

At Community Living, we work to share the message of inclusion. Our goal, our mission and our purpose is to help the community include people with intellectual disabilities. Whether it's through employment, through volunteerism or where we live. We are better together.

When it comes to living within the community, we have built relationships with landlords for rental units, and realtors for home purchases. Also, a new program that we launched earlier this year is geared to help us build relationships with homeowners. The program is called LifeShare.

The premise of LifeShare is that homeowners with an extra room in their home are matched with an individual who has an intellectual disability who will live with them. The arrangement is to the benefit of both: the individual has a responsible and caring home that supports them and the homeowner has the full support of our agency, plus a government-funded financial arrangement.



Turning A Room Into A LifeShare

By: Chris Grayson
Executive Director

Could You Be A LifeSharer?

There are no professional qualifications to be part of this program - anyone in the community is eligible. We do have some training that is required, such as CPR and First Aid and can help you in obtaining those certifications. Also, to ensure the arrangement works well for both parties, we have a regular communication program with our agency. A screening process helps insure that you, and others living in your home, are a good match for the program. Please see our

website or speak to us for details to be in the LifeShare program.

These measures help both parties feel confident in the LifeShare arrangement.

There are also "respite" opportunities if a full-time commitment is not something the homeowner could provide. Respite service provides time off for a LifeSharer, perhaps due to vacation or a personal matter or just for a break.

On our website, we have a link which provides full details on the LifeShare program, including some "frequently

asked questions" by those who have made inquiries. There is a video that also shows the LifeShare experience.

People with developmental disabilities are active participants in their communities. They can be athletes, artists, employees, advocates, community volunteers, neighbours and friends. They're an important part of the community and contribute to the strength of our neighbourhoods. LifeShare helps adults with intellectual disabilities, who are 18 and older, live as independently as possible in their communities.

ASK THE EXPERT:

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Could You Be A Host?

LifeShare helps adults with intellectual disabilities, who are 18 and older, live as independently as possible in their communities. They do this by connecting with host families who have room in their homes, and in their lives. Visit our website to learn more, or contact us for a chat.

Contact: Stephanie Moss
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Do you have some casual, part-time or full-time work that needs to be done? We might have just the person to do it!

Visit our website, or ask us about a list of possible jobs that we could help fill at your workplace and be "all in" with inclusion!

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Upper Ottawa Valley

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Contact Carol Ripley: cripley@cluov.ca
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Looking for **Speakers** for your community group?

The Community Living Speakers Bureau is available to speak at your community club, classroom, event or organizational meeting. Our speakers deliver their own, personal stories that will leave you feeling inspired.

COMMUNITY LIVING
Upper Ottawa Valley

There is no cost to book our speakers. We have experience with children and adults, and in groups both small and large.

To book, contact Dillon Watts
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