



DISABLED PERSONS COMMUNITY RESOURCES

CONNECTING WITH THE COMMUNITY...

DPCR News

Spring 2006

NEW Community Pass offered by OC Transpo

The **New Community Pass** will be offered as part of a one-year pilot project which reduces the cost of transit for people with disabilities, who also have a low family income.

Who is eligible?

- ◆ Long-term recipients of the Ontario Disability Support Program (ODSP).
- ◆ All Registered Para Transpo users.
- ◆ CPP-Disability recipients who's annual income is below \$12,000.

Community Pass users will require a special OC Transpo Community Pass Photo ID (\$7.00).

Community Pass Features

- ◆ Costs \$28.25 per month
- ◆ Valid on all OC Transpo regular and express bus routes, and the O-Train.
- ◆ Additional fare required on Para Transpo service: \$2.40 during the weekday morning peak period (6:30am - 9:00am);
- ◆ \$1.25 at other times including weekends and statutory holidays.

The **Community Pass** replaces OC Transpo's current policy which provides free service to people who use a mobility device (wheelchair, walker or scooter). This free service policy ended on March 1, 2006.

For more information contact Customer Service at 613-842-3600 or by e-mail at ocserve@octranspo.com or visit their website at www.octranspo.com.

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Did you know?

Approximately 119, 235 people in Ottawa have disabilities, representing 16% of Ottawa's population.

STATS Canada PALS 2001

UPCOMING EVENTS AROUND THE CITY
SEE PAGE 11 FOR DETAILS

DPCR News

Spring 2006

This newsletter, published by Disabled Persons Community Resources (DPCR) is available in paper and electronic form. Individual issues of the newsletter can be downloaded from our Website and may be reproduced without permission for wider distribution.

Bylined articles reflect opinions of the author(s), not necessarily those of DPCR. We believe the information in this publication is accurate, however DPCR assumes no responsibility or liability for the accuracy of the information. DPCR also does not endorse any product mentioned herein other than those produced by DPCR.

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DPCR'S 2005/2006 Board of Directors

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We'd love to hear from you...

We welcome ideas, suggestions, stories, poems, interesting articles, jokes and cartoons for possible use in future newsletters.

Please forward your submissions to
Tanya at 724-5885 or by
e-mail tbertrand.dpcr@on.abin.com
and include your name,
address and telephone number.

The deadline for the next newsletter is
June 30, 2006

Computer Corner

Website Review by George Simpson



Rehabilitation Integrated Transition Tracking System (RITTS)

A faster way to find a Rehabilitation Service.

Start by typing **www.ritts.ca** at the top of your internet browser window.

How to Find a Rehabilitation Service:

The Find a Rehab Service function is a tool designed to help you find facilities that offer specific rehabilitation services.

1. Click on the *Find a Rehab Service* tab at the top of the page.
2. Next, click on the link on your page where it says "By Type of Rehabilitation Service"
3. Select a rehabilitation service type for the dropdown menu provided.
4. Select a diagnostic category, sub-category or specialty service from the dropdown menu provided.

The facilities offering the rehab service you are searching for will be displayed at the bottom of your page.

Find the rehab information you need in Helpful Links:

The *Helpful Links* selection gathers links to useful websites that have rehabilitation information.

1. Click on the Help tab in the upper, right-hand side of the page.
2. Click on the Helpful Links sub-tab at the top of you page.
3. Select an area of interest by clicking on it.
4. Helpful links will appear that, when clicked on, will bring you to that website.

The **RITTS Project** needs your help! Please take a moment and complete the short *Feedback Questionnaire* online about *Find a Rehab Service* and *Helpful Links*.

Using your feedback, the **RITTS Project** will determine new ways to improve the website to better meet your needs.

If you have any suggestions for websites you would like to see reviewed in upcoming newsletters please contact George at gsimpson@ottawahospital.on.ca.

DPCR HOURS OF OPERATION

Monday - Friday
8:30am - 4:30pm



Resource Centre News

Book Review - Tuesdays with Morrie

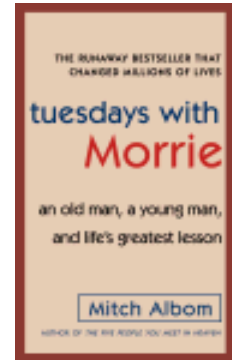
Maybe it was a grandparent, or a teacher or a colleague, someone older, patient and wise, who understood you when you were young and helped you see the world as a more profound place and gave you sound advice to help you make your way through it.

For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago.

Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger?

Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final class: "lessons in how to live". **Tuesdays with Morrie** is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

The sequel to "Tuesdays with Morrie" called "**Morrie In his Own Words**", will be available at the Resource Centre later this year.



The Resource Centre is located at:

505 Smyth Road
Ottawa, ON K1H 8M2
Main lobby of the
Rehabilitation Centre
Room 1110

Tel: 613-737-7350 ext.75689

Hours of operations

MON, WED & FRI
9:30 a.m.- 5:00 p.m.
TUE & THU
9:00 a.m.- 8:00 p.m.

NEW DVDs

Access Trailrider by B C Mobility
Around the World Challenge by Mike Nesmesvary
Mobility Cup 2003 by Nepean Sailing Club Ottawa
Murderball by producer Jeffery Mandel

NEW Books

Slow Dance: A Story of Stroke, Love and Disability by Bonnie Sherr Klein
YES You Can: A Helpbook for the Physically Disabled by Helynn Hoffa & Gary Morgan.
Moving in Unison into Action: Towards a Policy for Improving Access to Disability Supports by The Reher Institute
Flex Housing – Focus Group to examine Barrier Free and Adaptive Housing Design - CMHC- CANADA

Improving The Ontario Disability Support Program

As part of its plan to restore integrity to Ontario's social assistance system, the McGuinty government is introducing improvements to the Ontario Disability Support Program (ODSP) to support recipients and their families as they move into the workforce and achieve a higher quality of life.

Currently, more than 18,000 ODSP recipients are working. Many more are able and willing to work, but need the right supports. In the coming months, the government will implement a number of improvements that will help ODSP recipients and their families:

- **Find work** – such as improving access to employment services, like job placement and retention support, to help recipients and their families find and keep real, sustainable jobs.
- **Keep more of what they earn** – such as replacing the current set of complicated earnings exemption rules with an easy-to-understand 50 per cent flat rate exemption combined with a new \$100 monthly work-related benefit. For recipients this means that only half of their income will be deducted from their ODSP payment, plus they will receive an extra \$100 per month – and as a result, the vast majority of current earners will automatically see an increase in their disposable income.
- **Move toward financial independence** – such as providing ongoing health-related benefits to recipients who find employment and leave ODSP until they receive employer health coverage, so people don't have to worry about how they will pay for their prescription drug, dental and vision care expenses.

Transition to New Rules

In order to give ODSP recipients time to learn about and adjust to the new rules and benefits, changes will be implemented in two phases.

On April 1, 2006, all ODSP recipients will have improved access to employment services, such as job placement and retention services. As well, spouses who do not have a disability and who do not have caregiving responsibilities may be required to look for work and will be given better access to a full range of employment services through Ontario Works to help them find and keep jobs that can put them and their families on the path to greater financial independence. All other changes will take effect on November 1, 2006.

For more information please contact the Ministry of Community and Social Services at 416-325-5666 or by e-mail at mcssinfo@css.give.on.ca or visit www.mcss.gov.on.ca.

* <http://www.mcss.gov.on.ca/CFCS/en/newsRoom/newsReleases/060208.html>

PARKING PROGRAM

for

PEOPLE WITH PHYSICAL DISABILITIES

Within the City of Ottawa, both physically disabled drivers and physically disabled passengers are entitled to special parking privileges in public parking areas and on public roadways.

WHO IS ELIGIBLE?

- ◆ Any person who holds a disabled persons parking permit.

(An application may be obtained by calling the **Ontario Ministry of Transportation at 1-800-268-4686** or by contacting your local license bureau.)

HOW TO USE YOUR PERMIT

- ◆ Your permit must be displayed on the dashboard or sun visor whenever you are taking advantage of the special parking privileges.
- ◆ The permit can only be used if an eligible persons exits the vehicle.

ON-STREET PRIVILEGES

- ◆ Time limits are extended to 4 hours at parking meters and elsewhere where parking is permitted, regardless of the time limited posted on the signs.
- ◆ Parking at meters is free.
- ◆ Vehicles may be parked up to 4 hours in “no parking” zones.
- ◆ Permit holders may be picked up and dropped off in “no stopping” and “loading zones”, as well as in reserved bus lanes and reserved bicycle lanes as long as traffic is not impeded. Drivers are **NOT** permitted to wait for permit holders to return after they are let off in these locations.

NOTE: These parking privileges do not apply to off-street parking facilities such as those at Federal Government buildings and Private Institutions (i.e. Ottawa MacDonald-Cartier International Airport, hospitals, etc.)

OFF STREET PRIVILEGES

- ◆ All parking lots in the City of Ottawa with 20 or more public parking spaces are required to reserve a least one parking space for permit holders.
- ◆ Permit holders are required to pay the same parking fee as charged other parking lot users unless signs indicate otherwise.

RESTRICTIONS

- ◆ Permit holders cannot stop in school bus loading zones, taxi zones and police vehicle zones.
- ◆ Permit holders are subject to all other Traffic and Parking By-las provisions such as the prohibition of blocking driveways, parking in front of a fire hydrant and parking within 9 metres of an intersection.
- ◆ Vehicles must not be stopped or parked so as to obstruct traffic.
- ◆ “No stopping” regulations are in effect on many roadways during peak traffic hours, usually Monday to Friday 7a.m to 9 a.m. and 3:30 p.m to 5:30 p.m. Permit holders are **NOT** exempt from these regulations.

QUESTIONS?


Contact the **City’s 24-hour Call Centre at 580-2400.**


Restaurant Review

Rating Scale:

Excellent 

Very Good 

Good 

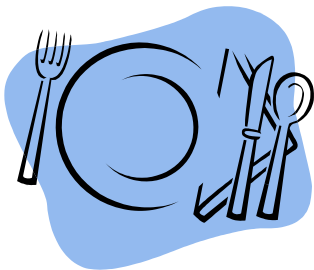
Fair 

Fiamma

3750 Strandherd Dr
Ottawa, ON K2J 5L4

Phone: 613-843-5263

**OVERALL
RATING:**



Editor's Note:

This feature is meant only as a guideline for accessible restaurants in the Ottawa area. A complete barrier-free assessment was not conducted to determine ideal accessibility in relation to the Canadian Standards.

Please visit each restaurant to determine if the accessibility options meet your individual needs.

Parking:

- ◆ There are two designated accessible parking spaces available.
- ◆ There are curb cuts available at the entrance of the restaurant.

Entrance:

- ◆ There are no exterior steps.
- ◆ The clear opening of the door provides sufficient wheelchair access.
- ◆ Tight spacing between outer and inner doors makes entering difficult for individuals in wheelchairs without assistance.

Dining Area

- ◆ All areas of the restaurant are accessible to wheelchair users with the exception of the booths.
- ◆ Table arrangement in the dining room provides sufficient maneuverability space for wheelchair users.

Washroom

- ◆ The washroom layout and lack of maneuvering space limits accessibility.
- ◆ The toilet area is partially accessible.
- ◆ The washbasin area is fully accessible.

Type of Food

- ◆ Italian

Price

- ◆ Midrange to pricey

Letters to the Editor

Able Sailing Program at Nepean Sailing Club

Three years ago I arrived in Ottawa where I knew no one. For me, the experience was made more challenging by the fact that I am paralyzed and use a wheelchair for mobility. I was fortunate to have found a small affordable home in Ottawa South from which I began to attend Carleton University, studying Canadian culture and politics.

Then I ran into an old friend – George Simpson – whom I had known back in the early days of my injury, twenty-six years ago! George is so easy to talk to, I found myself confiding to him about my isolation. George said to me, as he has to so many other folks with disabilities: “You have to try sailing.” I was quite reluctant; I had no experience and was convinced I could never learn to sail. But George has a way, and I agreed to go out on a demo sail with the Adapted Sailing Program at NSC (which has been called Able Sail). George was right! I could do it and I did love it!

Over the last two seasons I learned more about sailing by taking lessons at the Club and by attending sailing clinics in Ottawa and Kingston. Participating in the Ottawa Capital Cup Regatta taught me a lot about the planning, volunteering and hard work that so many members put into making these events successful. My proudest moment was sailing at Queen’s Quay in Toronto where Laurie Alphonse and I brought home a trophy. To sail and look up at the CN tower and Skydome was one of the highlights of my life. Now I am looking forward to training hard this summer for the Mobility Cup which is to be held in Vancouver.

Sailing has given me courage to try other things as I had never before tried an adapted sport. Since sailing, I have participated in wheelchair curling, wheelchair table tennis, tried my hand at wheelchair tennis, and my latest exploit is wheelchair dance (really integrated dance). Now I am having fun! And I am a proud member of the Club and serve on the National Capital Able Sail Association Board (NCASA).

There are a lot of great things about the Nepean Sailing Club – the fantastic natural beauty, the proximity to the city and to Andrew Hayden Park, great food, friendly and helpful staff and the many social events. To those qualities that all members enjoy, I could add those that are enjoyed by members with disabilities – the fully accessible washrooms in the clubhouse and the school, the ramps everywhere, the hoists to lift us into the Martins, and, the most important quality of all, the inclusive nature of the club and the friendly helpfulness of club members. My involvement in the Able Sail program has made a huge difference in my life. It can in yours too either as a sailor or a volunteer. See you in the Spring!

Liz Winkelaar



Liz sets sail!

DPCR's Supportive Housing Program

We are very pleased with the opening of DPCR's Building IV. Our daughter moved into the building in September 2005 and has already made new friends. The new living arrangement is providing her with the opportunity of developing independence and learning life skills that were somewhat limited in a home environment. It has also provided much needed respite for the family. We are very grateful to all DPCR staff for working so hard in making this happen and in providing an opportunity for our daughter as she transitions from home to a new life of independence!

Gisele Jolicoeur

Mark your calendar!

DPCR's Annual General Meeting & Employee Recognition Celebration

**June 28, 2006
6:00 p.m. - 8:00 p.m.**

**Ron Kolbus
Lakeside Centre
Britannia Park**

COMING SOON....

DPCR is proud to announce the
release of the

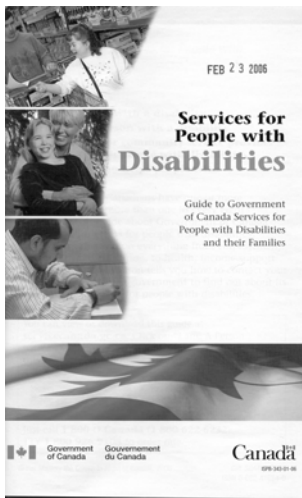
HEALTHCARE GUIDE FOR PEOPLE WITH DISABILITIES

a comprehensive booklet containing tips on how to maintain a healthy lifestyle and avoid common health problems. You will also find a description of medical tests you should have on a regular basis and a list of Community Health and Resource Centres in the Ottawa Region.

**Contact DPCR for more details
at 613-724-5886 or visit our
website at www.dpcr.ca**



Services for People with Disabilities



Just call
1-800-O-Canada
(1-800-622-6232) or
e-mail:
guide@canada.gc.ca
to get your **FREE** copy.
For more information visit
www.servicecanada.gc.ca

This is a guide to information, programs and services provided by the Government of Canada for people with disabilities, their families and caregivers. It is meant to help you find information about services and benefits you may be entitled to.

The text is designed to help you see at a glance what kind of information we're talking about:

- ⇒ **Bold Text** highlights topics and programs.
- ⇒ *Italics* are used for titles of booklets, pamphlets and publications.

Who should use "Services for People with Disabilities"?

You should if you are:

- ⇒ A person living with a disability.
- ⇒ Caring for a person with a disability.
- ⇒ A professional or community service provider who works with people with disabilities.
- ⇒ A volunteer who helps people with disabilities.

Featured Employee - Tom Hunt

Tom Hunt is one busy guy. He just graduated from CDI College (he's a registered Massage Therapist). He works 4 days a week at a massage clinic in Orleans, 1 day a week as a teaching assistant at CDI college and the Saturday overnight shift at DPCR's Building I.

Tom has been part of DPCR's Supportive Housing Program for 5 years. "Most of the time it doesn't feel like work" he says. He lists the laid back atmosphere, the stress free environment and getting along with everyone among the things he likes about his job. And the most rewarding part is "helping someone else out. The "thanks yous" and appreciation you get from the clients are a bonus".

He notes that it is an "excellent program, it helps a lot of people. We provide assistance to clients for things that they're not capable of doing for themselves so they can lead a more independent life."

In his down time – Tom enjoys spending time with his girlfriend, family and friends.

Upcoming Events

Canadian Tulip Festival ,May 4-22

Over three million tulips create an exotic mosaic of colour and beauty in Canada's Capital Region featuring over 20 Official Tulip and Attraction/Partner Sites along a 15km Tulip Route through Ottawa and Gatineau.

For more information call the Tulip Hotline at 1-800-66-TULIP or 613-567-4447 or visit www.tulipfestival.ca.

The Ottawa Race Weekend, May 26-28

Canada's premiere race festival combines competition, participation and fundraising to make a distinctive contribution to the health of our community.

For more information contact Jim Robinson at 613-234-2221 or visit www.ncm.ca.

People in Motion, June 2-3

Canada's most comprehensive exhibition for people with disabilities of all ages, as well as their families and friends. This event is fun and enlightening.

For more information contact People in Motion at 877-745-6555 or visit www.people-in-motion.com.

REACH 25th Anniversary, June 15

Join us in celebrating our Silver Jubilee at Ottawa City Hall for cocktails, dinner and music by the Lucas Haneman Trio.

For more information call 613-236-6636 TTY 613-236-9478 e-mail reach@reach.ca or visit www.reach.ca

Nortel Ottawa Dragon Boat Race Festival, June 24-25

Ancient Chinese tradition meets the Nation's Capital. Combine the excitement and competition of dragon boat races, multi-cultural food and entertainment, community spirit and charitable fundraising and you have a colourful two-day event that attracts 4, 500 paddlers and over 60,000 spectators.

For more information contact 613-238-7711 or visit www.dragonboat.net.

Alcatel HOPE Volleyball Beachfest, July 8

HOPE's flagship Volleyball SummerFest event combines recreational volleyball with live rock entertainment. Each year, more than 25,000 players and spectators flock to Mooney's Bay Beach in Ottawa for the greatest summer party of the region.

For more information call 613-237-1433 or visit www.hopehelps.com.

Cisco Systems Bluesfest, July 7-16

Boast the best of Canadian and American talent.

For more information call 613-247-1188 or visit www.ottawabluesfest.ca.

Canadian Paraplegic Association introduces a Peer Support Program

The purpose of the peer support program *is to assist people with spinal cord injuries (SCI) and other mobility impairments to achieve independence, self-reliance and full community participation* through the sharing of information, personal experience and resources with their peers. Trained Peer Volunteers support people by using their expertise and practical wisdom to inspire participants with hope for the future, help them set realistic goals and stay motivated through the challenges they will face.

Our volunteers have a wealth of knowledge and experience and are very comfortable in discussing any of the issues listed below:

Self-care/daily living	Sexuality
Vocational issues	Parenting
Educational opportunities	Transportation
Attitudinal barriers	Wheelchair sports
Community resources	Recreation/leisure
Equipment issues	Accessibility/housing

If you have been living with your disability for a few years or you have recently acquired a disability, the Canadian Paraplegic Association is here to help.

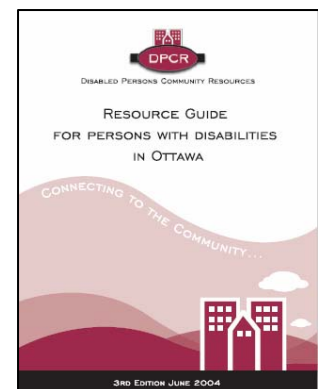
We invite you to join us as a volunteer or to call us for support at (613) 723-1033 Ext. 232.

Madelyn Scanlan
Peer Support Coordinator
Canadian Paraplegic Association

Pick up your FREE copy Resource Guide for Persons with Disabilities in Ottawa

The Resource Guide for Persons with Disabilities in Ottawa assists people with disabilities, their families and service providers to identify the community resources that will best meet their needs.

This bilingual guide is yours for the asking.
**Call 724-5886 or visit our website at
www.dpcr.ca today!**



Q & A

Q. I have heard that 10 digit dialing is coming to Ontario in June of this year. As a person with a disability who uses an assistive device for telephone communication I am wondering how this will impact on my ability to be in contact via phone with friends, family and caregivers?

A. The first thing you need to ensure is that your telephone and communication devices can operate with a 10-digit dialing system. Some older model voice activated systems can only dial 7 digits and therefore will not work once the 10 digit dialing system is in place.

If your current system has the capacity to dial 10 digits then begin to make a list of communication devices that need to be reprogrammed such as speed-dial numbers and Internet dial up systems.

If your current system cannot accommodate 10 digit dialing you will need to contact an Occupational Therapist to identify and assist with funding for a new device.

Volunteer Opportunities

Disabled Persons Community Resources (DPCR) is recruiting volunteers for our Board of Directors and a number of our committees. If you have expertise in any of the following areas; Evaluation , Occupational Therapy, Financial Management and/or Social Work and wish to volunteer with our agency, please submit your resume to:

**Nominating, Recruitment and Development Committee
Disabled Persons Community Resources**

Attention: Teena Tomlinson, Executive Director

1150 Morrison Drive, Suite 100

Ottawa, Ontario K2H 8S9

Fax: 613-724-5889

E-mail: ttomlinson.dprc@on.aibn.com

For more information please call 613-724-5886 or visit our website at www.dpcr.ca.

CLASSIFIEDS...



United Way has moved!

New address

363 Coventry Road
Ottawa, Ontario K1K 2C5

What's staying the SAME?

Phone number: 613-228-6700

Fax number: 613-228-6730

www.unitedwayottawa.ca

What's NEW?

- 25% of the space will be dedicated to community use
- Central location
- Transit access
- Accessible for people with disabilities

LINE 1000 CLOSES ITS DOORS!

As of March 31, 2006, Line 1000 employment services closed, at which time Northern Lights, YMCA and Acclaim Ability Management began providing these services.

For more information contact:

Northern Lights

1545 Carling Avenue, Suite 210
613-688-2147

Northern Lights

1980 Ogilvie, Suite 203
613-688-3670

Website: www.northernlightsvs.on.ca

IMPORTANT NOTICE FOR HELPLINE CLIENTS

As there are now many companies out there looking to improve your telephone service by providing you with cheaper long distance rates, Élisabeth Bruyère Helpline wishes to inform all clients that your Helpline unit is not compatible with any other phone service such as cell phone or your internet/cable company. It is imperative that you have a Bell phone line in your home for your equipment to function properly enabling you to summon help when you need it. If you are planning on changing your telephone service provider, **please call Helpline at 613-562-6368 or 1-888-557-2019** for further information.

The **Able Sail Program** needs help with all sorts of things -- fundraising, sailing, regatta planning, boat maintenance, even serving as an extra pair of hands in any capacity. If you are interested in helping us with the Able Sail program, please see the Nepean Sailing Club volunteer sign up system at www.nsc.ca/volunteers/vol_committees.htm or contact George Simpson at geosimp@sympatico.ca.

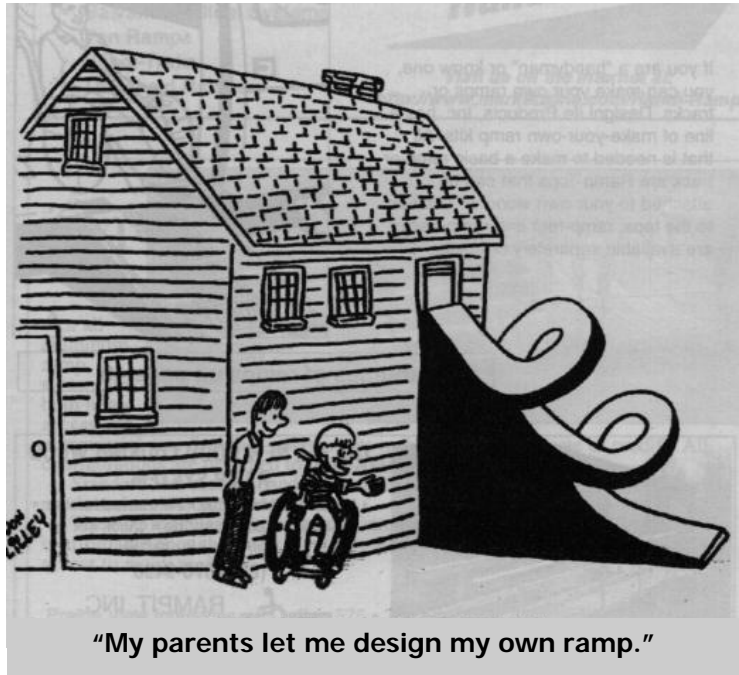
If you are interested in placing an ad in our next newsletter please call (613) 724-5886.

THE FUN ZONE

FUN FACTS...

Things You May Not Know:

- Centipedes always have an uneven pair of walking legs
- A baby octopus is about the size of flea when it is born
- If you kiss for one minute, you can burn an extra 26 calories
- Men are 6 times more likely to be struck by lightning than women
- Female canaries cannot sing



The First Electric Wheelchair

Will be on display until May 2006 at the Canada Science and Technology Museum. The wheelchair and its groundbreaking technologies were created at the National Research Council of Canada (NRC) in Ottawa in partnership with Veterans Affairs Canada and the Canadian Paraplegic Association.

For more information contact the **Canada Science and Technology Museum at 613-991-3044.**

www.communitysupportottawa.ca

A brand new website to help you find community support services in your area, quickly and easily.

Log on and see for yourself.

1. Go to **www.communitysupportottawa.ca**
2. Click on our Agencies
3. Select your postal code from the list supplied and presto! All the services in your area appear on one easy-to-read page.





DPCR News

1150 Morrison Drive, Suite 100
Ottawa, ON
K2H 8S9

Phone: 613-724-5886
Fax: 613-724-5889
Email: info.dpcr@on.aibn.com
Website: www.dpcr.ca

Disabled Persons Community Resources (DPCR) envisions a dynamic, inclusive and accessible community in which people with physical disabilities are able to exercise the same rights, choices and responsibilities as all other Canadians.

Our Mission is...

To provide programs and services that maximize opportunities for the contribution, participation and inclusion of people with physical disabilities within the City of Ottawa.

Disabled Persons Community Resources is proud to be funded by:



and the generous support of members and donors.

Disabled Persons Community Resources Connecting with the Community...

What to look for in our next issue...

- ♦ **Coverage of our Annual General Meeting and Staff Recognition Celebration**
- ♦ **Announcement of a NEW on-line program**
- ♦ **Upcoming events**
- ♦ **More fun facts and tidbits**

Deadline for articles for the next issue of DPCR News is June 30, 2006. Contact Tanya at 724-5886 or via email at tbertrand.dpcr@on.aibn.com with your submissions.