



Bob Kashyap
Provincial Family Support Coordinator
bkashyap@fsibc.com
604.540.8374 #525



As a parent of a child with special needs, I understand the need for support, both on the physical and emotional level. Having worn the “shoe that pinches” and not working as a professional service provider, I know that having someone listen in an open-minded way to issues that you or your family may be facing in supporting your loved one, and identifying ways to support you, holds “real” meaning for me. I am currently the Provincial Family Support Coordinator at the Family Support Institute (FSI) and CLS contracts FSI to provide access to family support for all CLS families.

FSI is independent of CLS and all your communication with me and my team are considered confidential unless otherwise agreed upon with you. The staff at FSI have a wealth of knowledge in the disability field and are experienced at matching resources to the needs of the family.

Support may involve:

- Listening and understanding your situation
- A combination of professional, family-to-family or in-person support
- Completing a Representation Agreement
- Providing information, support, and networking opportunities for families
- Any other support as needed



Please note, we are not an advocacy body nor do we provide financial assistance or any paid services.

Please feel free to call on me anytime for support, guidance and connections to resources across British Columbia. 604 540 8374 ext.525 or bkashyp@fsibc.com

If you want to find out more about the FSI you are welcome to call our office at 1.800.441.5403 or check out our website at www.familysupportbc.com.

Woodlands Class Action Suit Update

British Columbia’s provincial government announced on March 31, 2018 that it is extending compensation to more survivors who endured systemic abuse at a provincial institution for those with developmental disabilities and mental illness. For more information about this class action, visit

<https://www.callkleinlawyers.com/class-actions/settled/woodlands/>

Click the link to watch the CTV News Clip on the Announcement

<https://www.callkleinlawyers.com/full-disclosure/b-c-announces-new-compensation-for-woodlands-survivors/>

Bill McArthur, who was sent to



Woodlands in New Westminster, B.C. at age five, is among hundreds of survivors

who had been left out from official compensation, because a legal loophole excluded them from a 2009 class-action settlement.

That changed when provincial Health Minister Adrian Dix announced that all survivors who lived at the facility before 1974 – the year that it became legal to sue the provincial government – will receive \$10,000 in compensation.

“Justice has finally been done, after so many years of suffering,” said McArthur. “It’s finally brought closure to a festering sore.”

The Canadian Press April 1, 2018
Click link to read full story:

<https://www.theglobeandmail.com/canada/british-columbia/article-bc-promises-compensation-for-woodlands-survivors-left-out-of/>

For more information on the class action suit, please contact the following:

1.888.523.7192

woodlands.care.facility.residents@gov.bc.ca

We
enjoy
hearing
from you!

Do you have a suggestion for the **Family Matters** newsletter?
Do you wish to connect with a program Coordinator or Director?
Do you have a compliment or concern?

Contact us at 604-517-2032 or email our
Director of Quality and Innovation (Roxanne Wiseman) at
rwiseman@communitylivingsociety.ca

Honouring Grief

Salley-Ann Ross
CLS Clinical Counsellor



Grieving and comprehending this with supported individuals, whether they live independently or within their family is an area that is complicated and has no clear definition. In essence there is no clear “way” to grieve. Grieving a loss, coupled with cognitive challenges leads this life process to another dimension, requiring a different understanding and support.

For caregivers, we may feel helpless and may revert to the following in order to protect our loved one. The following are areas to avoid when a supported individual is grieving:

- Overprotectiveness that creates a reluctance to upset individuals
- Limiting exposure or discussion of death, loss and grief
- Putting a time limit on their grief. There is no time table for grieving. Over time an individual’s painful and emotional reactions lessen and returns to their former levels of functioning
- Grief never goes away, and there may be surges of this emerging especially during holiday or anniversary times in which the deceased is deeply missed
- There is no sequence or stages within the grieving process
- The process is individual

There needs to be consideration that supported individuals may experience grief with what seems like distorted limited emotional reaction. However, within everyone there is a spiritual element, that encompasses not only our outward reaction, such as crying or anger, but inwardly. It is known that when there is a significant loss there is sense of longing, or an emptiness that is experienced. There needs to be honour and dignity when a supported individual also experiences a loss in their lives, without the assumption that they will not notice or it just goes away. Avoiding these assumptions, paying close attention to behavioral changes, giving space and supporting resources that can aid in this process for as long as they need, will be integral to their unique self-expression, healing and moving through their loss.

Reference:

Doody, O. (2014) Loss & Grief Within Intellectual Disability.

Research Gate: <https://www.research/gate/net.publication/288010367>



Date: Saturday July 14th

Time: 12:00 - 3:00

Location:
Scandinavian Community Centre
6540 Thomas Street,
Burnaby

Food
Games
Music
Clown/Balloon Art
Prizes
50/50 Draw
Photo Booth
IT'S ALL FREE

please RSVP by July 6th

clsevents@communitylivingsociety.ca

or phone Vicky at 604-517-2033

Please let us know how many people will be in your group



- All in the CLS Community are invited
- CLS supported individuals and their family/network
 - Employees of the CLS and their children/grandchildren
 - Members of the CLS
 - Home Share Providers

This venue is fully accessible
Lots of parking
Lots of shade

We request that only service animals attend



Tips for a Good Sleep

Set a schedule:

Go to bed at a set time each night and get up at the same time each morning.

Exercise:

Try to exercise 20-30 minutes a day. Exercise about 5-6 hours before going to sleep so you are not stimulated or heated from working out.

Avoid:

Caffeine, nicotine, sugar, alcohol and other stimulants.

Relax before bed:

A warm bath, reading or another relaxing routine may help.

Don't lie in bed awake:

Anxiety over being unable to fall asleep actually contributes to insomnia. Get up and try to wear yourself out more.

Control your room temperature:

Maintain a comfortable temperature in the bedroom.



The above is an excerpt from the Family Support Institute Wellness Booklet

"When Do I Have Time...? For Wellness"

You can access the complete booklet at

<http://www.familysupportbc.com/resources/fsi-wellness-booklet>

Contact Us

7th Floor 713 Columbia Street New Westminster BC V3M 1B2

t: 604.523.0303 f: 604.523.9399

email: rwiseman@communitylivingsociety.ca www.communitylivingsociety.ca

You can find other editions of the Family Matters Newsletter on our website <https://www.communitylivingsociety.ca/about-us/the-cls/videosnewsletters/family-matters-newsletter/>

Disclaimer: The views expressed in this newsletter are of the individual writers and do not necessarily reflect the views of the CLS as a Society.