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SEMIAHMOO
HOUSE SOCIETY



A Summary

LIVING AND LEARNING – A COPING WITH COVID- 19 ENDS REPORT

IN PLAIN LANGUAGE

ASK, LISTEN and LEARN

What impact is COVID-
19 having in the lives of
people that Semiahmoo
House Society Supports?

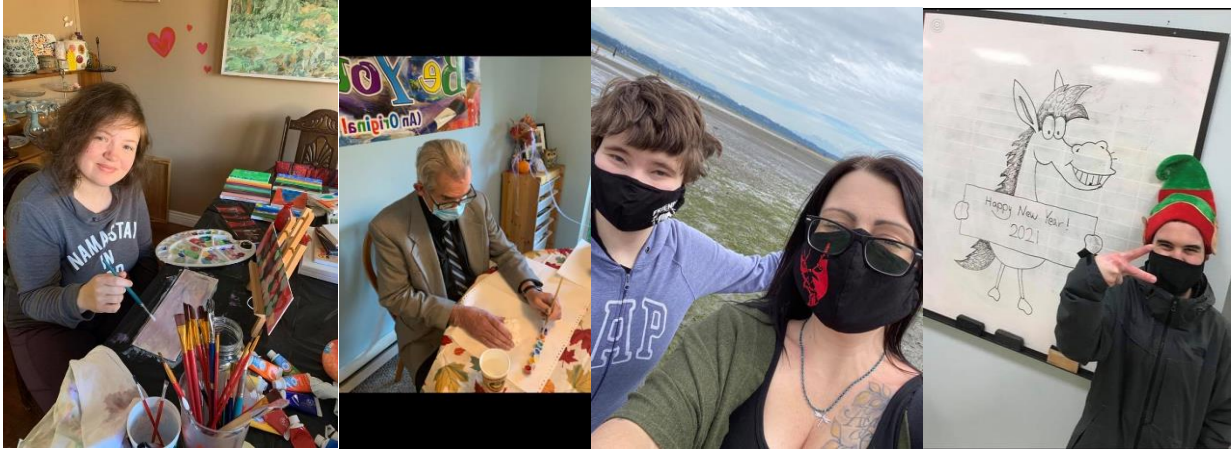
2020-2021



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“ASK, LISTEN, LEARN”



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The ENDS

The ENDS and Mission

Semiahmoo House Society (SHS) exists so that: People with disabilities live self-directed lives in the community at a justifiable cost.

This means...

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.

People have support to live self-directed lives.

If you do not have self-determination or self-direction, 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.

The cost to support people with disabilities is reasonable and fair.

What are the ENDS?

The ENDS are a way to help the organization meet the Mission.

The ENDS are a way of making sure that people are able to live the life that they choose.

The ENDS are a list of things that people want and need to be happy, safe and have control of their lives.

At the **END OF THE DAY**...these are the things we need to be thinking about to help people live the life they want.

1. People are valued members of society:

1. People perform different social roles.
2. People are respected.
3. People live in integrated environments.
4. People participate in the life of the community.
5. People are leaders.

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

1. People are connected to personal support networks.
2. People have intimate relationships.
3. People choose where and with whom they live.
4. People choose their work
 1. *People have paid employment opportunities*
 2. *People have volunteer opportunities*
 3. *People have entrepreneurial opportunities*
5. People choose and use their environments
 1. *People choose services*
 2. *People have recreational opportunities*
 3. *People have travel opportunities*
6. People have educational opportunities
7. People have opportunities to explore spiritual needs

3. The rights of people are protected:

1. People are safe.
2. People have the best possible health.
3. People exercise rights.
4. People are treated fairly.
5. People are free from abuse and neglect.
6. People experience continuity and security.
7. People decide when to share personal information.

8. The community is aware of the universal rights of all people.

IF YOU WANT A COPY OF THE ENDS DEFINED IN PLAIN LANGUAGE, CONTACT SOMEONE WHO WORKS FOR SEMIAHMOO HOUSE SOCIETY.

What are the ENDS consultations?

Semiahmoo House Society needs to check in and see how they are doing to help people live good lives.

To PROVE what SHS is doing well and to IMPROVE what SHS is doing to help people live good lives.

The best way to check in and see how things are going in people’s lives...IS TO ASK THEM. To find out:

- What SHS is doing well so they can keep doing it.
- What SHS can do better.
- What SHS can do differently.



How the consultations were done.

During the month of November 2020, SHS employees had conversations with **111** people that SHS supports.

It was the 4th year of the consultations and the pandemic happened.

It was decided to do the consultation differently and find out from people supported by SHS and that use SHS services, **What impact COVID-19 is having in their lives?**

The Questions that were asked: **Thinking your life and COVID-19...**

- What has been working...going well...gotten better? What are some good things that have happened?
- What has not been working...not going well...is harder or more difficult? What are some not so good things that have happened?
- What are you looking forward to once this is all over? What can help you stay hopeful?



All the things people said were combined to create a report and help the **ENDS Recommendation Committee** come up with some recommendations for Semiahmoo House Society based on what people had said.

The ENDS Recommendation Committee is made up of SAS Members (The Self-Advocates of Semiahmoo).



The Recommendations were delivered to Doug Tennant by the committee. Then Doug shared the report and the recommendations with the Board of Directors and with everyone at Semiahmoo House Society.

The areas of life that people talked about were:

- Community life and staying connected.
- Opportunities to be a leader.
- Making decisions and choices in your life.
- Relationships – the people in your life.
- How you are spending your days.
- Recreation and leisure opportunities.
- Travelling
- Spiritual life
- Being safe and feeling safe. Mental health and emotional wellness.
- Staying healthy.
- Your privacy and personal information.
- The community understands people with disabilities have the same rights as everyone else.
- Asking people what they are looking forward to in the future can help people feel hopeful.



Highlights of what people said and recommendations

Since COVID-19...and thinking about the ENDS, “What impact has COVID-19 had in the lives of people with disabilities?”

ENDS 1

People are valued members of society.
Community life and staying connected.
Feeling welcomed in your community,
being a part of your community, helping
out in your community.
Getting out and about.
Opportunities to be a leader.



Some things people said.

“It makes me feel good when I go places where people know my name.”

“I like the fact that we are helping the community – stuff like that helps us figure out who we are as a person.”



“I felt so good delivering the cards of well wishes to seniors. When I delivered them, I got to see people knocking at the window and they recognized me and they all knew me!”

“All people deserve to feel good inside and be included. I love being involved with my community because I love to learn new things and explore.”

“I really enjoy taking a leadership role and leading workshops or classes.”

“I like being a leader. I like teaching and helping others.”

Self-Advocacy groups – “I feel really proud that I am reaching out to everyone in Canada. I feel, like WOW! Way to go ME! I am so proud I do all of this.”

“Just seeing people out and about in my neighbourhood – that doesn’t happen anymore.”

“I am home a lot, bored and lonely. I am missing my friends and staff.”

“Wearing a mask is a pain.”

“Seeing people with no face mask makes me feel like they don’t care.”

“With COVID – not many people say Hi anymore and no one comes near me.”

“I used to have opportunities to be a leader, but I don’t anymore.”

“It makes me sad when people treat us like children. I want people to know that we all deserve respect and do not ever treat adults like children.”

Recommendation 1: Support people to have a full community life (on their terms) and stay connected to their communities. Ensure people are getting out and about in their neighbourhoods.

Recommendation 2: Look for opportunities to connect people so they are welcomed in their community. Support people to feel like they belong.

Recommendation 3: Trying out new experiences in this strange year can lead to new interests and passions. Support people to discover and explore their world.

Recommendation 4: Anyone can be a leader if given the chance. There are many ways to be a leader.

Recommendation 5: If people SHS supports are good at leading or teaching a class, workshop/presentation...they would like to be paid.

ENDS 2

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

Making decisions and choices in your life.

Choosing where you live and who you live with.

Relationships – the people in your life.

How you are spending your days.

Recreation and leisure opportunities.

Travelling.

Spirituality.



Some things people said.

“I am still in charge of my life and still run my life. I stay up late if I want, I sleep in if I want.”

“I like spending more time at home. My days are more easy- going, not so busy and not so rushed.”

“If there was no zoom or no on-line classes, life during COVID would be depressing.”

“I really enjoy connecting with friends virtually. It gives me an opportunity to feel connected and not feel so alone.”

“Being in smaller groups at Semi, we have gotten to know each other better. We are building more meaningful friendships.”

“Since the smaller groups at SHS were formed, there are more meaningful relationships being formed.”

“By seeing less people because of COVID, I developed closer relationships.”

“Being forced to wear a mask sucks.”

“I miss date night. I miss seeing my boyfriend.”



“I miss my volunteer job. I can’t go to the old folks’ home. They totally miss me!”

“I prefer in person to zoom as I need assistance with zoom sessions and it isn’t always available. So, then I don’t get to see people and I get lonely.”

“I want SHS Rec and Leisure back. This is what I miss that most.”

Recommendation 6: Support people to have more control in their lives and to be involved in the decisions that affect their lives. This includes what people do with their days, where they live and who they live with.

Recommendation 7: Support people to stay connected to family and friends with intention and creativity.

Recommendation 8: Support people to plan for their future as they get older and/or their parents and supporters are getting older.

Recommendation 9: Provide different opportunities and support people to have choice in what they do with their days.

Recommendation 10: Doing things differently at SHS. PLAN AHEAD. Learn from “this time” to be prepared and prepare people if this happens again.

Recommendation 11: Support people to have access to technology and to use technology. For some people technology has been lifesaving!

Recommendation 12: People need fun and joy in their life. Support people to find creative and inclusive recreation and leisure opportunities.

Recommendation 13: People need opportunities for a vacation to relax, recharge and have a break from busy life. Hopefully people can bring travelling back into people’s lives after COVID.

Recommendation 14: People want and need opportunities and support to explore their spiritual life. Support people to explore and discover.

ENDS 3

The Rights of people are protected
Being safe and feeling safe.
Mental health and emotional wellness.
Staying healthy.
Your privacy and personal information.
Speaking up for yourself. People listening to you. Being treated with kindness.
The community understands people with disabilities have the same rights as everyone else.



Some things people said.

“The SHS counsellor really helped me. I wish I could have more sessions.”

“When I am stressed I have some techniques to help – but I don’t always use them.”

“I would rather not know what is going on – I watch cartoons instead of the news.”

“I am just smoothly going through this. It will be over eventually.”

“I believe I have the same rights as anyone else during COVID – I hope everyone else believes the same thing.”

“I am not able to live my life.”

“It is all affecting my mental health. I am bored and alone too much.”

“I felt sad and lonely when I couldn’t come to Semiahmoo House programs.”

“I want more information about how my friends are doing – no one is telling me.”

“It’s hard to be told I can’t see my friends. I understand about safety right now – but sometimes I feel it’s not fair.”

“Losing my volunteer job at SHS Rec and Leisure devastated me.”



“Not everyone has the same rights – look at Ariis dying in the hospital alone.”

Recommendation 15: Increase services and access to resources for mental health supports for people connected to the SHS Community.

Increase access and communication about what is available.

Recommendation 16: SHS has quality supports and high standards to help people stay healthy and safe. Way to go SHS! Keep doing what you are doing. 😊

Recommendation 17: People to trust that their personal and private information is not shared without their permission or without the permission of their designated representative.

Recommendation 18: Information, communication, collaboration and resources are accessible to everyone. Information, communication and resources are in plain language.

Recommendation 19: Increase the knowledge, understanding and awareness that people with disabilities have the same rights as everyone else. Knowledge, understanding and awareness about rights is needed for people with disabilities, family members, supporters, staff and community.

Recommendation 20: “Hope is being able to see that there is light despite all of the darkness.” ...Desmond Tutu Support people to talk about what can help them feel hopeful.

SEE THE FULL REPORT FOR DETAILS ABOUT THE RECOMMENDATIONS.

What has been the hardest?

People were asked to choose their top 3 main concerns during COVID-19.

My main concerns during COVID-19 have been...

The areas of my life when thinking about the ENDS.	# of people
Loneliness – not seeing my friends and family.	45
Not having fun in my life – doing the things I enjoy.	41
Not getting out and about.	38
The way I spend my days – not going to work, volunteer, Semiahmoo day services.	26
Being worried, scared, afraid, uncertain.	16
Not making decisions and choices in my life. Not being listened to or able to speak up for myself.	14
Not being able to travel.	12
Not feeling healthy and safe – not being healthy and safe.	6
Not being able to go to church, the temple, or other spiritual connections.	6



What are you looking forward to once this is all over? What can help you stay hopeful?

GETTING BACK TO NORMAL

- “I feel hopeful things will get better.”
- “COVID has made us think of different things we want to learn and what we want to do.”
- “To get on with our lives.”
- “To have less worries.”
- “To live and enjoy a COVID free life.”
- “That everything goes back to the way they were before COVID arrived.”

LIVE WORK PLAY

- “Doing fun things again. Have fun again.”
- “Semiahmoo House Society Rec and Leisure programs.”
- “Travelling, vacations, trips. Exploring the world.”
- “To get back to work.”
- “To get back to volunteering.”
- “To get back to school.”
- “To get a job.”
- “Safe transit.”
- “To find a new home.”

COMMUNITY LIFE

- “Get back out in the world.”
- “Going out in the community without fear.”
- “Everything to open up again.”
- “That people would not be “afraid” of those with disabilities and take the time to be curious and ask in a respectful way. Assumptions can be hurtful.”
- “That people will be patient and kind to others.”

SHS COMMUNITY SERVICES

- “That programs and services go back to the way they were.”
- “More hours of support.”
- “To continue with the On-Line Campus.”
- “I hope the small groups at SHS stay the same. Keep the POD system.”
- “That one to one staff continues in the future. That one to one stays!”
- “To be back at SHS full time without fear of getting sick and not wearing “a mask.”

RELATIONSHIPS

- “Spending time with friends and family.”
- “Close contact with people and hugs.”
- “To see people’s faces again.”
- “Date nights back! Time with boyfriend/girlfriend.”
- “Finding a girlfriend/boyfriend.”
- “Seeing my friends at SHS.”
- “To visit people in the hospital.”
- “See my friends at work.”

STAYING HEALTHY AND SAFE

- “Have a mask bonfire – then there would be no more anxiety.”
- “Doing things to help cope: yoga, music, having a bath.”
- “Less people getting sick/dying.”
- “Not have to worry about myself or my family getting COVID.”
- “The vaccination.”

What Next? ...

Semiahmoo House Society will figure out how to share the recommendations with everyone and how everyone can continue helping people with disabilities live good lives in their communities.



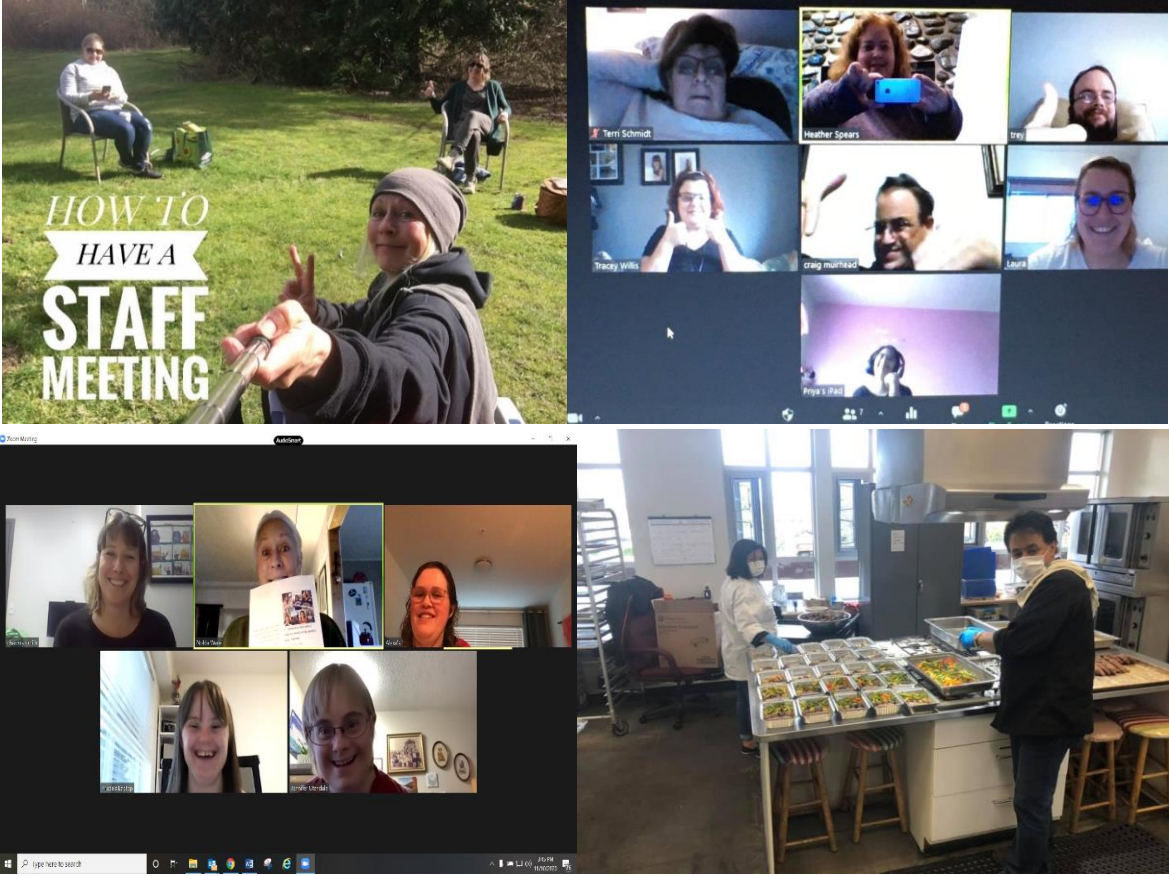
People SHS supports, staff, teams and leadership will work together to put the recommendations into action.

SHS will ensure there is a way to check in and see how things are going with the recommendations.

The other ENDS Reports can be found at:

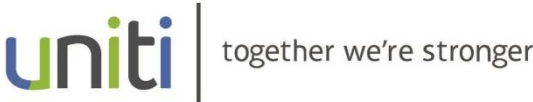
<https://unit4all.com/home/about/reports-ends/>

ASK...LISTEN...LEARN...and then act on what we hear.



An Inclusive Community Values all People

Semiahmoo House Society
 A partner in



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