

RETIREMENT PLANNING RESOURCE GUIDE



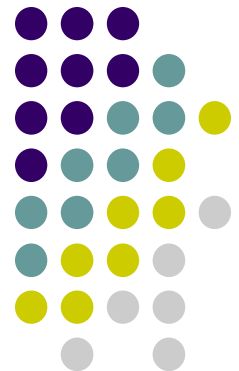
FOR OLDER ADULTS WITH DEVELOPMENTAL
DISABILITIES, FAMILIES, FRIENDS, AND SERVICE
PROVIDERS

January 2008
Second edition

This project has been made possible through a financial
contribution from the Population Health Fund, Public Health
Agency of Canada.

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School of Health
& Human Services





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DISABILITIES, FAMILIES, FRIENDS, AND SERVICE
PROVIDERS

Prepared by
Samantha Butler, NSCC

January 2008
Second edition
(First edition printed March 2007)

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ACKNOWLEDGEMENTS



We greatly appreciate the Project Steering Committee members' dedication and commitment to the project and thank them for their insight and expertise which inform all aspects of the project:

- Carol Ann Brennan, Regional Residential Services Society
- John Cox, People First Nova Scotia (Resource)
- Cathy Deagle Gammon, DIRECTIONS Council for Vocational Services Society
- Pamela Fancey, Nova Scotia Centre on Aging, Mount Saint Vincent University (MSVU)
- Kathy Greenwood, Nova Scotia Department of Health, Continuing Care Branch
- Tom Gunn, Nova Scotia Community College, School of Health and Human Services
- Mildred Hayward, Nova Scotia Department of Community Services, Services for Persons with Disabilities
- Dr. Áine Humble, Department of Family Studies and Gerontology, Mount Saint Vincent University (MSVU)
- Jeannine Jessome, Nova Scotia Department of Seniors
- Burke MacCallum, Nova Scotia Disabled Persons Commission
- Anne MacRae, Nova Scotia Disabled Persons Commission (Resource)
- Mary Rothman, Nova Scotia Association for Community Living

We would also like to thank Scott Campbell, Faculty, NSCC School of Health and Human Services, and his four Vocational Services students: Melissa Kennedy, Jenny Armstrong, Alana Thompson, and Mindy Rockwell for their assistance with the environmental scan for resources, and Sue Pottie, a graduate student in Family Studies and Gerontology, MSVU, for her contribution to the beginning stages of the development of this Resource Guide.

The Resource Guide was reviewed by the Steering Committee as well as by three external reviewers: Oly Backstrom (SCE LifeWorks, Manitoba), Cathy MacMillan (L'Arche Halifax, Nova Scotia), and Sandra Murphy (Community Links, Nova Scotia). We valued their knowledgeable feedback.

Finally, we extend our appreciation to Karl Nightingale, Program Consultant, Public Health Agency of Canada, who represents the project's funding agency and has been readily available to offer support and advice.

Marlene MacLellan, Project Manager
Samantha Butler, Project Coordinator
March 2007



BACKGROUND

The Next Stage: Retirement Planning For Older Adults With Developmental Disabilities

This Resource Guide is produced as part of the project *The Next Stage: Retirement Planning for Older Adults with Developmental Disabilities*. The goal of the project is to build connections between the disability and aging sectors in Nova Scotia. Bringing these sectors together is important because the new relationships can help to create opportunities for persons with developmental disabilities who are growing older. Together, groups and organizations who offer programs and services can help people plan for their retirement. They can offer information about healthy aging, financial issues, and identify activities in communities that may be of interest to retired people.



People often say that they don't know where to look for specific information about growing older with a developmental disability. This Resource Guide contains contact information for some organizations and resources that provide this information with the focus being on Nova Scotia. It is not a complete directory, but simply a collection of information that could help with the retirement planning process.

Please Note: There may be a charge for some of the materials listed in this Resource Guide.

Disclaimer: The opinions expressed in this publication are those of the authors and do not necessarily reflect the views of the Public Health Agency of Canada.

INTRODUCTION



This Resource Guide was created to help you find information about topics related to retirement planning and aging.

It is not intended to be a complete directory of specific services. There are comprehensive directories of services available from other organizations. The Disabled Persons Commission and the Nova Scotia Department of Seniors both produce a province-wide guide that is available to the public. Contact information for these organizations is included in this Resource Guide.

The Retirement Planning Resource Guide is for older adults with developmental disabilities, their families and friends, and for organizations that provide services to them. As well, it will be useful for organizations who provide services to seniors.

The Resource Guide contains the topics listed below. Provincial, national and international organizations and resources are listed in alphabetical order within each topic:

- ◆ Advocacy and Research Organizations
- ◆ Community Services
- ◆ Financial Information
- ◆ Healthy Aging
- ◆ Housing
- ◆ Promoting Inclusion
- ◆ Recreation and Leisure Activities
- ◆ Resource Directories and Centres
- ◆ Retirement Planning Guides
- ◆ Seniors' Organizations
- ◆ Transportation

Please note: You will see some organizations appearing more than once in this Guide. This is because the resources that they offer fit into more than one category.

Language Disclaimer: Information for this Resource Guide was collected from each of the organizations included, hence the inconsistency in the use of terms.



ADVOCACY AND RESEARCH ORGANIZATIONS

How can I help others?

Alberta Association for Community Living

Alberta Association for Community Living
11724 Kingsway Avenue
Edmonton, Alberta T5G 0X5
Phone: (780) 451-3055
Fax: (780) 453-5779
E-mail: mail@aacl.org
Internet: www.aacl.org

You may be interested to know that:

- ♦ One of the goals in its 2004 Plan is to increase retirement options to ensure that adults with developmental disabilities have opportunities to be fully included in community life.

American Association on Intellectual and Developmental Disabilities

American Association on Intellectual and Developmental
Disabilities
444 North Capitol Street, NW, Suite 846
Washington, DC 20001-1512
Phone Toll-free: 1-800-424-3688
Fax: (202) 387-2193
E-mail: dcroser@aamr.org
Internet: www.aamr.org

What does the Association do?

- ♦ It promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities.

What can I find on the website?

- ♦ *What Do You Mean, I Can Retire?* (Aging and End of Life Teleconference Series, Speaker: Catherine J. Rush, Cleveland, Ohio, September 27, 2006). To download the notes from this presentation at no charge, please go to the website listed above and click on the link: Aging and End of Life Issues Teleconference Series that will appear under the "What's New?" section of the Association's home page.
- ♦ A Reading Room where resources on a number of topics from Aging to Self-determination can be downloaded at no charge.

Association on Aging with Developmental Disabilities (AADD)



Association on Aging with Developmental Disabilities
PO Box 28929
St. Louis, Missouri 63132
Phone: (314) 647-8100
Fax: (314) 647-8105
E-mail: aadd@agingwithdd.org
Internet: www.agingwithdd.org

What does AADD do?

- ◆ AADD develops, links, and supports opportunities and services for older adults with developmental disabilities (generally ages 45 years and up).
- ◆ AADD provides support so that individuals can maintain their independence and be active members of their communities.
- ◆ Supports include transition planning, retirement groups, in-home support, education, and referral.
- ◆ AADD also presents a conference on aging with developmental disabilities annually.

Canadian Association for Community Living (CACL)

Canadian Association for Community Living
Kinsmen Building, York University
4700 Keele Street
Toronto, Ontario M3J 1P3
Phone: (416) 661-9611
TTY: (416) 661-2023
Fax: (416) 661-5701
E-mail: inform@cacl.ca
Internet: www.cacl.ca

How could CACL help me?

- ◆ The Canadian Association for Community Living (CACL) is a national federation of 13 provincial/territorial and 420 local Associations for Community Living, whose mission is to advance the full citizenship and inclusion of persons with intellectual disabilities and their families. Families, including members with intellectual disabilities, founded and are at the heart of CACL.
- ◆ The federation seeks to sustain a strong national family movement that can advocate effectively, build partnerships and social solidarity,



and make change happen.

- ◆ It creates and shares knowledge, tools and policy options to assist others to fully welcome, include and value people with intellectual disabilities and their families.
- ◆ It works strategically with other disability rights organizations and in particular has a strong relationship with People First of Canada (this Resource Guide contains information on People First of Canada).
- ◆ CACL has information and training resources on a number of topics including but not limited to: values and ethics, families, deinstitutionalization, adult learning, anti-violence and safety training, social and community inclusion tools, employment, and disability supports.

Council of Canadians with Disabilities

Council of Canadians with Disabilities
926-294 Portage Avenue
Winnipeg, Manitoba R3C 0B9
Phone: (204) 947-0303
TTY: (204) 947-0303
Fax: (204) 942-4625
E-mail: ccd@ccdonline.ca
Internet: www.ccdonline.ca

What does the Council do?

- ◆ It advocates at the federal level to improve lives for people with disabilities by eliminating inequality and discrimination in Canada and internationally.
- ◆ Its members include advocacy organizations at the national, regional and local levels that are controlled by people with disabilities.
- ◆ Issues of greatest concern to the Council include, but are not limited to, human rights, transportation, economic security, and health; it works to improve public awareness of issues concerning those with disabilities.

The Council produces the following on a regular basis in addition to a number of other publications as listed on the website:

- ◆ *A Voice of Our Own* which is a quarterly newsletter available on its website that summarizes national-level activities as well as those of member agencies.
- ◆ *The CCD Health Inspector* is produced by the Council's Health Reform Committee to present public policy concerns related to health and is available on the website.
- ◆ *Equality Matters: Human Rights Update* published periodically and available on the website.

DIRECTIONS Council for Vocational Services Society

DIRECTIONS Council for Vocational Services Society
99 Wyse Road, Suite 920
Dartmouth, Nova Scotia B3A 4S5
Phone: (902) 466-2220
Toll-free: 1-877-252-9267
Fax: (902) 461-2220
E-mail: DIRECTIONS@ns.sympatico.ca
Internet: www.directionscouncil.org



What does the DIRECTIONS Council do?

As a duly incorporated Society, **DIRECTIONS** Council has articulated its “Objects” in its Memorandum of Association and By-Laws.

These include, among other things, the following:

- ◆ To develop and promote vocational opportunities for persons with a disability within Nova Scotia;
- ◆ To develop standards for vocational opportunities;
- ◆ To provide support to members;
- ◆ To adapt and promote programs of education for members;
- ◆ To facilitate liaison with other provincial agencies and organizations;
- ◆ To enter into discussion and negotiation with government and civic bodies to obtain their support in carrying out the aims and objectives of the Society;
- ◆ To develop ongoing community support and recognition through education and public relations.

The **DIRECTIONS** Council has played an integral role in providing support, leadership and direction to 28 vocational agencies in Nova Scotia. Currently it operates with one executive assistant position that supports the elected Executive and Board of Directors.

This leadership is evidenced by such activities/projects and initiatives:

- ◆ Provincial pension plan (1984)
- ◆ Creation of Vocational, Prevocational and Community Employment Manuals
- ◆ Guidelines for Vocational Services NS
- ◆ School to Work Transition Manual and Video
- ◆ Industrial Adjustment Service Project—Provincial Marketing Initiative
- ◆ Future Directions for Vocational Services NS
- ◆ Standards Document for Vocational Services NS
- ◆ Audit Services
- ◆ Strategic Planning
- ◆ Website/Newsletter



- ◆ CSA Renewal Initiative
- ◆ Internal DIRECTIONS Provincial Survey—Presentation tool
- ◆ Provincial Staff Development Initiatives

Its most recent effort is its membership position paper “One Voice” speaking for the future of vocational services in light of the pending vocational review 2005. Look for this position paper on the website at www.directionscouncil.org

Interdisciplinary Training Center on Gerontology and Developmental Disabilities (ITC)

Interdisciplinary Training Center on Gerontology and Developmental Disabilities
Institute for Human Development
University of Missouri at Kansas City (UMKC)
2220 Holmes, 3rd Floor
Kansas City, Missouri 64108
Phone: (816) 235-1770
Fax: (816) 235-1762
E-mail: Rinck@cctr.umkc.edu (Christine Rinck, Ph.D.,
Director, ITC)
Internet: www.ihd.umkc.edu/itc/default.htm

Information on its website that might interest you:

- ◆ Retirement planning tools including program planning and an assessment for choosing work or retirement options
- ◆ Fast facts on aging
- ◆ Informational fliers and brochures

International Association for the Scientific Study of Intellectual Disabilities (IASSID)

Heather Wilkinson
IASSIS SIRG/AID Secretary
Senior Research Fellow
Centre for Research on Families and Relationships
University of Edinburgh
23 Buccleuch Place, Edinburgh EH8 9NB
United Kingdom
Phone: +33 1 43851206
Fax: +33 1 49361154

E-mail: h.wilkinson@ed.ac.uk
Internet: www.iassid.org



What is IASSID?

- ◆ This is an international and interdisciplinary scientific organization that promotes worldwide research and exchange of information on intellectual disabilities.
- ◆ It has a Special Interest Research Group on Aging and Intellectual Disability.
- ◆ For information on joining the Special Interest Research Group contact Heather Wilkinson as shown above.

Nova Scotia Association for Community Living (NSACL)

Nova Scotia Association for Community Living
Suite 100, 22-24 Dundas Street
Dartmouth, Nova Scotia B2Y 4L2
Phone: (902) 469-1174
E-mail: nsacl@accesswave.ca

How can NSACL help me?

- ◆ It is a province-wide association of family members and others working for the benefit of persons of all ages who have an intellectual disability.
- ◆ It works strategically with other disability rights' organizations and, in particular, with People First Nova Scotia.

A workbook that might interest you:

- ◆ *Belonging: Giving Value to Every Person: A Guide for Communities* (2006) by Dulcie McCallum. This is a workbook designed to engage the community to think about what is needed to make communities inclusive.

Nova Scotia League for Equal Opportunities (NSLEO)

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, Nova Scotia B3J 1P3
Phone: (902) 455-6942
Toll-free: 1-866-696-7536
TTY: (902) 455-6942
Fax: (902) 454-4781
E-mail: nsleo@eastlink.ca
Internet: www.novascotialeo.org



What is the mission of NSLEO?

- ◆ It is to achieve recognition of the abilities of people with disabilities so that they may function as equals in society.
- ◆ NSLEO is a cross-disability consumer advocacy and public education organization.
- ◆ It offers municipal consumer groups an umbrella organization through which to represent concerns at the provincial level.
- ◆ NSLEO is made up of local organizations whose control rests with people with disabilities (these organizations are listed on the website).

NSLEO resources that might interest you:

- ◆ Links — NSLEO's website has a number of links to national and provincial organizations that serve people with disabilities, as well as links to provincial government services, tourism and other information on a variety of organizations, services and programs.
- ◆ Position Papers — written on Transportation and Accessibility, Universal Provision of Technical Aids, Accessible Homes, Home Care/Home Supports, and Education, and presented to the various political party caucuses annually.

Ontario Partnership on Aging and Developmental Disabilities (OPADD)

Aging and Developmental Disabilities Project
c/o Reena
Toby and Henry Battle Centre
927 Clark Avenue West
Thornhill, Ontario L4J 8G6
Phone: (905) 889-2690 ext. 2203
Toll-free: 1-866-667-3362
Fax: (905) 889-3827
E-mail: rcoristine@reena.org
Internet: www.opadd.on.ca

Information is available on the following topics:

- ◆ The formation, role and vision of the Ontario Partnership Members and participants in the Ontario Partnership.
- ◆ Aging with a developmental disability.
- ◆ Issues pertaining to aging such as ageism, inclusion, dementia, access to health care.
- ◆ Resources for family and caregivers.
- ◆ Models of support including non-residential and residential models.
- ◆ Studies on developmental disabilities and aging.

(See page 32 of this Resource Guide for more detailed resource information.)

People First Nova Scotia

People First Nova Scotia
Suite 216, 2786 Agricola Street
Halifax, Nova Scotia B3K 4E1
Phone: (902) 454-3860
E-mail: pfns@eastlink.ca
Internet: www.pfns.ca



Goals and Activities of People First Nova Scotia:

- ◆ People First is run by and exists for people with an intellectual disability.
- ◆ Its goals are to promote equality, to encourage people with an intellectual disability to speak for themselves and to make their own decisions, and to teach the community about their movement and their issues.
- ◆ People First focuses on leadership development, local chapter organization, lobbying for social change, and teaching the community about disabilities and concerns.

People First of Canada

People First of Canada
Suite 5, 120 Maryland Street
Winnipeg, Manitoba R3G 1L1
Phone: (204) 784-7362
Fax: (204) 784-7364
E-mail: info@peoplefirstofcanada.ca
Internet: www.peoplefirstofcanada.ca

What is the role of People First of Canada?

- ◆ This is a national voice of people who have been labeled with an intellectual disability.
- ◆ People First of Canada focuses on the right to freedom, choice and equality for all.
- ◆ It protects the voice of people and acts on what they say, and it identifies issues about which people can speak and brings people together to help each other.



Planned Lifetime Advocacy Network (PLAN)

Planned Lifetime Advocacy Network of British Columbia
Suite 260, 3665 Kingsway
Vancouver, British Columbia V5R 5W2
Phone: (604) 439-9566
Fax: (604) 439-7001
E-mail: inquiries@plan.ca
Internet: www.plan.ca

What can I find out through PLAN?

- ◆ Information to assist families answer the question: “What will happen to our relatives with disabilities when we die?”
- ◆ Information on Personal Network development
- ◆ Books, CD-ROMS, DVDs
- ◆ Newsletter: *PLANfacts*
- ◆ Resource library
- ◆ Canadian and International links to information for families

Reena

Reena
927 Clark Avenue West
Thornhill, Ontario L4J 8G6
Phone: (905) 889-6484
Voice Mail: (905) 889-2690
Fax: (905) 889-3827
E-mail: info@reena.org
Internet: www.reena.org

What is Reena?

- ◆ Reena is a non-profit social service agency dedicated to integrating people with developmental disabilities into the mainstream of society.
- ◆ It provides services through residential supports, day programs, evening programs for children and youth, counseling and therapy, student training and community consultation, a home for seniors, a home for young adults with autism, and a permanent residential program as well as a time share respite residential program for children with autism.
- ◆ Reena has been recognized by the Ontario Trillium Foundation as a leader in caring for seniors with developmental disabilities and for linking the developmental disability and long-term care sectors.
- ◆ Reena and the Ontario Partnership on Aging & Developmental Disabilities received a five year grant from the Trillium Foundation in response to a proposal

they submitted.

Reena's publications available on the website:

- ◆ *Kolreena* Newsletter
- ◆ Reena's Annual Reports
- ◆ Reena's Information Brochures



Rehabilitation Research and Training Centre (RRTC) on Aging with Developmental Disabilities

Rehabilitation Research and Training Centre
Clearinghouse on Aging and Developmental Disabilities
Department of Disability and Human Development
University of Illinois at Chicago
1640 West Roosevelt Road
Chicago, Illinois 60608-6904
Phone: (312) 413-1860
Fax: 312-996-6942
E-mail: rrtcamlr@uic.edu
Internet: www.rrtcadd.org

Which topics does the RRTC Clearinghouse have information on?

- ◆ Health promotion
- ◆ Self-advocacy
- ◆ Family issues
- ◆ Housing
- ◆ Policy/service delivery
- ◆ Assistive technology
- ◆ General information on aging with developmental disabilities
(Resources are available for purchase as well as for no charge.)

SCE LifeWorks

SCE LifeWorks
227-530 Century Street,
Winnipeg, Manitoba R3H 0Y4
Phone: (204) 775-9402
Fax: (204) 783-2555
E-mail: info@lifeworks.mb.ca
Internet: www.lifeworks.mb.ca



What does SCE LifeWorks do?

- ◆ It supports people with disabilities to work and participate in the community by developing individualized plans, creating community-based opportunities, and by providing reliable, flexible and individualized supports.

This retirement planning resource is available from SCE LifeWorks:

- ◆ *Exploring Later Life Options with Older Adults who have Mental Disabilities — Facilitators' Manual:* This resource outlines a course for service providers to offer older adults based on planning for leisure participation during retirement. It includes a section on assisting adults with decision-making.

COMMUNITY SERVICES

What is going on in my community?



Adult Rehabilitation Centres/Regional Rehabilitation Centres (ARC/RRC) Association

ARC/RRC Association
c/o Kings Regional Rehabilitation Centre
PO Box 128
1349 County Home Road
Waterville, Nova Scotia B0P 1V0
Phone: (902) 538-3103
Fax: (902) 538-7022
E-mail: dbaltzer@krrc.ns.ca
Internet: www.krrc.nsnet.org

What do the ARCs and RRCs within the Association offer to their communities?

- ◆ Many of the organizations have community-based programs as well as outreach programs.
- ◆ The vocational programs as well as day programs offered by each organization serve individuals living in the community.
- ◆ Individual organizations also receive calls from individuals living in the community who wish to use an organization's resources such as recreation and leisure activities, or day programs.
- ◆ The organizations see themselves as a resource in their respective communities.
- ◆ Each organization within the ARC/RRC Association provides support to each other, advocates on various issues, and is used as a vehicle to communicate common concerns.

Caregivers Nova Scotia

Caregivers Nova Scotia
7001 Mumford Road, Tower 1, Suite 105
Halifax, Nova Scotia B3L 4N9
Phone: (902) 421-7390
Toll-free: 1-877-488-7390
Fax: (902) 421-6313
E-mail: support@caregiversns.org
Internet: www.caregiversns.org



What kinds of services does Caregivers Nova Scotia provide?

- ◆ It provides services to caregivers in the form of workshops, informative newsletters, a book and video lending library, telephone caregiver assistance and community based peer support groups.
- ◆ It is dedicated to providing recognition and practical supports to friends and family giving care to people with chronic physical, mental or cognitive disabilities.

Community Access Program (CAP) to Computers and the Internet

To find a CAP site nearest you, please call:

Toll-free: 1-866-569-8428

Internet: www.nscap.ca

What do CAP sites offer?

- ◆ CAP sites offer the public affordable access to computers and the Internet and are found in communities across the country.
- ◆ Most CAP sites offer free access but some do charge a small hourly fee.
- ◆ A number of CAP sites in Nova Scotia offer relaxed, informal programs to show seniors how to use a computer and the Internet.
- ◆ Many CAP sites have assistive technology that aids users with disabilities in using computers and the Internet.

Community Links

Community Links

PO Box 29103

Halifax, Nova Scotia B3L 4T8

Phone: (902) 422-0914

Fax: (902) 422-9322

E-mail: admin@nscommunitylinks.ca

Internet: www.nscommunitylinks.ca

Who does Community Links serve and what are its projects?

- ◆ It is a provincial association serving rural seniors and volunteers throughout Nova Scotia.
- ◆ It works to build healthy communities and to enhance the quality of life for seniors through community development and volunteer action.
- ◆ Preventing Falls Together is a major program of Community Links and is part of the Injury Prevention Strategy of Nova Scotia Health Promotion and Protection.
- ◆ Other projects include: Canada Volunteerism Initiative, Seniors Growing

Seniors' Skills, Enabling Seniors to Influence Healthy Public Policy in Nova Scotia, and Seniors Influencing Policy on Transportation.



Continuing Care Association of Nova Scotia (CCANS)

Continuing Care Association of Nova Scotia
7001 Mumford Road, Tower 1, Suite 215A
Halifax, Nova Scotia B3L 4N9
Phone: (902) 956-0090
Fax: (902) 893-8094
E-mail: sheila_peck@hotmail.com

Who does CCANS represent?

- ◆ CCANS is a provincial not-for-profit organization.
- ◆ It represents service providers which work to address the needs of those in society who need help and support with the tasks of daily living.
- ◆ CCANS' main vision is to encourage quality of living for those residents and clients which the member organizations serve.

Home Support Nova Scotia Association (HSNSA)

Home Support Nova Scotia Association
Armdale Professional Building
2625 Joseph Howe Drive, Suite 35
Halifax, Nova Scotia B3L 4G4
Phone: (902) 479-0989
Fax: (902) 479-0990
E-mail: hsnsa@hfx.andara.com
Internet: www.homesupportns.com

Who does HSNSA represent?

- ◆ The Association is a provincial membership driven body which represents the interests of home support agencies and other organizations working to promote the industry in Nova Scotia.
- ◆ HSNSA's members either deliver or support the provision of safe, reliable and quality care to more than 6,000 Nova Scotians of all ages requiring assistance with activities of daily living in order to stay in their homes.
- ◆ Home support services provided by HSNSA members are arranged through the Nova Scotia Department of Health, Continuing Care Branch. For further information or to request a needs assessment, please call their toll-free number 1-800-225-7225 or visit www.gov.ns.ca (information about the Continuing Care



Branch is also included further on in this section and in the Housing section of this Resource Guide).

Nova Scotia Association of Health Organizations (NSAHO)

Nova Scotia Association of Health Organizations
2 Dartmouth Road
Bedford, Nova Scotia B4A 2K7
Phone: (902) 832-8500
Fax: (902) 832-8505
E-mail: alex@nsaho.ns.ca (Alexandra
Cross, Communications Assistant)
Internet: www.nsaho.ns.ca

Who does NSAHO support?

- ◆ NSAHO is a member-driven association of more than 90 organizations committed to the health and well-being of Nova Scotians.
- ◆ Its broad-based membership includes health and community services providers within Nova Scotia as well as health care foundations and regulatory bodies.
- ◆ The Association supports its members through the provision of innovative solutions and the delivery of quality services.
- ◆ NSAHO produces a biweekly membership newsletter, called *AHO News*, that is available free of charge on its website as well as the Association's annual report/report card.

Nova Scotia Department of Community Services (DCS)

Nova Scotia Department of Community Services
PO Box 696
Halifax, Nova Scotia B3J 2T7
Phone Toll-free: 1-877-424-1177
Internet: www.gov.ns.ca/coms

Who does DCS provide services for?

The Department of Community Services delivers a wide range of social services to Nova Scotians in need. Offices are located throughout Nova Scotia and provide services for children, youth, families, and persons with disabilities.

The Services for Persons with Disabilities Program is a voluntary program that provides residential and day programs for adults with intellectual/physical disabilities or long term mental illness.

Residential services include a continuum of options ranging from support to families caring for a family member with a disability in their own home, to full 24 hour residential support. The goal is to create a range of programs that can support people at various stages of their development and independence.



Residential Support Options include:

- ◆ Unlicensed Community-Based Homes: Alternative or Direct Family Support Programs, an Independent Living Support Program and Small Option Program.
- ◆ Licensed Homes for Special Care: Residential Care Facilities, Group Homes, Developmental Residences, Adult Residential Centres, and Regional Rehabilitation Centres.

Adult Service Centres (Day Programs):

- ◆ Provide employment supports and skills training to persons with disabilities.
- ◆ Several workshops provide individual recreation and leisure opportunities to persons unable to participate in regular workshop programs.

Nova Scotia Department of Health, Continuing Care Branch

Nova Scotia Department of Health
Joseph Howe Building, 1690 Hollis Street
PO Box 488
Halifax, Nova Scotia B3J 2R8
Phone Toll-free: 1-800-225-7225
Internet: www.gov.ns.ca/heal/ccs

Who does Continuing Care serve?

- ◆ Continuing Care serves people who need ongoing care outside of hospital on either a long or short-term basis.
- ◆ Services include: home care (home support, nursing care, and home oxygen), long-term care (such as a nursing home or residential facility), self managed care, and protection for vulnerable adults.
- ◆ Continuing Care has nine district offices around the province.
- ◆ Contact Continuing Care at the toll-free number given above (seven days a week: 8:30am — 4:30pm) to talk to someone who will help you identify your needs for care and the services to best meet those needs.



Nova Scotia Public Libraries: Services for Seniors

Nova Scotia Public Libraries
Internet: www.publiclibraries.ns.ca

There are nine regional libraries with a network of branches and mobile libraries within the Nova Scotia public library system that provide a variety of programs and services to all citizens. Services which you may find beneficial include:

- ◆ Talking Books
- ◆ Audiobooks
- ◆ Books by mail
- ◆ Large Print Collections
- ◆ Assistance in locating and selecting materials
- ◆ Telephone access to services
- ◆ Home Book Delivery Service
- ◆ Services to the print disabled
- ◆ Adaptive Technologies
- ◆ Programs on topics of interest to seniors

For more information, please call your nearest public library as listed in the yellow pages of your telephone book.

Seniors' Clubs, Centres, and Organizations

Seniors' clubs, centres, and /or organizations can be found in most communities. Please look in the yellow pages of your local telephone book under "Senior Citizens' Services and Centres" for the club or clubs nearest you.

For more information, please contact the Nova Scotia Department of Seniors at 1-800-670-0065 to receive the following free publications (or they can be downloaded from the website: www.gov.ns.ca/scs):

- ◆ *The Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations* provides contact information for seniors' organizations throughout the province.
- ◆ *Programs for Seniors* (see page 32 of this Resource Guide for more information about this yearly directory).

FINANCIAL INFORMATION

How do I find out about pensions?



Canadian Association of Pre-Retirement Planners

Canadian Association of Pre-Retirement Planners
289 Greenwood Drive
Stratford, Ontario N5A 7K6
Phone: (519) 273-5616
Fax: (519) 273-6097
E-mail: cappnational@cyg.net
Internet: www.retirementplanners.ca

Who are pre-retirement planners?

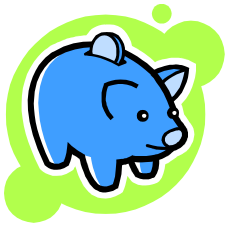
- ◆ Its members are professionals who work in personnel, training, pensions, as independent consultants, adult education, and finance.
- ◆ The website helps you to find a retirement/life planner in your area and outlines a model retirement planning seminar.

Nova Scotia Department of Community Services (DCS)

Nova Scotia Department of Community Services
PO Box 696
Halifax, Nova Scotia B3J 2T7
Phone Toll-free: 1-877-424-1177
Internet: www.gov.ns.ca/coms

Who does DCS provide services for?

- ◆ The Department of Community Services delivers a wide range of social services to Nova Scotians in need. Offices are located throughout Nova Scotia and provide services for children, youth, families, and persons with disabilities (for further information about DCS see page 24 of this Resource Guide).
- ◆ DCS may provide Seniors' Special Assistance funding, in exceptional cases, to low income seniors with no means of paying for their special needs. (All other funding sources must be taken into account in order to qualify including the federal Old Age Security and Guaranteed Income Supplement programs). To discuss your eligibility, contact the Community Services toll-free number given above. (This information is taken from the Nova Scotia Seniors' Secretariat (now the Department of Seniors) — *Programs for Seniors*, 17th Edition, 2006, page 65).



People with Disabilities Online (a Service Canada website)

People with Disabilities Online
Public Works and Government Services Canada
Ottawa, Ontario K1A 1M4
Phone Toll-free: 1-800-622-6232
TTY: 1-800-465-7735
Fax: (613) 941-1827 (long-distance charges will apply)
E-mail: disability@canada.gc.ca
Internet: www.pwd-online.ca

What can I find on this website:

- ◆ This website provides access to services and information, at both the provincial and federal levels, for persons with disabilities, family members, caregivers, service providers, and all Canadians.
- ◆ Topics include advocacy (knowing your rights), housing, recreation and active living, tax and financial benefits, and transportation.

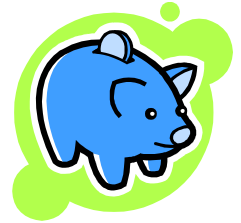
Planned Lifetime Advocacy Network (PLAN)

Planned Lifetime Advocacy Network of British Columbia
Suite 260, 3665 Kingsway
Vancouver, BC V5R 5W2
Phone: (604) 439-9566
Fax: (604) 439-7001
E-mail: inquiries@plan.ca
Internet: www.plan.ca

What can I find out through PLAN?

- ◆ PLAN is promoting a Registered Disability Savings Plan, similar to an RRSP, with federal and provincial officials. A Registered Disability Savings Plan will provide families with a simple way to assure the future security and social well-being of their relatives with disabilities.
- ◆ PLAN's website also has links to tax benefits and other financial assistance information including the Old Age Security and Guaranteed Income Supplement benefits.
- ◆ PLAN offers a will and estate planning workshop.

Public Pensions



Service Canada
PO Box 1687
Postal Station "M"
Halifax, Nova Scotia B3J 3J4
Or go to any of the following websites:
www.servicecanada.gc.ca
www.seniors.gc.ca
www.hrsdc.gc.ca

What am I entitled to when I turn 65?

- ◆ Canadian citizens are eligible for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) if they have low incomes when they turn 65.
- ◆ Some Canadians are also eligible for Canada Pension Plan if they have made contributions during their working life. Others may receive income from private sources.
- ◆ For information about OAS and GIS, please contact Service Canada at the phone number given below or websites given above.
- ◆ Also see the Nova Scotia Department of Seniors' *Programs for Seniors* annual directory (see the Healthy Aging section of this Resource Guide for more information).

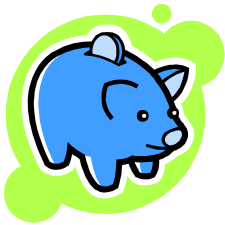
Service Canada

Service Canada
140 promenade du Portage
Gatineau, Quebec K1A 0J9
Phone Toll-free: 1-800-O-Canada (1-800-622-6232)
TTY: 1-800-926-9105
Internet: www.servicecanada.gc.ca
In person: Service Canada Centres

Overview:

Service Canada helps Canadians access the full range of government services and benefits they want and need. It improves the delivery of federal government services to citizens. Service Canada provides:

- ◆ Easy access to government services and benefits
- ◆ Choice in how you access these services (either by phone, online or in person)
- ◆ Respectful and individual service



What can I find on this website?

Service Canada's website provides many useful links to services and information. There are dedicated sections to people with disabilities and seniors, their families, caregivers, and service providers.

Other Useful References:

The Government of Canada has produced two useful publications:

Services for Seniors (2nd edition) and *Services for People with Disabilities*.

Services for Seniors targets Canadians over 50, those planning their retirement, families of seniors or their caregivers. It lists over 120 federal government resources for seniors and their families including information on finance and pensions, health and wellness, housing, safety and security, veterans and Canada's military, consumer issues, travel and leisure, computers and learning, etc.

Services for People with Disabilities bundles information on federal programs, services and benefits for people with disabilities and their families into one comprehensive and easy-to-use guide. Readers can find anything from employment, accessibility and education, to health, income support and tax benefits.

Both guides have a dedicated section on provincial and territorial contacts to help find programs and services available in their communities.

These guides are available online at www.servicecanada.gc.ca. These guides are also presented in a larger-than-average print size for an easy read and are available in alternate formats.

To obtain a printed copy of these publications or to find out more about the Government of Canada's programs and services, CALL: 1 800 O-CANADA (1 800 622-6232), TTY: 1 800 926-9105, CLICK: www.servicecanada.gc.ca or VISIT a Service Canada Centre near you.

HEALTHY AGING

What happens to my body as I grow older?



Canadian Health Network (CHN)

Canadian Health Network
Public Health Agency of Canada
10th Floor, Jeanne Mance Building
Tunney's Pasture, A.L. 1910B
Ottawa, Ontario K1A 0K9
E-mail: chn-info-rcs@phac-aspc.gc.ca
Internet: www.canadian-health-network.ca

What information can I expect to find on the CHN?

- ◆ The CHN's health centre for Seniors is full of information to help those 55 and over to stay healthy and prevent disease and injury. Topics include preventing falls, using medication safely, managing arthritis, and dealing with loneliness.
- ◆ It has dependable and up-to-date information on many other health-related topics, from active living to healthy eating.
- ◆ You'll be able to sign-up to receive the CHN's *Healthlink* e-newsletter—it's free! That way you'll be sure to receive new articles from the CHN twice a month.

Community Health Centres

- ◆ Community Health Centres provide health related services to people of all ages.
- ◆ To find the contact information for the community health centre in your area, please look in your local telephone book in the yellow pages under "Health Service" or "Social and Human Service Organizations."

Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, Nova Scotia B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
Email: scs@gov.ns.ca
Internet: www.gov.ns.ca/scs



What does the Department of Seniors have available?

- ◆ *Strategy for Positive Aging in Nova Scotia* (2005) discusses the broad and complex issues that are associated with aging and provides guidance on all aspects and phases of developing a strategy for positive aging in Nova Scotia. A copy is available free of charge by calling the phone number listed above or on the website.

- ◆ *Programs for Seniors* directory is available free of charge by calling the phone number listed above or on the website. It provides information on seniors' organizations; seniors' programs; referral services; recreation, sports and activities; expositions; travel; learning opportunities; employment; transportation; taxes; legal, human and consumer rights; insurance; safety and fraud prevention; abuse; housing; health; homebound seniors in addition to information on hospice and palliative care and bereavement.

- ◆ Website Link to information for seniors with disabilities:
http://www.gov.ns.ca/scs/externallinks.asp#senior_disab

- ◆ Information Resource Centre has books, reports, magazines, videos, pamphlets, and newsletters on topics related to aging that may be borrowed by the general public. For those who cannot visit the Centre a mail service is available.

Ontario Partnership on Aging and Developmental Disabilities (OPADD)

Aging and Developmental Disabilities Project
c/o Reena
Toby and Henry Battle Centre
927 Clark Avenue West
Thornhill, Ontario L4J 8G6
Phone: (905) 889-2690 ext. 2203
Toll-free: 1-866-667-3362
Fax: (905) 889-3827
E-mail: rcoristine@reena.org
Internet: www.opadd.on.ca

OPADD has the following Guides and Handbooks available:

- ◆ *Guide on Accessing Seniors Community Programs: For Self-Advocates, For Caregivers in Developmental Services, For Staff of Seniors Community Programs* (available in CD ROM format for \$12 to cover the cost of publication and postage but portions of it will be available on the OPADD website).

- ◆ *New Challenges: Aging and Developmental Disabilities in Huron County: A Handbook for Managers and Planners.* Produced by the Huron Trillium Partnership (available in full on the OPADD website).
- ◆ *Aging Just Like Everyone Else: A Handbook for Families and Caregivers.* Produced by the Huron Trillium Partnership (available in full on the OPADD website).
- ◆ *Aging with a Developmental Disability: Transition Guide for Caregivers* (September 2005) (available in hard copy at \$6.00 to cover printing and postage costs or portions can be downloaded from the OPADD website).
- ◆ *Guide on Personal Care and Property* deals with issues and legislation pertaining to substitute decision-making, guardianship, financial planning, Henson trusts and more. Available March 2007 at cost to cover printing and postage.
- ◆ The OPADD website also contains research reports, discussion papers and Power Point presentations dealing with aging with a developmental disability and related topics.
- ◆ The *OPADD Letter*, a quarterly newsletter, is also available on the website.



Public Health Agency of Canada (Atlantic Region)

Public Health Agency of Canada (Atlantic Region)
 1525-1505 Barrington Street
 Halifax, Nova Scotia B3J 3Y6
 Phone: (902) 426-2700
 Fax: (902) 426-9689
 E-mail: atlantic-atlantique@phac-aspc.gc.ca
 Internet: www.atlantic.phac.gc.ca (English)
 Internet: www.atlantique.aspc.gc.ca (French)

These three publications about later life are available on the website:

- ◆ *Legacy: The Life Stage Approach and Seniors' Funding in Atlantic Canada (2005).*
- ◆ *Policies for Aging Populations: An International Perspective (2002).*
- ◆ *Shifting Sands: The Changing Shape of Atlantic Canada (1999).*

The Public Health Agency of Canada's national website: www.phac.gc.ca also has many resources on seniors' health on its health promotion page. Resources can be found relating to healthy aging, injury prevention, seniors and technology, medication use, and many other topics.



Rehabilitation Research and Training Centre (RRTC) on Aging with Developmental Disabilities

Rehabilitation Research and Training Centre
Clearinghouse on Aging and Developmental Disabilities
Department of Disability and Human Development
University of Illinois at Chicago
1640 West Roosevelt Road
Chicago, Illinois 60608-6904
Phone: (312) 413-1860
Fax: (312) 996-6942
E-mail: rrtcamlr@uic.edu
Internet: www.rrtcadd.org

Examples of Resources available through RRTC's Clearinghouse:

- ◆ *The Tampa Scientific Conference on Intellectual Disability, Aging, and Health: Final Report (2003)*. This report identifies the gaps in knowledge about the health of older persons with intellectual and related developmental disabilities (this can be downloaded at no charge from www.rrtcadd.org).
- ◆ *Aging with Developmental Disabilities: An Information Packet*. This includes: Guidelines for Promoting Choices and Options in the Community, Physical and Cognitive Changes and Their Implications, Planning for the Future: Aging Parents and their Adult Children. (There is a charge for this Information Packet).
- ◆ *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities (2006)*. Revised 3rd Edition. (There is a charge for this Curriculum).
- ◆ *Fact Sheets for Healthy Aging (2005)*. These sheets provide information for adults with disabilities on health conditions and impairments that may occur in later life. Fact sheets are available on foot care, high blood pressure, exercise, and arthritis (they can be downloaded at no charge from www.rrtcadd.org).
- ◆ *Fact Sheets on Age-Related Health Changes*. These are available on oral health, women's health issues, hearing changes, physical fitness, and vision changes (they can be downloaded at no charge from www.rrtcadd.org).

Service Canada



Service Canada
140 promenade du Portage
Gatineau, Quebec K1A 0J9
Phone Toll-free: 1-800-622-6232
TTY: 1-800-926-9105
Internet: www.servicecanada.gc.ca
In person: Service Canada Centres

Overview:

Service Canada helps Canadians access the full range of government services and benefits they want and need. It improves the delivery of federal government services to citizens. Service Canada provides:

- ◆ Easy access to government services and benefits
- ◆ Choice in how you access these services (either by phone, online or in person)
- ◆ Respectful and individual service

What can I find on this website?

Service Canada's website provides many useful links to services and information. There are dedicated sections to people with disabilities and seniors, their families, caregivers, and service providers.

Other Useful References:

The Government of Canada has produced two useful publications: *Services for Seniors* (2nd edition) and *Services for People with Disabilities*.

Services for Seniors targets Canadians over 50, those planning their retirement, families of seniors or their caregivers. It lists over 20 federal government resources for seniors and their families including information on finance and pensions, health and wellness, housing, safety and security, veterans and Canada's military, consumer issues, travel and leisure, computers and learning, etc.

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Stepping Stones (a resource website)

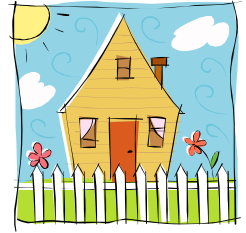
Internet: www.steppingstonesres.org

What will I find on this website?

- ◆ A collection of resources focused on individualized services for persons with developmental disabilities and directed at those who offer direct support.
- ◆ There is a section of the website devoted to resources on aging in the areas of activities/programs, the aging process, and tools for personal planning.

HOUSING

Where will I live?



Adult Rehabilitation Centres/Regional Rehabilitation Centres (ARC/RRC) Association

ARC/RRC Association
c/o Kings Regional Rehabilitation Centre
PO Box 128
1349 County Home Road
Waterville, Nova Scotia B0P 1V0
Phone: (902) 538-3103
Fax: (902) 538-7022
E-mail: dbaltzer@krrc.ns.ca
Internet: www.krrc.nsnet.org

What do the organizations within the Association offer to the community?

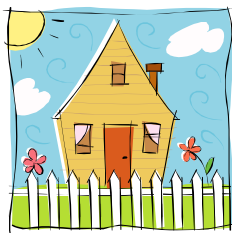
- ◆ Many of the organizations have community based programs as well as outreach programs.
- ◆ The vocational programs as well as day programs offered by each organization serve individuals living in the community.
- ◆ Individual organizations also receive calls from community from individuals who wish to use an organization's resources such as recreation and leisure activities, or day programs.
- ◆ The organizations see themselves as a resource in their respective communities.
- ◆ Each organization within the ARC/RRC Association provides support to each other, advocates on various issues and is used as a vehicle to communicate common concerns .

Continuing Care Association of Nova Scotia (CCANS)

Continuing Care Association of Nova Scotia
7001 Mumford Road, Tower 1, Suite 215A
Halifax, Nova Scotia B3L 4N9
Phone: (902) 956-0090
Fax: (902) 893-8094
E-mail: sheila_peck@hotmail.com

Who does CCANS represent?

- ◆ CCANS is a provincial not-for-profit organization.
- ◆ It represents service providers which work to address the needs of those in



society who need help and support with the tasks of daily living.
♦ CCANS' main vision is to encourage quality of living for those residents and clients which the member organizations serve.

Housing Authorities

- ♦ Annapolis Valley: Phone: (902) 681-3179; Toll-free: 1-800-441-0447
- ♦ Cape Breton Island: Phone: (902) 539-8520; Toll-free: 1-800-565-3135
- ♦ Cobequid (Amherst): Phone: (902) 667-8757; Toll-free: 1-800-934-2445
- ♦ Cobequid (Truro): Phone: (902) 893-7235; Toll-free: 1-877-846-0440
- ♦ Eastern Mainland: Phone: (902) 752-1225; Toll-free: 1-888-475-7711
- ♦ Metropolitan Regional: Phone: (902) 420-6000; Toll-free: 1-800-565-8859
- ♦ South Shore: Phone: (902) 543-8200; Toll-free: 1-888-845-7208
- ♦ Tri County (Yarmouth): Phone: (902) 742-4369; Toll-free: 1-800-306-3331

There are eight Housing Authority offices located around the province as listed above and each has information about public non-profit housing in the form of seniors' self-contained apartments, congregate housing/supportive housing, and enriched housing.

Nova Scotia Department of Community Services (DCS)

Nova Scotia Department of Community Services
PO Box 696
Halifax, Nova Scotia B3J 2T7
Phone Toll-free: 1-877-424-1177
Internet: www.gov.ns.ca/coms

Who does DCS provide services for?

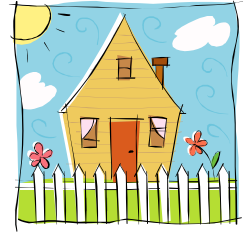
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Residential services include a continuum of options ranging from support to families caring for a family member with a disability in their own home, to full 24 hour residential support. The goal is to create a range of programs that can support people at various stages of their development and independence.

Residential Support Options include:

- ◆ Unlicensed Community-Based Homes: Alternative or Direct Family Support Programs, an Independent Living Support Program and Small Option Program.
- ◆ Licensed Homes for Special Care: Residential Care Facilities, Group Homes, Developmental Residences, Adult Residential Centres (ARCs), and Regional Rehabilitation Centres (RRCs).



Adult Service Centres (Day Programs):

- ◆ Provide employment supports and skills training to persons with disabilities.
- ◆ Several workshops provide individual recreation and leisure opportunities to persons unable to participate in regular workshop programs.

Nova Scotia Department of Health, Continuing Care Branch

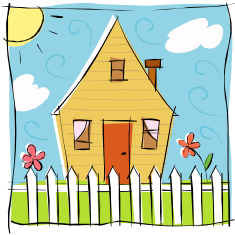
Nova Scotia Department of Health
Joseph Howe Building, 1690 Hollis Street
PO Box 488
Halifax, Nova Scotia B3J 2R8
Phone Toll-free: 1-800-225-7225
Internet: www.gov.ns.ca/heal/ccs

Who does Continuing Care serve?

- ◆ Continuing Care serves people who need ongoing care outside of hospital on either a long or short-term basis.
- ◆ Services include: home care (home support, nursing care, and home oxygen), long-term care (such as a nursing home or residential facility), self managed care, and protection for vulnerable adults.
- ◆ Continuing Care has nine district offices around the province.
- ◆ Contact Continuing Care at the toll-free number given above (seven days a week: 8:30am — 4:30pm) to talk to someone who will help you identify your needs for care and the services to best meet those needs.

Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, Nova Scotia B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
E-mail: scs@gov.ns.ca



Internet: www.gov.ns.ca/scs

What can the Department tell me about housing for seniors?

The Department produces the directory *Programs for Seniors* every year which is available in print or online for download and includes information on a wide range of seniors' housing issues (as well as other seniors' issues) divided into the following sections (please see page 32 in this Resource Guide for more details about *Programs for Seniors*):

- ◆ The housing section includes information on housing and care options, public non-profit housing, assisted living facilities, boarding homes, Housing Services (Department of Community Services), home improvement grants and loans, and home maintenance.
- ◆ The public home care section asks seniors to contact the Nova Scotia Department of Health, Continuing Care Branch for more information (please see the contact information for the Continuing Care Branch on the previous page).
- ◆ The private home care section describes private organizations offering in-home support services.
- ◆ The in-home services section describes organizations that provide services such as home maintenance, hairdressing, snow removal, grocery delivery, and blood collection.

Nova Scotia Residential Agencies Association (NSRAA)

Nova Scotia Residential Agencies Association

President: Murray Kirkpatrick

Phone: (902) 354-2723

Fax: (902) 354-2262

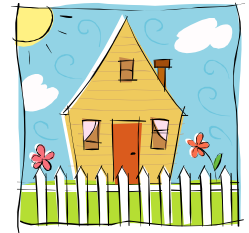
E-mail: amkirk@eastlink.ca

Internet: www.nsresidential.org

What is the NSRAA?

- ◆ The NSRAA is a coalition of non-profit (residential) agencies serving persons with disabilities.
- ◆ Its mission is to strengthen the ability of member agencies to pursue excellence in community-based service.
- ◆ Its member agencies can be found in every county of Nova Scotia and are listed on its website.

People with Disabilities Online (a Service Canada website)



People with Disabilities Online
Public Works and Government Services
Canada
Ottawa, Ontario K1A 1M4
Phone Toll-free: 1-800-622-6232
TTY: 1-800-465-7735
Fax: (613) 941-1827 (long-distance charges will apply)
E-mail: disability@canada.gc.ca
Internet: www.pwd-online.ca

What will this website tell me?

- ◆ This website provides access to services and information, at both the provincial and federal levels, for persons with disabilities, family members, caregivers, service providers, and all Canadians.
- ◆ Topics include advocacy (knowing your rights), housing, recreation and active living, tax and financial benefits, and transportation.

Rehabilitation Research and Training Centre (RRTC) on Aging with Developmental Disabilities

Rehabilitation Research and Training Centre
Clearinghouse on Aging and Developmental Disabilities
Department of Disability and Human Development
University of Illinois at Chicago
1640 West Roosevelt Road
Chicago, Illinois 60608-6904
Phone: (312) 413-1860
Fax: (312) 996-6942
E-mail: rrtcamlr@uic.edu
Internet: www.rrtcadd.org

Which topics does the RRTC Clearinghouse have information on?

- ◆ Health promotion
 - ◆ Self-advocacy
 - ◆ Family issues
 - ◆ Housing
 - ◆ Policy/service delivery
 - ◆ Assistive technology
 - ◆ General information on aging with developmental disabilities
- (Resources are available for purchase as well as for no charge.)



Service Canada

Service Canada
140 promenade du Portage
Gatineau, Quebec K1A 0J9
Phone Toll-free: 1-800-O-Canada (1-800-622-6232)
TTY: 1-800-926-9105
Internet: www.servicecanada.gc.ca
In person: Service Canada Centres

Overview:

Service Canada helps Canadians access the full range of government services and benefits they want and need. It improves the delivery of federal government services to citizens. Service Canada provides:

- ◆ Easy access to government services and benefits
- ◆ Choice in how you access these services (either by phone, online or in person)
- ◆ Respectful and individual service

What can I find on this website?

Service Canada's website provides many useful links to services and information. There are dedicated sections to people with disabilities and seniors, their families, caregivers, and service providers.

Other Useful References:

The Government of Canada has produced two useful publications: *Services for Seniors* (2nd edition) and *Services for People with Disabilities*.

Services for Seniors targets Canadians over 50, those planning their retirement, families of seniors or their caregivers. It lists over 120 federal government resources for seniors and their families including information on finance and pensions, health and wellness, housing, safety and security, veterans and Canada's military, consumer issues, travel and leisure, computers and learning, etc.

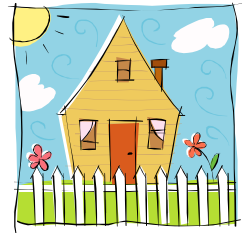
Services for People with Disabilities bundles information on federal programs, services and benefits for people with disabilities and their families into one comprehensive and easy-to-use guide. Readers can find anything from employment, accessibility and education, to health, income support and tax benefits.

Both guides have a dedicated section on provincial and territorial contacts to help find programs and services available in their communities.

These guides are available online at www.servicecanada.gc.ca. These guides are also presented in a larger-than-average print size for an easy read and are available

in alternate formats.

To obtain a printed copy of these publications or to find out more about the Government of Canada's programs and services, CALL: 1 800 O-CANADA (1 800 622-6232), TTY: 1 800 926-9105, CLICK: www.servicecanada.gc.ca or VISIT a Service Canada Centre near you.



The Care Guide

The Care Guide
20 Rivermede Road, Suite 202
Vaughn, Ontario L4K 3N3
Phone: 1-800-311-2273
Fax: (416) 284-2571
E-mail: info@thecareguide.com
Internet: www.thecareguide.com

What is The Care Guide?

- ◆ It is a comprehensive guide to seniors' housing and care services including retirement residences, long-term care centres, in-home care, community support services, independent/supportive living and hospice care.
- ◆ The Care Guide currently serves British Columbia, Ontario and Alberta but will soon include Nova Scotia.



PROMOTING INCLUSION

How can we include everyone in communities?

Active Living Alliance for Canadians with a Disability

Active Living Alliance for Canadians with a Disability
c/o Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, Nova Scotia B3J 1G6
Phone: (902) 425-1128
Fax: (902) 425-8201
E-mail: activeliving@recreationns.ns.ca
Internet: www.recreationns.ns.ca

The following kit is available to assist you to promote inclusion:

- ◆ *The Inclusion Action Pack, Increasing Active Living Opportunities for Persons with a Disability* provides professionals with a practical resource to give direction through the process of creating active living programs, services and leadership opportunities for individuals with a disability (there is a charge for this resource).
- ◆ The Active Living Alliance has other resources available, please see the Recreation and Leisure Activities section of this Guide for more information.

American Association on Intellectual and Developmental Disabilities

American Association on Intellectual and Developmental
Disabilities
444 North Capitol Street, NW, Suite 846
Washington, DC 20001-1512
Phone Toll-free: 1-800-424-3688
Fax: (202) 387-2193
E-mail: dcroser@aamr.org
Internet: www.aamr.org

What does the Association do?

It promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities.

What can I find on the website?

- ◆ *What Do You Mean, I Can Retire?* (Aging and End of Life Teleconference Series, Speaker: Catherine J. Rush, Cleveland, Ohio, September 27, 2006). To download the notes from this presentation at no charge, please go to the website

listed above and click on the link: Aging and End of Life Issues Teleconference Series that will appear under the “What’s New?” section of the Association’s home page.

- ◆ A Reading Room where resources on a number of topics from Aging to Self-determination can be downloaded at no charge.



Get Active Now — Active Living Resource Centre for Ontarians with a Disability

Get Active Now
213-120 Ottawa Street N.
Kitchener, Ontario N2H 3K5
Phone: (519) 568-7083
Toll-free: 1-800-311-9565 (Ontario only)
E-mail: info@getactivenow.ca
Internet: www.getactivenow.ca

How can our programs be more accessible?

- ◆ Get Active Now has produced over 70 Activity Fact Sheets to help in making activities more inclusive. These Fact Sheets can be found on the website.
- ◆ Get Active Now has a variety of other inclusion resource materials (for free or to purchase) including: Get Active Now Tools, Inclusion Resources, Books, and Get Active Now Equipment Bags.
- ◆ Get Active Now offers an online database of over 10,000 inclusive activities and programs in communities across Ontario that help users choose activities and find programs in their community, with more being added every day.
- ◆ Get Active Now has produced: *A Report on Municipal Services for People with Disabilities in Ontario* (July 2006). It was produced by Karen Plantinga, a University of Waterloo Co-op Student with Get Active Now. The complete report can be downloaded at: www.getactivenow.ca/uploads/General/GAN%20Report%20on%20Municipal%20Services.pdf

L’Arche Canada

L’Arche Canada
1833, rue Sherbrooke Est
Bureau 101
Montreal, Quebec H2K 1B4
Phone Toll-free: 1-800-571-0212
Fax: (905) 884-4819
E-mail: office@larchecanada.org
Internet: www.larche.ca



Resource available:

- ◆ *More Than Inclusion: Honouring the Contributions of People with Developmental Disabilities* (2005). This engaging resource of best practices and illustrative stories is being read by service providers, families, policy-makers and community-minded people and is being used in social services programs across Canada. (Available also in French.)

(*More Than Inclusion* can be downloaded in pdf format for free or is available for a nominal fee from L'Arche Canada, 10265 Yonge Street, Richmond Hill, Ontario L4C 4Y7. You can order your copy at morethaninclusion@larche.ca.)

Nova Scotia Association for Community Living (NSACL)

Nova Scotia Association for Community Living
Suite 100, 22-24 Dundas Street
Dartmouth, Nova Scotia B2Y 4L2
Phone: (902) 469-1174
E-mail: nsacl@accesswave.ca

How can NSACL help me?

- ◆ It is a province-wide association of family members and others working for the benefit of persons of all ages who have an intellectual disability.
- ◆ It works strategically with other disability rights' organizations and, in particular, with People First Nova Scotia.

A workbook that might interest you:

- ◆ *Belonging: Giving Value to Every Person: A Guide for Communities* (2006) by Dulcie McCallum. This is a workbook designed to engage the community to think about what is needed to make communities inclusive.

Office for Disability Issues (ODI), Human Resources and Social Development Canada

Phone Toll-free: 1-800-O-Canada (1-800-622-6232)
TTY: 1-800-465-7735
Internet: www.sdc.gc.ca

What does the Office for Disability Issues do?

The Office for Disability Issues is the focal point within the federal government for key partners working to promote the full participation of Canadians with disabilities in learning, work and community life. The Office is engaged in doing this work with a

broad range of stakeholders, at all levels of government, the disability community and society as a whole.



Its disability-related resources and publications include:

- ◆ *Services for People with Disabilities: Guide to Government of Canada Services for People with Disabilities and their Families* (2006)
- ◆ *Advancing the Inclusion of Persons with Disabilities* (2006, 2005 and 2004)
- ◆ *Supports and Services for Adults and Children with Disabilities in Canada: An Analysis of Data on Needs and Gaps*
- ◆ *A Way with Words and Images: Suggestions for the portrayal of persons with disabilities* (2005 — available online only). The 2006 edition was released in early 2007, and is available at: <http://publications.gc.ca>

The Office for Disability Issues has the following programs:

- ◆ Social Development Partnerships Program — Disability Component (SDPP-D). This program provides funding to eligible non-profit organizations that are working to meet the social development needs of persons with disabilities.
- ◆ Opportunities Fund for Persons with Disabilities. This fund helps eligible people with disabilities to prepare for, obtain, and keep jobs or self-employment.

Ontario Partnership on Aging & Developmental Disabilities (OPADD)

Aging and Developmental Disabilities Project
c/o Reena
Toby and Henry Battle Centre
927 Clark Avenue West
Thornhill, Ontario L4J 8G6
Phone: (905) 889-2690 ext. 2203
Toll-free: 1-866-667-3362
Fax: (905) 889-3827
E-mail: rcoristine@reena.org
Internet: www.opadd.on.ca

OPADD has the following Guides and Handbooks available:

- ◆ *Guide on Accessing Seniors Community Programs: For Self-Advocates, For Caregivers in Developmental Services, For Staff of Seniors Community Programs* (available in CD ROM format for \$12.00 to cover the cost of publication and postage but portions of it will be available on the OPADD website).
- ◆ *New Challenges: Aging and Developmental Disabilities in Huron County: A Handbook for Managers and Planners*. Produced by the Huron Trillium Partnership (available in full on the OPADD website).



- ◆ *Aging Just Like Everyone Else: A Handbook for Families and Caregivers*. Produced by the Huron Trillium Partnership (available in full on the OPADD website).
- ◆ *Aging with a Developmental Disability: Transition Guide for Caregivers* (September 2005) (available in hard copy at \$6.00 to cover printing and postage costs or portions can be downloaded from the OPADD website).
- ◆ *Guide on Personal Care and Property* deals with issues and legislation pertaining to substitute decision-making, guardianship, financial planning, Henson trusts and more. Available March 2007 at cost to cover printing and postage.
- ◆ The OPADD website also contains research reports, discussion papers and Power Point presentations dealing with aging with a developmental disability and related topics.
- ◆ The *OPADD Letter*, a quarterly newsletter, is also available on the website.

People First Nova Scotia

People First Nova Scotia
Suite 216, 2786 Agricola Street
Halifax, Nova Scotia B3K 4E1
Phone: (902) 454-3860
E-mail: pfns@eastlink.ca
Internet: www.pfns.ca

Goals and Activities of People First Nova Scotia:

- ◆ People First is run by and exists for people with an intellectual disability.
- ◆ Its goals are to promote equality, to encourage people with an intellectual disability to speak for themselves and to make their own decisions, and to teach the community about their movement and their issues.
- ◆ People First focuses on leadership development, local chapter organization, lobbying for social change, and teaching the community about disabilities and concerns.

Public Health Agency of Canada (Atlantic Region)

Public Health Agency of Canada (Atlantic Region)
1525-1505 Barrington Street
Halifax, Nova Scotia B3J 3Y6
Phone: (902) 426-2700
Fax: (902) 426-9689
E-mail: atlantic-atlantique@phac-aspc.gc.ca

Internet: www.atlantic.phac.gc.ca (English)
Internet: www.atlantique.aspc.gc.ca
(French)



Do you want to know how to start planning for inclusion?

- ◆ *An Inclusion Lens. A Workbook for Looking at Social and Economic Exclusion and Inclusion (2002)* offers a way for policy makers, program managers, community leaders, and activists to begin to plan for inclusion. It does this by encouraging its users to look at the conditions that exclude people from participating fully in society and at the solutions that promote inclusion.

Rehabilitation Research and Training Centre (RRTC) on Aging with Developmental Disabilities

Rehabilitation Research and Training Centre
Clearinghouse on Aging and Developmental Disabilities
Department of Disability and Human Development
University of Illinois at Chicago
1640 West Roosevelt Road
Chicago, Illinois 60608-6904
Phone: (312) 413-1860
Fax: 312-996-6942
E-mail: rrtcamlr@uic.edu
Internet: www.rrtcadd.org

Examples of Resources available through RRTC's Clearinghouse:

- ◆ *Promoting Healthy Aging, Family Support, and Age-Friendly Communities for Persons Aging with Developmental Disabilities. Report of the 2001 Invitational Research Symposium on Aging with Developmental Disabilities* (this can be downloaded at no charge at: www.uic.edu/orgs/rrtcamlr/gsasymposiumsummary.pdf).
- ◆ *Aging with Developmental Disabilities: An Information Packet*. This includes: Guidelines for Promoting Choices and Options in the Community; Physical and Cognitive Changes and Their Implications; Planning for the Future: Aging Parents and their Adult Children. (There is a charge for this information packet).
- ◆ *Opening All the Doors Under the ADA: Making Your Programs Accessible to Older Adults with Cognitive Disabilities*. This kit enables individuals to learn about ADA (Americans with Disabilities Act) and contains examples of how to assist older persons with disabilities, cognitive and/or physical (there is a charge for this kit).



- ◆ *Information about the Preparing Community Agencies for Adults Affected by Dementia Project (PCAD Project) (2005).* A preliminary report on how community agencies adapt their services for adults with intellectual disabilities (this can be downloaded at no charge from: www.rrtcadd.org).
- ◆ *The future is now: A future planning training curriculum for families and their adult relatives with developmental disabilities (2003).* (There is a charge for this resource).
- ◆ *Person-centered planning for later life: Death and dying (2000).* This training curriculum helps adults with developmental disabilities understand death, dying and loss. (There is a charge for the Instructor's Guide and Notebook and for the Student's Notebook).

Social Union Initiative

Internet: www.socialunion.ca/In_Unison2000/index.html

- ◆ The primary objective is to reform and renew Canada's system of social services.
- ◆ In working to build a strong social union, the federal, provincial and territorial governments decided that the first priorities should be persons with disabilities and children in poverty.
- ◆ The document *In Unison: A Canadian Approach to Disability Issues (2000)* is to guide future reform in addressing the needs of persons with disabilities.
- ◆ *In Unison* describes a vision of full citizenship for persons with disabilities and targets the three interrelated areas of disability supports, employment, and income to accomplish this. To see the whole document please go to the website given above.

RECREATION AND LEISURE ACTIVITIES

What interests do I have?



Active Living Alliance for Canadians with a Disability

Active Living Alliance for Canadians with a Disability
720 Belfast Road, Suite 104
Ottawa, Ontario K1G 0Z5
Phone Toll-free: 1-800-771-0663
TTY: 1-888-771-0663
Fax: 613-244-4857
E-mail: ns@ala.ca
Internet: www.ala.ca

These are some titles of the materials the Alliance has available:

- ◆ *Adapted Fitness Leadership Training: A Specialty Module and Community Inclusion Initiative*
- ◆ *Advocacy Resource Package*
- ◆ *The Inclusion Action Pack*
- ◆ *A Leadership Development Model kit*
- ◆ *Leadership Resource Directory*
- ◆ *Opening Doors: Keys to Inclusive Recreation Policy for Persons with a Disability* resource kit
- ◆ *Positive Images* booklet
- ◆ *Sharing the Fun: A Guide to Including Persons with Disabilities in Leisure and Recreation*
- ◆ *Youth Ambassadors Across Canada* (a bilingual 4-booklet series designed to enable young Canadians to become more active — both physically and as advocates for change in their communities)
- ◆ *Visual Arts ... Just for Us: Animating Visual Arts Workshops for Persons with Disabilities*

(All of the resources listed above have a charge and are also available through Recreation Nova Scotia.)

Active Living Coalition for Older Adults (ALCOA)

Active Living Coalition for Older Adults
33 Laird Drive
Toronto, Ontario M4G 3S8
Phone: 1-800-549-9799



Fax: 416-423-2112
E-mail: alcoa@ca.inter.net
Internet: www.alcoa.ca

What does ALCOA promote?

- ◆ ALCOA works to promote active living to all older Canadians to improve their overall well-being. It produces a Newsletter and a Research Update document.

Community Access Program (CAP) to Computers and the Internet

To find a CAP site nearest you, please call:
Toll-free: 1-866-569-8428
Internet: www.nscap.ca

What do CAP sites offer?

- ◆ CAP sites offer the public affordable access to computers and the Internet and are found in communities across the country.
- ◆ Most CAP sites offer free access but some do charge a small hourly fee.
- ◆ A number of CAP sites in Nova Scotia offer relaxed, informal programs to show seniors how to use a computer and the Internet.
- ◆ Many CAP sites have assistive technology that aids users with disabilities in using computers and the Internet.

Get Active Now — Active Living Resource Centre for Ontarians with a Disability

Get Active Now
213-120 Ottawa Street N.
Kitchener, Ontario N2H 3K5
Phone: (519) 568-7083
Toll-free: 1-800-311-9565 (Ontario only)
E-mail: info@getactivenow.ca
Internet: www.getactivenow.ca

How can our programs be more accessible?

- ◆ Get Active Now has produced over 70 Activity Fact Sheets to help in making activities more inclusive. These Fact Sheets can be found on the website.
- ◆ Get Active Now has a variety of other inclusion resource materials (for free or to purchase) including: Get Active Now Tools, Inclusion Resources, Books, and Get Active Now Equipment Bags.

- ◆ Get Active Now offers an online database of over 10,000 inclusive activities and programs in communities across Ontario that help users choose activities and find programs in their community, with more being added every day.
- ◆ Get Active Now has produced: *A Report on Municipal Services for People with Disabilities in Ontario* (July 2006). It was produced by Karen Plantinga, a University of Waterloo Co-op Student with Get Active Now. The complete report can be downloaded at: www.getactivenow.ca/uploads/General/GAN%20Report%20on%20Municipal%20Services.pdf



People with Disabilities Online (a Service Canada website)

People with Disabilities Online
 Public Works and Government Services Canada
 Ottawa, Ontario K1A 1M4
 Phone Toll-free: 1-800-622-6232
 TTY: 1-800-465-7735
 Fax: (613) 941-1827 (long-distance charges will apply)
 E-mail: disability@canada.gc.ca
 Internet: www.pwd-online.ca

What will this website tell me?

- ◆ This website provides access to services and information, at both the provincial and federal levels, for persons with disabilities, family members, caregivers, service providers, and all Canadians.
- ◆ Topics include advocacy (knowing your rights), housing, recreation and active living, tax and financial benefits, and transportation.

Programs for Seniors: a publication of the Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
 1740 Granville Street
 PO Box 2065
 Halifax, Nova Scotia B3J 2Z1
 Phone: (902) 424-0065
 Toll-free: 1-800-670-0065
 Fax: (902) 424-0561
 E-mail: scs@gov.ns.ca
 Internet: www.gov.ns.ca/scs



*What can the *Programs for Seniors* publication tell me about recreation and leisure opportunities in my community?*

Programs for Seniors includes province-wide information on:

- ◆ Municipal recreation departments
- ◆ YMCA and YWCA
- ◆ Sport NS
- ◆ Dance NS
- ◆ Canadian Senior Games Association
- ◆ Nova Scotia 55+ Games Society
- ◆ Elderobics Association of Nova Scotia
- ◆ Taoist Tai Chi Society
- ◆ Yoga Atlantic

(For more information about the *Programs for Seniors* publication turn to page 32 of this Resource Guide.)

Recreation Nova Scotia

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, Nova Scotia B3J 1G6
Phone: (902) 425-1128
Fax: (902) 422-8201
E-mail: info@recreationns.ns.ca
Internet: www.recreationns.ns.ca

What does this organization do?

- ◆ This organization promotes the health benefits of recreation to all Nova Scotians and their communities.
- ◆ It promotes accessible, high quality recreation and leisure opportunities.

You may be interested in these resources:

Video:

- ◆ “Older Adults — Get Active.” Produced by Recreation Nova Scotia (2001). (There is a cost for this video.)

Written materials:

- ◆ Active Living Alliance for Canadians with a Disability publications (as listed on page 51 of this Resource Guide) are available through Recreation Nova Scotia. (There is a cost for these publications.)

Service Canada



Service Canada
140 promenade du Portage
Gatineau, Quebec K1A 0J9
Phone Toll-free: 1-800-622-6232
TTY: 1-800-926-9105
Internet: www.servicecanada.gc.ca
In person: Service Canada Centres

Overview:

Service Canada helps Canadians access the full range of government services and benefits they want and need. It improves the delivery of federal government services to citizens. Service Canada provides:

- ◆ Easy access to government services and benefits
- ◆ Choice in how you access these services (either by phone, online or in person)
- ◆ Respectful and individual service

What can I find on this website?

Service Canada's website provides many useful links to services and information. There are dedicated sections to people with disabilities and seniors, their families, caregivers, and service providers.

Other Useful References:

The Government of Canada has produced two useful publications: *Services for Seniors* (2nd edition) and *Services for People with Disabilities*.

Services for Seniors targets Canadians over 50, those planning their retirement, families of seniors or their caregivers. It lists over 120 federal government resources for seniors and their families including information on finance and pensions, health and wellness, housing, safety and security, veterans and Canada's military, consumer issues, travel and leisure, computers and learning, etc.

Services for People with Disabilities bundles information on federal programs, services and benefits for people with disabilities and their families into one comprehensive and easy-to-use guide. Readers can find anything from employment, accessibility and education, to health, income support and tax benefits.

Both guides have a dedicated section on provincial and territorial contacts to help find programs and services available in their communities.



These guides are available online at www.servicecanada.gc.ca. These guides are also presented in a larger-than-average print size for an easy read and are available in alternate formats.

To obtain a printed copy of these publications or to find out more about the Government of Canada's programs and services, CALL: 1 800 O-CANADA (1 800 622-6232), TTY: 1 800 926-9105, CLICK: www.servicecanada.gc.ca or VISIT a Service Canada Centre near you.

Volunteer Canada

Volunteer Canada
330 Gilmour Street
Ottawa, Ontario K2P 2P6
Phone: (613) 231-4371
Toll-free: 1-800-670-0401
Fax: (613) 231-6725
E-mail: info@volunteercanada.ca
Internet: www.volunteercanada.ca

Does Volunteer Canada have information for older adults who would like to volunteer?

- ◆ Volunteer Canada has information for all ages on volunteering and how to find a volunteer opportunity.
- ◆ For older adults in particular, there is information on the health benefits of volunteering, and resources about retirement and volunteering.
- ◆ It also has information for those who manage volunteers, and on how to promote volunteerism.

RESOURCE DIRECTORIES AND CENTRES

Where can I find more information?



Canadian Centre on Disability Studies

Canadian Centre on Disability Studies
56 The Promenade
Winnipeg, Manitoba R3B 3H9
Phone: (204) 287-8411
TTY: (204) 475-6223
Fax: (204) 284-5343
E-mail: ccds@disabilitystudies.ca
Internet: www.disabilitystudies.ca

What is the Canadian Centre on Disability Studies and what does it do?

- ◆ It is a consumer-directed, university-affiliated centre dedicated to research, education and information dissemination on disability issues.
- ◆ Members of the disability community are key participants in directing the Centre's policies and activities.
- ◆ Activities are broad, comprehensive, cross-disability and inter-sectoral. The Centre is a resource to and for the disability community—provincial, national and international in its scope.
- ◆ Its programs focus on disability studies through research, education, international issues, and a Disability Information Network.
- ◆ Its website has links to information on a variety of topics such as: disability culture, disability resources, employment, independent living, livable communities and universal design.

Disabled Persons Commission

Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, Nova Scotia B2Y 4B7
Phone: (902) 424-8280
Toll-free: 1-800-565-8280
TTY: (902) 424-2667
Fax: (902) 424-0592
E-mail: maccalbl@gov.ns.ca
Internet: www.gov.ns.ca/disa



The Commission produces the following directory:

- ◆ *Resource Directory for Persons with Disabilities in Nova Scotia* — this provides an overview of what the Disabled Persons Commission does and gives a list of programs, agencies, boards, commissions and departments available to persons with disabilities.

Independent Living Resource Centre Halifax

Independent Living Resource Centre Halifax
2786 Agricola Street, Suite 212
Halifax, Nova Scotia B3K 4E1
Phone: (902) 453-0004
Fax: (902) 455-5287
E-mail: info@ilrc-halifax.ns.ca
Internet: www.ilrc-halifax.ns.ca

How can the Independent Living Resource Centre help me?

The Independent Living Resource Centre (ILRC) supports persons with any kind or number of disabilities to participate fully in the community and take control over their lives. Its mission states that it supports persons with disabilities to make informed choices about how they want to live their lives. It provides this support through programs and services that promote independent living. The ILRC is a resource centre run for and by persons with disabilities.

What are ILRC's core programs?

- ◆ Information and Networking
- ◆ Peer Support
- ◆ Independent Living Skills and Self Advocacy
- ◆ Research and Demonstration

What are ILRC's signature programs?

- ◆ Access to Education and Employment (ACEE), a program for youth with disabilities who have finished high school but who aren't yet ready for work or further education.
- ◆ Self Managed Attendant Services for persons with disabilities who want to manage their own daily attendants.
- ◆ Student Self Management for post-secondary students managing their educational attendants.
- ◆ In 2007, the ILRC embarked on a new research project, Aging with Disability and Dignity; this project will provide information on needs of persons with disabilities who are aging.

The Halifax Independent Living Resource Centre is one of 28 ILRCs across Canada and the only one in Nova Scotia. Its national organization is the Canadian Association for Independent Living Centres (CAILC), of which it is an accredited member.

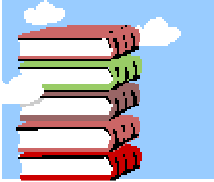


Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, Nova Scotia B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
E-mail: scs@gov.ns.ca
Internet: www.gov.ns.ca/scs

Resources that you may find helpful include:

- ◆ *Programs for Seniors* directory is available in hard copy or online for download and provides information on seniors' organizations; seniors' programs; referral services; recreation, sports and activities; expositions; travel; learning opportunities; employment; transportation; taxes; legal, human and consumer rights; insurance; abuse; safety and fraud prevention; housing; health; homebound seniors in addition to information on hospice and palliative care and bereavement.
- ◆ *Strategy for Positive Aging in Nova Scotia (2005)* discusses the broad and complex issues that are associated with aging and provides guidance on all aspects and phases of developing a strategy for positive aging in Nova Scotia. It can be viewed and downloaded from the website.
- ◆ Website Link to information for seniors with disabilities:
http://www.gov.ns.ca/scs/externallinks.asp#senior_disab
- ◆ Information Resource Centre has books, reports, magazines, videos, pamphlets, and newsletters on topics related to aging that may be borrowed by the general public. For those who cannot visit the Centre a mail service is available.



Nova Scotia League for Equal Opportunities (NSLEO)

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, Nova Scotia B3J 1P3
Phone: (902) 455-6942
Toll-free: 1-866-696-7536
TTY: (902) 455-6942
Fax: (902) 454-4781
E-mail: nsleo@eastlink.ca
Internet: www.novascotialeo.org

What is the mission of NSLEO?

- ◆ It is to achieve recognition of the abilities of people with disabilities so that they may function as equals in society.
- ◆ NSLEO is a cross-disability consumer advocacy and public education organization.
- ◆ It offers municipal consumer groups an umbrella organization through which to represent concerns at the provincial level.
- ◆ NSLEO is made up of local organizations whose control rests with people with disabilities (these organizations are listed on the website).

NSLEO resources that might interest you:

- ◆ Links — NSLEO's website has a number of links to national and provincial organizations that serve people with disabilities, as well as links to provincial government services, tourism and other information on a variety of organizations, services and programs.
- ◆ Position Papers — written on Transportation and Accessibility, Universal Provision of Technical Aids, Accessible Homes, Home Care/Home Supports, and Education, and presented to the various political party caucuses annually.

Nova Scotia Public Libraries: Services for Seniors

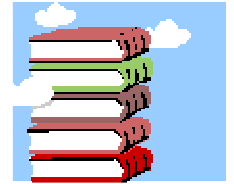
Nova Scotia Public Libraries
Internet: www.publiclibraries.ns.ca

What is available at my local library?

There are nine regional libraries with a network of branches and mobile libraries within the Nova Scotia public library system that provide a variety of programs and services to all citizens. Services which you may find beneficial include:

- ◆ Talking Books
- ◆ Audiobooks
- ◆ Books by mail

- ◆ Large Print Collections
- ◆ Assistance in locating and selecting materials
- ◆ Telephone access to services
- ◆ Home Book Delivery Service
- ◆ Services to the print disabled
- ◆ Adaptive Technologies
- ◆ Programs on topics of interest to seniors



For more information, please call your nearest public library as listed in the yellow pages of your telephone book.

Office for Disability Issues (ODI), Human Resources and Social Development Canada

Phone Toll-free: 1-800-O-Canada (1-800-622-6232)

TTY: 1-800-465-7735

Internet: www.sdc.gc.ca

What does the Office for Disability Issues do?

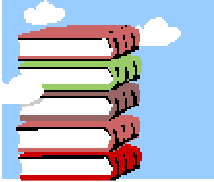
The Office for Disability Issues is the focal point within the federal government for key partners working to promote the full participation of Canadians with disabilities in learning, work and community life. The Office is engaged in doing this work with a broad range of stakeholders, at all levels of government, the disability community and society as a whole.

Its disability-related resources and publications include:

- ◆ *Services for People with Disabilities: Guide to Government of Canada Services for People with Disabilities and their Families* (2006)
- ◆ *Advancing the Inclusion of Persons with Disabilities* (2006, 2005 and 2004)
- ◆ *Supports and Services for Adults and Children with Disabilities in Canada: An Analysis of Data on Needs and Gaps*
- ◆ *A Way with Words and Images: Suggestions for the portrayal of persons with disabilities* (2005 — available online only). The 2006 edition was released in early 2007, and is available at www.publications.gc.ca

The Office for Disability Issues has the following programs:

- ◆ Social Development Partnerships Program — Disability Component (SDPP-D). This program provides funding to eligible non-profit organizations that are working to meet the social development needs of persons with disabilities.
- ◆ Opportunities Fund for Persons with Disabilities. This fund helps eligible people with disabilities to prepare for, obtain, and keep jobs or self-employment.



People with Disabilities Online (a Service Canada website)

People with Disabilities Online
Public Works and Government Services Canada
Ottawa, Ontario K1A 1M4
Phone Toll-free: 1-800-622-6232
TTY: 1-800-465-7735
Fax: (613) 941-1827 (long-distance charges will apply)
E-mail: disability@canada.gc.ca
Internet: www.pwd-online.ca

What will this website tell me?

- ◆ This website provides access to services and information, at both the provincial and federal levels, for persons with disabilities, family members, caregivers, service providers, and all Canadians.
- ◆ Topics include advocacy (knowing your rights), housing, recreation and active living, tax and financial benefits, and transportation.

Stepping Stones (a resource website)

Internet: www.steppingstonesres.org

What will I find on this website?

- ◆ A collection of resources focused on individualized services for persons with developmental disabilities and directed at those who offer direct support.
- ◆ There is a section of the website devoted to resources on aging in the areas of activities/programs, aging process, and tools for personal planning.

RETIREMENT PLANNING GUIDES

How do I start to plan for my retirement?



The following retirement planning guides contain information that is helpful for older persons who are planning retirement:

Exploring Later Life Options with Older Adults who have Mental Disabilities — Facilitators' Manual

SCE LifeWorks
227-530 Century Street,
Winnipeg, Manitoba R3H 0Y4
Phone: (204) 775-9402
Fax: (204) 783-2555
E-mail: info@lifeworks.mb.ca
Internet: www.lifeworks.mb.ca

What does this manual outline?

- ◆ This manual is a guide for service providers to empower older adults to learn about and possibly access an individualized retirement lifestyle.
- ◆ It is based on planning for leisure participation during retirement.
- ◆ It includes a section on assisting adults with decision-making.
- ◆ If you would like to see a description of the Manual, please go to the Stepping Stones website at www.stepsstonesres.org/aging/3a-explor.htm (there is a charge for this manual).
- ◆ For more information about SCE LifeWorks, please turn to the “Advocacy and Research Organizations” section of this Resource Guide.

Interdisciplinary Training Center on Gerontology and Developmental Disabilities (ITC)

Interdisciplinary Training Center on Gerontology and
Developmental Disabilities
Institute for Human Development
University of Missouri at Kansas City (UMKC)
2220 Holmes, 3rd Floor
Kansas City, Missouri 64108
Phone: (816) 235-1770
Fax: (816) 235-1762
E-mail: Rinck@cctr.umkc.edu (Christine Rinck, Ph.D.,
Director, ITC)
Internet: www.ihd.umkc.edu/itc/default.htm



You may be interested in the following tools available from the website:

- ◆ Retirement planning tools including program planning and an assessment for choosing work or retirement options.
- ◆ Resources referenced in the tools include outlines of three retirement planning curricula for older persons with developmental disabilities: Boswell Center Curriculum developed by Paul Cotton, Ph.D., and his colleagues; the National Institute on Disability and Rehabilitation Research (NIDRR) Aging and Developmental Disabilities Curriculum; and the WARP Curriculum developed by the UMKC Institute for Human Development under funding from NIDRR.

SENIORS' ORGANIZATIONS

How can I find out about seniors' organizations in my community?



Faith Communities

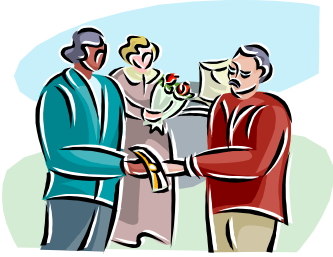
- ◆ A number of organizations representing faith communities offer programs and services to seniors within each community.
- ◆ Please look in your local telephone book in the yellow pages under “Churches” for contact information.

Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, Nova Scotia B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
E-mail: scs@gov.ns.ca
Internet: www.gov.ns.ca/scs

How can I find out about seniors' organizations in my community?

- ◆ *The Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations* provides the contact information for seniors' organizations in the various counties and regions of Nova Scotia. It can be obtained free of charge from the Department of Seniors at 1-800-670-0065.
- ◆ Information about seniors' councils, clubs, and centres can also be found in the *Programs for Seniors* directory (see page 32 of this Resource Guide for more information). A copy of this directory is available at no charge or online for download at the contact information given above.
- ◆ Website Link to information for seniors with disabilities:
http://www.gov.ns.ca/scs/externallinks.asp#senior_disab



YMCA/YWCA

- ◆ YMCAs and YWCAs can be found across the province providing programs and services to the community.
- ◆ They may offer programs for seniors and/or they may be able to connect you with other seniors' programs in the area.
- ◆ Please look in your local telephone book in the white pages at the beginning of the "Y" section to find your nearest YMCA/YWCA.

TRANSPORTATION

How can I get there?



Access-A-Bus (Metro Transit–Halifax Regional Municipality)

Access-A-Bus
150 Thornhill Drive
Dartmouth, Nova Scotia B3B 1S3
Phone: (902) 490-6999
TTY/TDD: (902) 490-6664
E-mail: contact HRM@region.halifax.ns.ca
Internet: www.halifax.ca/metrotransit/access_a_bus.html

How does this service work?

- ◆ This service provides a shared-ride, door-to-door public service for people who are declared eligible following a registration process.
- ◆ The service is available by appointment.

Community Links

Community Links
PO Box 29103
Halifax, Nova Scotia B3L 4T8
Phone: (902) 422-0914
Fax: (902) 422-9322
E-mail: admin@nscommunitylinks.ca
Internet: www.nscommunitylinks.ca

What information can Community Links provide me on community based transportation?

- ◆ A list of community based transportation services is available on the Community Links website in the Publications section. The list is included in the *Increasing Seniors Skills for Influencing Policy: Public Policy and Community Based Transportation Resource* that was created for persons with mobility and access problems.



Handi-Trans (Cape Breton Regional Transit Authority)

Bernie Steele
Phone: (902) 539-4336
E-mail: dlmacdonald@cbrm.ns.ca

What does this service provide?

- ◆ This service provides a shared-ride, door-to-door public service for people who are registered as mobility impaired residents of the seven municipalities in Industrial Cape Breton.
- ◆ The service is available by appointment, Monday through Saturday.

Kings Transit (Annapolis Valley)

Kings Transit Authority
PO Box 100
Kentville, Nova Scotia B4N 3W3
Phone: (902) 678-7310
Toll-free: 1-888-546-4442
Fax: (902) 678-2545
E-mail: info@kingstransit.ns.ca
Internet: www.kingstransit.ns.ca

How does this service work?

- ◆ This service provides public transportation on fixed routes in the Annapolis Valley area from Grand Pre to Weymouth, including Digby.
- ◆ Seniors' passes are available at a discount price.
- ◆ Kings Transit has an Accessible Low Floor (ALF) bus that runs between Wolfville and Greenwood, and from Grand Pre to Bridgetown. To use the ALF service a person must meet several conditions.

People with Disabilities Online (a Service Canada website)

People with Disabilities Online
Public Works and Government Services Canada
Ottawa, Ontario K1A 1M4
Phone Toll-free: 1-800-622-6232
TTY: 1-800-465-7735
Fax: (613) 941-1827 (long-distance charges will apply)
E-mail: disability@canada.gc.ca
Internet: www.pwd-online.ca

What will this website tell me?

- ◆ This website provides access to services and information, at both the provincial and federal levels, for persons with disabilities, family members, caregivers, service providers, and all Canadians.
- ◆ Topics include advocacy (knowing your rights), housing, recreation and active living, tax and financial benefits, and transportation.



Programs for Seniors: a publication of the Nova Scotia Department of Seniors

Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, Nova Scotia B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
E-mail: scs@gov.ns.ca
Internet: www.gov.ns.ca/scs

How can I find out about transportation services in my community?

- ◆ For comprehensive information on transportation services by area/county in Nova Scotia see the *Programs for Seniors* directory (see page 32 of this Resource Guide for more information about the *Programs for Seniors* annual directory).
- ◆ A copy of this directory is available at no charge or on the website for download through the contact information given above.

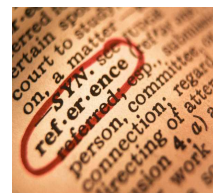
Transit Services: Local Telephone Book

- ◆ To find out about public transportation services in your local area look under “Transit Services” in the yellow pages of your local telephone book.



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