

**CLAPW FAMILY
SUPPORT GROUP
MEETING #3
DECEMBER 18, 2023**

Sylvia Thornton – Parent

&

Wendy Holliday - Manager



INTRODUCTION

The CLAPW FAMILY SUPPORT GROUP initiative is to help families with issues that concern them regarding their loved one. We hope to share our ideas with each other at our monthly meetings and to cover any areas of interest.

CLAPW Yearly Membership is still only \$10/year. Membership ensures you receive important information on Community Resources, Quarterly Newsletter and Upcoming Events. Membership also allows you to have a vote at Annual AGM.

CURRENT FAMILY MEMBERS

- **Sylvia Thornton**
- **Judy McMullan**
- **Marion Fulcher**
- **Lynda Dionne**
- **Chris Robinson**
- **Pam Murdoch**
- **Jackie Stewart**
- **Janet Tataryn**
- **Megan Harris**
- **Suzanne Underwood**
- **Margaret Harrison**
- **Erica Seaton**
- **Maqbool Ahmad**
- **Karen & Josh MacDonald**
- **Donna Dalton**
- **Gillian Mann**



FAMILY RESPITE

WHAT I DID

I used to attend occasional meetings at Family Services Durham in Oshawa that offered an evening when you could interview Respite Workers. The problem I found was that the people interested in becoming a Respite Worker were 98% women. I was hoping to find a male worker for my son; in order for him to have a male influence in his life.

Upon describing my disappointment to a friend, she suggested her husband; who Brent knew. That worked great for us. He got along so well with my son and they saw each other at least once a week. After awhile, he ended up taking Brent to action/adventure guy type movies, Wrestling events, and I would drop off my son at Bowling every Friday, and then he would arrive before bowling ended and take him out to Tim Horton's for a drink and guy chat, then bring him home. This meant I could meet a friend for dinner and be home before my son. This worked well for many years.

When COVID came along and everyone was cautious of being around others, I found my older son was willing to do video chats with Brent. This certainly helped with the feeling of isolation.

In 2022 CLAPW sent an email asking if I would like; under their new Volunteer Program, to have a volunteer contact Brent weekly for an hour. My only criteria was that this volunteer had to know/like the WWE Wrestling World. That's how we met Ryan. This volunteer program was only for 3 months, but Brent and Ryan got along really well. At the end of the 3 months, I asked Ryan if he would be interested in continuing to have video calls with Brent and that I would pay him. He agreed, and now 18 months later, it's become a great relationship. Brent has since gone to a few of Ryan's indoor and outdoor soccer games, and they've gone out for supper too. We go week by week, but they usually video chat at least 3 times a month.

So, if you already have someone in your life that you feel comfortable taking your loved one out, or have a video chat, you'll soon love that bit of time you have on your own. Even a sibling is great because you'll find they will have a better connection than they already have. Paying for this service; even to a sibling, takes away their burden of paying

RESPITE AGENCIES

- **Durham Association for Family Resources and Support - 743 Ashley Ct., Oshawa 905-436-1168 respiteservices.com for more information.**
- **Community Living Oshawa Clarington –**
- **Community Care Durham – Personal Support (Caregiver Relief) In-Home Respite**

COST: In-home Respite can be scheduled during the day, evening and overnight dependent on client/caregiver needs and is invoiced at a rate of \$28/hour with a 2.5 hour minimum.

For more information CCD's In-Home Respite service, call 1-888-255-6680

Here is the list of books CLAPW have that families can sign out

- 1. A guideline on Protecting the Health and Lives of Patients in Hospital, Especially if the Patient is a member of a Socially Devalued Group**
- 2. Connections-A Guide to Transition Planning for Parent of Children with a Developmental Disability**
- 3. I Openers-Parents Ask Questions About Sexuality And Children With Developmental Disabilities**
- 4. Intellectual Disability and Problems in Sexual Behaviour**
- 5. Life Landscapes-Parents talk about Raising Children with Disabilities**
- 6. Success Built to Last-Creating a Life that Matters**
- 7. Aggression and Other Disruptive Behaviour Challenges0**
- 8. Conversations on Citizenship and Person Centred Work**
- 9. A Little Book About Person Centered Planning**
- 10. Friendship and Inclusion**



MEETING SCHEDULE

OCT 23/2023

NOV 20/23

DEC 18/23

JAN 24/24

FEB 20/24

**What Happens if
Something Happens to
Me?**

**Presenter:
Sylvia Thornton &
Wendy Holliday**

Housing Navigator

**Presenter:
Sue Pereira, DSO
Confirmed**

Family Respite

**Information and
Resources**

**Microboarding/
Partners for Planning/
DSO How to be
Reassessed**

Presenter:

**Journey to
Belonging**

**Presenter:
Ministry Speaker**

PLEASE NOTE
DATE OF JANUARY MEETING IS
WEDNESDAY, JANUARY 24
AT CLAPW OFFICE



THANK YOU !

Sylvia Thornton

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&

Wendy Holliday

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