

Living Independently

The ILCLA 433 King Street, Suite 101, London, Ontario N6B 3P3 519-660-4667

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Our mission is to provide information and support to all people with disabilities as they take risks in directing and managing their lives.

**Website: www.ilcla.ca
Email: info@ilcla.ca**

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If you would like our newsletter in an alternate format, please contact us.

Direct Funding Program

Direct Funding allows adults with physical disabilities to take full responsibility for managing a budget and hiring and supervising their own attendants. Available province-wide, the Direct Funding Program enables nearly 700 self-managers to receive monthly funds for attendants of their own choosing, to schedule as they please — whether their needs are at home, at work, or in the community.

Self-managers determine how and when their services are provided. Direct funding allows consumers to become employers, taking full responsibility for hiring and managing their own attendants across Ontario. DF self-managers determine how and when their attendant services are provided. In return for full responsibility and some risks, they get control, flexibility and choice in attendant services.

Direct Funding is administered by the Centre for Independent Living Toronto (CILT) and the Independent Living Centre London & Area is the local resource and information centre for the program.

Here are some frequently asked questions about Direct Funding, according to Melanie Moore, CILT's Inquiries Generalist:

Q. How long is the Direct Funding waiting list?

A. The waiting list to start is about five years. While that is a long wait, we encourage those interested to apply as soon as possible so you can be in the queue when a spot opens up on the list, or in the event the Program receives a funding increase. Additionally, the waiting list demonstrates to the Ministry of Health, which funds the program, the critical need for Direct Funding.

Q. Can I be on Direct Funding if I have a high level of disability?

A. People with a high level of disability use this program and are usually happy with it. The types of disabilities are diverse; needs range from about 1 hour per day to 6 hours per day (and higher for full-time ventilator users.)

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Q. I am on DF and my needs have changed. How do I get more hours?

A. Self-managers can submit a Budget Change Request form to DF staff, who will assess your request. Budgets may be changed if funding permits.

Q. What kind of peer support is available if I'm on Direct Funding?

A. In addition to ongoing staff support from CILT and the other Ontario Independent Living Resource Centres, we can connect new and existing DF consumers to the Self-Managers' Network. Here, self-managers can share information and advice about employment issues, managing attendant services and more.

For more information about Direct Funding, visit the CILT website at http://www.cilt.ca/funding_portal.aspx or call us at 519-660-4667

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Respite Care

Respite care is the provision of short-term, temporary relief to those who are caring for family members who might otherwise require permanent placement in a facility outside the home. — From Wikipedia, http://en.wikipedia.org/wiki/Respite_care

There are various respite programs available in the London area, provided by agencies such as CCAC, VON, Salvation Army, Community Living London and more. Eligibility varies for each program so if you would like to explore your options, call us at 519-660-4667.

Around the Web

NMEDA is a non-profit trade association of mobility equipment dealers, manufacturers, driver rehabilitation specialists and other professionals dedicated to expanding opportunities for people with disabilities to drive or be transported in vehicles modified with mobility equipment. All members work together to improve transportation options of people with disabilities.

With more than 600 members, mostly in the United States and Canada, NMEDA is a great resource for learning about and finding your next accessible vehicle.

Visit them at <http://www.nmeda.com/>

Ability Online

Ability Online is a free internet community where young people with disabilities and illnesses connect for information, support and friendship. They also provide support and resources to families and medical professionals. There are age and topic specific forums, homework help, games and fun stuff, plus links to additional resources. Find out more here: <http://www.abilityonline.org/>

Adaptive Cooking Classes

Are you interested? Don't hesitate to call either Anne at 519-642-7555 or Brenda at 519-858-1846 to register. A spot may become available to you, and you'll have lots of fun!



Do you *like* us?

Yes, we are on Facebook!

Visit and "like" our page to receive updates about activities, community events, interesting websites and more! Go to facebook.com/IndependentLivingCentreLondon



All in attendance enjoyed our holiday gatherings at Shelley' Restaurant in The Lamplighter-Best Western on December 8, our Swiss Chalet lunch at the Centre on December 12 and the Adaptive Cooking Class potluck lunch on December 15. A good time was had by all!

RDSP Answers

Do you have questions about RDSPs? Do you want to know if you can open one and how it might benefit you? Book an in-person or telephone appointment and get all your questions answered, plus complete direction and support throughout the process of opening your RDSP. You may be eligible for money from the government, call us for more information 519-660-4667

GPS

GPS (Goals, Preparation, Skills) is an employment program for young people aged 15—30. Earn minimum wage while you work and learn for 15 weeks. Gain new skills, experience and confidence. You must not be in high school, not receiving employment insurance, have limited or no work experience and live with a disability. For more information contact Hutton House at 519-472-1541



Membership Dues!

It is time to renew your membership with us for another year (or more!)
Purchase a gift membership for a friend too!

THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM



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Registered Disability Savings Plan

In December 2008, the Government of Canada introduced the Registered Disability Savings Plan (RDSP), Canada Disability Savings Grant and Canada Disability Savings Bond to help Canadians with disabilities and their families save for the future.

The RDSP is available to Canadian residents under the age of 60 who are eligible for the Disability Tax Credit, which is also known as the Disability Amount. People who are eligible, and the parents or guardians of eligible minors, can open an RDSP at one of several financial organizations across the country.

There is no annual contribution limit to an RDSP. The lifetime contribution limit is \$200,000. Friends and family can also contribute to a plan with written permission of the plan holder. Any investment income earned in the plan accumulates tax free, until money is withdrawn. The contribution deadline this year is December 31, 2010.

To encourage savings, the Government of Canada introduced the Canada Disability Savings Grant and the Canada Disability Savings Bond.

The **Canada Disability Savings Grant** is a matching grant that the Government deposits into the RDSP. Each year, the Government will match contributions made by paying up to \$3 for every \$1 paid into the plan, depending on the amount contributed and the beneficiary's family income. The Government will deposit a maximum of \$3,500 each year, with a lifetime limit of \$70,000. Grants will be paid into the RDSP until the year the beneficiary turns 49 years old.

The Government of Canada will also pay a **Canada Disability Savings Bond** of up to \$1,000 to low-income and modest-income Canadians. The good news is that no contributions are necessary to receive the bond; simply open an RDSP and fill out an application form at the financial organization where you have your RDSP. Bonds will be paid into the RDSP until the year the beneficiary turns 49 years old.

Money paid out of an RDSP will not affect a person's eligibility for federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax credit, Old Age Security or Employment Insurance benefits. In addition, RDSPs will have little or no impact on provincial and territorial social assistance payments. For further details, contact your provincial or territorial government.

For more information on the RDSP, grant and bond, including a list of participating financial organizations, please visit the Human Resources and Skills Development Canada Web site at www.disabilitysavings.gc.ca or call 1 800 O-Canada (1 800 622-6232). You can also contact the Independent Living Centre London & Area at 519-660-4667 or email info@ilcla.ca. In addition, we are happy to do information sessions for groups and organizations.

Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.