

**GLOBAL ENDS POLICY - MISSION:** People with disabilities live self-directed lives in the community at a justifiable cost. (Semiahmoo House Society believes people with disabilities should Live the Life that they want.)

## ENDS 2 defined in plain language

2. People decide how they live their lives, and make informed choices.
  - 2.1 People are connected to personal support networks.
  - 2.2 People have intimate relationships.
  - 2.3 People choose where and with whom they live.
  - 2.4 People choose their work.
    - 2.4.1 People have paid employment opportunities.
    - 2.4.2 People have volunteer opportunities.
    - 2.4.3 People have entrepreneurial opportunities.
  - 2.5 People choose and use their environments.
    - 2.5.1 People choose services.
    - 2.5.2 People have recreational opportunities.
    - 2.5.3 People have travel opportunities.
  - 2.6 People have education opportunities.
  - 2.7 People have opportunities to explore spiritual needs.

**MISSION:** People with disabilities live self-directed lives in the community at a justifiable cost.

Semiahmoo House Society wants to make sure that people are choosing how they live their lives and that people have information to make their own choices.

### Definition: Choice and Control...

- If you have self-determination or self-direction then this means you are in charge of your own life as much as possible. You are living the way you want to live. You are in control of your life. If you do not have self-determination then other people are in charge of you and either decide how you will live your life or tell you how to live your life. People have support to live self-directed lives.



**2. People decide how they live their lives, and make informed choices.**

### Definition of informed choice:

- When you make a choice, it should feel like the best decision you can make.
- Making decisions depends upon the information that you get about the choice you

are making. Information that explains both the good things and the things to be concerned about. Good information that helps you to think about being happy, healthy and safe.

- Information is given to you in a way you best understand. You should choose how you get information.
- It can be helpful to talk to people to ask them what they think before you make a decision.
- When you have information, you can make a better choice. From this information, you make a choice. This is an informed choice.

**Thinking about helping someone work through things and make an informed choice or decision...**

<b>The person</b>	<b>The supporter</b>
Understanding the issue.  Do you understand all the choices?	Help to explain the issue.  Did you help explain the issue?
Make a list of choices, ideas and options.  Did you make a list of choices or ideas or options?	Help identify and develop the choices and options.  Did you help show choices and options?
Understand the outcome, result or consequences of the decision (what could happen next).  Do you understand what could happen when you make your choice?	Help to understand what the decision will mean to your life or what the risks are in making the decision.  Did you help the person understand what happens when they make the decision?
Make a decision.  Do you feel like you made the best choice? Do you know why you made the choice?	Help to understand (make sense of) what you want or don't want to achieve.  Did you help the person in knowing why they made the decision? Can the person say why or is the reason recorded somewhere?
Communicate the decisions (let people know).  Did you let people know the decision you made?	Help to tell others what has been decided if needed.  Does the person want you to help them tell people their choice or decision?

**PROVIDING PEOPLE WITH THE INFORMATION TO UNDERSTAND THE ISSUE IS DETERMINED ON WHAT WORKS BEST FOR THE PERSON.**

There are lots of ways to make an informed choice.

- Pictures, videos, vision board.
- DISCUSSION: talk to somebody you know and trust.
- Talk to a professional.
- Write down your good ideas. Journaling.
- Look on the internet for information. Ask people to help you on the internet.



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- Tell people with your body language.
- Sleep on it!

## 2.1 People are connected to personal support networks.

### Definition:

- People have people in their lives.
- A personal support network is more than one person in your life who you are close to and you care about. They help you with what you want and need help with in your life.
- They are people you trust and can count on.
- They care about you and want what is best for you.
- These people are not paid to be in your life. They can be family, friends, neighbours, co-workers, class mates, team mates or people you know from a Community group, club, gym or other organization.



## 2.2 People have intimate relationships.

### Definition:

- People have people who really care about them. These people are part of your life right now.
- These are relationships you have with people that are very close and loving.
- Intimate relationships are personal or sexual relationships.
- These kind of relationships could be with your best friend, a boyfriend/girlfriend, a husband/wife, father/mother, son/daughter or other family members.
- These are the people that it is hard to imagine life without. They are usually the most important people in your life.



## 2.3 People choose where and with whom they live.

### Definition:

- People choose where they want to live. This includes your community/neighbourhood of choice and the kind of home.
- People choose to live with people they want to live with or people live alone if they want to.
- Your home is a place where you feel safe and secure and it is the base of your life.
- People know what the options are, what is available and what is possible.



## 2.4 People choose their work.

### Definition:

- People have jobs.
- People have skills for a job. People are prepared for employment.
- People have resumes.
- People have opportunities to learn about different jobs.
- People have opportunities to learn what gifts, talents and skills they have to earn money.
- People have opportunities to learn the skills to do different jobs they are interested in.
- People know what the options are.

### 2.4.1 People have paid employment opportunities.

#### Definition:

- People have opportunities to have a paid job.
- People have paid jobs under the BC Labour Standards and have help to know what the BC Labour Standards are.
- People are paid minimum wage or better.
- People know what the job options are.



## 2.4.2 People have volunteer opportunities.

### Definition:

- People volunteer.
- People have opportunities to learn about volunteer work.
- People have opportunities to learn what gifts, talents and skills they have to share with the world.
- People have opportunities to learn the skills to do different volunteer work they are interested in.
- People know what the options are.



## 2.4.3 People have entrepreneurial opportunities.

### Definition:

- People have opportunities to learn about different kinds of work.
- People have opportunities to learn what gifts, talents and skills they have to earn money.
- People have opportunities to learn the skills to run their own business (entrepreneurial).
- People have opportunities to have their own business or company.
- People know what the entrepreneurial options are.

## 2.5 People choose and use their environments.

### Definition:

- People choose where they want to be and where they want to go.
- Your environment is the world around you. This includes where you live, work and play.
- People have opportunities to explore and be involved in the world around them.
- People get to choose where they go and what they do.
- People have support to get out in the world around them if they need it.
- People have opportunities to do interesting things in ordinary places – not just places that are only for people with disabilities.
- People know what the options are, what is available and what is possible.



## 2.5.1 People choose services.

### Definition:

- People choose the SHS service or support they want to be a part of and where they want to be.
- People get to choose how they spend their days.
- People have support and help from others during their days if they want and/or need it.
- People have input and help create the services available. They help to make the services at SHS. They can help create classes and programs that they want to be a part of.
- People can change their mind.
- People know what the options are, what is available and what is possible.



## 2.5.2 People have recreational opportunities.

### Definition:

- Recreation is what people do for enjoyment when they are not working. This can be for relaxation, fun, pleasure, entertainment, a hobby or something you are interested in.
- People get to enjoy life when they are not working.
- People get to try new things to see what they want to do or try.
- This includes ordinary places in your neighbourhood – not just places that are only for people with disabilities.
- People know what the options and opportunities are.



## 2.5.3 People have travel opportunities.

### Definition:

- People go on trips and vacations.
- People visit other towns, cities, Provinces and countries.
- People have opportunities to explore the world around them.



## 2.6 People have educational opportunities

### Definition:

- People get to go to college or university.
- People get to take classes, courses or workshops.
- People have learning opportunities.
- People have opportunities to learn using film/documentaries, books, from other people, etc.
- People have opportunities the same as everyone else – not just education places that are only for people with disabilities.
- People know what the options are.



## 2.7 People have opportunities to explore spiritual needs.

### Definition:

- Spiritual means something that involves your spirit or soul. It is something that brings you peace and hope.
- Spirituality means different things to different people. It might be your religion, faith, culture or beliefs. It might mean your connection to nature, the earth, the sun, the stars or the sea.
- People have the right to learn about what this means to them and what they believe.
- People have the right to have what they believe in their life and follow their beliefs.
- People know what the options are.

