People First of Ontario



THIS IS MY LIFE

SNIPPETS, SNAPSHOTS & STARTE



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CREDITS

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People First of Ontario



Introduction to People First

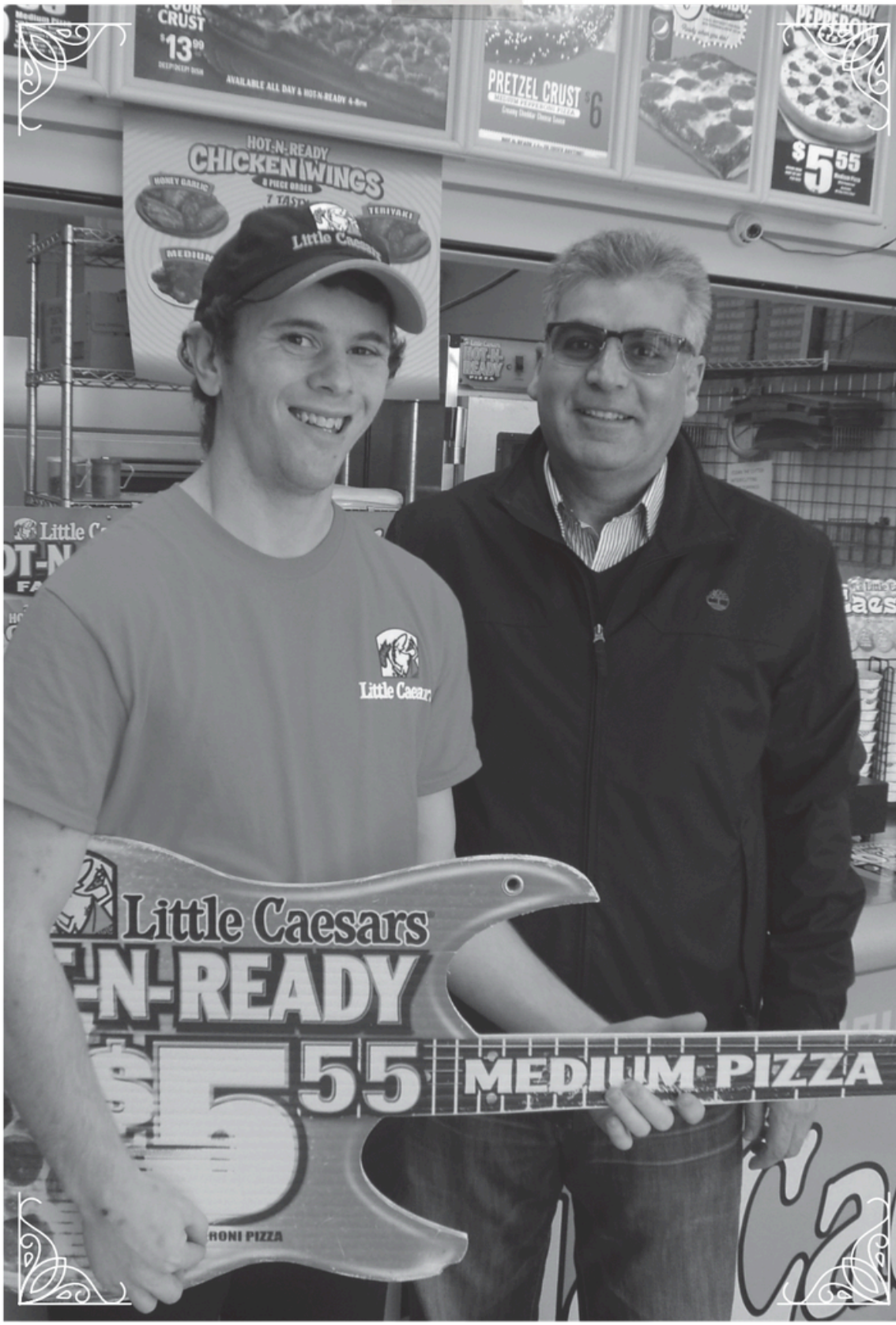
> "Don't be scared- go ahead and do it."
> Elizabeth Sahl

VIDEO



Woman to Woman: Finding Your Voice with People First

People First of Ontario is part of a national movement for men and women with an intellectual disability. As members, we work to support one another to make sure our rights as full citizens are recognized. We do this through peer support, sharing our personal stories, developing leadership skills, advocating for our right to choose where and with whom we live, and by ensuring that our voices are heard and respected. We work together to educate and influence communities and government to ensure that all persons with intellectual disabilities are fully included and supported to live as equal citizens in Canada.


CRUST
$13.99
AVAILABLE ALL DAY & HOT-N-READY 4-8pm
PRETZEL CRUST
$6
HOT-N-READY
CHICKEN WINGS
8 PIECE ORDER
HONEY GARLIC
TERIYAKI
Little Caesars
Little Caesars
N-READY
5.55
MEDIUM PIZZA
$5.55

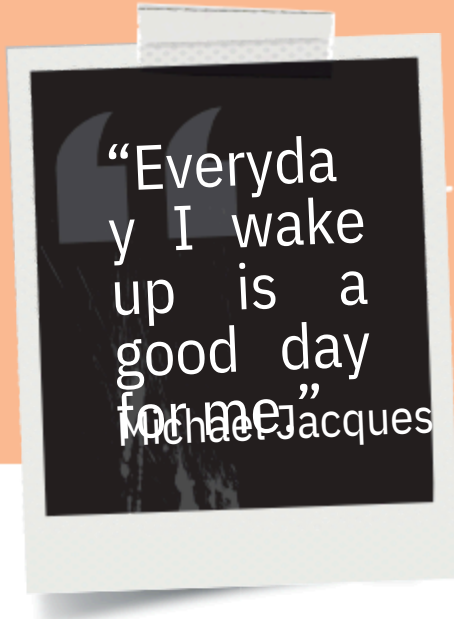
Real Work



People First believes in real work for real pay. People who have been labelled with a disability should have the choice and opportunity to earn a living through paid employment as part of the workforce. Research shows that employers benefit from a diverse workforce that includes people with disabilities. There are social, personal, and community benefits that come from being in the regular workforce, not in sheltered 'work environments.'

VIDEOS

Michael Jacques, Julian Escallon, Tony Downer, Woman to Woman on Employment



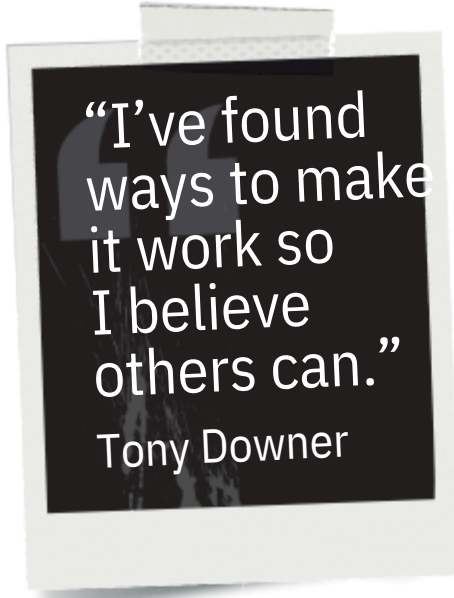
Snippets:
Whatarethemain points?

- Having a job is an importantpart of contributing to society.
- Figuring out what you are good at helps when looking for work.
- Be brave! Try new opportunities! Take risks!

Snapshots:
Getting Ready

1. Whatdo we need to prepare? (paper, pencils, pens, flipchart, markers, copies of Conversation Stacks, copies of Getting Ready for Employment Tip Sheet)
2. Who do we need to invite?
3. What do we want people to learn?





Starters:

1. **Icebreaker: Conversation Stack.** Pass out Conversation Stacks and ask people to use it to start a conversation with someone that they might not know. Using the pictures as prompts, ask people their name, where they live, about their family, what they do for a job, where they have travelled, what their favourite food is, and if they have any hobbies or pets.

2. In the video, Michael talks about how his abilities helped him get his job at Sobeys. What are some skills and gifts you have to bring to the workforce? Have the group break into pairs and make a list. Give some time for people to share their answers with the group.

3. Michael says, "It means a lot to have a real job because it makes yourself more efficient but also more a member of society." Do you agree? Disagree?

4. Julian says in the video, "I am making my dream come true." What are you passionate about? Let's find out. Have each person write out their answers to the following questions:

i. What do you think is the world's greatest need?

ii. List your three favourite movies? Is there a common theme in each of them?

iii. Ask someone who knows you well to answer the question, "what is my one thing?"

Once everyone has answered the three questions, have them work in pairs to examine how their answers hint at what they are passionate about. (Exercise by Mary DeMuth http://michaelhyatt.com/find-your-passion-in-three-steps.html)

5. What is one step you can take to begin to do what you are

6. Tony talks about the importance of making the most of opportunities. How can you keep yourself open to opportunities that might open doors to following your passion?

7. Tony also talks about the challenge of starting his own business. He says that it wasn't "the type of challenge I wanted but then I thought, hey give it a shot. You never know what may happen." What keeps people from looking for work? What are the negative messages we hear that might discourage us from finding a job?

8. Pass out tips for Getting Ready for Employment. In the videos, Tony, Stephanie and Dewlyn shared some advice for people looking for work. What are some ways people can prepare to find employment?



CONVERSATION STACK

















MAKING IT WORK

Before you start looking for workitmight be helpful to make an action plan. Action plans list your goals and the steps you need toachieve your goals. Here are some questions that will help you make an action plan.



- What kinds of jobs are available?
- What type of job do you really want to do?
- Where is that type of job located?
- Do you have the skills needed?
- Are you physically able to do the work?
- Is there someone you know that can help you find work?
- Who are the experts in your community that help people with a disability find employment?
- Set up a meeting with an expert that can help you find work.
- Make a cover letter and resume.
- Ask for help in building your resume.
- Learn as much as you can about the place that you want to work at.
- Look for volunteer opportunities that will build the type of skills you need for the job you want.
- Once you apply, ask someoneto doa practise interview with you.

Make an Impression

In theinterview, donotbe afraid tolet yourpotential employer know about your disability.

- Explain how your gifts benefit the company.
- Before starting work, makesurethere is some kind of contract in place that tells you what you willbe expected todo.

Make it Count

Once you have been hired,herearesome things you need to remember:

- Be on time and dressappropriately.
- Practise good hygiene.
- Show that you are happy to be there and ready to learn!
- Complete every part of your task. This shows that you are reliable and can handle responsibility.
- Ask questions if you are not sure about something you had been asked to do.
- Askforfeedbackonyourwork. What are the things you are doing well? Where do you need to improve?
- Ifyoufeellikeyouarenotdoing the tasks described in your contract, ask for a meeting with your supervisor.
- Makefriendswithpeoplewho are really good at their jobs so you can learn from them.
- Getajournalandwriteabout what you did at work each day/week.

http://bit.ly/1TgyM0

G

http://bit.ly/1NDsIC

Q



Real homes



Atthecentre of the People First Movement is the right to live in community. The People First movement began in 1973 when self-advocates across North America came together with the purpose of putting an end to institutions. We believe that every person should have control over where they live and who they live with. Too often, people with an intellectual disability are inappropriately placed in nursing homes, group homes, long-term care facilities, personal care homes and other similar settings.

VIDEOS

John Smith, Richard Ruston, On Home

> “i am MY OWN MAN.”
> JOHN SMITH

Snippets: Whatarethemain points?

- Having a place to call home means individuals have choice and control over the decisions that they make.
- Access to safe and affordable housing is a basic necessity of life.
- Living in the community introduces us to new people, places and experiences.

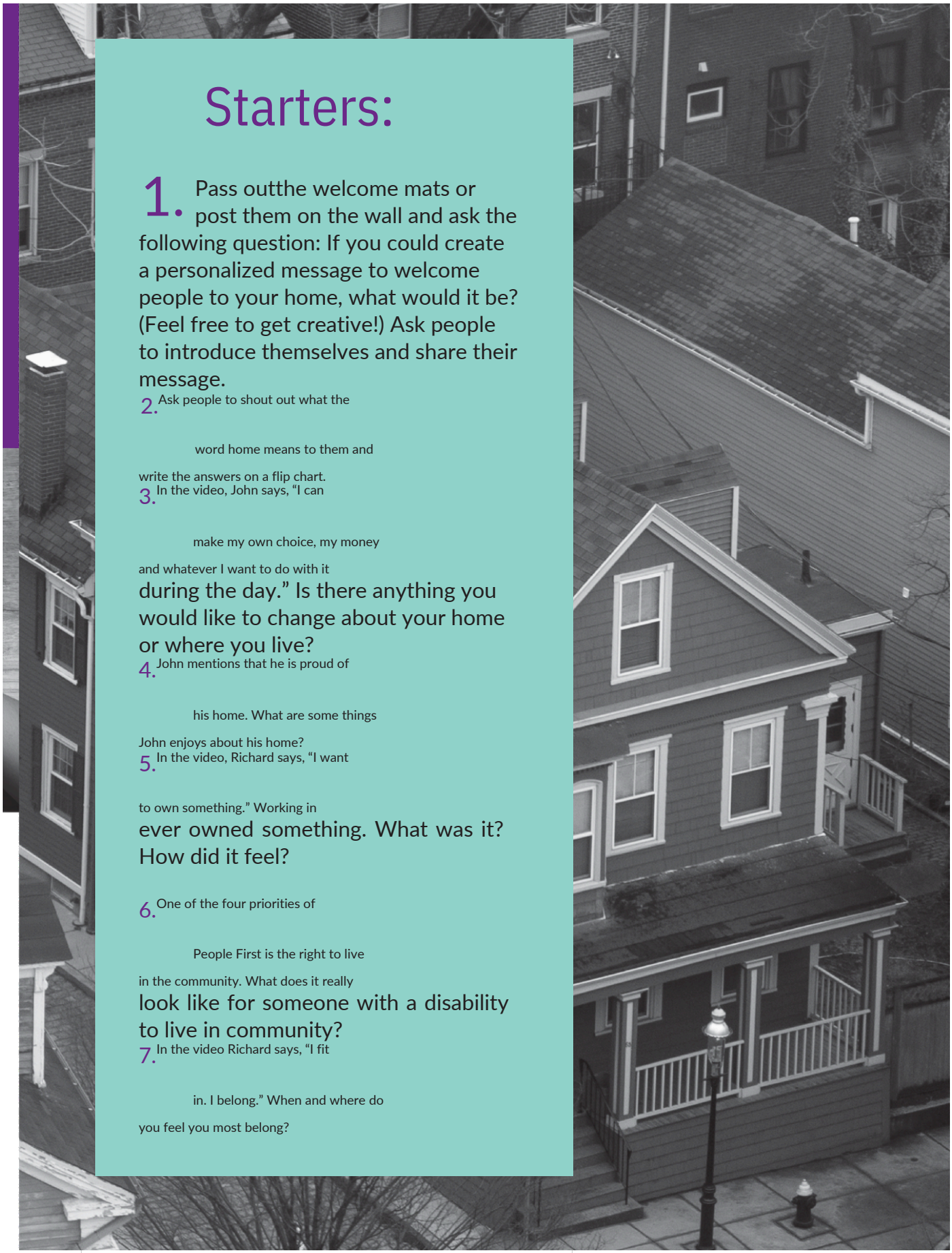
Snapshots: Getting Ready

1. What do weneedto prepare? (copies of Welcome Mats, paper, pens, flipchart, markers)
2. Who do we need to invite?
3. What do we want people to learn?





> “This is real. I got the key.”
> Richard Ruston



Starters:

1. Pass outthe welcome mats or post them on the wall and ask the following question: If you could create a personalized message to welcome people to your home, what would it be? (Feel free to get creative!) Ask people to introduce themselves and share their message.

2. Ask people to shout out what the word home means to them and write the answers on a flip chart.

3. In the video, John says, "I can make my own choice, my money and whatever I want to do with it during the day." Is there anything you would like to change about your home or where you live?

4. John mentions that he is proud of his home. What are some things John enjoys about his home?

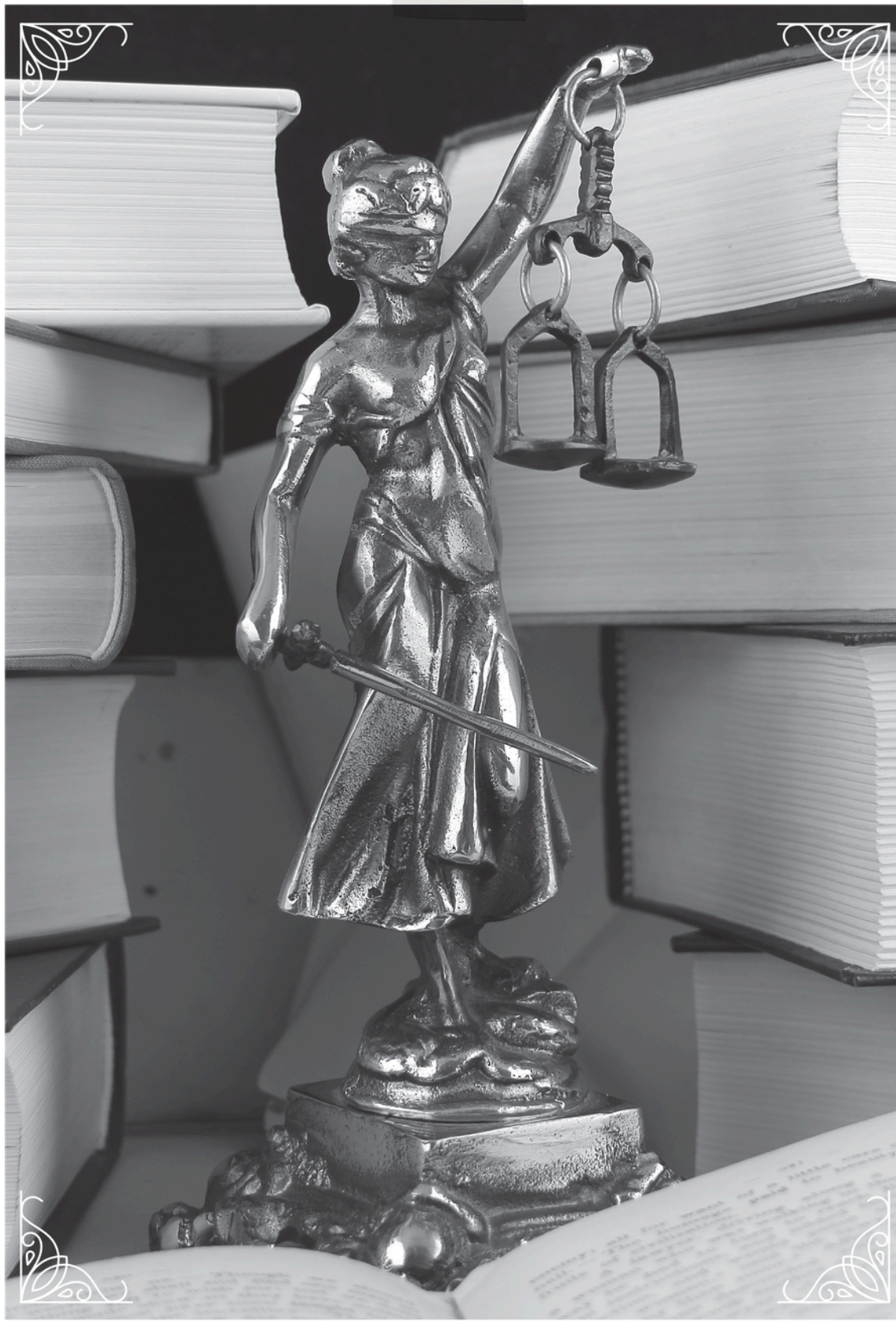
5. In the video, Richard says, "I want to own something." Working in ever owned something. What was it? How did it feel?

6. One of the four priorities of People First is the right to live in the community. What does it really look like for someone with a disability to live in community?

7. In the video Richard says, "I fit in. I belong." When and where do you feel you most belong?







Advocacy



We believe in the right to freedom, choice and equality for all people. People First is about speaking up to ensure that all people's human, citizenship, accommodation, and language rights are respected. We work together to make sure that these rights are priorities for the government and community organizations. We see ourselves as full citizens of our country, living equally in the community.

VIDEOS

DavidMcKillop, Gord Ferguson, On Advocacy

Snippets: Whatarethemain points?

> "In a way it is like a prison. A prison for people with disabilities."
>
> Gord Ferguson

- Peoplehave the right to make theirown decisions and choices.
- It is important to speak up for the things that matter to you.
- An institution is any place where people do not have, or are not allowed to have control over their lives and make their own decisions.

Snapshots: Getting Ready

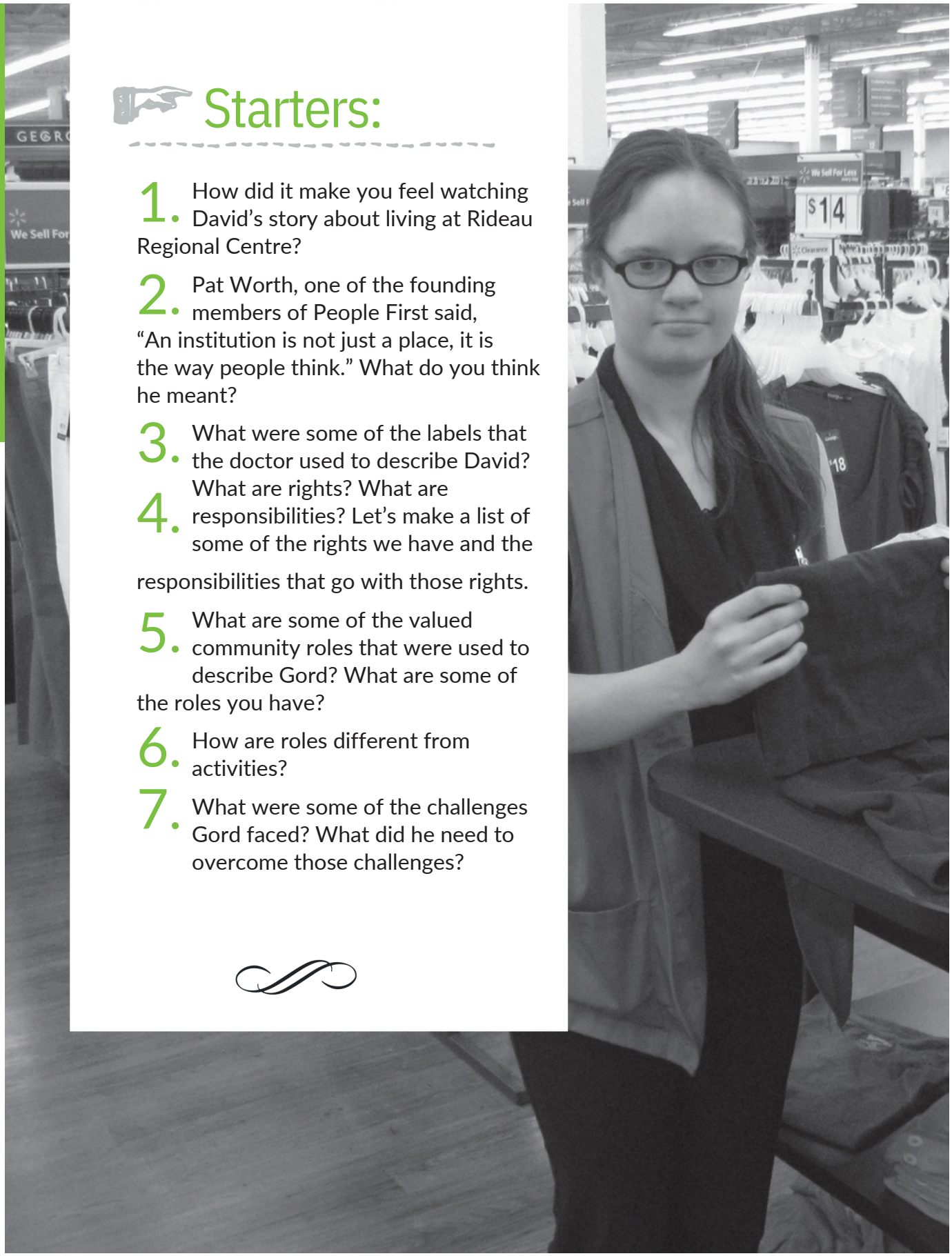
1. Whatdo weneedtoprepare? (flipchart, markers)
2. Who do we need to invite?
3. What do we want people to learn?

> "It's very important to stand up for your rights."
>
> David McKillop



Starters:

1. How did it make you feel watching David's story about living at Rideau Regional Centre?
2. Pat Worth, one of the founding members of People First said, "An institution is not just a place, it is the way people think." What do you think he meant?
3. What were some of the labels that the doctor used to describe David?
4. What are rights? What are responsibilities? Let's make a list of some of the rights we have and the responsibilities that go with those rights.
5. What are some of the valued community roles that were used to describe Gord? What are some of the roles you have?
6. How are roles different from activities?
7. What were some of the challenges Gord faced? What did he need to overcome those challenges?





Woman to Woman



Womenhave been part ofPeople First and the disability rights movement since the 1970s. Over the years, more women have become involved with People First and have become presidents of their chapters and members of boards. However, we know that women, particularly those labelled with an intellectual disability, are at a greater risk to experience poverty and abuse because of their gender. It is important that women continue to speak up for their rights and share their experience with all people as key players in the push for equality, full citizenship and inclusion.

VIDEOS

Woman to Woman On Wisdom & Woman to Woman On Dating

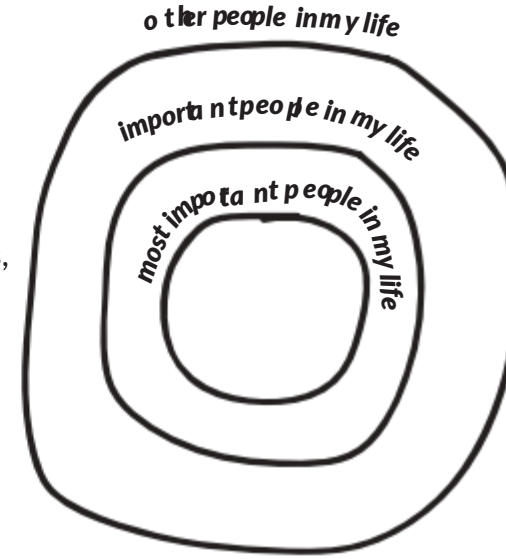
> “We have to love ourselves.”
>
> Della Derrough

Snippets: Whatarethemain points?

- We haveto love ourselvesfirst.
- Be yourself, all the time.
- Don’t be afraid to shine!

Snapshots: Getting Ready

1. Whatdo we need to prepare? (paper, pens, flipchart, markers, copies of Awesome Affirmations, Circle of Trust template)
2. Who do we need to invite?
3. What do we want people to learn?

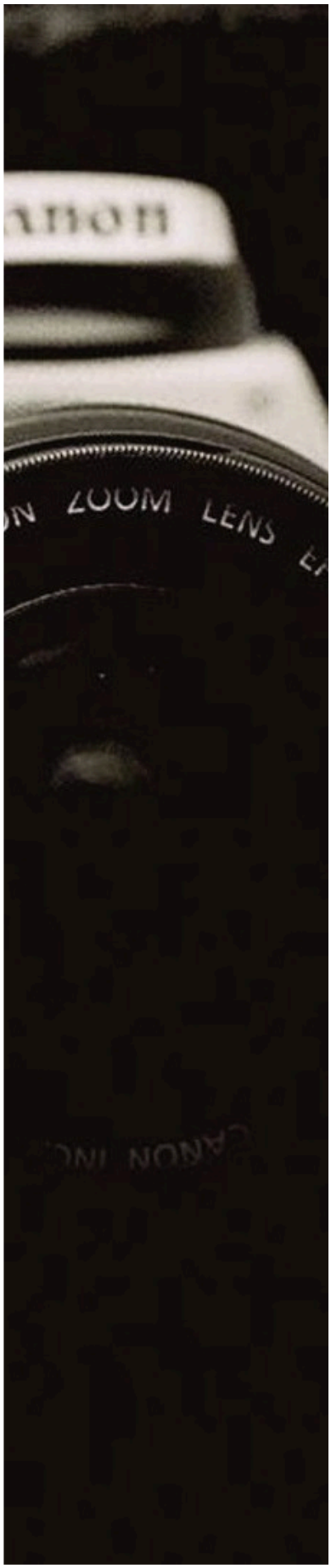




Starters:

(IT ISIMPORTANT TOHAVEA FEMALE MEMBER FACILITATE THIS DISCUSSION)

1. What does it mean to love ourselves? Let's make a "What's Working for Me List" of the people, places, experiences and things that make you feel good about yourself. Once people have made their lists, take some time going around the table so people can introduce themselves by sharing one thing off their list. www.mindbodygreen.com/0-12428/10-wonderful-ways-to-practice-self-love.html
2. What are some fears or challenges that make it hard for you to really be yourself?
3. Sometimes how we feel about ourselves has a lot to do with how we feel about our body. Ask the participants to finish this sentence: What I really love about myself is....
4. Write the word respect on the flip chart. Ask the group to come up with a definition.
5. In the video, Elizabeth says, "Be careful who you are with." Draw the circle of trust. Have the group break up into pairs to draw their own circle of trust. Who are the people that are in your circle of trust? Have the pairs discuss how each of the people in their circle show them respect and how they give respect back. Are there relationships in the circle that are not respectful?
6. Why is it important to have respect in our relationships?
7. Provide information on services that women/men can access if they are experiencing violence.
8. Make copies of the Awesome Affirmations and encourage people to take one that means something to them.




I Will
Not
Define Myself
By My Past

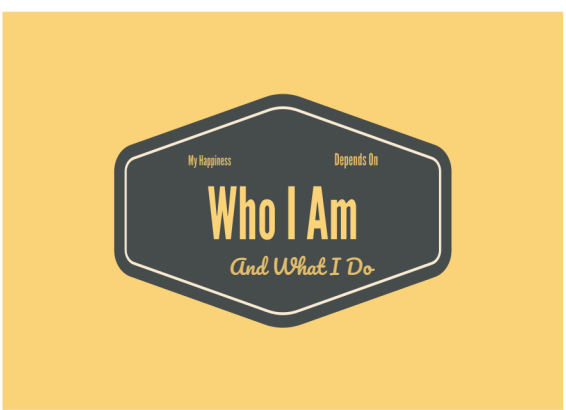

I Deserve
To Be
Happy
And Follow My Dreams


Everyday I
Become
Stronger
And Healthier


I Deserve
To Treat
My Body
With Respect


My Life
Is Just
Beginning
Not Ending


I Am
Courageous
I Will Stand
Up For Myself


My Happiness
Depends On
Who I Am
And What I Do


I Am
Way More
Awesome
Than Just Ok



Love & Marriage

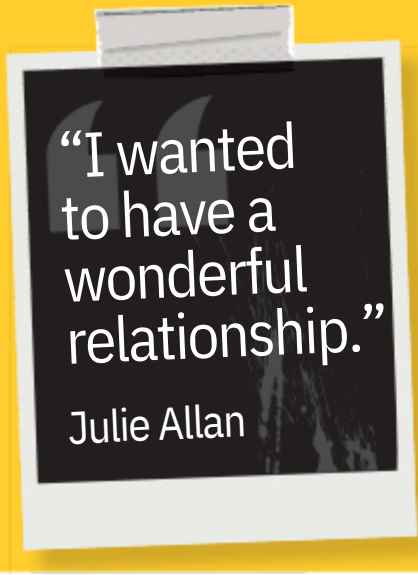


Snippets: Whatarethemain points?

- Weallhavedreams.
- Healthy relationships take work.
- Communication is an important part of healthy relationships.

VIDEOS

Julieand Howie onLove & Marriage



Snapshots: Getting Ready

1. What dowe needto prepare? (items for Mass Pass, scissors, glue,markers, canvas or poster board, a variety of magazines, pictures, stickers, pens)
2. Who do we need to invite?
3. What do we want people to learn?

Starters:

1. Icebreaker: Mass Pass

   After the activity ask the following questions. How did we do as a group? Is there anything we can take away from this activity that we can use in our relationships?

2. Julie and Howie talk about the importance of using humour to help them through tough times. What else helps them get along?

3. Getting married was one of Julie’s dreams. We are going to make a vision board which will help us think through some of our own dreams and goals.

4. After you are done your vision board, spend some time thinking about who might need to be part of your plan to help make your vision come true. How will you invite them to be part of your vision plan?



INSTRUCTIONS:

STEP 1: Tear/cut pictures or wordsout ofthemagazines that you like.

STEP 2: Sort through them and put your favourite ones on the board.

STEP 3: Glue them on to the board. You can add words, paint or glue trinkets on the board too.

STEP 4: Put your vision board in a place where you will see it often.

THREE TYPES OF VISION BOARDS: THE "I KNOW EXACTLY WHAT I WANT" VISION BOARD

- This board is for you if you are clear on what your goals and dreams are.
- If you want to see changes in your surroundings.
- If there is a specific thing you want to see happen in your life. (i.e. getting a job, going on a trip, etc.)



THE "OPENING AND ALLOWING" VISION BOARD

- This board is for if you are not exactly sure what you want.
- If you might be feeling a little down, sad or depressed.
- If you have some ideas of what you want but still feel a bit confused.
- If you want something to be different but are not sure if that is possible.

TIP: Tear out pictures and words that make you happy. You don't need to know why. After you have some time to look at them, ask yourself what the picture might mean. Is it telling you something about yourself? (i.e. I am tired and need more rest or I am lonely and would like a friend.)

THE "THEME" VISION BOARD

- This is the board for you if you have a theme or special occasion that you would like to celebrate. (i.e. New Year's, your birthday)
- Or, if you are focused on one area of your life. (i.e. getting a job)

www.amanet.org/training/articles/The-Five-Steps-to-Conflict-Resolution.aspx

MASS PASS

Icebreaker: Mass Pass
Group Size: 8or more
Time Required: 20-30 minutes
Goal: Communication, team building

Instructions:

1. Gather 20 or more items (rope, hat, book, pylon, a pot, shoe, plastic flowers, stuffed animal, etc.).
2. Using masking tape, make a square on the floor.
3. Place a hula hoop at one corner and put all of the objects inside of it. We will call this hoop A.
4. Place an empty hula hoop on the corner that is diagonally across from hula hoop A. We will call this hoop B.
5. Ask the group to stand around the square.
6. The goal of the game is to get as many objects as possible from hoop A to the empty hoop B.
7. The person who has the object cannot pass it to the person next to him/her. That means the person who is passing the object will have to pass it across or toss the object to the other person.
8. Every person in the group must touch each object after it leaves hoop A and before it ends up in hoop B.
9. The starting round has a time limit of 5 minutes. Each round after that should be faster.

Guidelines:

- Objects must be passed one at a time.
- Group members should spread out so people are standing along all sides of the square.
- If an object is dropped it must be returned to hoop A to begin again.
- No member of the group may step inside the boundary line during a round.
- Points are earned for each object that is placed successfully inside hoop B.
- Give different point values for different types of objects. Example, 10 points for a ball or 20 points for a book.
- Repeat and review the rules with the group as needed.
- Take some time to plan out how your group will play the game.
- Count the score at the end of the round, replace the objects in hoop A, and give more planning time. Challenge the group to beat its best score.

Adapted from Project Adventure.


I RESPECT MYSELF,
THEREFORE
I AM
enough.

Woman to Woman

> "I wish there was world peace and less negativity."
>
> Steph Paul

Snippets:
Whatarethemain points?

- Belonging is about acceptingyourself.
- Friendship is the spice of life.
- We can make the world a better place.



VIDEOS

Woman to Woman On Friends & Woman to Woman On Changing the World



Snapshots: Getting Ready

1. What do we need to prepare?
2. Who do we need to invite?
3. What do we want people to learn?

Starters:

(IT ISIMPORTANT TO HAVE A FEMALE MEMBER FACILITATE THIS DISCUSSION)



Unusual Things In Common Icebreaker:

1. Ask people to get into groups of three with people they do not know well. Take 3 minutes to find out three things you have in common that are not just likes or dislikes. Think about the things that are really important to you to help start the discussion.
2. Do you ever feel lonely? What do you do when you feel lonely?
3. Elizabeth talks about accepting herself for who she is. What is the difference between fitting in and belonging?
4. What contribution are you making as a citizen to your community?
5. What are some of your wishes for the world? What three things could you do to help make your wish for the world come true?



People First of Ontario



Canada

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