

## Articles and Websites of Interest

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**Videos on Buying and Selling Canada Real Estate  
– Royal LePage TV**

**Home Buying Series**

**Episode 1 of 5:** Helping you with Financing Your Home Purchase

**Tips on organizing your home finances to prepare you for a home purchase.**

<http://www.royalpage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1576&i=1573&section=1>

**Episode 2 of 5:** Helping You Determine Your Needs and Wants

**Explains how I can help you assess your needs and wants so you can purchase the right home at the right price.**

<http://www.royalpage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1576&i=1573&section=1>

**Episode 3 of 5:** Helping You with Your Home Search.

**Outlines how I can help you find the perfect home**

<http://www.royalpage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1576&i=1573&section=1>

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**Videos on Buying and Selling Canada Real Estate  
– Royal LePage TV cont..**

**Home Buying Series**

**Episode 4 of 5: Helping You Make an Offer**

Provides you with an overview of how the offer is made.

<http://www.royallepage.ca/CMSTemplates/AskRLP/rpptv/Podcasts.aspx?id=1576&i=1573&section=1>

**Episode 5 of 5: Helping You Close Your Home Purchase**

What you should be prepared for on moving day and how I can help you through the process.

<http://www.royallepage.ca/CMSTemplates/AskRLP/rpptv/Podcasts.aspx?id=1576&i=1573&section=1>



**Videos on Buying and Selling Canada Real Estate  
– Royal LePage TV cont...**

**Home Selling Series**

**Episode 1 of 5:** Helping You Prepare Your Home for Sale

**Outlines how you should prepare your property to make it ready for sale.**

<http://www.royalpage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1577&i=1574&section=2>

**Episode 2 of 5:** Helping You List Your Home

**Provides an overview of the listing process and how I will help you determine the right asking price for your home.**

<http://www.royalpage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1577&i=1574&section=2>

**Episode 3 of 5:** Helping You with Your Home Sale

**Explains how I will design a marketing plan to ensure your home receives the maximum exposure required.**

<http://www.docs.rlpnetwork.com/RLPTV/en/S3.wmv>

cont...

**Videos on Buying and Selling Canada Real Estate  
– Royal LePage TV cont..**

**Home Selling Series**

**Episode 4 of 5: Helping You Negotiate Offers**

Tells you how I will help you negotiate to get the best possible price for your home.

<http://www.royallepage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1577&i=1574&section=2>

**Episode 5 of 5: Helping You Close Your Home Sale**

Outlines what you should know about the closing process and how I can help guide you through this process.

<http://www.royallepage.ca/CMSTemplates/AskRLP/rlptv/Podcasts.aspx?id=1577&i=1574&section=2>



## **FINANCIAL AND LEGAL SUPPORT**

### **Canada Pension Plan (CPP) Disability Benefit**

<http://www.hrsdc.gc.ca/en/gateways/individuals/cluster/category/>

1-800-277-9914

### **Community Legal Clinics**

<http://www.legalaid.on.ca/en/area.asp>

1-800-668-8258

### **Disability Tax Credit (DTC)**

<http://www.cra-adrc.gc.ca/tax/individuals/topics/disabilities-e.html>

### **Ontario disability Support Program (ODSP)**

<http://www.cfcs.gov.on.ca/cfcs/en/programs/IES/>

### **Ontario Drug Benefit Program**

[http://www.health.gov.on.ca/english/public/program/drugs/drugs\\_mn.html](http://www.health.gov.on.ca/english/public/program/drugs/drugs_mn.html)

1-866-811-9893

### **The Trillium Drug Program**

<http://www.health.gov.on.ca/english/public/pub/drugs/trillium.html>

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## **FINANCIAL AND LEGAL SUPPORT cont...**

### **The Assistive Devices Program (ADP)**

[http://www.health.gov.on.ca/english/public/program/adp/adp\\_mn.html](http://www.health.gov.on.ca/english/public/program/adp/adp_mn.html)

1-800-268-1154

### **Ontario March of Dimes**

<http://www.dimes.on.ca/programs/access.asp?sect=access>

### **Residential Rehabilitation Assistance Program (RRAP)**

<http://www.cmhc-schl.gc.ca/en/prfias/rrepr/index.cfm>

### **Tetra Society**

<http://www.tetrasociety.org>

1-877-688-8762

The Government of Ontario has printed the “Emergency Preparedness Guide for People with Disabilities/Special Needs”

You can download a copy of it at:

[http://www.mcscs.jus.gov.on.ca/english/publications/comm\\_safety/6350\\_EMO\\_V2.pdf](http://www.mcscs.jus.gov.on.ca/english/publications/comm_safety/6350_EMO_V2.pdf)

**Accessibility for Ontarians with Disabilities:**

<http://www.mcscs.gov.on.ca/mcss/english/pillars/accessibilityOntario>

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## **CANADIAN CENTRE ON DISABILITY STUDIES**

**56 THE PROMENADE. WINNIPEG. CANADA. R3B 3H9**

[WWW.DISABILITYSTUDIES.CA](http://WWW.DISABILITYSTUDIES.CA)

For more information visit our project website at:

[www.agingwithdisabilities.com](http://www.agingwithdisabilities.com)



**Development of a Comprehensive Knowledge-based Framework to  
Address the Needs of Canadians with Long-Term Disabilities who are  
Aging**

Cont...

## **CANADIAN CENTRE ON DISABILITY STUDIES (cont)**

### **AGING WITH DISABILITIES**

**Principal Co-Leaders- Laurie Ringaert and Olga Krassioukova-Enns  
Project Coordinator- Laura Rempel Research Assistant- Colleen Watters**

#### **Project Overview:**

**The Canadian Centre on Disability Studies will work in partnership with advisory committees from Manitoba, British Columbia, Nova Scotia and nationally to identify needs, gaps and good practice models of caregiving/ supports, transportation and housing for people with long-term disabilities who are aging. The project is funded by the Office for Disability Issues, Human Resources and Social Development Canada.**

**Peggy Stewart**

Email [Peggy@AccessibleHouses.ca](mailto:Peggy@AccessibleHouses.ca)  
519-672-9880



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## **CANADIAN CENTRE ON DISABILITY STUDIES (cont)**

**Information will be collected and disseminated through:**

**An environmental scan of programs and services that identify the needs seniors and people with disabilities**

**An annotated bibliography of policy documents and reports in the senior and disability sectors analyzing gaps, best practices and recommendations**

**Interviews and roundtable discussions in three target provinces with consumers and service providers**

**Development of a cross country dialogue and active network of key stakeholders**

**A website and on-line survey**

**Development of recommendations for good practice models**

**National conference in March 2008**



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## **CANADIAN CENTRE ON DISABILITY STUDIES (cont)**

**Key questions the research will address are:**

**What are “desirable” communities to live in and grow older?**

**What does aging mean for people with disabilities? for service providers?  
How are people with long term disabilities making the transitions?**

**Are older people with disabilities able to fully participate in the community  
taking into consideration availability, accessibility and policies around  
transportation, housing and caregiving / home supports?**

**What are the lessons to be learned from the disability and senior sectors?  
Do agencies/organizations from the two sectors communicate with each  
other? Do they discuss the “other” in their policies?**

**What are the differences and implications of a disability independent living  
model of supports versus a seniors’ health care model?**

What are the recommendations for next steps for the improvement of programs, services and policies for people with long-term disabilities who are aging?

For more information visit our project website at:

[www.agingwithdisabilities.com](http://www.agingwithdisabilities.com)



Human Resources and  
Social Development Canada

Ressources humaines et  
Développement social Canada

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## Understanding Barriers to Accessibility

From Ministry of Community & Social Services

### What is a barrier ?

A barrier is anything that prevents a person with a disability from fully participating in all aspects of society because of his or her disability. There are many kinds of barriers.

**Architectural Barriers** may result from the design of the building, shape of rooms, size of doorways, or width of hallways, for example.

**Physical Barriers** refer to objects added to the environment, such as doors, windows, elevators, furniture, bathroom hardware, etc.

**Information or Communication Barriers** make it difficult for people to receive or send information. For example, a person with a visual disability may not be able to read printed materials, read signs, locate landmarks, or see a hazard. A

person with an intellectual disability may not understand information that is not expressed in plain language.

**Attitudinal Barriers** refer to persons who do not know how to communicate with people with disabilities, or persons who display discriminatory behaviours.

**Technology Barriers** refer to devices such as computers, telephones, inadequate or inappropriate assistive technologies.

**Systemic Barriers** can result from an organization's policies, practices and protocols if they restrict persons with disabilities.

**To view the full article:**

[http://www.mcass.gov.on.ca/mcass/english/topics/pop\\_ado\\_barriers.htm](http://www.mcass.gov.on.ca/mcass/english/topics/pop_ado_barriers.htm)

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## **What is universal design and what does it do for me?**

### **From the Canadian Health Network**



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

**Canada**

Universal design is a way of thinking about the design of products and places so that they are easily usable by all people. It is design for everyone, from babies to seniors. It includes people of all abilities, nationalities and languages.

People often think 'universal design' only means the design of buildings. But it also applies to products, services, transportation, education and information, as well as the environment, public spaces and buildings.

For example, the universal design of a building looks at the way all people use and move in and out of the doors, not only people with disabilities. A double

doorway design would allow people to move large items through the doors, such as furniture. Automatic or "hands-free" doors would be convenient for people using a mobility device, carrying bags or pushing strollers.

**Other examples of universal design include:**

public transportation buses that have platforms which can be lowered to the curb, or electric flip-down ramps to welcome everyone

electrical outlets, toggle light switches and easy-to-read thermostats that are within the reach of a seated person

front-loading and front-mounted controls on washing machines and dryers  
closed-caption decoders in all TVs for people who are deaf or hard of hearing, for people who are learning to speak another language or for children who are learning to read

cont...

**What is universal design and what does it do for me?(cont...)**

play structures that have ramps and play stations that are easily used by all children

hard-topped trails in parks

family restrooms that accommodate parents with small children, as well as being accessible to people using mobility devices

sloping curbs for strollers, grocery carts, wheeled luggage, delivery carts and mobility devices

websites that can be read using assistive technology like touch screens, screen readers and enlarged text

visitor information in buildings that includes large signs, talking signs, directional arrows on floors and Braille buttons on elevators.

**Universal design has several benefits. It can:**

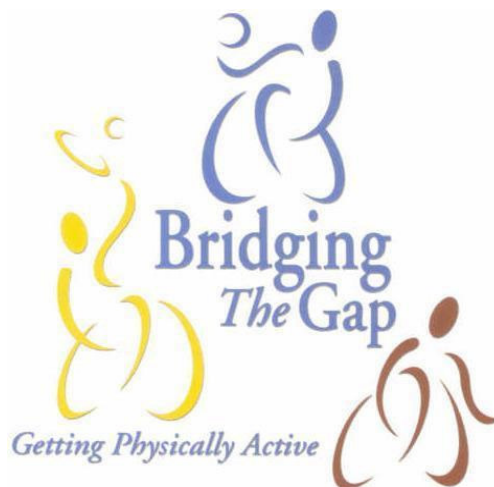
make environments more comfortable, safe and attractive

allow people to be more active and participate in their communities

help people to avoid having to make adaptations or add specialized features.

Many municipalities have councils that deal with accessibility issues. Under the [Ontarians with Disabilities Act](#), 2001 (ODA), government ministries, municipalities, hospitals, school boards, colleges, universities and public transportation organizations have to make annual accessibility plans.

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1119222250192&pagename=CHN-RCS%2FCHNResource%2FFAQCHNResourceTemplate&c=CHNResource&lang=En&repGroupTopic=Living+with+Disabilities+QS> **cont...**



### 1.) What is Bridging the Gap?

A program introducing individuals who are newly injured to wheelchair sports in a fun and supportive environment.

**2.) What is “Have a Go!” Evening?**

An opportunity to learn about different sports from experienced athletes

An ideal time to try a sport-specific wheelchair

All of the fun is free.

**3.) Where are “Have a Go” sessions hosted?**

Sessions are offered in conjunction with a rehabilitation center, a community center or a camp

**4.) What sports can be included in a “Have a Go!”?**

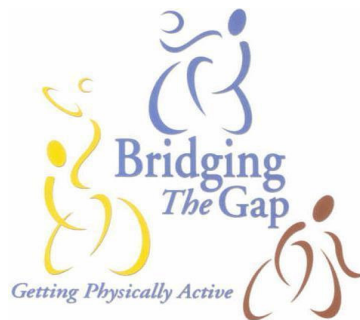
Wheelchair basketball

Wheelchair tennis

Wheelchair rugby

Wheelchair racing (athletics)

Cont...



**5.) How old are participants in a “Have a Go!”?**

Individuals are aged 8 years and older or sessions can be age-specific

**6.) What is a “Skill Development Program”?**

A sport-specific program lasting approximately 8 – 10 weeks during which an experienced wheelchair athlete leads drills to practice basic skills.

**Peggy Stewart**

Email [Peggy@AccessibleHouses.ca](mailto:Peggy@AccessibleHouses.ca)  
519-672-9880

**7.) What is the “Wheelchair Loan Program”?**

An opportunity to borrow a sport-specific chair for a nominal monthly fee.

**8.) How can I receive more information?**

Phone (416) 426-7131

E-mail [btg@ontwheelchairsports.org](mailto:btg@ontwheelchairsports.org).

Website: [www.ontwheelchairsports.org](http://www.ontwheelchairsports.org)