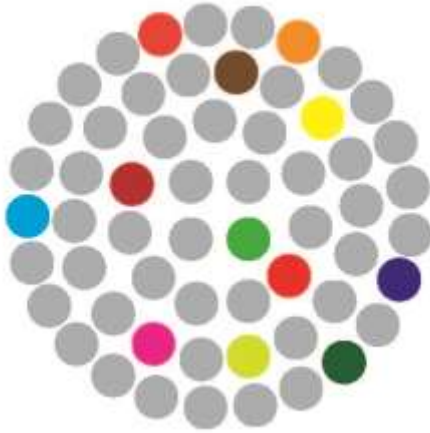


Cochrane Community Resource List

(For People with Diverse Abilities)



It Starts With
INCLUSION

A project led by the Town of Cochrane Equity & Inclusion Committee



TOWN OF COCHRANE
Equity and Inclusion Committee

This resource directory was compiled in response to an identified community need for information and resources specific for individuals and families with developmental disabilities living in Cochrane. The Town of Cochrane strives to be a complete community to ensure that all residents have opportunities to fulfill their potential and healthy development through our thriving social, economic, and cultural life. It is our hope that this booklet will provide information and/or resources so that all residents in our Town are able to meaningfully participate in community life.

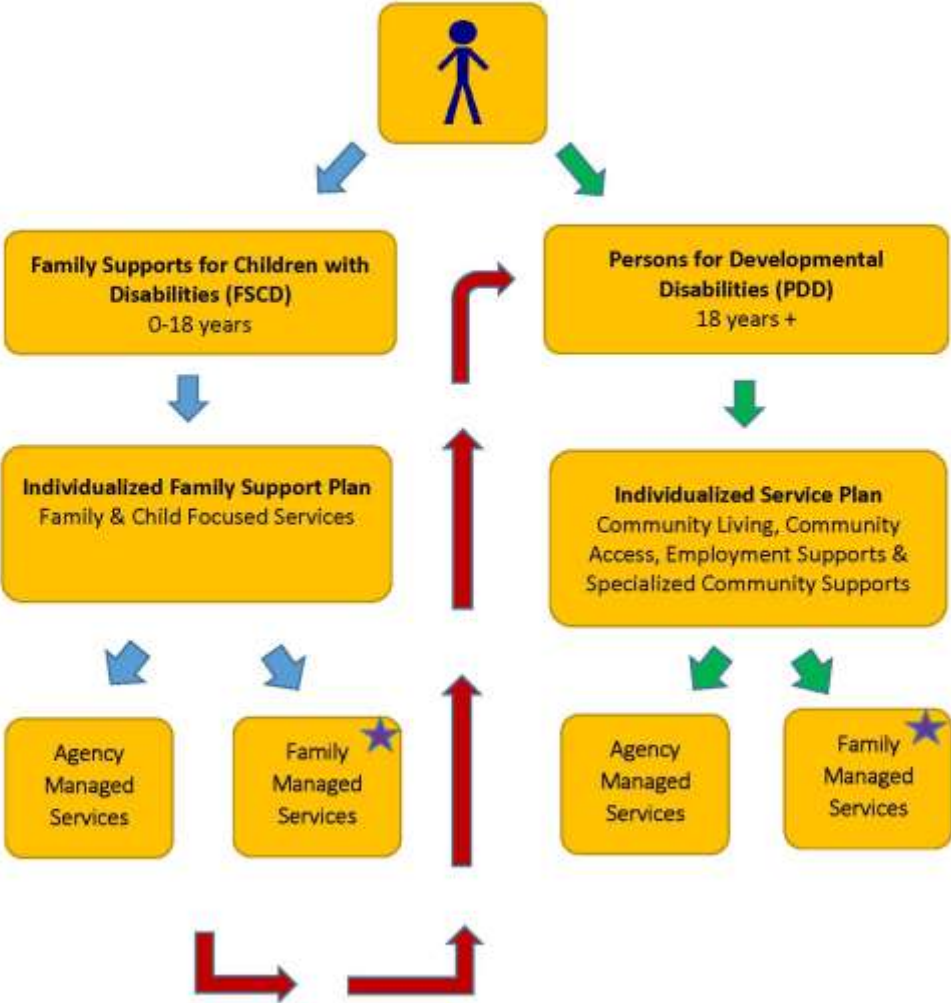
Table of Contents	Page
Quick Reference Contacts	3
Alberta Government Support Flow Chart	4
Provincial Funding Programs	5-7
Agencies	7-12
Educational Resources	12-14
Emerging Community Resources	14
Caregiver & Family Support	14-17
Employment	17
Recreation	17-21
Transportation	21-22
Housing	22-23
Additional Resources	23-26

Calling Toll free in Alberta
Dial 403-310-0000, prior to the area code and telephone number for toll-free, province-wide access. From a cellular telephone, enter #310 (for Telus-Bell) or *310 (for Rogers)

Quick Reference Contacts

In case of emergency	Dial 911
RCMP (non-emergency)	403-932-2213
211 Inform Alberta (24hr) Community & Social Services	Dial 211
811 HEALTHlink Alberta (24hr) Dementia and Alzheimers link For all non-emergency health questions	Dial 811
Cochrane & Area Victim Services	403-851-8055
Cochrane Urgent Care Centre	403-851-6000
Distress Centre (24hr) Serves Calgary, Cochrane and surrounding areas	403-266-4357
Elder Abuse Crisis Line (24hr) Elder abuse is any action or inaction by self or others that jeopardizes the health and well-being of an older adult.	403-705-3250
Mental Health Help Line (24hr)	1-877-303-2642

Alberta Government Support System for Children/Adults with Developmental Disabilities



★ Indicates the majority of Cochrane residents & families deal with Family Managed Services

Provincial Funding / Programs

Alberta Supports Toll Free 1-877-644-9992

Information and referral on provincial social based assistance programs and services offered by the Alberta Government. Tuesdays and Thursdays an Alberta Supports Worker can be accessed through walk in services to discuss the programs below. Located on the 2nd floor of the Provincial Court House at 213 1 St W, Cochrane, AB.

Assured Income for the Severely Handicapped (AISH) 1-877-644-9992

This Government of Alberta program "provides assistance to adult (18+) Albertans with a permanent disability that substantially limits their ability to earn a living. AISH provides a monthly living allowance, a child benefit, health benefits, and personal benefits. Benefits are provided to assist clients with their living needs and with living as independently as possible. In addition to the monthly living allowance, personal benefits help AISH clients with extra monthly or one-time expenses. In determining an individual's eligibility to receive AISH benefits, consideration is given to the applicant, client and their cohabiting partner's income and assets (Government of Alberta, 2016)."

Website: www.alberta.ca/aish.aspx

Family Support for Children with Disabilities (FSCD-birth to 18) 403-297-7971

This Government of Alberta program funds **"a wide range of family centered supports and services. Services are meant to help strengthen families' ability to promote their child's healthy development and encourage their child's participation in activities at home and in the community.** The program is voluntary; parents remain the guardians for their child and are responsible for all

Continued on next page

decision-making and the usual expenses of raising a child until their child turns 18 years old. The FSCD program works in partnership with eligible families to provide **supports and services based on each child and family's individual assessed needs (Government of Alberta, 2016)."**

Website: www.humanservices.alberta.ca/disability-services/14855.html

Jumpstart (3-18 years)

Jumpstart provides funding for children & youth ages 3-18 to access recreational/sports activities. Contact Cochrane FCSS or Spray Lake Sawmills Family Sports Centre for applications and submissions.

Website: www.jumpstart.canadiantire.ca/en.html

FCSS: 403-851-2250

Spray Lakes Family Sports Centre: 403-932-1635

Persons for Developmental Disabilities (PDD) 1-877-644-9992

This Government of Alberta program "funds programs and services to help Albertans (18+) with developmental disabilities to be a part of their communities and live as independently as they can. The program funds four different kinds of staffing supports based on and individualized service plan (Government of Alberta, 2016)."

- Community Living Supports in home support
- Employment Supports train, educate and support individuals with employment
- Community Access Supports help individuals participate in their community
- Specialized Community Supports are generally short-term supports to help with special circumstances

Website: www.humanservices.alberta.ca/disability-services/pdd-guide.html

Program Unit Funding (PUF) Alberta Education
In addition to Base Instruction Funding, this is available to approved ECS operators and school authorities for young children who are 2½ to 6 years of age by September 1, and who have been identified with a severe disability/delay. Children are eligible for up to three years of ECS funded programming, depending on age, severity **of the disability/delay and its impact on the child's ability** to function within an ECS program. The Standards for the Provision of Early Childhood Special Education apply to children who meet the eligibility criteria for special education programming.

Agencies

Cause and Effect Foundation 403-523-0150
(6 months - 6 years)

Cause and Effect Foundation is an Early Intervention Service for Children with special needs that offer supports in Cochrane. They support families who access PUF funding or wish to pay privately. They provide tailored programming within preschool, community and in-home settings. Their team of parents, therapists, child development facilitators and administrators work collaboratively to assist children in achieving maximum development and independence.

Website: www.causeandeffectfoundation.com

Cochrane Community Health 403-851-6111
Centre - Mental Health & Addictions

Provide programs and services for people experiencing mental health issues. Offers short term mental health counseling (1-10) sessions that include:

- Assessing, treating and following up with people
- Providing information
- Referring people to other mental wellness services

Website: www.albertahealthservices.ca/info/facility.aspx?id=1493&service=427

Cochrane Home Care 403-851-6060
(Referral only) 403-943-1920

Home based and clinical care for individuals with chronic, acute, rehabilitative or palliative needs.

Home care also provides access to an Adult Day Support Program (ADP), respite care and assessments. People who wish to access this program must obtain a referral from Home Care.

Website: www.albertahealthservices.ca/cc/page4482.aspx

Community Living Alternative Services: CLAS (18 Years +) 403-283-4410

CLAS helps people to find places to live, work and have fun. It helps families get support when they need it and can assist you to have a say in the things that matter. You must be 18 years old or older and a client of Calgary Persons for Developmental Disabilities (PDD) to be in the program. CLAS is based in Calgary but offers some supports in Cochrane.

Website: www.c-l-a-s.ca

First Nations Health Consortium (FNHC) 1-844-558-8748

“Working together, honoring and advocating for the needs of our First Nations People”

FNHC provides: Jordon’s Principle enhanced service coordination; the link between the child and the required program, service, supplies, equipment and support. They aim to identify children with needs, facilitate early intervention, develop integrated care plans, connect the child and family to services, and remove the stress of **navigating systems. To understand Jordon’s Principle and its focus please visit:** www.abfnhc.com.

Website: nochild4gotten@abfnhc.com

Helping Hands Society
of Cochrane & Area

587-580-9448

Helping Hands Society connects volunteers with Cochrane and Area residents to help with the unmet needs of residents in our community who do not have their own support network, are isolated or low income (Drivers Program, Snow Helper Program, Summer Do Crew, Newcomer Network and more).

Website: www.helpinghandscochrane.ca

Inclusion Alberta (Toll Free) 1-800-252-7556
Inclusion Alberta (formerly Alberta Association for Community Living) is a family-based, non-profit federation that advocates on behalf of children and adults with developmental disabilities and their families. They are located in Calgary but they offer a wide range of supports and resources for families who are operating under Family Managed Services.

** See below in Caregiver and Family Support Section*

Website: www.inclusionalbarta.org/

Play Days Day Home Society

403-981-2020
ext.221

Play Days approved Family Day Homes provide a broad range of child care services that are regulated and monitored. Play Days recognizes that each child and their family circumstances are unique and strives to ensure parents/guardians are referred to educators that are best able to meet individual child care needs. Play Days also has approval as an ECS program by Alberta Education which gives children attending a day home program (who **aren't attending a preschool or kindergarten where Early Screening and Intervention is offered**) access to Mild & Moderate Support Funding, or Program Unit Funding (PUF) if they qualify. The agency works in partnership with *It Takes a Village Educational Society* to organize

supports with therapists for qualifying children within the day home.

Website: www.bgccochrane.ca/play-days/parent-info

Voss Early Childhood Consulting 403-200-0390

This private consulting company offers the Diagnostic Inventory for Screening Children (DISC). This tool assesses developmental skills in eight areas. On the basis of DISC results, a referral for further diagnosis can be made or interim programming can be established. This company also offers the Integrated Listening System (ILS) which is a multisensory program that integrates music, movement and language exercises aiming to improve functions such as attention, regulation, auditory processing, learning ability, reading, sensory processing and influencing speech. Voss Early Childhood Consulting also offers individual service support (1 hour sessions) that is designed to suit the individual needs of the child.

Contact: Stacey Voss

Email: ask.voss@gmail.com

Westbrook Counselling Services 403-932-7580
(Family Support for Children with Disabilities (FSCD))

Westbrook psychologists are approved providers through FSCD. They are experienced in coordinating specialized services, private teams of therapy consultants in addition to securing appropriate aide support. They also provide clinical supervision to aides for behavioral aide contracts. Their psychologists will ensure that your therapy consultation team creates goals and strategies that reflect your priorities.

Eligibility requirements – Their services are available through a referral from your FSCD social worker.

Website: www.westbrookcounselling.ca/

Western Rocky View Parent Link Centre (WRVPLC) (Cochrane FCSS) 403-851-2265

The Parent Link Centre offers a wide variety of drop-in inclusive child developmental and parent education programs (registration required for parent education programs).

Lil Explorers Program: (ages birth-6/parented)

If you are a parent of a child with special needs then this program is for you! Join the Parent Link to play, visit, share information, and connect with other families on the same journey. This is a safe and fun setting outside the home for your aide/OT/PT/ST/Psychologist etc.

Stepping Stones Triple P Parenting:

Supporting Families with Special Needs- This five week group gives you tips and ideas to manage the big and small problems of family life. This program is open to parents who have children 12 and under.

Website: www.cochrane.ca/PLC

Western Rocky View Resource Centre & FCSS 403-851-2250

For assessment and access to programs below please book an appointment with the Resource Centre at 403-851-2255. Services include:

- Community Access Resource (CAR) Program: The CAR Program is a local area subsidized transportation program for people who qualify.
- Food Hampers: The Food Hamper Program (sponsored by the Cochrane Activettes) provides food hampers to families and individuals who find themselves in a temporary, difficult situation.
- Income Tax Program: Free income tax services provided for lower income persons.
- Resource Centre: Provides support, information and referrals for people experiencing challenges meeting their basic needs, managing finances, coping with

significant changes in their lives, or stressors in their personal or family relationship.

- Meals on Wheels For Your Freezer: An opportunity for individuals to receive healthy, well balanced meals that are delivered directly to their place of residence. These meals are frozen making it easier to make.
- Government Forms: Information and support with government forms and programs.
- ACCESS Recreation Card: A pilot project with Spray Lake Sawmills Family Sports Centre (SLSSC) offers subsidized access to lower income families and individuals for SLSSC membership.

Contact the Resource Centre for an appointment.

Wood's Homes

403-270-4102

Wood's Homes is a multi-service, non-profit children's mental health center based in Calgary but offers some supports to surrounding communities.

Below is information to connect with their community resource team:

Email: askus@woodshomes.ca

Website: www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_community_resource_team.html

Educational Resources

Alberta Health Services

Community Education Service (CES)

CES provides a listing of free public education services.

Many sessions are available online, however if you choose to attend a specific session, you may need to pay for parking depending on the location. There is a wide variety of topics that are always changing. You must create an account online to be able to take part in the sessions.

Website: www.community.hmhc.ca/sessions/

Cochrane Home Educators

Cochrane Home Educators (CHE) is a diverse group of home schooling families that live in and around Cochrane. CHE seeks to provide support and encouragement to each other by exchanging and networking ideas and resources.

Website: www.cochranehomeeducators.com/index.html

Email: www.cochranehomeeducators.com/contact.html

Foothills Fetal Alcohol

403-652-4776

Society (FFAS)

FFAS is located in High River but offers support to address FASD across the lifespan. They offer a variety of support programs that can be accessed in High River at their resource centre. FFAS also offers support over the phone, training programs for professionals as well as province wide prevention programs.

Email: pam.henheffer@foothillsfas.com

It Takes a Village

403-932-6501

Educational Society

It Takes a Village Kindergarten is an Alberta Education funded and approved kindergarten program. They offer a variety of specialized supports. They hold spots for PUF funded special needs children and have regular access to specialists including; speech language, occupational, physio therapists and psychologists.

Website: www.ittakesavillageeducation.com

Rocky View Preschool

403-945-4022

Intervention Program (PIP)

Rocky View Schools' Early Childhood Services, known as the Preschool Intervention Program (PIP), supports children aged 3 to 5 years old with severe developmental needs and 3 ½ to 5 year olds with mild/moderate needs. PIP provides specialized services for preschool aged children. It provides children with small class sizes, small adult-child ratios, language enriched environments, family orientated programming sessions, and transitions

to the next year. For more information contact RVS' Early Childhood Services Team.

Email: spenner@rockyview.ab.ca

Emerging Community Resources

Cochrane Disability Resource Group 403-531-8631
ext. 204

This group is led by persons with disabilities to provide support, social events, education, training and resources for self-advocacy members, their families, Family Managed Services (FMS), Community Disability Support Staff and community members.

Contact: Rob Halfyard

Email: robh@resourcefulfutures.org or
halfy1@shaw.ca

Caregiver & Family Support

Cochrane Family and Community Support Services (FCSS) 403-851-2250

Compass for Caregivers Support Group: This program is for caregivers of adult partners (18+), family members or loved ones to learn how to cope more easily (9 session group). This group is facilitated by volunteers trained by the Alberta Caregivers Association.

Website: www.cochrane.ca/FCSS

Inclusion Alberta - Strengthening Communities: Strengthening Families (Birth - 17 years) 403-539-0106

This organization assists families to build a more inclusive life for their child in their community. Staff will meet with families, support staff and recreation providers to give them tools to create more inclusive community programming.

The "Find Staff" database is a resource for families to

search for staff to support their child. All staff on the database have a clear Criminal Record Check and a Child Intervention Check. See the website below for more information. The database supports communities in the Bow Valley Corridor, which includes Cochrane. (* See ***"Inclusion Alberta" under "Agencies" section for further information about supports provided by this organization***)
Email: supportivecommunities-calgary@inclusionalbarta.org
Website: www.inclusionalbarta.org/partnerships-projects/supportive-communities-strengthening-families/

Inclusion Alberta- Darrell Cook 403-539-8192
Family Managed Support Resource
Centre (FMRC) (18 years or older)

The FMRC "Connecting Families to Staff" database is designed for families who have Family Managed Services (FMS) funding for their adult family member with developmental disabilities and are seeking to hire staff to provide support in one or more of the following areas: In-Home and Out-of-Home Respite, Community Inclusion, Employment, Home Support, Supportive Roommate and Supported Independent Living. This staff database supports Calgary, Cochrane, Canmore, Banff, Airdrie, High River, Okotoks and surrounding rural areas. (* see ***"Inclusion Alberta" under "Agencies" section for further information about supports provided by this organization***)
Email: DC-FMS@inclusionalbarta.org
Website: [www.fmsrc.inclusionalbarta.org/\(S\(1qtzid55di54jq55kd4ml145\)\)/Default.aspx](http://www.fmsrc.inclusionalbarta.org/(S(1qtzid55di54jq55kd4ml145))/Default.aspx)

Office of Public Guardian and Trustees (OPGT) 1-877-427-4525 (toll-free)
The Office of the Public Guardian and Trustee provides information, education and support to vulnerable Albertans and their families related to personal and financial matters.

OPGT also provides information and education to Albertans on the tools they can use to safeguard their

future personal and financial matters.

Website: www.humanservices.alberta.ca/guardianship-trusteeship.html

The Children's Link Society

403-230-9158

(birth - 21 years)

This Calgary based resource and information centre is open to Cochrane residents and assists families to connect with supports that are located as close to them **as possible. The Children's Link Society does not offer any** direct services to children with special needs. They offer coffee socials (Sept- June); a time for parents to connect with other families who are sharing similar experiences. Parents who wish to attend the coffee socials are asked to register. The website has many great resources on a variety of topics for both children and adult services.

Website: [www.childrenslink.ca/Portal/](http://www.childrenslink.ca/Portal/DesktopDefault.aspx?tabindex=0&tabid=85)

[DesktopDefault.aspx?tabindex=0&tabid=85](http://www.childrenslink.ca/Portal/DesktopDefault.aspx?tabindex=0&tabid=85)

Western Rocky View Parent

403-851-2265

Link Centre - (PLC)

The Parent Link Centre offers a wide variety of inclusive child developmental and parent education programs (registration required for parent education programs).

Focus for Attention:

Parents and caregivers of children and youth with ADHD are invited to this monthly support group for strategies, information, resources, guest speakers and the opportunity to network with one another. For more information contact fcss@cochrane.ca.

Parents of Anxious Kids:

This monthly group offers support, strategies, information and resources for parents/caregivers of children and youth who may be showing signs of anxiety. For more information contact fcss@cochrane.ca.

Stepping Stones Triple P Parenting: Supporting Families with Special Needs - This five week group provides

parents tips and ideas to manage the big and small problems of family life. This program is open to parents who have children 12 and under.

Ages and Stages Developmental Screening:

The Ages and Stages Questionnaire (ASQ) offers the opportunity to screen young children and identify potential developmental delays as early as possible. The They can be picked up and completed for PLC staff to score and review with parents.

Website: www.cochrane.ca/PLC

Employment

At this time there are no employment supports for people with developmental disabilities in Cochrane.

Recreation

Cochrane and Area Challengers Recreation Club

This organization provides recreational opportunities for children and adults with special needs. The group meets weekly to socialize, exercise, support each other and have fun. In the winter they meet weekly to bowl and in the spring they play baseball. They also host special events throughout the year. This group is a great way to network with other support staff and family members.

Email: cochranechallengers@gmail.com

Easter Seals

1-877-732-7837

(Camp Horizon- 30 min South of Cochrane)

Easter Seals offers a variety of programs and services for people with disabilities including: summer camps, equipment and support services, disability travel card, 24hr personal care residence (Edmonton), scholarship program and speakers in schools.

Website: www.easterseals.ab.ca/Site/OurPrograms.aspx

Eurhythmics Dance Studio

403-932-0880

Happy Hearts Program

Certified In Rhythm Works Integrative Dance, this program is open to any child with special needs such as autism, down syndrome, sensory integration disorders, ADHD and other developmental challenges.

They offer a safe, positive and welcoming environment where students can create lasting friendships, build self confidence and experience joy through movement.

Website: www.eurdance.com/happy-hearts

Ippon Dojo: Para-Karate Program

403-809-2629

An 8 week introductory program that teaches athletes (8-25yrs, age range is flexible) of all abilities the basics of karate. This program focuses on breaking down the barriers that exist in typical sports programs to make athletics, competition, team spirit, fitness and fun accessible to everyone!

Contact: Natalie Mahon

Email: nataliemahon@shaw.ca

Jayman Built Aquatic Centre
at Spray Lake Sawmills Family
Sports Centre

403-932-1635

ext. 222

Adapted Aquatics Program

An adapted Aquatics Program for children and youth in Cochrane and area. This program provides modified swimming instruction to give children with cognitive and physical limitations the skills they need for independent swimming and water safety. Children with diverse needs will experience the benefits ranging from exercise to fun and social interaction.

Warm Water Therapy Pool

This is available for those guests who require specific therapy in warmer water. Adults and seniors are welcome to use the therapy pool during these times so long as the activities they are doing are gentle and non-

disruptive to those guests using the pool for therapy. Guests under the age of 18 will require a note from a registered physiotherapist, chiropractor or doctor to utilize the therapy pool during designated Therapy Swim Times.

Website: www.slssportscentre.com/

Rocky Mountain Adaptive Sports Center 403-431-1354

This is a privately funded program. Program facilitators encourage and coach the individual in a wide range of outdoor recreational activities. The mission of the charity is for individuals to participate, learn and excel at mountain sport and recreation. This program is based out of Canmore, however, if a program facilitator lives in your area the location could be negotiated.

Website: www.rockymountainadaptive.com

Email: info@rockymountainadaptive.com

Sports 4 Me 2! (4-6 years)

Sports 4 Me 2, creates and delivers quality physical activity programming in a small group setting for children with motor, language, social or sensory challenges. The program strives to foster physical literacy within a positive, supportive environment while providing socialization opportunities for children and their parents.

Website: www.sport4lifecochrane.com

Email: cochranesports4me2@gmail.com

Spray Lake Sawmills Family Sports Centre 403-932-1635

This sports facility offers a wide range of activities (registered and drop in). Spray Lakes offers a discounted membership to people who are on AISH for the programs **that they run. Contact "guest services" for further** information or to complete the membership form. You will be asked to show evidence that you are on AISH. Support staff are able to enter free of charge as long

as they are supporting their client and not utilizing the equipment. There may be alternative subsidies through the Resource Centre @ FCSS starting in 2018.

Note: There are several private clubs that rent space from this facility and they may have different policies from the sports centre.

Website: www.slssportscentre.com

The Between Friends Club 403-508-0113

ICAN Program: Inclusion support in community programs. Participants can be in Calgary and area (year round and summer programming). Participants must be a member of Between Friends Club (\$35 membership fee) to access this program. A Participant registers in a community program (in Cochrane) of their choice and is responsible to pay for their program registration fee. Between Friends Club pays and sends a Recreation Inclusion Facilitator (RIF) to assist in inclusion by supporting all program participants and staff. The overall goal of the program is for the individual to be independent at their chosen **activity (transition time is dependent on participant's progress)**. This is a government funded program.

The Between Friends Club also offers year round specialized programming for members in various locations in Calgary (Crowfoot activities offered) and Cochrane.

Vacationer program: Members can go on a 2-5 day vacation (camping with 8 of their peers). Destinations are within Alberta.

Contact: Katie Fipke

Email: Kfipke@betweenfriends.ab.ca

Website: www.betweenfriends.ab.ca

The Boys and Girls Club 403-981-2020
of Cochrane

The Boys and Girls Club of Cochrane & Area offers a range of programs for kids from 0 to 17 years old including: day homes registered with the Play Days Family Day Home

Agency, Out of School Care at the 5th Avenue or Glenbow location, youth programs and summer camps.

Website: www.bgccochrane.ca/

The Cochrane Movie House 403-932-7672

The Cochrane Movie House will charge guests with disabilities and their companion the lowest possible price **available for the showing (typically the "child" rate).**

They also "sponsor" members of the Challengers Club

Bowling League by providing a free movie pass each time a member rolls a strike.

Website: www.cochranemoviehouse.com

Western Rocky View Parent 403-851-2265

Link Centre (WRVPLC) (Cochrane FCSS)

Li'l Explorers Program (ages birth-6/parented):

Join the WRVPLC to play, visit, share information, and connect with other families on the same journey. This is a safe and fun setting outside the home for your aide/OT/PT/ST/Psychologist etc.

Website: www.cochrane.ca/PLC

W.O. Mitchell URSA 403-272-7722

Retreat Centre

A retreat space where all individuals, regardless of ability, can experience the beauty of a relaxing and calming retreat space. URSA has welcomed individuals with developmental disabilities and their families with a retreat space specially designed to suit their needs.

Website: www.womitchellretreat.com

Email: info@ursa-rehab.com

TRANSPORTATION

Helping Hands Society of 587-580-9448

Cochrane and Area- Volunteer
Driver Program (VDP)

This program assists low income elderly, ill, and socially isolated residents who do not have access to affordable local and inter-municipal transportation (between communities) for their appointments and essential outings.

Email: info@helpinghandscochrane.ca

Website: www.helpinghandscochrane.ca

Rocky View Regional Handi Bus 403-948-2802

This rural charity operates wheelchair-accessible vehicles for the area. The service is a shared ride service available to residents for medical appointments, and basic services such as grocery shopping and banking. The fares are dependent upon distance travelled and people must book the service one full day prior to travel.

Website: www.rockyviewbus.ca

Western Rocky View Family and Community Resource Centre— 403-851-2250

Community Access Resource (CAR Program)

CAR is a local area subsidized transportation program for people who qualify under the Low Income Cut Off and/or have a situational barrier that increases their reliance on public transportation to participate in the community. This program is in partnership with the United Way of Calgary and Area and Cochrane FCSS. Transportation can be used to access social programs and necessities that increase a sense of connection and reduce isolation.

Website: www.cochrane.ca/163/Resource-Centre

HOUSING

Bethany Care Society 403-932-6422

Ensuring seniors and mature adults with disabilities have the supportive care they need to live independently as long as they are able. Supportive living prioritizes 24-hour physical, spiritual, emotional and social care and

programming.

Website: www.bethanyseniors.com/housing-care-options/supportive-living/

Cochrane Society for Housing Options (CSHO) 403-851-2261

CSHO owns and operates 38 residential rental units, operated under the Provincial Affordable Housing Program. Rental rates are set at a minimum of 10% below market value. The rents are not geared to income or subsidized. Tenants must have the ability to pay the rent. The maximum allowable gross income depends on family size/composition and unit size offered to the client. Please visit the website for application forms and more information. Some accessible accommodations have been made to selected units.

Website: www.csho.ca/housing-programs

ADDITIONAL RESOURCES

This section holds information about resources that have been helpful for people with disabilities and/or their families. These resources are not located in Cochrane.

Accessible Airwaves

This radio talk show is hosted by individuals with disabilities that covers a variety of topics identified as important by those who listen in.

Website: www.cjsw.com/genre/talk

Accessible U 403-282-1872

Accessible U is an initiative of Accessible Housing. It is an information hub created to help you find useful information about accessibility, especially in residential environments. It is designed to inform and empower people, thereby contributing to a more accessible Alberta. As a centralized location for data, research, toolkits and practical information, Accessible U makes relevant and

understandable information readily available to you. The site mobilizes existing information and champions best practices.

Website: www.accessiblehousing.ca

Calgary and Area Fetal Alcohol Network (CFAN) Service Directory 403-249-7215

CFAN works with Inform Alberta to maintain a list of FASD related programs and services in Calgary and area. If you have questions or need more information, contact CFAN directly.

Website: www.mycfan.ca

Email: info@mycfan.ca

Celebrate the Journey Transition Fair for Families (annual fair) 403-955-7252

The goal of the annual transition fair is to share information about adult resources in Calgary and surrounding area. A variety of agencies, organizations and associations will be at the Fair to answer questions and provide information. There are also information sessions scheduled from PDD, AISH and Guardianship/Trusteeship.

Website: www.braceworks.ca (for details on fair)

Email: wellonyourway@ahs.ca

Cochrane RAMP Project: 403-851-2293

For local businesses or stakeholders that are looking for support to make their establishments and or work environment more accessible through built ramps.

Email: equity.inclusion@cochrane.ca

Disability Tax Credit

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay.

Website: www.cra-arc.gc.ca/tx/ndvdl/s/gmnts/dsblts/dtc/menu-eng.html

Government of Alberta Resource List

Includes federal and provincial financial assistance/benefits/tax credits. This is a PDF document.

Website: www.humanservices.alberta.ca/documents/fscd-resource-list.pdf

Mind and Body Resource Book

This book was written for Self-Advocates and created by the Canadian Down Syndrome Society. It educates readers about their bodies, being around other people, healthy relationships and safety. A hard copy can be purchased through the Canadian Down Syndrome Society for \$25, or an online copy can be downloaded for free by clicking the link below.

Order hard copy online: www.store.cdss.ca/collections/resources-and-publications/products/mind-body-answers-to-your-questions-hard-copy

PDF free copy: www.cdss.ca/wp-content/uploads/2016/06/CDSS-Mind-and-Body-English.pdf

RAMP

1-877-427-5760

Residential Access Modification Program

A program that helps people with mobility challenges to modify their homes to be more accessible.

Registered Disability Savings Plan (RDSP)

A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long term financial security of a person who is eligible for the disability tax credit (DTC).

Website: www.cra-arc.gc.ca/rdsp

Two Home Healthcare

403-932-6246

Providing sales and rentals of a wide range of medical aids and equipment.

Website: www.twopharmacy.ca

West Jet - One Person, One Fare Program (OPOF)

This program provides additional seating for flights only within Canada to guests who require additional seating **'because they are disabled or disabled by obesity'**.

Please see their website for current policy information.

Website: www.westjet.com

West Jet - Medical Seating Program

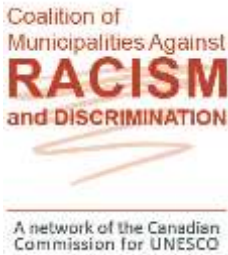
This program provides additional legroom in specific seating areas and applies to all WestJet operated* flights for: *Guests who cannot safely travel without special seating accommodation due to a medical disability.*

'If you are travelling on a flight operated by an airline partner, you must contact that operating carrier to inquire about and or/make similar arrangements if available.'

Please see their website for current policy information.

Website: www.westjet.com

A big thank you to our Community Partners!



Human Rights
Education and
Multiculturalism
Fund

*A special thank you to Sherry Grund, Practicum Student,
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research and helped compile the data.*

This booklet is available online:

www.cochrane.ca/FCSS

To order more copies of this Resource Booklet:

403-851-2250.

Western Rocky View Resource Centre at
Family & Community Support Services (FCSS)

Location: 209 Second Avenue W.

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