staff began working remotely.

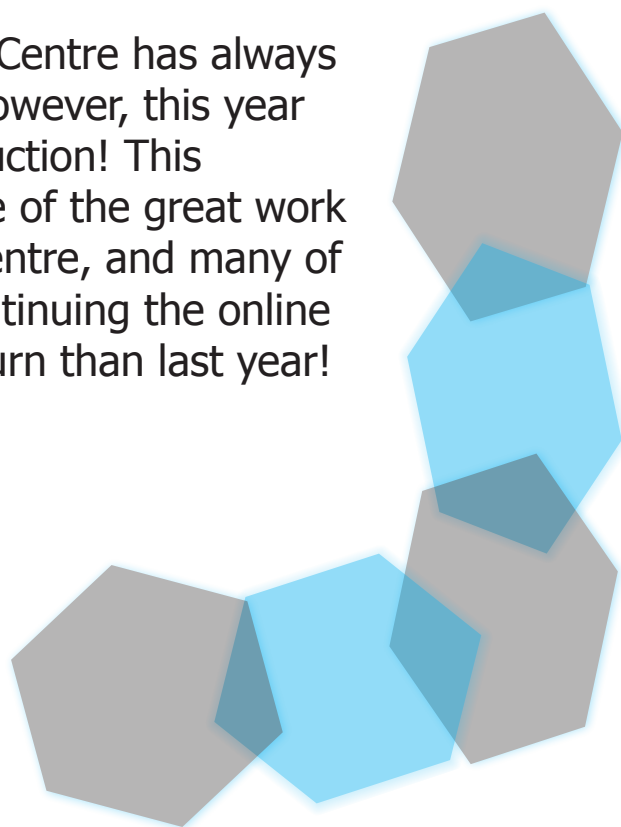
I am very proud to say that under the capable leadership of our Executive Director, Laura Allen, and the community-oriented staff our centre has been even busier than usual over the last 12 months. Staff handled many different inquiries from all over the Greater Kingston Area ranging from housing barriers, ODSP, Canadian Disability Tax Credit, access to food and meals, and poverty issues.

The work that is accomplished each day for our community is through the dedication and expertise of a highly skilled team. I invite you to review this report and do not hesitate to contact us, with any questions.

Our major fundraising initiative for the Centre has always been a "Swing Dance and Silent Auction". However, this year we decided to go virtual and do an online auction! This initiative was very successful mainly because of the great work from all of the staff and volunteers at the Centre, and many of our Board members. We look forward to continuing the online auction this year with aims for a greater return than last year!

Together we can do it!

President's Message Continued...



All the successes in our program delivery and introduction of new programs are attributed to the financial support from different agencies but we would like to recognize the United Way of Kingston, Frontenac, Lennox and Addington. Our centre is very grateful to the United Way for their commitment and dedication to our mission and vision as we work together as a community team to help those in most need.

The COVID-19 pandemic demonstrated to the overall Greater Kingston area the need to have the Centre and all the great resources it provides to those in the most vulnerable sector of our community. The centre has made substantial program changes and expanded programs in areas to meet emerging needs for the most vulnerable in our community. You can review our programs fully in this Annual Report.

The Board of Directors hope that the Centre will be back to normal operations very soon. However, we are very conscientious concerning the health and safety of our staff and their clients. We will endeavour to continue working remotely but during this time will be instituting a back-to-work plan for everyone involved with the Centre.

I would like to thank all of our partners for their continued support and financial contributions that will ensure Independent Living Centre Kingston will continue to build an even more solid foundation as we move towards the post-COVID period.

**On behalf of the Board of Directors,
Brian Evoy
President**



About Us

At Independent Living Centre Kingston we envision a society where people with all disabilities fully participate in every aspect of their communities by applying Independent Living principles. As a regional non-profit organization run by and for people with disabilities, we provide information, support and skills-building programs that empower people with disabilities and address disability issues in the community.

Our Guiding Principles



Be Consumer Controlled

More than half of the people directly involved in the organization's management & decision-making are people with disabilities.



Serve Cross-Disabilities

We offer programs and services to all people with all types of disabilities.



Be Community-Based & Non-Profit

People with disabilities can identify issues in their own communities and how it affects their lives.



Promote Full Participation & Integration

Support people with disabilities and encourage individuals to participate in all aspects of economic, cultural and social life in Canada.



Independent Living Skills Development (IL Skills)

Independent Living is a vision, a philosophy, and a movement for people with disabilities. Independent Living Skills Development empowers people with disabilities to use and increase their self-advocacy abilities. Individuals are assisted to obtain the supports needed to develop life management skills and reach their goals. The IL philosophy promotes and encourages self-direction in consumers so they can choose to access the services they need to accomplish their goals.

We supported 214 requests for Independent Living Skills Development.



Access to Independence

Access to Independence helps people with disabilities to apply for programs such as:

- Ontario Disability Support Program (ODSP)
- Canada Pension Plan (CPP) Disability
- Old Age Benefits
- Drug Benefit Programs
- Assistance for Children with Severe Disabilities
- Registered Disability Savings Plan (RDSP)

Individuals are helped to gain income stability and obtain disability supports. We assisted over 120 individuals to access these programs and stabilize their financial situation.

Information & Referral Support

The Information and Referral Support Program provides assistance with identifying and accessing community services and resources. Through one-on-one support our program assists individuals to achieve independence.

We responded to 1200 requests for support on topics such as:



Attendant Services



Assistive Devices



Food & Shelter



Poverty Relief



Income Supports



Counselling



Volunteer & Employment Opportunities



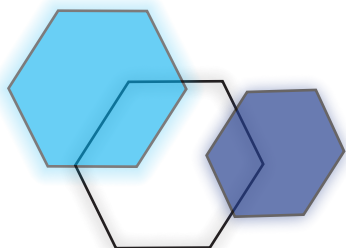
Research & Community Development

Research and Community Development responds to the unmet needs in services identified by people with disabilities. The centre's community development initiatives include a volunteer skill building program and the Self-Managed Attendant Services: Direct Funding Program.

Self-Managed Attendant Services (Direct Funding)

Direct Funding enables adults with physical disabilities to become employers of their own personal care attendants. As employers, individuals are responsible for managing their attendants within a budget developed individually. Direct funding gives consumers more control, choice, and flexibility over their attendant services.

Visit www.dfontario.ca for more information



Peer Support

Drop-In Peer Group

This group provides people with disabilities the opportunity to have discussions, play board games, and go on outings. It aims to help reduce isolation, build relationships, improve leadership skills, exercise rights and responsibilities, and solve problems. The group is open to all people with disabilities and promotes an inclusive environment.

Our team supported 53 people to participate in peer support groups.



Diners' Club

The Diners' Club Peer Group meets monthly and visits local accessible restaurants for dinner. The club gives people with disabilities the chance to meet new individuals and enjoy various cuisines.

We hosted 12 dinners last year and on average there were 23 diners at each event.



Other Services

Disability Tax Credit Support Services

This service assists individuals to complete the Federal Disability Tax Credit Application. This is a non-refundable tax credit that helps people with disabilities and their families reduce their income tax.

67 people were supported with this service.



Free Public Internet Access

The lab is open Monday to Friday from 9:30AM to 4:00PM. Individuals must sign in before using a computer and there is a two-hour limit for computer use. Computers are equipped with a variety of accessibility features.

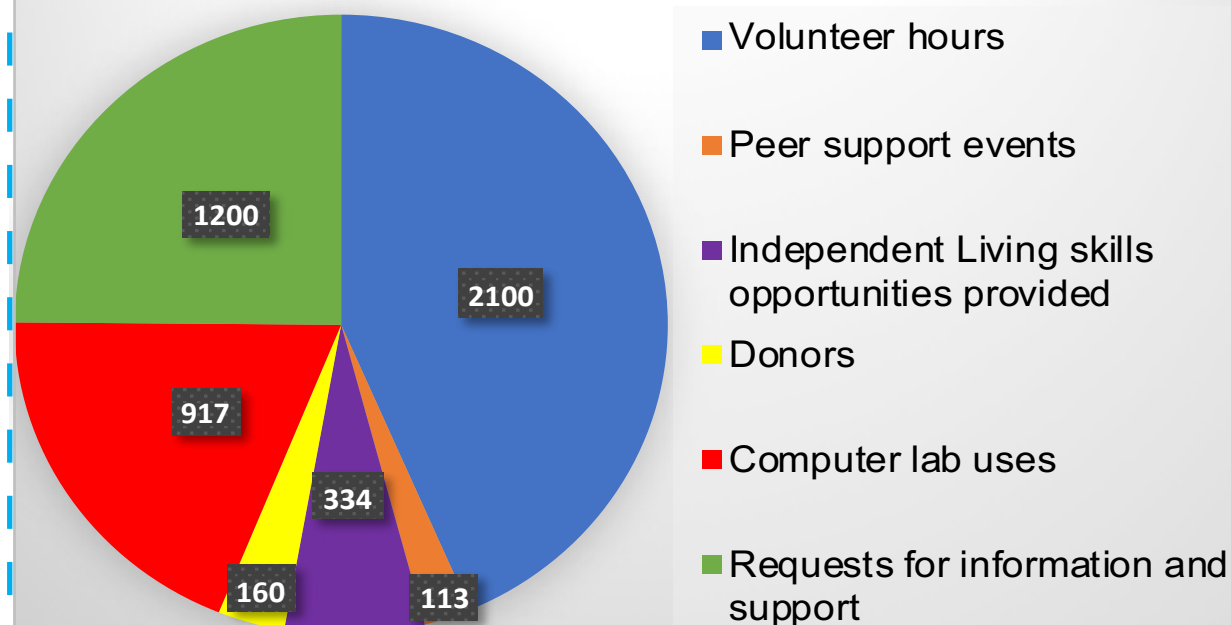
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Impact & Volunteers

"Independent Living Centre Kingston has allowed me to meet some wonderful people and make lasting friendships that are great. It has changed my life in so many ways that I am extremely glad I am apart of it and I look forward to what the future holds."

2019-2020 Numbers



Thank You To Our Volunteers

Amaanat Gill

Brian Lawrence

Caliesha Stewart

Emylee Wolfe

Jeff Bergeron

Lucy Chen

Mandy McEwen

Michael Inglis

Nandini Sahdev

Prakriti Rana

Funding Partners



Ontario

Local Health Integration
Network
Réseau local d'intégration
des services de santé



United Way
Kingston, Frontenac,
Lennox and Addington



CILT
CENTRE FOR INDEPENDENT
LIVING IN TORONTO

**Service
Canada**

**Thank
You**



Play!

GAMING & ENTERTAINMENT

Charitable Gaming
benefits this organization
and your community!

**To Our
Partners!**

**Leeds
Grenville**

Where Lifestyle Grows Good Business



Community Foundation
for Kingston & Area

Independent Living
Vie autonome



Canada

ReStart



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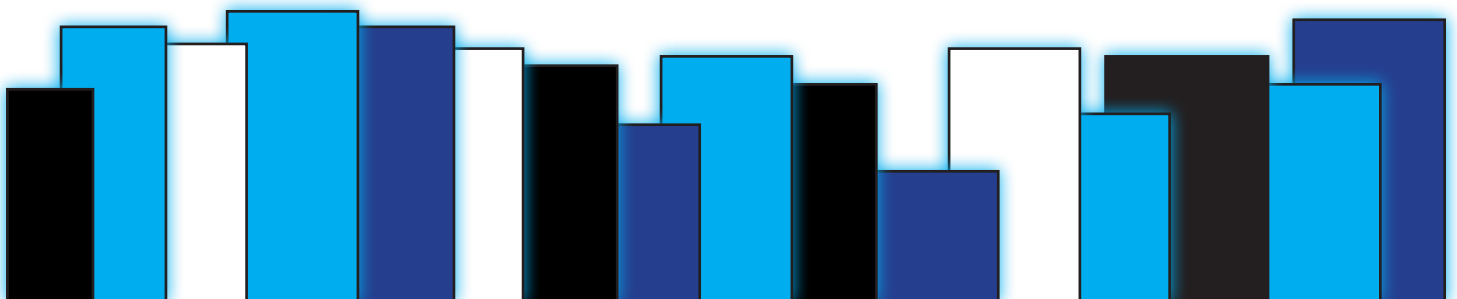
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Annual Report Created By Brandon Gordon-Lalonde