

Family Resource Centre e-newsletter December 6, 2020

Client and Family Integrated Care, resourcecentre@hollandbloorview.ca

The information provided in this newsletter is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list. You can also access this e-letter online at hollandbloorview.ca/covid-19-tipsheets

Holland Bloorview Kids Rehabilitation Hospital

NEW

- [Coming to Holland Bloorview? Fill out your COVID-19 self-screening form for quicker entry](#)
- [Emergency funding sources and access to basic necessities tipsheet \(updated\)](#)
- [Legal Rights During COVID-19 and Coronavirus Outbreak tipsheet \(updated\)](#)
- [Transition to Adulthood - Common legal questions with PBO Lawyer Hannah Lee \(Dec 9\)](#)
- Sibling Support group (Dec 17) For more information, contact Victoria Rombos vrombos@hollandbloorview.ca
- [Youth work experience participation programs: Information & Application Sessions for 2020/21 \(Jan 24 or 30, 2021\)](#)
- [Family Events Brochure for November 2020 - January 2021\(virtual events\)](#)
- [BLOOM November 2020 e-letter](#)

- **Virtual BCI - Play games using thought: Join us for the Brain-Computer Interface (BCI) Pilot Program from home**
Brain computer interfaces (BCIs) are computer systems that take brain signals and translate them into commands. Through practice, the BCI learns the specific patterns of your brain to perform a task, such as controlling music or playing a game. This program is for individuals:
 - with a physical disability that have restricted control of hand and arm movements
 - with any range of communication - must be able to respond to yes/no questions (e.g. verbally, with a physical signal or with yes/no cards)
 - who can understand cause and effect
 - with an estimated developmental age of minimum 5 years

For more information & how to get involved: Lindsey Crawford at 416-425-6220 ext. 3873



Other Holland Bloorview resources

- [COVID-19: Tip Sheets and Resources](#)
- [Solution Focused Conversations for Families \(online workshops\)](#) For more information contact Elaine Cook, ecook@hollandbloorview.ca
- [ASD-Engage \(weekly podcast\)](#) For parents and families of children and youth with Autism Spectrum Disorder (ASD), including those who are on the waitlist for an ASD assessment to those who have just received a diagnosis.
- [Iso Friendships](#) A podcast that explores what social connection means for youth living with disabilities during the COVID-19 pandemic.
- [HB Info Line](#) helps children, youth and families learn about and get connected to the many programs and services at Holland Bloorview.
- [HB Alumni Network](#) An alumni network for clients (13+), families and caregivers to connect, share experiences and help us improve care and services.
- [BLOOM's blog on parenting children with disabilities](#) To subscribe to BLOOM's monthly e-letter, go to the link and scroll down to the blue banner to input your e-mail.
- [BLOOM Facebook](#) & [Parent Voices @ Holland Bloorview Facebook](#)



Holiday self-care

- [Live chat: for parents and caregivers of children/ youth with concerns about their child's mental health relating to the pandemic, holidays and winter - Dec 8](#) (Children's Mental Health Ontario)
- [Self-care during the holidays for caregivers of adults with developmental disabilities - Dec 10](#) (Ontario Caregiver Organization, York Support Services Network & Developmental Services Ontario)
- [Home for the Holidays: Tips and Resources for Parents and Caregivers of Kids with Special Needs - Dec 15](#) (Holland Bloorview Kids Rehabilitation Hospital, Bloorview School Authority & Toronto District School Board)
- [The Harmony OnTrack Virtual Music Therapy Clinic](#) offers virtual music therapy services for parents and caregivers within the Holland Bloorview community at no cost. For more information, please email SLEclinic@wlu.ca Registration can be done [here](#)
- January mindfulness groups: (online) Autistic Adult Group: Jan 22, 29, Feb 5,12,19,26; Caregiver Adult Group: Jan 22, 29, Feb 5,12,19,26. For information contact mindfulness.research@camh.ca (Azrieli Adult Neurodevelopmental Centre & CAMH)

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Building caregiver supports

- [“It takes a Village” Black Parent Support Group](#): For Black caregivers of children and adults with disabilities Dec 8, 7: – 8:30 pm. Jan12, 2020, 7 – 8:30 p.m. To register or submit questions ahead of the meeting – please e-mail BPSGroup2020@gmail.com
- [Building a home staff team that won't drive you \(or your child\) crazy: with Genia Stephen and Faith Clarke \(Dec 9\)](#) (Good Things in Life - Masterclass)
- [Parents Speak Out: Keeping Our Children Included and Learning \(Dec 9\)](#)
Parents of students with disabilities face both the ongoing effort to have their children included; and the effect of the pandemic with school closures, partial attendance and distance learning (Inclusive Education Canada)
- [Navigating a New Autism Diagnosis \(Dec 6, Dec 9, Jan 13\)](#) (Autism Speaks)
- [Legal Guide to Engaging Private Support Workers \(Dec 10\)](#) (Community Living Ontario & PooranLaw)
- [Affordable housing programs available to individuals of low to moderate income-information session \(Dec 16\)](#) (Developmental Services Ontario)
- [Updated DSO Housing Toolkit](#) (Developmental Services Ontario)
- Free COVID-19 Guides for People with Disabilities with support from The Canadian Red Cross. To receive your free guide, please fill out the information in this [survey](#) (Citizens With Disabilities - Ontario (CWDO))
- [COVID-19 managing the next wave: connecting virtually with other families](#)
It can be helpful to connect with other families that may share some of the challenges you're experiencing. Check out these opportunities to connect with other families to get information, and new ideas (P4P Network)
- [Provincial Workshop: Building Resilience for Black Caregivers \(Virtual\) Jan 14, 2021](#) (Autism Ontario)

Government benefits

Government of Ontario

[Apply for Support for Learners funding](#)

Parents and guardians will receive a one-time payment of \$200 for each child up to age 12, or \$250 for each child or youth up to age 21 with special needs.

Government of Canada

[Deadline to apply for the disability tax credit to receive the special one-time \\$600 benefit has been extended to December 31, 2020.](#)

- You do not have to apply for the one-time payment, it will be automatically issued to holders of a valid [Disability Tax Credit](#) certificate.

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- Canadians living with disabilities who are eligible for the DTC but who have not yet applied, or your certificate expired in 2019, will have until December 31, 2020 to do so. For more information on how to apply for the DTC, please visit the government of Canada website [Disability tax credit \(DTC\)](#)

Webinars/virtual event series

Surrey Place

[December 2020 wellness workshops](#)

Partners for Planning learning series

- [Nurturing Supportive Relationships: The Foundation to a Secure Future \(Jan 5, 2021\)](#)
- [Creative Options for Home: Exploring Individualized Housing Models \(Jan 19, 2021\)](#)

Kerry's Place Autism Services

- [Caregiver Non-Violent Crisis Intervention](#) For family members and caregivers who would like to enhance their skills in managing crisis situations, and learn about de-escalation techniques. Different dates offered (Kerry's Place)
- [Learning Portal and video training modules](#) Includes modules on teaching strategies and social skills for ASD (Kerry's Place)

Inclusion, Diversity and Equity

[Survey: Race in the Mental Health System](#) seeks to hear the experiences of and amplify the voices of racialized youth age 13-25 who are a resident of Ontario and those who have not, due to barriers they face. You can take the survey [here](#) (The New Mentality & Children's Mental Health Ontario's provincial Youth Action Committee)

["It takes a Village" Black Parent Support Group:](#) For Black caregivers of children and adults with disabilities December 8, 7: – 8:30 pm. January 12, 2020, 7 – 8:30 p.m. To register or submit questions ahead of the meeting – please e-mail BPSGroup2020@gmail.com

[Provincial Workshop: Building Resilience for Black Caregivers - Jan 14, 2021](#) (Autism Ontario)

Holland Bloorview's Grocery Foundation Family Resource Centre is a place where you can find information and resources on childhood disability that are helpful to you and your family. We have information on: respite, recreation, housing, funding, education, parenting and more. All Holland Bloorview workshops and events are listed on www.hollandbloorview.ca/familyevents Questions? Please e-mail resourcecentre@hollandbloorview.ca

