

# Handbook for Individuals



## Community Inclusion

### **Important**

This Handbook was printed on September 22, 2023.

Please note that contents may have changed and the most recent copy of this Handbook should be referenced on our Resource Portal on the CLS website.

<https://www.communitylivingsociety.ca/portfolio-items/important-information-about-cls/>

# About Community Inclusion Programs

At CLS, our Community Inclusion programs are offered in Burnaby, Surrey, and North Vancouver.



Recreation activities	Learning new skills	Community events
Arts and culture	Helping others	Self Advocacy
Exploring Community	Opportunities to earn money	Community contributions/volunteering

The location where you attend is the meeting place where you join up with other participants and CLS employees to go to your chosen activities together for the day.

Most activities take place in the community. You will get to plan and choose the activities that match your interests and goals.



## How We Make Sure Activities Work for You



Employees take time to learn about your wishes and how you want to be part of your community.

They help you make your own plan and map out the support you need so you are involved in the community the way you want to be.



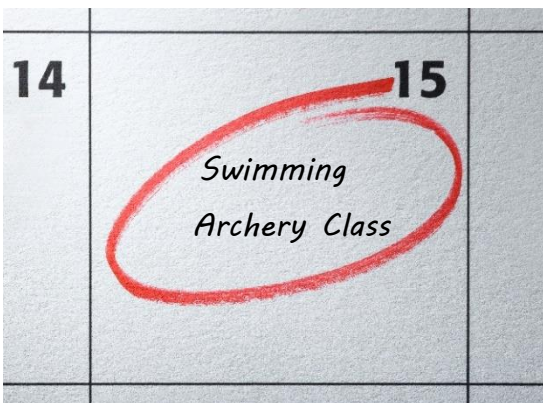
***Individual Service and Quality of Life Plan (ISQLP)***



You will also plan with other program participants so you can find things you might like to do together.

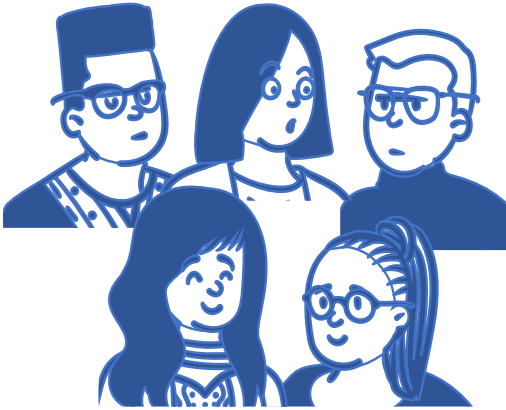
Planning as a team makes sure lots of good ideas are shared.

Sometimes, you will go out with 1 CLS employee and other people attending the program.



You may have the opportunity to participate in a number of activities each day. We will plan together how to get to and from each of the activities.

# Community Inclusion is all about Getting to Know People



Working with lots of different employees who are trained and ready to help you enjoy activities in the community.

Meeting and spending time with the different people who attend the program.



Meeting and spending time with people in community.



# And Choosing How You Spend Your Time in Community



Getting involved, learning,  
and enjoying time with  
others



Employees will help  
you use the  
schedule to choose  
your activities for  
the week.



**As part of our services, you can learn or feel more comfortable:**

Getting around in the community.



Talking with new people you don't know.



Trying new things and learning new skills.



Building new relationships.



Finding out about areas of interest for work or leisure through volunteer activities.

Making choices, speaking up, and advocating for yourself.



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Managing challenges and upsets.



Practicing street safety and safety in community.

Asking for help.



**And so much more.....**

## Your Responsibilities So You Get the Most from the Program Include:

Getting to and from the program. We are not able to pick you up. You have to find your own way to get there.



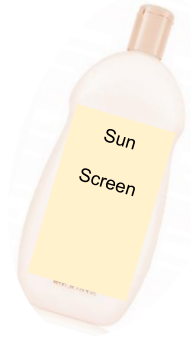
Dressing for the weather and bringing the right clothes/gear for your planned activities.

**Be prepared for any type of weather.**

Packing your lunch, water bottle and other refreshments for the day.

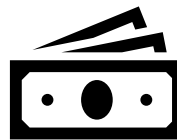


Bringing any medications or other personal care items that you need for the day.



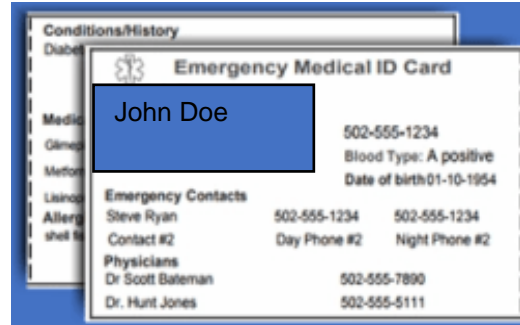
Bringing your transit pass or other passes to pay for your transportation to and from activities.

Bringing your own money to cover costs for activities, food or anything else you want to buy.



Keeping track of your belongings so you don't lose anything.

Carrying Personal Identification and Health Cards in case of an emergency.



Letting us know when you can't attend.

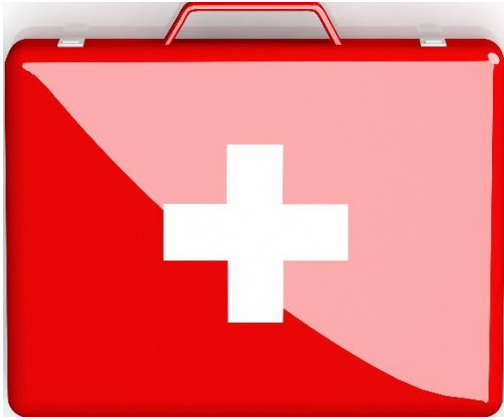
Following all rules when out in community - like smoking rules.



Staying home if you are sick so you can get better and you don't pass your illness on to others.

**Be sure to check in with us if you have any questions about these responsibilities.**

## Preparing for Emergencies



Your program has emergency supplies (first aid kits, smoke detectors and emergency kits).

There is also a map that shows where to go if we have to get out of the building if we have a fire or some other emergency.



Everyone in the program will practice emergency drills so we know what to do in a real emergency.

## Involving your Family or Personal Network



Family members and other people important to you can provide good support to you to help you get the most from the program.

We will encourage you to include them in the ways you feel comfortable, like in your planning sessions or helping you to get to and from the program.

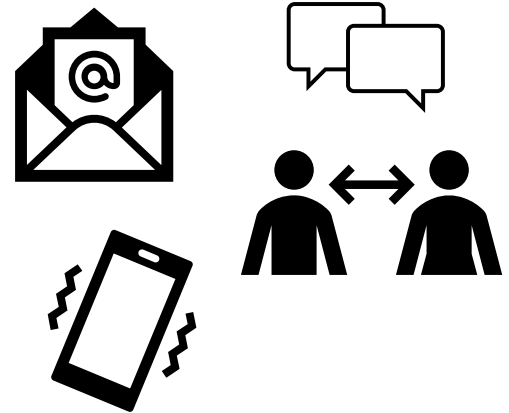
You get to choose if and how they are involved.

# Telling Us If Something Isn't Working



Make sure to tell us if something isn't working so we can sort it out with you.

You can text, phone, email or talk to one of us.



You can bring someone with you to help talk about the problem if that makes you feel more comfortable!

Don't be afraid to tell us. We want to learn what will work for you. Nothing bad will happen to you if you make a complaint.



## Saying Goodbye



There may be reasons you decide not to stay in the program and want to try something different.

CLS and Community Living British Columbia (CLBC) will work with you to help you make the right move for you.

