

Resource Room News

A Publication of The Family Resource Room at
Kinsmen Children's Centre (306) 655-6871
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Partners with Families Helping Children

Fall is Here!

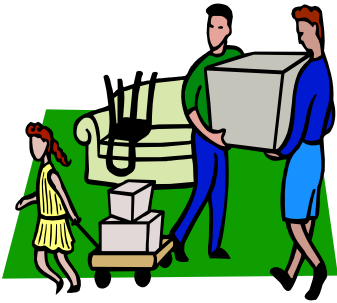
Time certainly does fly by and fall is here already! As usual the summer is over way too fast. The busy routine of back to school, back to work, and back to back activities for families on the go is well under way. It's important in our busy lives to slow down and take a brief time out to catch our breath, rest a little, laugh a little, and make time to be together with our loved ones. As someone once said "...give you children everything, give them your time." In doing so it is equally important to take care of ourselves. As parents, caregivers, and support people who often end up sacrificing so much for the sake of others we can at times get lost in the process. Finding a balance is the key. Acknowledging one's own limitations, establishing and respecting each others boundaries are vital to maintaining a healthy balance through trying times. A formalized caregivers Bill of Rights provides a balance and asserts that all individuals have needs that have to be fulfilled. This excerpt from a caregivers bill of rights by Wendy Lustbader captures these core values very well.

Care Givers Bill of Rights

I have the right:

- To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.
- To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I provide care for. I know that I do everything I reasonably can for this person and I have the right to do some things just for myself.
- To get angry, be depressed and express other difficult feelings occasionally. (... and appropriately with respect for others.)
- To reject any attempt by my loved one [either conscious or unconscious] to manipulate me through guilt, anger or depression.
- To receive consideration, affection, forgiveness and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full time help.

Wendy Lustbader, M.S.W. , is a mental health counsellor at Pike Market Medical Clinic in Seattle and affiliate assistant professor at the University of Washington School of Social Work.



The Cognitive Disability Strategy is Moving ...

The office for the Cognitive Disability Strategy has moved from Kinsmen Children's Centre to the **Saskatchewan Association for Community Living** at 3031 Louise Street in Saskatoon.

The Cognitive Disabilities Strategy is a provincial initiative to address the unmet needs of people with cognitive disabilities. To access help one must first complete a request for support form. The request is reviewed by an intake team. The criteria for people to access this strategy are as follows:

- Significant limitations in learning and processing information. Individuals are limited in retaining knowledge, learning skills, making decisions, and communicating with others.
- Behavior challenges which result in limited inter-personal, social and emotional functioning.
- Developmental challenges which limit capacity to adapt to daily living in areas such as self-care, independence at home, in the community, and at work, or leisure.
- Limitations and impairments that are persistent and long-term.
- Have unmet needs.

Cathy Deneiko is the contact person for the program and can be reached at: **955-3344**.

October is Autism and Occupational Therapy Month ...

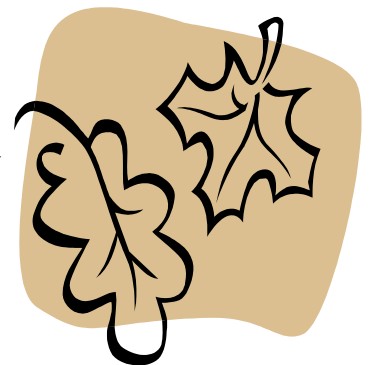
The **Autism Society of Canada** has declared October to be Canadian Autism Awareness Month. For more information please go to their website: http://www.autismsocietycanada.ca/index_e.html

Autism Services in Saskatoon is hosting a family and friends autism education night on October 26, 2006 from 7:00p.m. to 8:30p.m. There is also a drop in parent discussion group for those with a child who has been diagnosed with Asperger's Syndrome the first Monday of the month from 7:00p.m. to 9:00 p.m. For more information contact **665-7013**.

“Pediatric Occupational Therapists work with you and your child to help him or her learn to do everyday activities. This may include any or all of the following: playing with toys; taking care of oneself (dressing, eating, and using the bathroom); learning to accept and use information received from the senses (sight, sound, touch, smell, movement, body position). The occupational therapist may suggest or make equipment that will help your child to be more independent.” *(excerpt from the Alvin Buckwold Child Development Program Parent Information booklet)*

For more information on where to find O.T. services contact the Family Resource Room at: **655-6871**.

Occupational Therapists from Kinsmen Children's Centre will be participating in 16th Annual **Great Canadian Stationary Bike Race on October 21, 2006**. The event is a major fundraiser for the **Saskatchewan Cerebral Palsy Association (SCPA)**. The race will be held at the Abilities Council Gym at 2310 Louse Avenue in Saskatoon. To enroll your team or make a donation please call the SCPA at: **955-7272** or **1-800-925-4524**.



Another Health Care Initiative...

Do you have a chronic condition such as diabetes, arthritis, heart disease, asthma, kidney disease or multiple sclerosis? Do you care for someone with a chronic disease? Would you like to take control of your chronic illness rather than the illness controlling you?

Live Well with Chronic Conditions is a program offering free courses which provide practical suggestions for coping with the everyday challenges of chronic illness. Learn to manage your condition, gain confidence and feel more positive about life. For more information contact: Mary Ann Denton at **655-4437**.



Websites to Watch for...

A picture is worth a thousand words. For those of you using picture boards as aides to communication with your child; here are some websites with free downloads to create your own **social stories** and ready to use **picture boards**.

<http://www.childrenwithspecialneeds.com/downloads/photosymbols.html>

http://www.frsd.k12.nj.us/autistic/Social%20Stories/1social_stories.htm

<http://www.angelfire.com/blues2/robiny/printables.html>

http://www.setbc.org/setbc/communication/frame_pictureset.html

Disability Tax Credit / Child Disability Tax Benefit: Are you getting the full benefit from your tax deductions? If you have a child with special needs you may be eligible for Child Disability Benefit payments. For more information and forms contact your health care provider, the Family Resource Room at: **655-6871**, or go to the Canada Revenue Agency website where you can download forms and information.

<http://www.cra-arc.gc.ca/formspubs/menu-e.html>



Pandemic? Don't Panic... prepare, be aware!

The City of Saskatoon and the Saskatoon Health Region have joined forces in preparation for the possibility of an influenza pandemic. If you get the flu do you know what to do? Come and find out at any one of the following Pandemic Influenza Information Sessions open to the public.

Remember... hand washing is the first line of defense for infection control!

- October 18 at Marion Graham Collegiate, 602 Lenore Drive 7:00 p.m. - 8:00 p.m.
- October 24 at Frances Morrison Library, 311 - 23rd Street East 2:00 p.m. - 3:00 p.m.
- October 26 at Lakewood Civic Centre, 1635 McKercher Drive 7:00 p.m. - 8:00 p.m.
- November 01 at King George School, 721 Avenue K South 7:00 p.m. - 8:00 p.m.
- November 08 at Convocation Hall, University of Saskatchewan 12:30p.m - 1:30 p.m.
- November 23 at Cosmo Civic Centre, 3130 Laurier Drive 7:00 p.m. - 8:00 p.m.

For more information contact Deb Cook at: **655-4408** or email: deb.cook@saskatoonhealthregion.ca

More news...

New resources now available at Kinsmen Children's Centre.

Information for Parents

The following is an excerpt from the Alvin Buckwold Child Development Program Information for Parents booklet:

This booklet has been prepared specifically for parents and caregivers. It is usually distributed after their child's initial appointment, if further involvement with the Alvin Buckwold Child Development Program is planned.

The booklet contains information about programs, services, staff, and what you can expect when you come to the centre. Pieces of it you may need right away, other parts, not for many months - even years. Use the information as you need to. More information is available in the Family Resource Room, from a social worker or from any member of your healthcare team.

Why Me? Why My Child?

This booklet was written by Anita Grosse, a Social Worker with the Alvin Buckwold Child Development Program. It is an excellent resource for anyone struggling to come to terms with unexpected or traumatic change in their lives. The following excerpt is from Why Me? Why My Child?

When we become parents most of us have some basic expectations of what our future holds that we don't even think about. Nothing prepares us for the possibility that our child could have serious health issues to sort out that could put those expectations into question.

We are thrown into the turmoil of having to sort out what is happening, do what is necessary, and deal with all the emotions involved. This booklet's purpose is to help you go through this difficult process. What this booklet hopes to do is to point out some of the challenges, and things that can help.

We wish to commend Anita on a job well done. This booklet will be of great value and comfort to many people for years to come. Anita will be retiring this year. Thank you Anita for this wonderful gift. We will miss you.

Laughter is Good for You!

Knock knock...

Who's there...?

A Cadillac!

A Cadillac who?

A cat'll act mad if you step on his tail !!! MeOW! HISS! EEK RUN!

Have a safe and Happy Halloween!

Family Resource Room Advisory Team

The Family Resource Room Advisory Team members are a group of special needs agencies that work together to provide information and services to help families.

The contact numbers for the various agencies are as follows:

- *Alvin Buckwold Child Development Program: 655-1070*
- *Alvin Buckwold & Prairie Hills Early Childhood Intervention Program: 655-1083*
- *Autism Services: 665-7013*
- *Canadian National Institute for the Blind 374-4545 Toll Free 1-800-563-2642*
- *Epilepsy Saskatoon: 665-1939 Toll Free : 1-866--EPILEPSY*
- *Radius Acquired Brain Injury Community Integration Service: 665-0362*
- *Saskatchewan Cerebral Palsy Association: 955-7272*
- *Saskatchewan Association for Community Living and John Dolan Resource Centre: 955-3344*
- *Saskatchewan Fetal Alcohol Support Network: 975-0884 or Toll Free 1-866-673-3276*
- *Saskatoon Association for Community Living: 652-9111*
- *Spina Bifida & Hydrocephalus Association of Saskatchewan North: Canada Toll Free 1-800-565-9488*

