

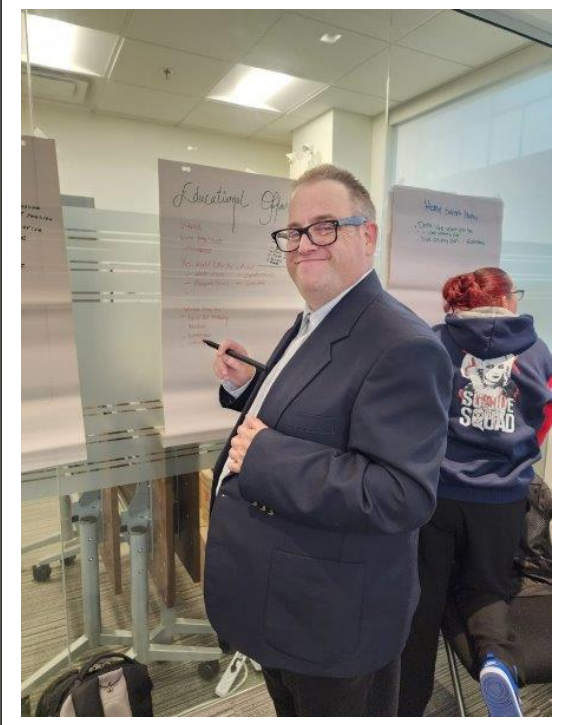


# ENDS 2 Consultation Report

## ASK, LISTEN and LEARN

How is Semiahmoo House Society doing in supporting people to live good lives of their choosing?

2022-2023



**uniti** | together we're stronger

SEMIAHMOO  
HOUSE SOCIETY

By Nolda Ware, UNITI

**“ASK, LISTEN, LEARN”**

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Semiahmoo House Society  
15306 24th Avenue  
Surrey, BC V4A 2J1

## Mission Statement, Ownership and Ends Policies

### Semiahmoo House Society Ownership Statement

The owners of Semiahmoo House Society are the people of the community.

### Semiahmoo House Society Purpose Statement

Semiahmoo House Society, a non-profit organization located in South Surrey/White Rock, exists to provide quality services and support to people with disabilities and their families in the community.

### Our Mission

#### **Semiahmoo House Society exists so that:**

People with disabilities live self-directed lives in the community at a justifiable cost and are valued members of the community.

The following Ends policies provide the organization with the direction to meet the Mission:

#### **1. People are valued members of society:**

- People perform different social roles.
- People are respected.
- People live in integrated environments.
- People participate in the life of the community.
- People are leaders.

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

- People are connected to personal support networks.
- People have intimate relationships.
- People choose where and with whom they live.
- People choose their work
  1. *People have paid employment opportunities*
  2. *People have volunteer opportunities*

3. *People have entrepreneurial opportunities*
  - People choose and use their environments
    1. *People choose services*
    2. *People have recreational opportunities*
    3. *People have travel opportunities*
  - People have educational opportunities
  - People have opportunities to explore spiritual needs

### 3. The rights of people are protected:

- People are safe.
- People have the best possible health.
- People exercise rights.
- People are treated fairly.
- People are free from abuse and neglect.
- People experience continuity and security.
- People decide when to share personal information.
- The community is aware of the universal rights of all people.

## Introduction: The Purpose, The Plan, The Process

### The Purpose

The Chief Executive Officer has a responsibility to report to the Board of Directors each year to check in and see how the organization is doing to work towards the ENDS. Semiahmoo House Society (SHS) and its employees are responsible for exploring the ENDS Policies with the people they support in order to support people to have a good life of their choosing.



To gather information and learning about what people SHS supports have to say about their lives in relation to the ENDS 2 policies. To check in and see how SHS is doing to help people live good lives and create some recommendations.

Create a report to be presented to the Board of Directors and the organization and act on some of the recommendations.

## The Plan

To connect with people SHS supports across the agency from each service, program and home. Explore questions with people to hear about their experiences in relation to ENDS 2.



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

### The Process

During the month of October and November 2022, SHS employees had conversations about ENDS 2 with **109** people that SHS supports from:

#### **Inclusive Living supports and services:**

191A Street, Angus Place, 20<sup>th</sup> Avenue, 20A Avenue, 25<sup>th</sup> Avenue, Chorus Apartments, Community Support Network (CSN).

#### **Community and Employment Services:**

North Campus, South Campus, Acquired Brain Injury Services (ABIS), Rec & Leisure, WISE, SPARK, CULA, Community Connectors, Tidy-A-Lot, the Self-Advocates of Semiahmoo.

All the information was organized to look at what was learned to help the ENDS Recommendation Committee create some recommendations for SHS based on what people had said.

## What are people's main concerns about life?

**What we learned are the main concerns in peoples lives in relation to ENDS 2...We asked 92 people to choose their top 5 concerns.**

The areas of my life when thinking about the ENDS 2.	# of people
I want to travel more.	55
I want to go out more on the weekends and in the evenings.	44
I don't make enough choices or decisions about my life. Other people seem to make decisions for me.	35
I don't have enough fun in my life. I want to do things I enjoy and I am interested in.	34
Not having a romantic partner. Not being in love with someone.	29
I don't have a best friend. I don't have enough close friends.	28
I want more education. To learn more about things I am interested in.	26
I don't have enough people in my life that I can count on or that are there for me when needed.	20
I want a job but don't have one.	19
I don't get enough privacy. I don't get my own quiet space when I want it.	16
I want to learn about different spiritual practices – religions, faiths, beliefs, cultures.	14
I want to run my own business.	12
I want to volunteer, but I don't volunteer.	11
I am not happy with what I do with my days.	9
I don't like where I live.	7
I don't have help or support to think through decisions and choices about my life.	6
I am not connected enough to my religion, faith, beliefs or culture.	6
I don't like who I live with.	5
I don't like my job.	2
I volunteer but I don't like what I am doing. I want to do something different.	1



**Executive Summary: SEE SEPARATE DOCUMENT**

**“Take chances and give people opportunities & experiences – and be surprised!”** Direct Support Staff from Inclusive Living



**A Summary of What People Said About ENDS 2**

**“Being able to have a voice and capable of making choices is better than having someone else make your choices for you.”**  
...Person who attended a consultation

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

**Making informed decisions depends upon the information that you get about the choice you are making. You get information before making a decision that explains both the good things and the things**



to be concerned about in a way you best understand. Good information that helps you to think about being happy, healthy and safe. When you make a choice, it should feel like the best decision you can make.

<b>47 people were asked if they know what it means to make an informed decision or an informed choice</b>
42 people said YES
2 people said NO
4 people said I DON'T KNOW

### What does this mean?

“Sit me down, talk to me, tell me all the choices – then I pick what I want to do.”

“To have enough information to decide what we want.”

“Knowing the difference between a good and bad thing.”

“When you look at the pros & cons then you can make a decision.”

### People were asked who makes the decisions that affect their life.

**56 people said I MAKE THEM MYSELF WITH HELP FROM OTHER PEOPLE.**

**24 people said OTHER PEOPLE MAKE DECISIONS FOR ME.**

**20 people said I MAKE THEM MYSELF.**

Some things people said they would like to decide or choose for themselves **MORE often.**

- More control over all decisions about their lives.



- More control over day to day decisions.
- More control of their money.
- What they do with their days.
- What they do with their free time.
- What they do for work.
- To get married and who they date.
- To choose their friends. Make plans with their friends. To spend more time with their friends.
- Shop on their own and buy what they want to buy.
- Make their own meals.
- What they want to eat.
- What they want to wear.
- Who comes into their room.

**INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate and supporting them to make informed decisions.**

"Know the person, watch facial expressions and body language. How they respond tells us what they want."

"When you get to know people – you know what they like and don't like. Know what is important TO people. Build relationships."

"People can clearly tell us – yes or no – like or don't like – make a decision or a choice. They use creative ways."

"We keep trying different ways for people to be as involved as much as possible in choice and decisions about their lives."

“Explaining to family as well, good collaboration with family – which helps family make an informed decision on behalf of their loved one.”

“The more resources we have the more we can share with family. Developing the relationship together in order to advocate for the person.”

“We do take the time to explain good and bad things – whether we are sure people understand or not – we still do it.”

“Allow space for the experiences.”

“It is easier to do things FOR people – but we need to spend the extra time and give people opportunities to do what they can on their own.”

“Staff centred vs person centred – it's quicker. We need to be more mindful and intentional about this.”

**“People make choices all the time – but is it an informed choice?”**

## Some things people said.

“I want to do more things on my own and not have to tell everyone all the time.”

“I want to be able to choose to move and live on my own.”

“Independence, being able to go somewhere without telling anybody. I want to be able to go out & make mistakes on my own. I want to make mistakes.”

“Let me have the option to choose if support is needed or not.”

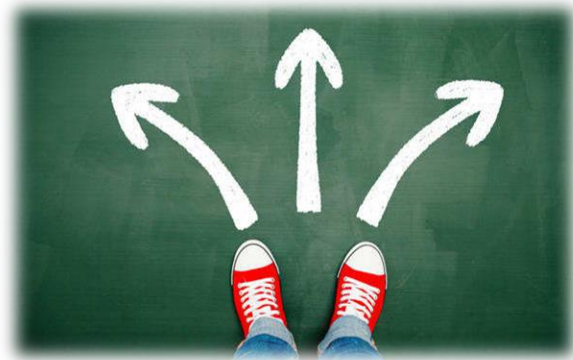
“Assist people more by giving choices they can make themselves.”

“Brainstorm with people – make it fun and be creative!”

"Give us more choices as much as you can so we aren't limited."

## Thinking about what was learned...

During the consultations, conversations unfolded that demonstrated people feel others are often making decisions for them, that people with disabilities "are not being allowed to make mistakes" and that some find it difficult to speak up even though they want more control of their lives.



The UN Convention of Rights for Persons with Disabilities and SHS's Global End states that people are free to make their own choices. How can we do a better job of making this happen more often for more people?

## **ENDS 2.1 People are connected to personal support networks.**

**You have people 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 not paid to be in your life. They can be family, friends, neighbours, co-workers, class mates, team mates, people you know from a group you belong to.**

**EVERYONE** said they feel they have people in their lives they are close to, care about and trust. People that help them with what they want and need to live a good life.

**EVERYONE** said they want to have more people in their life that they care about and can depend on.

**About ENDS 2: The top things people said they would like MORE help with in their lives.**

- Help to make decisions for myself – decide how I want to live my life.
- Help with my social life – having friends, seeing my friends.
- Help to go on trips and travelling.
- Help to have meaningful and enjoyable days – doing what I want to do with my days.
- Help with my fun time, getting out and about, enjoying life.
- Help to have a good home life.
- Help to make decisions for myself – decide how I want to live my life.  
Doing more for myself.
- Help to find love, a romantic relationship.
- Help with my spiritual life.

**INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate and their personal support networks.**

"A lot of people have families that are concerned about them."

“For some people we believe they would want more people in their life.”

“We have been able to reconnect people to family.”

“Some people who don’t have family who are close – it is hard to connect them to friends and help make other connections.”

“Many people have wonderful paid support in their lives but few natural support networks.”

### Some things people said.

“I don’t want people doing things for me. I don’t mind people helping me if they are teaching me, so that I can be more independent.”

“It’s important to learn from people in our lives, so we know how to do more for ourselves. That’s what a support network is.”

### Thinking about what was learned...

If everyone said they want more people in their personal support network, maybe this is a good discussion to have with everyone’s present support network?

## **ENDS 2.2 People have intimate relationships.**

You have relationships that are important, close and loving. This can be close friendships or romantic relationships such as a best friend, a romantic partner, a lover, a marriage.

These are the people that it is hard to imagine life without. They are usually the most important people in your life.



**People were asked if they have a romantic partner in their life.**

13 people said YES

20 people said NO

**People were asked if they do not have a romantic partner in their life do they want one.**

14 people said YES

5 people said NO

**What people had to say about their love life.**

11 people said they want to have children one day.

10 people said they want to get married one day.

8 people said they see their partner enough and go on dates.

6 people said they don't get enough private time with their partner.

5 people said they don't see their partner enough & don't go on dates.

4 people said they get enough private time with their partner.





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## **31 out of 38 people said they want to learn more about how to be in a happy and loving relationship!**

### **Having close friends is important to people. What people said about the friends in their life.**

37 people said they want to see their close friends more often.

25 people said they don't have enough close friends and want more friends in their life.

20 people said they only see their close friends at Semiahmoo House Society programs and services.

16 people said they have enough close friends.

### **What people said are some things that get in the way of finding love or having more close friends.**

40 people said it's hard to find places to go to meet people.

32 people said they don't have enough help to make friends.

32 people said they don't go out and about enough to meet people.

28 people said they don't have enough help to find a romantic partner.

#### **INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate and their friends and love life.**

"More unpaid close friendships would be nice for everyone we support. We need to pay more attention to this."

"We need to create more options and opportunities for people to have a best friend or a romantic relationship."

“For some people moving in who were lonely – moving into the group home has fulfilled some of their social needs. “

“Working with a team – someone needs to hold the space and take the lead to in supporting people to pursue or maintain connections.”

### Some things people said.

“I am too shy to ask.”

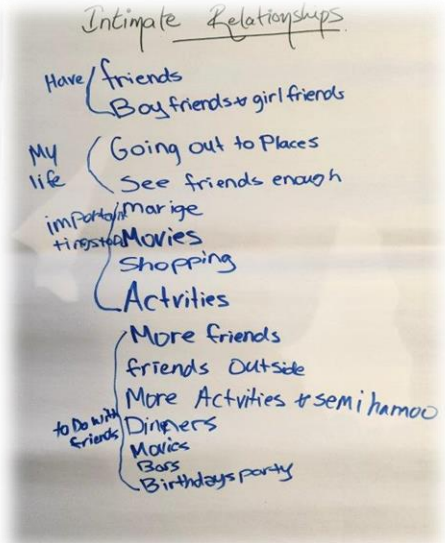
“It’s hard to get to know people. It takes time to make friends.”

“I am afraid of rejection.”

“Transportation is a big issue.”

“Self esteem and confidence are low which makes it hard to meet people.”

“People with disabilities don’t get asked enough about wanting a love life or romantic relationship.”



### Thinking about what was learned...

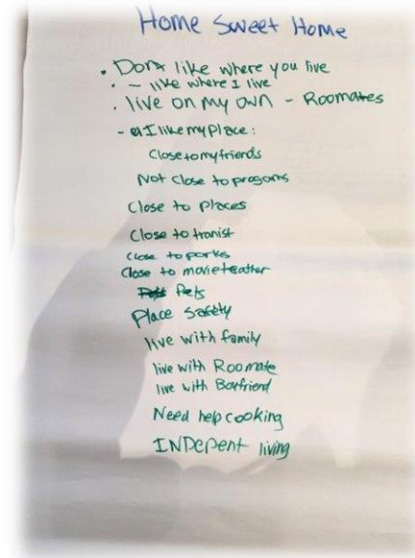
People continue to tell us they want more friends, they want a love life, they want to see their friends more often and they want to see their love partners more often...let’s intentionally work on **“what people said are some things that get in the way of finding love or having more close friends.”**

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

You choose where you want to live, how you want to live and with who you want to live with.

This includes your community/neighbourhood of choice and the kind of home.

You choose to live with people you want to live with or live alone if you want to.



**42 people live in a community or neighbourhood they want to live in.  
5 people do not live in a community or neighbourhood they want to live in.**

### The top reasons people like about where they live.

It's close to my family and friends.

I have nice neighbours.

It's a safe neighbourhood.

I live close to shops, stores and restaurants.

It's close to nature – parks, forests, mountains or the beach.

It's close to a bus stop/good bus route.

It's close to my job, school, or community program.

It's busy and fun and close to all the action.

Having a pet.

It's not close to things, but I like it because it's quiet and peaceful.



## The top reasons people do not like about where they live.

Not close to my job, school, or community program.  
Shops, stores and restaurants are too far away.  
I don't know my neighbours.  
Not close to a bus stop/good bus route.  
Not able to have a pet.  
Too far away from things, isolated and too quiet.  
I don't live close to my friends.  
It's too noisy and busy.  
I don't feel safe.  
I don't live close to my family.

## Asking 59 people who they live with.

22 people live with their family.  
21 people live in a group home.  
10 people live with a supporter or home share.  
9 people live in their own home with support.  
2 people live with a roommate in their own home with support.

## Asking 55 people if they like who they live with.

45 said YES  
8 said SOMETIMES  
3 said NO

## Asking 59 people if they got to choose where they live and who they live with.

23 people said YES  
40 people said NO



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## Thinking about privacy and having space when people want to.

Some people feel they get enough privacy where they live.

Some people said they have privacy in their rooms, but would like to have more time alone in other parts of their home.

Some people feel they do not have enough privacy.

### **INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate and about where they live.**

"We believe people are generally happy – but we don't know for sure as they have not had a choice about where they live."

"Connecting with their communities, roommates, staff and neighbours is important to people."

"We focus on providing a cozy, accessible home for people."

"What we think people don't like about where they live:

- Sometimes their roommates.
- Family not close by.
- Having to share space.
- People have privacy in their rooms but not in other parts of the house. Sometimes the only escape is their bedroom."

"Recent years – more than ever, we have pushed back against the system when they suggest someone to move into a group home – we are paying attention to matching – and advocate for this. When we find some one who is a good match – we advocate for that person/situation."

## Some things people said.

“My neighbourhood is not culturally diverse. I would like to see more cultures move into the area.”

“One day I would like to move out of my parents house and live alone with some support. I always wanted to have my own home.”

“What's holding me back from living on my own home is I can't afford it.”

*thank you*



To the community...

UNITI's affordable and inclusive Harmony Apartments was approved by Surrey Council on November 29th, 2022. This would not have happened without your ongoing and persistent support.

You spoke up for people with disabilities and others in desperate need for quality housing in their neighbourhood. You demonstrated that our community is one where all people are valued and belong.

Harmony was approved because of you.

On behalf of UNITI, thank you for helping make many dreams come true.

**uniti**



## Thinking about what was learned...

The opportunities for people to choose where they live and with whom varies and depends on individual circumstances. It seems most people who live in group homes did not have involvement in this choice. People who live with their families are either thinking about where they are going to live one day or have not thought about it yet. People who live in a home share situation are involved in the process of deciding where and who they are going to live with. People who live in their own home said they made this decision.

It seems that how much control people have about where they live depends on their confidence and comfort to speak up and voice their wants and needs.

People who are not confident, comfortable or do not have the support for others to hear their voice, seem to have less control over where they live and who they live with.



**ENDS 2.4 People choose their work.  
People have paid employment opportunities.  
People have volunteer opportunities.  
People have entrepreneurial opportunities.**

**People choose their work.**

- You have a job and get paid.
- You have your own business if you want one.
- You are working towards getting a job.

**People have volunteer opportunities.**

- You volunteer somewhere that you want to volunteer.

**What is happening in people's lives right now.**

Some people have a job they like.

Some people volunteer at a place they enjoy.

Some people want a job but are not having much luck.

Some people are working on getting a job.

Some people want to have their own business.

Some people want a volunteer position but are having a hard time finding one.

**What people like the most about their job.**

The people and relationships: co-workers and customers.

Greeting people.

Feeling welcomed and included.

Feeling appreciated.

The pay cheque.

Having a job they enjoy.



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Having good support at work.  
Regular job coach check ins.

### What people don't like about their job.

Health issues getting in the way.  
Mental health gets in the way of stable volunteering and employment.  
Getting up early.  
Not making enough money.  
Not doing a job they enjoy.  
Finding transportation to work.  
People who are mean and unkind.

### Asking people WHY they volunteer.

13 people said **giving back and helping out is important to me.**

13 people said **to gain skills and experience.**

12 people said **to be involved and participate in my community.**

12 people said **gives meaning and purpose in my life.**

12 people said **it makes the world a better place.**

10 people said **my volunteer position is something I love and am passionate about.**

9 people said **to have something to do – fill my time.**

8 people said **it looks good on my resume.**

5 people said **it's on the schedule.**

5 people said **because someone else said I should.**

## Some other things people said about why they volunteer.

"So I can make new friends and work on my social skills."

"Helping others who need help."

"It makes me happy."

"Brings me enjoyment."

"Connect to more people & make more friends."

"I feel like a leader."

"I like to have more skills and giving back to the community."

"I get to be around people. I get to be social."

"Keeps me out of mischief and keeps me occupied!"



### **INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate about work and volunteering.**

"Two or three people want to work – they want to make money."

"Many people are retired – either from a part time job or day program."

“Many people have chosen a life of leisure.”

“One person is involved in volunteer opportunities and enjoys connecting with different people to expand their network, get out and meet new people, be around people, helping others and has pride in having the position.”

“People contribute in all sorts of ways that create meaning. At home people help with staff interviews, orientations, regular helping & leader roles around the house.”

### Thinking about what was learned...

When thinking about the importance of paid employment opportunities, one of the keys to a good life is financial security. Through out this report, many barriers people are experiencing to live a full life are financial barriers.

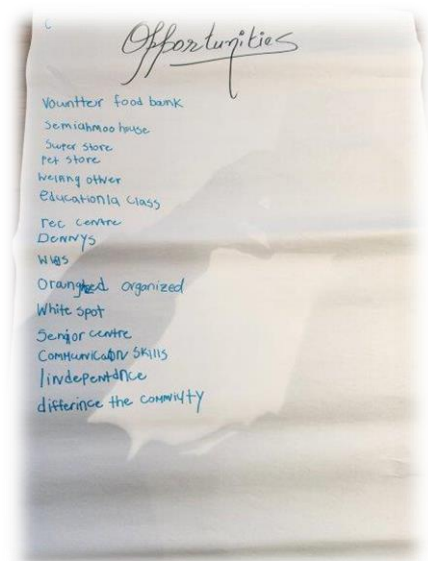
When thinking about volunteer opportunities, how do we support more people to find purpose and meaning in the volunteer work they do versus “it fills my time, it’s on the schedule or someone else said I should?”

**ENDS 2.5 People choose and use their environments.**

**People choose services.**

**People have recreational opportunities.**

**People have travel opportunities.**



**People choose and use their environments.**

- You choose what you want to do and where you want to go. This includes where you live, work and play. You get out in the world and have opportunities to do interesting things in ordinary places.

### **People choose services.**

- You choose how you spend your days.

### **People have recreational opportunities.**

- You enjoy life when you are not working or going to school or a community service or program – doing things you enjoy and are interested in.
- Recreation is what people do for enjoyment. This can be for relaxation, fun, pleasure, entertainment, staying active, a hobby or something you are interested in.
- This includes ordinary places in your neighbourhood – not just places that are only for people with disabilities.

### **People have travel opportunities.**

- If you like travelling, you go on enough trips and vacations to different places.

### **What people do during their days.**

38 people do a combination of the following things.

34 people go to Semiahmoo House Society programs and services.

25 people go places in their community and neighbourhood, community organizations and groups.



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11 people work.

10 people volunteer.

7 people stay at home.

2 people go to school.

### People were asked if they like what they do with their days.

**34 people said YES**

**8 people said SOMETIMES**

**1 person said NO, they would rather do something different.**

### What people said they like the most about their days.

Being around people they like – friends, classmates, co-workers, supporters, staff.

Being out and about in their community.

The variety – doing different things.

Doing something that makes them feel good. Helping others or helping their community.

Their days are quiet and easy going.

Making money.

Education and learning.

Their days are busy and full of action.

### What people said they do not like about their days.

Not making money.

It's too loud, noisy and too many people around.



Have to get up too early – not being a “morning person.”  
Not learning new things.  
Not getting out enough. Stuck in the same place all day.  
Days are too busy.  
Do not like the people they are around.  
It's boring. Don't have enough to do.  
Spend too much time alone.  
Do not have enough support.  
Do not like what they are doing.

### What people said they want to do MORE of in their spare time and for fun.

Travel – go on trips and vacations  
Movie theatres  
Party with my friends. Hang out with my friends  
Out for lunch and dinner  
Go on dates  
Semiahmoo House Society Rec & Leisure  
Concerts, music events, live theatre  
Pubs, bars, night clubs, dancing  
Parks, nature, the beach  
Public/community events and festivals  
Art work  
The Spa  
Community swimming pool, exercise class or gym





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Cooking and baking  
Library  
Reading and writing  
Sporting events  
Sports or join a sports team  
Community art class or educational class  
Public Recreation/Community Centres  
Places of Worship  
Gardening

## If people are not doing things they enjoy as much as they would like to...how come? What is getting in the way?

- 25 people said: **Not enough money.**
- 15 people said: **No transportation or rides.**
- 15 people said: **I don't know how to make plans and arrangements.**
- 14 people said: **I'm not allowed to go out at night or stay out late.**
- 12 people said: **No one to go out with or to take me places.**
- 11 people said: **Other people are too worried about me.**
- 10 people said: **I don't go out on the weekends or evenings.**
- 10 people said: **I don't know how to find out what is happening in my neighbourhood.**
- 8 people said: **Community accessibility issues.**
- 7 people said: **Someone else decides what I do and makes the plans for me.**
- 7 people said: **Too far away from where I live.**
- 6 people said: **It's not safe.**
- 2 people said: **I don't have any friends.**

**INCLUSIVE LIVING: On behalf of people who communicate in different ways or don't use words to communicate about what they do with their days and their free time.**

"For people who live in UNITI groups home – everyone enjoys a combination of things to do during their days. They have full lives."

"People's days are balanced. The life style is balanced for everyone."

"Schedules are based on what the ladies like to do – easy going. They are Elders."

***Do people like their days?***

"Depends - some good days some not so good days. Depends what they are doing."

"Some people would love to be going out more."

"Some people were not happy going to a day program – they were given the opportunity to change their mind and now are so much happier being at home!"

***What do people want to do more of?***

Traveling and vacations. Shorter day trips.

Eating out in restaurants.

Movies, shopping, getting out and about doing things they enjoy.

A better Night Life.

***What is getting in the way?***

Staffing shortage.

Community accessibility issues.

Not enough money.

Running out of ideas.

Do not know what's happening in our communities.

## Some things people said.

"I like to relax on the days I don't do anything."

"I stay home more then I would like. I can't do the things I would like to do more. Transportation is a big issue for me."

"I want more freedom."

"Sometimes I am busier than other days and sometimes it can be overwhelming."

"Some days are too busy – need to find a balance."

"I want to do things with people other than my mom and dad."

### **What else is getting in the way of doing things people enjoy?**

"Not enough people in my life I feel comfortable around."

"I don't get out at night in the dark on my own. I don't feel safe."

"Having enough money is the big one. No where to go that's free."

"I have to think ahead & make sure there is a washroom I can use & that the place is wheelchair accessible."

## Thinking about what was learned...

More and more we are seeing people doing a combination of things during their days. This is great! In the past, we heard people say they want more variety.

There continues to be many barriers to what people want to do with their free time. Having some deeper and more intentional conversations about how to break down some of these barriers might be a place to start.

## Talking to people about getting older

### What do you want to do with your days when you get older? OR now that you are older, what do you want to do with your days?

“Get married, have kids, live on my own and have more fun.”

“Stay in bed in my pajamas and have my favourite food and snacks.”

“Retire – but still want to be busy.”

“I would like to still volunteer. “

“I would like to hangout with my friends. “

“Hang out with my boyfriend and go on more fun dates.”

“Go on trips around Canada.”

“Join some kind of group activity with people my age.”

“Staying home more.”

“What I’m doing now.”

“Sleep in.”

“As I get older I don't think I'll do the same things, but I want to keep doing them.”



### What are you looking forward to as you get older?

“To be a more independent person, have more fun.”



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- "I don't want to think about getting older."
- "Walking with a walker when I'm 80ish."
- "Getting engaged."
- "Getting married and having babies."
- "A great love life."
- "Just living my life now - the way I am living now."
- "Peace and quiet!"
- "Retiring and sleeping in."
- "More relaxing time."
- "Spending time with family."
- "See my friends more often."
- "Getting older with my sisters and brothers I am close with."

### **What are you worried or concerned about as you get older?**

- "Everything."
- "Having more health problems."
- "Getting sick."
- "I worry about my physical health."
- "My heart problems. It might get worse as I get older it might not."
- "Losing friends."
- "Being alone."
- "Passing away."
- "Parents getting older."
- "Worried about life and what happens to mom and dad, they are getting older too."
- "I am worried about if I will have support as I get older."





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“Harder to walk places.”

“I am worried that I might be in a wheelchair.”

“Mobility equipment that will be needed and the cost.”

“Nervous and afraid of falling.”

“That I won’t have things to do during the day.”

“Where will I live.”

### Thinking about what was learned...

Are we paying enough attention to preparing people for getting older?  
How do we help people, families and supporters be better informed about what life might be like when older?

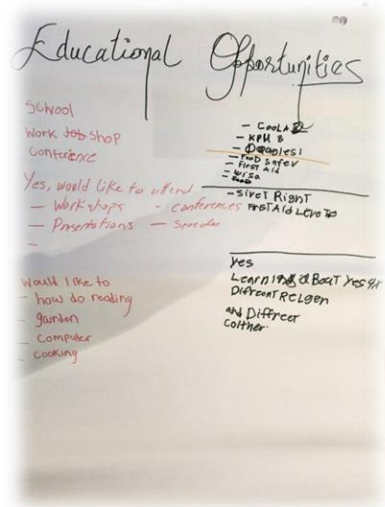
## ENDS 2.6 People have educational opportunities.

**You have opportunities to go to college, university, take classes, courses or workshops. You have learning opportunities.**

<b>30 people were asked if they have ever gone to college, university</b>
9 people said YES
22 people said NO
<b>People were asked if they have ever attended a workshop, community class, lecture, presentation or a course/class on something they wanted to learn.</b>
30 people said YES
18 people said they want to more often

## What people said they want to learn about

Life skills  
 Living in my own place  
 Cooking classes  
 Writing and reading  
 Spanish and languages  
 Art classes  
 Computers and technology  
 Food safe and 1<sup>st</sup> aid  
 Health related classes  
 History  
 Wildlife  
 How to better communicate with people  
 How to get paid employment  
 Gardening



## Some things people said.

“There needs to be more education opportunities where everything is in plain language and easier to understand.”

“People at ABI thought they would like an added sort of educational portion into ABI for small 1-hour sessions. They devised a plan that it would be a new topic each week and decided by the group.”

“Why aren't there more educational opportunities for people to learn to do more for themselves? Especially if preparing to live in their own apartment one day?”

## Thinking about what was learned...

Over the years, we hear people want to continue learning. People want education opportunities and to learn more about things they are interested in. This includes people wanting to learn to do more for themselves.

### **ENDS 2.7 People have opportunities to explore spiritual needs.**

**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 have what they believe in their life and follow their beliefs.**

**25 People were asked if they have a religion, faith or cultural beliefs that are important to them.**

**7 people said YES  
18 people said NO  
1 person said I DON'T KNOW**

**People were asked WHY their religion, faith, cultural beliefs, spiritual practice is important to them.**



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“To stay connected to the gods that I want to believe in.”

“So I can keep up believing in God. It gives me joy to go to church.”

“It’s about God – having the faith. Centred around Jesus. I feel proud.”

“I feel better having my beliefs.”

“The choir, family and friends. Community. I like walking to church.”

“I am proud of being a Christian. I believe in Jesus and have faith that I will be going to Heaven when it’s my time.”

“Gives me hope and peace.”

**30 people were asked if they want to learn more about different religions, faiths or cultural beliefs.**

**18 people said YES  
10 people said NO  
3 people said I DON’T KNOW**

**INCLUSIVE LIVING: On behalf of people who communicate in different ways or don’t use words to communicate about exploring their spirituality.**

“Religion and spiritual practices are not defined by the “building”. This can be celebrated through Sunday TV worships and music.”

“When people move in, we ask and learn about the faith groups they are connected to and make it happen.”

“We spend the time to figure out what is important to each person – their beliefs – and then make it happen for them.”

“One person embraced familiar rituals from their past. A familiar environment growing up that he had not been in for a long time. It was cool the staff took him back to experience it again – he loves it!”



“We need to pay attention to helping people build their own spiritual connections.”

## Some things people said.

“People at ABI said if there was ever anyone new attending ABI and they practiced a religion they were unfamiliar with, they would be happy to learn from the person about their faith.”

“We noticed during the conversation, not many people were interested in this topic, I wonder why?”

“Back in school we didn’t learn about this stuff – but we should have.”

“I am curious and want to learn.”

## What are your hopes for your future?

**What are your hopes for your future? What are you looking forward to in your life? What do you want to do with your life?**

Have a family – get married and have children.  
Getting married, having kids and living happily ever after.  
Have a girlfriend. Have a boyfriend.  
More education - learn more life skills.  
Move into my own place. Move into Chorus or Harmony Apartments.  
Move out of my parent’s place.  
To have my own home.  
More freedom!  
More travel.  
Have more friends.  
Get a job that pays well.  
To have more money.

To have a successful career.  
Working, volunteering and living my own life.  
To have a balanced life.  
To stay healthy.  
To always have a good support system.  
More fun in life.

## The Recommendations

### What can we do to act on what we have heard? The Bright Ideas...

#### Who is the ENDS Recommendation Committee?

The ENDS Recommendation Committee consists of a few members of the Self-Advocates of Semiahmoo and a few Semiahmoo House Society employees.



#### The purpose of the ENDS Recommendation Committee:

- To hear about the results of the ENDS 2 consultations - what people said.
- As a group, come up with some recommendations that can help Semiahmoo House Society continue to provide good support and services to help people live good lives based on the ENDS 2 consultations.
- Create a list of recommendations and deliver them to Doug Tennant.



**“All humans want a life of value, meaning, contribution and a life of exploring, meeting people and having fun.”** ENDS

Recommendation Committee member

## ENDS 2

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

**Recommendation 1:** UNITI to teach people about informed decision making through resources, classes, workshops and videos so people have more opportunities and feel more confident to make choices for themselves.

**Recommendation 2:** To support people and provide classes and workshops for people to learn to do more for themselves.

**Recommendation 3:** Support people to build their confidence and self-esteem so they are comfortable speaking up for themselves through workshops, classes, toastmasters, counseling, etc.

### **ENDS 2.1 People are connected to personal support networks.**

**Recommendation 4:** Support people to expand their personal support network.

- Everyone UNITI supports to develop their relationship map. This is where we can start to see who is missing in people's lives.
- Build community relationships and connections.





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**“If you have a relationship map, when you’re struggling, you can see who to reach out to.”** ENDS Recommendation Committee member

## **ENDS 2.2 People have intimate relationships.**

**“People need to get out in the ordinary world and connect with people.”** ENDS Recommendation Committee member

**“Employment, social lives, living a good life. It’s all connected. I need to be employed to be able to feel confident and to afford to go out.”** ENDS Recommendation Committee member

**“Find spaces where we can meet people in the same age group. And who are at the same place in my life.”** ENDS Recommendation Committee member

**Recommendation 5:** Create a class/workshop about how to be in a happy and loving relationship.

**Recommendation 6:** People continue to tell us they want more friends, they want a love life, they want to see their friends more often and they want to see their love partners more often. Figure out how to address the barriers. Some of the things people said get in the way of finding love or having more close friends.

**People said it’s hard to find places to go to meet people.**

**People said they don’t have enough help to make friends.**

**People said they don’t go out and about enough to meet people.**

**People said they don’t have enough help to find a romantic partner.**



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**Recommendation 7:** Have more opportunities for people to get together evenings and weekends. Bring back the Mix & Mingle on a regular basis so people can meet new people. Have them at a pub, restaurant, park, beach or in the community.

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

**Recommendation 8:** Continue supporting CSN to find good home share providers.

**Recommendation 9:** As people think about where they will live when they move from their family home, educate people about what some of the living options are ahead of time so they have the information and are more involved in where they want to live one day.

**Recommendation 10:** Continue advocating for Affordable, Accessible, and Inclusive Housing.

**Recommendation 11:** Continue helping people find jobs so they can afford to live in their own home if they want.

**Recommendation 12:** Regularly check in with people and ask if they are happy about where they live and who they live with.

**“There’s many people who need full time support, but want to live on their own. Many don’t see independent living as an option, and get discouraged.”** Ends Recommendation Committee member

**ENDS 2.4 People choose their work.  
People have paid employment opportunities.  
People have volunteer opportunities.  
People have entrepreneurial opportunities.**

**One of the keys to a good life is financial security.**

**“Most people with disabilities are poor and live in poverty. Lifting people out of poverty is about employment, jobs and getting people working.”** ENDS Recommendation Committee member

**Recommendation 13:** Continue to help people find a job.

**Recommendation 14:** To have more volunteer opportunities in the community regarding what people are genuinely passionate about.

**ENDS 2.5 People choose and use their environments.  
People choose services.  
People have recreational opportunities.  
People have travel opportunities**

**Talking to people about getting older**

**“Talking about our parents getting older is hard but good.”** ENDS Recommendation Committee member

**Recommendation 15:** Create supports and services for people who are older.

**Recommendation 16:** Through education and conversations, support people and families to be better informed and prepared for what life might be like when older.

### What people do with their days

**Recommendation 17:** Continue to support people to have a choice of doing a variety of things during their days. Different opportunities and experiences. Check in regularly with people to see what is working and not working about their days.

### What people do with their free time – for fun.

**Recommendation 18:** Figure out how to address the barriers that are getting in the way of people not doing things they enjoy as much as they would like to.

**Not enough money.**

**No transportation or rides.**

**I don't know how to make plans and arrangements.**

**I'm not allowed to go out at night or stay out late.**

**No one to go out with or to take me places.**

**Other people are too worried about me.**

**I don't go out on the weekends or evenings.**

**I don't know how to find out what is happening in my neighbourhood.**

**Community accessibility issues.**



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**Someone else decides what I do and makes the plans for me.  
Too far away from where I live.  
It's not safe.  
I don't have any friends.**

## **Conversations about the barriers**

"Income is the main barrier to me getting out and connecting with others."

"What gives people the right to say "You're not allowed to go out at night or stay out late"? We have rights. We are human beings as well."

"We need to support people to speak out and stand up for themselves."

"We want to do the same things as other people our age. I get that there are barriers out there...but we need to try to address them."

"We could make a music video about The Right to Stay up Late!"

**"Community and fun does not happen from 9:00 to 2:00 pm.  
EVERYONE WANTS TO GET OUT EVENINGS AND WEEKENDS!"**

**Send out a regular newsletter/email/calendar about what's going  
on in different communities and neighbourhoods. Get the  
information out to people!**

**A North and South Campus Social Club could do this!**

## ENDS 2.6 People have educational opportunities.

**Recommendation 19:** Tap into community courses, classes and workshops and support people to attend opportunities they are interested in.

**Recommendation 20:** Create a resource to help people and UNITI employees know what community courses, classes and workshops are available.

**Recommendation 21:** Increase opportunities and variety of educational and learning opportunities within UNITI Community Services.

## ENDS 2.7 People have opportunities to explore spiritual needs.

**Recommendation 22:** Ask people if they want help to explore their spirituality and their culture and provide the support they need.

**Recommendation 23:** Have more world celebration classes and events about different celebrations around the world. Include what they are about and why we have them. Include people UNITI supports in planning celebrations.



## Final thoughts...

An important next step to think about is bringing people together to figure out how we can check in and see how we are doing with some of the recommendations over the years.

What ENDS are we moving closer to?

What do we need to pay more attention to?

What can we continue to celebrate, enhance or change?



## What Next? ...

- The ENDS Recommendation Committee to deliver a letter to Doug Tennant with the recommendations.
- Complete full report with recommendations by the end of February 2023.
- Create a summary of report in plain language. Create a one pager of report.
- Present report to the Board of Directors in March, 2023.
- Share the report with organization, roll out and act on recommendations.
- Align with the Strategic Plan.
- Figure out a way to check in with SHS to see how things are going with the recommendations.







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## UNITI ENDS reports

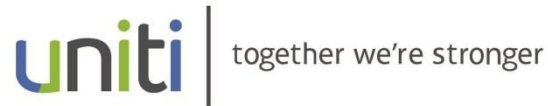
<https://uniti4all.com/home/about/reports-ends/>

**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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