



THE
RoadAhead
SOCIETY OF CALGARY
WWW.THEROADAHEAD.CA

#300, 1000 - 9th Ave SW
Calgary, AB
T2P 2Y6

Phone: (403) 263-8226
Fax: (403) 263-5277

families@theroadahead.ca
www.theroadahead.ca

***FUTURE PLANNING RESOURCE LIST**

Whatever you can do or dream you can, begin it.

Boldness has genius, power and magic in it.

– Goethe

PLANNED LIFETIME ADVOCACY NETWORK (PLAN)

Suite 260-3665 Kingsway

Vancouver, BC V5R 5W2

Canada

Bus: (604) 439-9566 • Fax: (604) 439-7001

inquiries@plan.ca

www.plan.ca

• PLAN AFFILIATES – CANADA

BRITISH COLUMBIA

Okanagan Lifetime Networks Association (Westbank, BC)

2475 Dobbin Rd., Westbank, BC V4T 2E9

Bus: (250) 7678-4913 • Fax: (250) 768-4913

provisionresources@shaw.ca

www.olna.ca

ALBERTA

The Road Ahead Society (Calgary, AB)

1000-9th Ave.SW #300, Calgary, AB T2P 2Y6

Bus: (403) 263-8226 • Res: (403) 286-8429 • Fax: (403) 263-5277

families@theroadahead.ca

www.theroadahead.ca

PLAN Edmonton (Edmonton, AB)

#214, 12310-105 Ave.

Edmonton, AB T5N 0Y4

Bus: (780) 488-2422

planedmonton@interbaun.com

LACL PLAN (Lethbridge, AB)

526 6th Street S., Lethbridge, AB, T1J 2E1

Bus: (403) 327-2911 • Res: (403) 327-3365 • Fax: (403) 320-7054

lacplan@lethbridgeacl.org

www.lethbridgeacl.org

* These are some of the resources we have found useful. This is NOT an exhaustive list but a 'list-in-progress'. If you are interested in a resource listed above, carefully evaluate the information and make your own decisions.

SASKATCHEWAN

RACL PLAN (Regina, SK)

2216 Smith St., Regina, SK S4P 2P4

Bus: (306) 790-5680 • Res: (306) 522-9937 • Fax: (306) 586-7899

racl@sasktel.net

ONTARIO

Lifetime Networks Ottawa (Ottawa, Ontario)

#406 - 1390 Prince of Wales Dr.

Nepean, ON K2C 3N6

Bus: (613) 748-7162 • Fax: (613) 226-7522

lno@lifetimenetworks.ca

www.lifetimenetworks.ca

A Future Planning Workbook – Ontario (see website for ordering info)

Planned Lifetime Support Network (Bruce/Grey Inc.)

(Port Elgin, Ontario)

PO Box 2217, Port Elgin, ON, N0H 2C0.

Bus: (519) 832-6147 • Fax: (519) 832-6147

lgarrod@bmts.com

Planned Lifetime Networks (Waterloo-Wellington-Oxford, Ontario)

5-420 Erb St. #306, Waterloo, ON, N2L 6K6

Bus: (519) 746-1188 • Res: (519) 746-7950

plnwo@sympatico.ca

QUEBEC

WSEP Lifetime Networks (Montreal, Quebec)

633, boul. Crémazie Est, suite 200

Montréal, Québec, H2M 1L9

Bus: (514) 363-5333

www.reseauxpurlavenir.qc.ca

reseauxpurlavenir@bellnet.ca lifetimenetworks@bellnet.ca

marise.perez@bellnet.ca • latinos@videotron.ca

• PLAN AFFILIATES – UNITED STATES

LifeSPAN (Seattle Washington)

1801 130th Ave. NE Bellevue, WA 98005

Bus: (425) 883-9867 • Res: (425) 881-5251 • Fax: (425) 883-9769

life.span@verizon.net or val@lifefspan-wa.org

www.lifefspan-wa.org

• PLAN PUBLICATIONS

Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities, by Al Etmanski *et al.* Also available in Alberta Edition. A step-by-step workbook for families and professionals. \$29.95 plus S & H.

A Good Life for you and your relative with a disability, by Al Etmanski. Covers seven steps of life planning, including sharing your vision for your family member with a disability, building relationships so to ensure the well-being of your family member, creating a home, making a contribution, ensuring choice, creating your will and estate plan and securing your plan.

Canadian Edition - \$39.95 CDN + \$6.00 shipping & handling

US Edition - \$34.95 US + \$6.00 shipping & handling

PLAN Associate Membership - \$60.00 contribution includes a complimentary copy of *A Good Life*, workshop discounts, and a one-year subscription to *Good Lifetimes* magazine. Free shipping and handling.

Quantity Discounts are available to non-profit organizations, legal and financial advisors, educational institutions, service providers, etc.

www.agoodlife.org/

OTHER FUTURE PLANNING ORGANIZATIONS – CANADA

Continuity Care Inc.
120 Maryland Street, Winnipeg, MB R3G 1L1

Bus: (204) 779-1679

contcare@mts.net

www.seniorscan.ca/lifestyl/advoc/contcare

The Circle of Life: A Life Planning Workbook – Manitoba (see website for details)

LifeTRUST Planning a living legacy (Fee-based planning firm serving families of individuals with special needs)

60 Harrison Drive, Newmarket, ON L3Y 4P4

Toll Free (Canada and USA) 1-800-638-7256

www.life-trust.com/

OTHER FUTURE PLANNING ORGANIZATIONS – INTERNATIONAL

The ARC (many chapters in US) – Future Planning Resources

'A Family Handbook on Future Planning' (revised 2003) and other resource sites

<http://thearc.org/misc/futplan.html>

Disabled and Alone / Life Services for the Handicapped, Inc.

352 Park Avenue South

11th Floor

New York, NY 10010

Phone: (212) 532-6740 | (800) 995-0066 • Fax: (212) 532-3588

info@disabledandalone.org

www.disabledandalone.org

Also publishes LifeLines newsletter

The National PLAN Alliance (Planned Lifetime Assistance Network)

195 Woodlawn Avenue

Saratoga Springs, New York 12866

Telephone: (518) 587-3372 Fax: (518) 587-3372

npa@nycap.rr.com

INSPIRATION

PHILIA – a Dialogue about Citizenship. *The Philia Project was founded on a simple belief - the well being/health/ strength of our society requires the presence and diverse engagement of all citizens.*

www.philia.ca

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THE TIES THAT BIND – An Internet Documentary & Community Engagement Project

www.nfb.ca/tiesthatbind

The Ties that Bind is a unique, innovative and accessible initiative of the National Film Board of Canada's Pacific Centre. The PLAN approach to securing the future for our relatives with disabilities has inspired the NFB to produce a film documentary depicting the story of the Jordan family of Ottawa.

While the film is being produced, the NFB has created an interactive internet documentary with regular updates, opportunities for sharing and feedback. Visit www.nfb.ca/tiesthatbind to discover, participate and be inspired by this fully accessible site, which begins by telling the Jordan story.

CAPACITY WORKS, L.L.C. – Dr. Beth Mount
P.O. Box 271, Amenia, NY 12501-0271 USA
Toll free: 888/840-8578; NY State: 845/373-4218
capacityworks@aol.com
www.capacityworks.com

PERSONAL SUPPORT NETWORKS / CIRCLES OF SUPPORT / CIRCLES OF FRIENDS A Future Planning Workbook – Lifetime Networks (Ottawa PLAN Affiliate)

The Circle of Life: A Life Planning Workbook – Continuity Care Inc. (Manitoba)

Stronger Together – Ideas, reflections and suggestions about networks of support, by Bruce Kappel

We Come Bearing Gifts: The Story of the Deohaeko Support Network (Ontario)

Safe and Secure Six Steps to Creating a Good Life for People with Disabilities, by Al Etmanski (PLAN)

PUBLICATIONS / ARTICLES

Anything from **INCLUSION.COM** – Includes **Inclusion Press**, **Inclusion Network** and **Marsha Forest Centre**
www.inclusion.com

A Good Life for you and your relative with a disability, by Al Etmanski (PLAN).

Safe and Secure: Six Steps to Creating a Good Life for People with Disabilities, by Al Etmanski *et al* (PLAN). Also available in Alberta Edition. A step-by-step workbook for families and professionals.

Stronger Together – Ideas, reflections and suggestions about networks of support, by Bruce Kappel. Published by Support & Trustee Advisory Services of Brampton, Ontario 1998.

We Come Bearing Gifts: The Story of the Deohaeko Support Network (1996) by Janet Klees, and

On our own...together: Trust funds for families with financially dependent loved ones and Endowment funds for small not-for-profit and charitable organizations (2002) This 270-page book is really two books in one. The first part looks at trust funds for people who have a financially dependent loved one (e.g., an elder, a child with a disability, a spouse with long-term care needs). These funds can provide extra financial security during and after the life of the person(s) establishing the trust. The second part looks at how small not-for-profit and charitable organizations can create and maintain endowment funds to cover operational costs of running their programs. The book concludes with specific fund raising techniques that can benefit both audiences plus extensive appendices with samples of the material recommended throughout the book.

Both published by:

Legacies Inc.

11 Miniot Circle, Toronto, ON M1K 2K1 CANADA
tel/fax = (416) 264 4665
Harry@Legacies.ca
Janet@Legacies.ca

When I'm Gone, by Stephen Booth. An introduction to wills and estate planning for parents of people with an intellectual disability. One of the main concerns of parents of a child with an intellectual disability is 'what will happen when I'm gone?' This book discusses the issues and options involved in planning for the future of a person with an intellectual disability. 0947205667, REDFERN LEGAL CENTRE PUBLISHING, October 2002, PB Australia

The Circle of Life: A Life Planning Workbook, available from
Continuity Care Inc.
120 Maryland Street, Winnipeg, MB R3G 1L1
Bus: (204) 779-1679
contcare@mts.net
www.seniorscan.ca/lifestyl/advoc/contcare

SOCIAL ROLE VALORIZATION AND PERSON-CENTRED PLANNING

Social Role Valorization (SRV)
www.socialrolevalorization.com/

International Speakers and Training Events including:

Darcy Elks – Workshops include “A Vision for Families: Social Value and Inclusion for Children and Adults with Disabilities”

DarcyElks@aol.com

Community Works (Person-Centred Planning Facilitators)
David and Faye Weatherow
911 Terrien Way
Parksville, BC V9P1T2
Phone: 250 248-2531 • Fax: 775-535-4897
www.communityworks.info

WILL & ESTATE PLANNING – GUIDES AND PRACTICAL ADVICE

ARCH: A Legal Resource Centre for Persons with Disabilities (Ontario)
425 Bloor Street East, Suite 110
Toronto, ON M4W 3R5
(416) 482-8255 or toll-free at (866) 482-2724
archlib@lao.on.ca
www.archlegalclinic.ca/

Autism and PDD Resource Network – Estate Planning (US)
www.autism-pdd.net/

Kenneth C. Pope, Lawyer/Henson Trust Specialist (Ottawa, Ontario)
“What will happen when I'm gone? Mother of disabled son worries...” Article which initially appeared in the MONEY section of the **Financial Post**, Saturday, January 11, 2003. Reprinted from website of Kenneth C. Pope
kpope@kpopelaw.ca
www.kpopelaw.ca/

Metropolitan Life Insurance (MetLife)
‘Your Child or Other Dependent with Special Needs’ Guide
www.metlife.com/Applications/Corporate/WPS/CDA/PageGenerator/0.1674.P1265.00.html

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NICHCY (National Dissemination Center for Children with Disabilities) News Digest, Volume 2, Number 1, 1992 'Estate Planning'
www.nichcy.org/

Ontario Federation for Cerebral Palsy
104-1630 Lawrence Avenue West, Toronto, ON, M6L 1C5 CANADA
Phone: (416) 244-9686 • Fax: (416) 244-6543
Toll-Free: 1-877-244-9686

Removing The Mystery – An Estate Planning Guide. Available in CD-ROM and paper
www.ofcp.on.ca/ltp_resources.html

Our-Kids-Adults: Support for Parents and Caregivers of and Adults with Disabilities
Life Planning: Financial and Legal (US and CDN – although some links no longer active)
www.our-kids.org/OKAdults/lifeplan.html

PLENA – Public Legal Education of Alberta
Disability Law Referral Project
<http://plena.org/new/index.asp?id=42>

Special Needs Future Planning – 'Letter To My Fellow Parents' from the Law Offices of Brian Rubin (Illinois)
www.brianrubin.com/sys-tmpl/anopenlettertomyfellowparents/

The Special Needs Network (Illinois) – '10 Steps To Special Needs Planning For Families of Individuals With Disabilities'
www.tsnn.org/resources/10steps.html

OTHER IDEAS AND RESOURCES

GET CREATIVE!

SCRAPBOOKING – On your own or in a group, scrapbooking is a wonderful way to visually document your family's history and preserve memories for your family member with a disability – and others!

VIDEOS – Put those shoebox photos into video format and MAKE A FILM OF YOUR FAMILY HISTORY!

MAKE A COLLAGE! Cut up those photos and make a collage of special people and special moments to hang on the wall.

MAKE A QUILT! This idea inspired by Dr. Beth Mount's beautiful artwork found at:

www.capacityworks.com

WORKBOOK DISCUSSION GROUPS – Get together with other parents and/or family members to discuss specific topics in workbooks such as **Safe and Secure**.

CELEBRATIONS! PARTIES! HAVE FUN!