

# OPADD LETTER

June 2006

## OPADD PUBLISHES ACCESS GUIDE

What are seniors community programs? How does someone with a developmental disability access them? What should staff know about supporting someone during the transition to attending a seniors community program? These are some of the questions the Access Guide answers.



The Guide was developed by a panel of service providers from seniors community programs and developmental services. Information was also gathered from self-advocates, developmental services caregivers and staff of seniors community

programs. OPADD members helped with distribution of a survey that collected input from these groups. The Access Guide includes the views of self-advocates, caregivers and staff of seniors community programs as well as information on aging, quality of life, transition planning, availability of seniors community programs and much more. The guide also includes

eighteen referenced documents and a large number of links to online resources. The CD Rom also includes OPADD's Transition Guide and planning handbooks produced by the Huron Trillium Partnership.

Complementary copies of the Access Guide have been distributed to OPADD, the regions, ministries, LHINs, CCACs and others.

The Guide can be purchased for \$12.00 to cover production and handling costs, Portions of the Access Guide will be available on OPADD website.

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## REGIONS MAKE IT HAPPEN

OPADD'S partnership between the long term care and developmental services sectors is also a partnership between the provincial table, regional committees and local projects. It is at the regional level where ideas

and possibilities are translated into action.

One of the key regional activities is the planning of cross sector workshops to bring service providers, planners and policy makers together. Workshops are

the catalyst to building cross sector planning capacity, knowledge exchange and collaboration on new models of service delivery.

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## OPADD DIALOGUES WITH LHINS

OPADD members across Ontario have been encouraged to engage in dialogue with their respective LHINs. A draft discussion paper has been developed and distributed to OPADD. The paper summarizes issues related to:

1. The working relationship between the developmental services sector and the health care system.
2. Accessibility to healthcare for older adults with a developmental disability.

Following an examination of issues the paper puts forward proposals for solving these challenges. Solutions hinge on building a planning process within the new LHIN structure that will support:

1. An effective working relationship between developmental services and health care.
2. Equitable access to health care for older adults with a developmental disability.

Five key questions are posed to focus the continuing dialogue with LHINs:

1. What process is needed to continue to move forward on establishing a working relationship between DS/LTC providers and LHINs relative to healthcare planning for older adults with a developmental disability?
2. What can LHINs do collectively

and individually to support such a process?

3. How can the process be coordinated regionally and provincially?
4. How can funding Ministries be engaged to support service providers in engaging with their respective LHINs?
5. What process is needed to move forward on addressing healthcare access issues for older adults with a developmental disability?

The paper is being revised following the dialogue with LHINs at the OPADD meeting of June 16 and will be distributed to OPADD members.

## WHY DOES OPADD USE A CO-CHAIR MODEL?

The Ontario Partnership has been forged between the developmental and seniors services systems. Every committee and task group is formed with Co-Chairs: one from the seniors services system and one from developmental services. Here are reasons why the model works, from the mouths of Co-Chairs themselves.

**Terry Lowey, Co-Chair  
Northeast Regional Committee on  
Aging and Developmental  
Disabilities:**

“The co-chair model is the ingredient to success for the committee to sustain and move forward towards the vision... to support the workload...and to build on each others strengths. It enables the committee to consistently motivate the membership and keep on track. We give energy to each other. I could not do it without my Co-Chair.”



**Cindy Stephens, Co-chair  
Toronto Regional Committee on  
Aging and Developmental  
Disabilities:**

“We are all busy people with other jobs so sharing is the way to go. We each bring different attributes to the position and when one is struggling the other can take over. Having someone to bounce things off of is invaluable. I would never have accepted the position unless it was shared. We make sure that at least one of us is present at meetings to keep the momentum...”

**Margaret Ringland, Co-Chair  
Ontario Partnership on Aging and  
Developmental Disabilities:**

“Creates credibility for the sector each of us represents... Builds a direct bridge enabling us to share developments and issues from the other sector and encourage involvement of our sector in regional projects and planning... Also enables joint submissions to policy makers for both sectors and helps bring the two ministries together...Helps to educate each sector on the other sector’s nuances, uniqueness, issues and limitations.”

**Sandy Keshen, Co-Chair  
Ontario Partnership on Aging and  
Developmental Disabilities:**

“It brings different perspectives to the table...It sets an example for working together.”

# REGIONS MAKE IT HAPPEN

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## Northeast's 1st Workshop

The Northeast's first workshop has been planned for September 28 & 29, 2006 in Sudbury. An exciting program includes Dr. Jack Diamond, Scientific Director of the Alzheimer Society of Canada and Brian Aitken, Ethics and Gerontology professor at Laurentian University. The flyer is available on the OPADD website.

## Central East Invites Input

Central East has completed a series of focus groups across the region with service providers, families, self-advocates and planners. The input is being used to build strategies for cross sector partnering. A report is expected in the coming weeks and will be posted to the OPADD website.

## Central South Builds Citizenship Model

Following the successful workshop held last Sept. 21, 2005 in Hamilton, the Central South Region embarked on the development of a citizenship model. It will provide a framework for future cross sector planning. Information will be posted to the OPADD website.

## Northwest Follow-Up Workshop March 30 & 31, 2006.

The Northwest region hosted its follow-up workshop in Thunder Bay at the end of March. The varied program included Leslie Udell speaking on health issues related to aging and developmental disabilities; Roy I. Brown speaking on Quality of Life; a presentation by the LHIN; a panel discussion and much more. The planning committee is examining what has been learned and developing strategies for

building cross sector dialogue.

## Ottawa/Champlain Schedules First Workshop

Ottawa/Champlain Region has set October 5, 2006 as the date for its workshop. The planning committee is meeting frequently to develop the program and process for the workshop. Watch for the workshop flyer in the coming weeks.



## Southeast Follow-up Workshop April 18 and 19, 2006

The Southeast region hosted its follow-up workshop in Kingston at Rideaucrest Home. The first day provided an opportunity to learn about trends, events, emerging issues and innovations in long-term care, developmental disabilities and mental health. An opening panel discussed the challenges and trends in the sectors and through their dialogue provided opportunities for further discussion with questions from participants. Workshop topics included Understanding and Managing Changing Behaviours Associated with the Aging Process, Aging and Dual Diagnosis, Strengthening the Partnership with Long-term Care and Who Has the Communication Disorder Here? Day one ended with delegates considering issues affecting greater collaboration between the sectors. These issues

were carried into Day Two. On the second day approximately eighty attending delegates identified shared directions and opportunities for collaboration and established concrete action plans for a number of local initiatives. More information will be available as soon as the workshop proceedings are finalized.

## Southwest Begins Planning

Regional Support Associates are pulling a small group together to begin the process of planning a follow-up workshop for this fall. The event will include training sessions as well as planning to re-establish the regional cross sector process.

The Southwest Regional Office of the Ministry of Community and Social Services is building aging into its community capacity planning process with developmental service providers



## Toronto Region Establishes Workshop Planning Process

The Toronto Partnership on Aging and Developmental Disabilities (TPADD) has set things in motion for their first time workshop to be held this fall. The event is being planned in partnership with Community Care Access Centre. More news will be posted to the OPADD website.

## AGING AND DEVELOPMENTAL DISABILITIES IN THE EAST AND WEST

Projects in both Nova Scotia and British Columbia are building new knowledge partnerships in aging and developmental disabilities.

**Nova Scotia Community College** (NSCC) School of Health & Human Services is the lead partner in the project, "Retirement Planning for Older Adults with Developmental Disabilities." The work includes the organization of focus groups with service consumers and providers; interviews with decision-makers and service providers; and development of an annotated resource guide for retirement service providers. The three-year project funded by the Public Health Agency of Canada will build links between the aging and developmental disability sectors and inform policy and programs relative to retirement planning for persons aging with developmental disabilities. The focus is to encourage inclusive retirement planning. The project team will share the results through presentations to organizations across Nova Scotia.

The project Steering Committee comprises: School of Health and Human Services, Nova Scotia Community College; Maritime Data Centre for Aging Research and Policy Analysis, Mount Saint Vincent University; Department of Family Studies and Gerontology, Mount Saint Vincent University; Nova Scotia Disabled Persons Commission; Nova Scotia Association of Community Living; DIRECTIONS Council of Nova Scotia; Regional Residential Services Society; Nova Scotia Seniors' Secretariat; Nova Scotia Department of Health, Continuing Care Branch.

For more information about the project contact: Samantha Butler, Project Coordinator, School of Health and Human Services, Nova Scotia Community College at (902) 491-1616 or [samantha.butler@nsc.ca](mailto:samantha.butler@nsc.ca)

The University of British Columbia School of Social Work and Family

Studies is conducting research to explore community living supports with a focus on the needs of older adults. Study areas include:

- Informal and formal supports
- Residential options
- Day programs
- Retirement
- Long term care issues
- Death and grief
- Choice and self-determination
- Assistive Technology
- Government/service system collaboration.

The study will rely on qualitative data-gathering from individuals and families as well as academic and internet searches. For more information contact Leah Wilson, Project Coordinator, Community Living Research Project, School of Social Work and Family Studies University of British Columbia Tel: (604) 827-3494.

## QUALITY OF LIFE: WHAT DOES IT MEAN?

There is a lot of talk about Quality of Life but what exactly does it mean?

Ivan Brown and Roy Brown have written a readable and informative book, "Quality of Life and Disability" that offers new understanding about this topic. Brown and Brown explore the issues using stories about real people, theoretical concepts, diagrams and questions for the reader. They take the reader beyond concepts such as having the right car, house, job and vacation to deeper levels of

feeling safe, being confident and happy, feeling close to others, having fun and living life in accordance with one's values and beliefs.

The authors' focus is on "improving individuals' whole lives" and they offer five guiding ideas to help think about quality of life in an integrated and informed way. Quality of Life:

1. Addresses similar aspects, attributes and processes of life for all people.

2. Is personal.

3. Includes individuals judging specific aspects of their own lives.

4. Includes consideration of the interconnectedness of all aspects of one's life.

5. Is ever-changing.

Roy I. Brown has agreed to provide the OPADD letter with an interview about Quality of Life. Watch for it in the fall issue.

## KEEPING FAMILIES TOGETHER: HIGHBOURNE LIFECARE

Highbourne Lifecare is a 250 bed Long-Term Care Facility in Etobicoke, Ontario, managed by Extendicare. It is a microcosm reflective of the diverse cultural population in the area. Highbourne took a step into the future when it explored the idea of allowing adults with Down Syndrome to remain living with their elderly care-giving parents. Currently, there are two adults with Down Syndrome who enjoy this opportunity at Highbourne. The model provides one more way to support older adults with a developmental disability with consideration for

*Highbourne took a step into the future when it explored the idea of allowing adults with Down Syndrome to remain living with their elderly care-giving parents.*

quality of life. Highbourne is researching programming, menu and décor options for their residents with Down Syndrome.

Another approach to family support is Highbourne's respite program

offering vacation and short stay options. Short stay allows clients to become familiar with services, staff and activities offered at the home. Caregivers get a well deserved rest with the knowledge that their loved one is being taken care of. The Ontario government subsidizes short stays and the daily rate is \$31.67. Ontario Disability Support Program funds may be used for short stay depending on the individual situation.

For more information:  
Chris Brockington at 905-432-9822:  
Brockington@sympatico.ca or

## BEST PRACTICES IN TRANSITION PLANNING

OPADD continues to move forward in the area of identifying best practices in transition planning. During development of the Access Guide, the task group assembled a summary of what we know today about effective transition planning. The summary was incorporated into the Access Guide as best practices in transition planning. It includes six key phases:

1. Preparation:  
Begin the transition planning process early; assemble a history and background information on the person; creating a baseline.
2. Training:  
Ensure staff acquire skill sets necessary to support individuals as they age; learn about the services available to Ontario seniors and how to access them.
3. Cooperation:  
Promote continuous dialogue and cooperation with services providers

### Best Practices

and coordinating bodies across sectors and involve families in transition planning processes.

4. Quality of Life:  
Consider quality of life in the development of the transition plan; seek solutions that meet the needs of the individual; develop strategies that promote inclusion in community life as the person ages.
5. Funding:  
Identify sources of funds or flexibility in the use of existing funds to support transitions to seniors community and residential programs where necessary.
6. Maintenance:  
Transition planning is an ongoing process that requires maintenance before, during and after a person takes advantage of seniors programs.

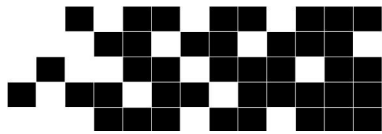
More work will be done on the transition planning model over the coming months to refine it and make it available to OPADD and interested players.



### SUCCESSFUL AGING

Seniors asked about "successful aging" described it in terms of:

- Loving relationships.
- Graceful acceptance of change.
- Moderate living.
- Having goals and
- Maintaining a sense of humour.



# Ontario Partnership on Aging & Developmental Disabilities

**Building Bridges Between the Long Term Care and Developmental Services Sectors**

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OPADD's Aging and Developmental Disabilities Project is funded by:



## Our Vision

That older adults with a developmental disability have the same rights to support and services as all older adults.

## Our Principles

- CHOICE
- ACCESS
- CREATIVE OPTIONS
- INDIVIDUALIZED PLANNING

## Local Solutions

OPADD believes that local community groups are key to producing tangible results by linking both sectors at the level of the local agency with participation from local planning bodies. Each organization retains its autonomy and enriches its capacity to support people with a developmental disability as they age.

# OPADD CO-CHAIR MEETING AND TRAINING SESSION THIS FALL

OPADD will be offering a meeting and training session for all regional Co-Chairs this fall. The two-day event will provide opportunity for Co-Chairs to meet one another, share common concerns, strategize around solutions to building regional dialogue and learn more about their important role.

The group leadership training program will include an orientation to OPADD goals, strategies and communication methods. Leadership, communication, team building, collaboration and

accountability are some of the topics to be covered. Some OPADD members who have been involved since its inception will be on hand to share their knowledge with the Co-Chairs.

OPADD's goal of knowledge exchange relies on effective communication among regions and between regions and the OPADD provincial table. The two day meeting and training session will allow Co-Chairs to identify best methods for sharing information. This will support diffusion of

knowledge across Ontario as OPADD searches for new answers to supporting older adults with a developmental disability.

A task group of some regional Co-Chairs is now being formed to guide development and delivery of the two-day event. Val Armstrong of Central East Region will Chair the Task Group. Ron Coristine, Project Manager for OPADD's Aging and Developmental Disabilities Project will provide staff support.

**OPADD WEBSITE DISCUSSION  
CENTRE NOW ON LINE!  
GET ENGAGED AT  
WWW.OPADD.ON.CA**

The OPADD website is undergoing a major overhaul this summer to ensure it continues to bring you topical and helpful information. If you have ideas or comments please send them to rcoristine@reena.org