

# PLN Journey

Planned Lifetime  
Networks - WWO

## MY NETWORK DREAM

Fall 2005

. James is a talkative young man with a great passion for music. He is anxiously waiting for his network to be established. James spoke honestly about what a network would mean to him. "All my life I have been alone and depressed because I had no friends and no place to go. When my mom told me about having a network I had a few questions like, would these people be my friends. Would they like to talk about music and photography? She said the network would be what I wanted it to be.

So I thought this would be what a network would mean to me.

- Friends who want to spend time with me.
- Being with musicians that share my love of music.
- People who will help me with my music and photography projects.
- Getting out of the house and spending time in the community.
- Not having to spend so much time with my parents.
- Meeting new people
- Finding a relationship with a companion

No more being lonely or bored

That is what I would want from my network."

His final passionate comment, "I would just like to have someone call me and ask me out for a coffee, that doesn't happen to me."

James is patiently waiting for all of these things to come true once his network is up and running.



## GoodLife Meeting Schedule

Good Life meetings have begun! Meetings are alternating between Waterloo and Kitchener. All Waterloo meetings are at 54 Euclid (runs off Erb Street)

All Kitchener meetings are at 35 Old Carriage Drive (across from the Pioneer Park Zehrs)

November meeting is November 2, 7 -9pm Kitchener

December meeting is December 7, 7-9pm Waterloo

Please call 746-1188 for more information

Good Life Meetings are a place for parents to come together to discuss concerns, share ideas, celebrate accomplishments and to work together on the steps towards a Good Life for our children. Sometimes we use the Good Life book as a place to start discussion. Sometimes the topic develops according to the needs of the parents at that night's meeting.

## Planned Lifetime Networks Fall Workshop lineup!

**November 5** - Expanding Citizenship with Vulnerable People: The Role of Independent Planning and Individualized Funding with **John Lord**

This workshop will explore how citizenship is becoming central for vulnerable people.

Come and learn more about the New Story that is emerging from research and innovation across Canada and around the world. The workshop will also illustrate how independent planning twinned with individualized funding can provide a powerful approach to citizenship development.

Resources will be provided for families who are interested in being ready for the expanded role that individualized funding will play in Ontario in the future.

John Lord is a researcher and family member from Kitchener-Waterloo. He was a founder of the Centre for Research and Education in Human Services. More recently was chair of the Ontario Round Table on Individualized Funding. He is very active with his daughter's support circle.

**November 12** - Creating appropriate Wills, Hanson Trusts, Comfort Trusts and the impact of ODSP for our children's future with Peter Brennan.

This workshop will help parents and other relatives gather the information necessary to go to a lawyer to draw up wills. So often parents put off writing or reviewing their wills because they don't know what should be included to help provide good futures for their children with disabilities.

Peter Brennan of Amy, Appleby and Brennan Law firm is a lawyer with considerable expertise in wills and estates as they relate to disability planning

**November 19** - Healthy relationships: Safety, Relationship Circles program, Friendships and Intimacy in our children's lives with Karen Klee.

Do you have concerns and questions about the relationships in the life of your child with a disability?

Come and find out about ways to help your child make and keep friends, understand safety issues in relation to the people in their community and be as safe as possible in their relationship choices.

Karen Klee is a public health nurse with years of experience in teaching people with disabilities about their bodies, their friends and their community relationships in ways that enhance self esteem, safety and knowledge.

All workshops are Saturday mornings 9:30am to noon at The Church of the Good Shepherd corner of Margaret and Queen (across from The Centre In the Square) in the Fireside Room. Parking lot is entered off Margaret Avenue.

For information call 746-1188 or email [plnww@sympatico.ca](mailto:plnww@sympatico.ca)

Workshops are financially supported by the Ontario Law Foundation

### FUNDRAISING

Planned Lifetime Networks would like to thank **The Ontario Law Foundation** for their financial support of our parent education workshops. Their funding also enabled us to purchase a data projector for use in workshops and other events.

PLN collects Zehr's tapes! Last year with only a few associates and one network collecting tapes we raised \$212.00. If all of you helped we could do even better. Bring tapes to any Good Life meeting, workshop or social event.

If anyone out there belongs to a service club or other group that would like a speaker or is looking for a valuable way to contribute to their community please contact PLN at 746-1188.

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## Strategic Plan

Wow! PLN received a \$15,000 Trillium grant to cover the costs of a facilitator and other expenses to develop our first strategic plan. The board met many times with Kelly Breuls, a business planning facilitator. Out of it came a focused plan of action that will yield significant benefits to our organization, our members, focus people, and the community we live in.

Strategic planning provides a format to examine our strengths, our limitations as a volunteer organization and the directions to proceed on our path to growth and stability. Some things had to be put on hold while we concentrated on the business/strategic planning process. Out of this came a clear vision of where PLN places its priorities of networks and families. Here is what we decided our priorities are at this time:

### **Networks:**

Increase the number of Networks supported by well-trained Community Connectors.

Hire one part-time coordinator

Hire and train four Community Connectors

Create four full functioning networks and two in process

### **Memberships**

Increase our Lifetime members and Associates and ensure their active involvement.

Develop procedures for membership categories and associate renewals

Add two to four new Lifetime members

Add twenty Associates

Parent Involvement

Have all parent members actively involved in the organization and its development

Develop a plan to engage parents in committees and volunteer activities

Complete a skills and interests survey for all parents

Ensure the workshop series has high parent participation

Ensure the Good Life series has active parent involvement

### **Funding**

Funds from all sources will increase to help the organization grow and become sustainable, and to be seen as a key player in our community.

Develop a funding action plan - 3 year horizon - to include a plan for a social enterprise

Submit applications/proposals to funding organizations - goal \$50,000

Engage a corporate sponsor for a defined activity and financial contribution.

### **Organization**

We will have a sustainable, flexible and efficient organization.

Hire PLN staff (Connectors and Coordinator)

Redevelop the Board committee structure, mandates and action plans.

Develop a plan for recruiting new Board members.

Engage six to eight supporters from the community with defined expertise

Redevelop PLN's definition for its geographic location and description.

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## Strategic Plan con't from Page 2

### **Communication**

To develop a diverse strategy for communication that attracts community interest, funders and membership using mass media, marketing tools and our internal networking.

Develop a PLN corporate presentation and support material

Develop the website and newsletter

Engage the community by holding celebrations and events ensuring broad media coverage

### **Partnerships and Alliances**

We will actively forge linkages with organizations, businesses, agencies and other people interested in being a part of building community for PLN

Develop criteria for establishing and maintaining partnerships

Identify and partner with existing agencies to deliver workshops

Develop media contacts and nurture relationships (min. 3)

Develop closer linkages with Lifetime Networks Ottawa and Planned Lifetime Support Networks (Bruce/Grey)

We learned many skills from this process as we worked together through the months we gained an appreciation of our strengths as a Board. The depth of commitment was shown by the fact that everyone was determined to be present at every meeting.

In the few short months since completing the plan, we are already well on our way towards achieving some of the goals. We will be reporting on our progress in future newsletters

## **PLANNED LIFETIME NETWORKS**

PLN was incorporated in 2000 by families who strongly believed in the four core values of:

**Family Leadership** (families are experts, PLN is accountable to families)

**Safety and Security Through Relationships** (the number and quality of relationships is directly related to a safe and secure future PLN facilitates development of relationships between individuals with a disability and their community. Mutual friendship not charity!),

**Self Sufficiency** (independence from government funding for our operational expenses makes us effective and accountable),

**Contribution** (every person with a disability has gifts to share and important contributions to make to their community. All are full citizens)

We are not disability specific although most individuals have an intellectual disability of some sort or another, often combined with a mental illness or physical disability.

