

# ABLE2



## ABLE2 Annual Report

2022

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# ABOUT ABLE2: SUPPORT FOR PEOPLE WITH DISABILITIES



## OUR VISION AND MISSION

ABLE2 believes in an inclusive community where all people are seen as able, important and valued. We work with partners to provide the tools, choices and connections that empower people with disabilities to build lives of meaning and joy.

## OUR PROGRAMS

ABLE2's programs channel the power of compassionate people to provide hope and support to the city's most vulnerable citizens in several ways.

Matching Program volunteers are matched one-on-one with people living with disabilities of all ages, across the disability spectrum.

Build Community aims to build relationships for individuals living with a disability, building a network of unpaid people who support the individual in their daily life.

Person Directed Planning and Facilitation (PDPF) for individuals and families - focuses on helping those living with disabilities to discover their dreams and aspirations, and then to develop a plan to reach their goals, based on their strengths, interests and abilities.

Fetal Alcohol Resource Program (FARP) - draws together the resources, skills and knowledge that exists in Ottawa and provides support and community navigation for individuals with FASD and their families.

Family Support - ABLE2 offers a series of educational workshops on a variety of topics and a Funding Brokerage program.

# A WORD FROM BOARD CHAIR AND EXECUTIVE DIRECTOR



**ROBERT MEREDITH**  
BOARD CHAIR

What an incredible year! ABLE2's staff and board worked hard throughout 2022 to continue to move the organization forward, providing quality services, enhancing current programs/services and piloting new ones. ABLE2 also is proud to say that our profile within the community has expanded and ABLE2 is becoming an agency to work with.

Some of the greatest highlights included bringing back some of our key events and delivering them in person.

Evening in The Maritimes was back! From the beginning of the evening as you made your way through the reception area numerous attendees mentioned the joy in seeing people in-person. Held at the Westin Hotel in Ottawa on May 19, 2022, attendance was kept at 400 attendees to adhere to the Hotel's COVID restriction requirements. As a result, a health & safety plan was implemented, and guests were asked to participate in health screening at check-in. Several new ideas were implemented, we had great volunteer participation including through Petro-Canada and overall, participants had an enjoyable evening.

Both the picnic and Holiday party were back and it felt good to get together and see everyone in person. The picnic was held on August 27th, 2022, at Britannia Park, our DJ was back, and the day was full of games, prizes, and dancing. The annual Holiday party was held December 11th, 2022, at the Hellenic Centre, and as always dinner was fantastic, the music was great and there was even an Elvis impersonator to liven up the evening.



**HEATHER LACEY**  
EXECUTIVE DIRECTOR

Other events continued and adapted to the environment of the day. ABLE2 delivered the annual Fetal Alcohol Spectrum Disorder Symposium. The Symposium remained fully virtual and focused on the theme "A new look at addressing mental health including stigma faced by people with Fetal Alcohol Spectrum Disorder (FASD)". The Symposium was held January 25, 2022. The keynote speakers, and workshop presenters provided inspiration to the community along with much needed information and resources. The community feedback received from parents, professionals and people with lived experience was positive. The symposium had 301 individuals registered to attend.

Once again, we held our FASD awareness walk on September 11, 2023. Our Honorary Chair, Davina Mulalley, led the day. The walk started in the Byward market at the Ottawa sign, lit in the ABLE2 colors and ended at city hall, where the Honorable Jim Watson, proclaimed the day FASD Day and a flag was raised and flown at City Hall for the day.

ABLE2 engaged in several key projects that will have an impact on the future growth of the organization.

Beginning in May, ABLE2 engaged a Human Resources consultant to evaluate the compensation and benefit programs offered. This project was completed in October and as a result ABLE2 was provided with some tools and processes to ensure that salaries and benefits are keeping up with the employment market.

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# A WORD FROM BOARD CHAIR AND EXECUTIVE DIRECTOR - CONTINUED

In October, ABLE2 engaged a consultant to lead the organization through building a strategic plan for 2023 – 2026. The consultant spoke to people with lived experience that were using our services, volunteers/Allies, staff, managers, and the board. The finalized strategic plan was delivered to the Board in December 2022.

ABLE2 was fortunate to be chosen as a partner by the Queen's PhD-Community Initiative. This initiative brings together PhD students from different programs of study into interdisciplinary teams to assist community organizations in addressing a particular issue or challenge of importance to them. This amazing group delivered a valuable evaluation of ABLE2's volunteer onboarding process.

In November ABLE2 was approached by a PhD candidate to participate in a case study to explore how a disability justice framework could be used within ABLE2. The first phase of the case study was completed, this included a full organizational review. The project will continue into 2023 and will include feedback surveys, delivery of two (2) workshops for ABLE2 and the closing interview.

Throughout the year, discussions continued with Reach Canada resulting in the signing of the Amalgamation Agreement in December. The work to amalgamate Reach is in process and included welcoming two (2) Board members of Reach onto the ABLE2 board.

Our programs/services continued to move forward, delivering support groups, bringing allies and friends together, supporting existing matches, assisting families to build support networks, managing funds for individuals and their families, and delivering workshops through our ABLE2 Grow series.

Once again, ABLE2 said goodbye to several staff and Board members. It is always hard to see people leave, ABLE2 is excited for them to start a new journey or another phase in their lives. As we have said before, the organization was made stronger by their commitment and valuable contributions.

ABLE2 would like to thank all our funders, donors and supporters, our Allies and other volunteers, our placement students and independent contractors who believe in our vision and mission and have worked with us as we strive to fulfill our vision of a fully inclusive community, where all people are seen as able, important, and valued. As well, ABLE2 wants to thank all the staff; their commitment, compassion, dedication, care, and belief in the organisation, our vision, mission, and values, are on display everyday. Finally, ABLE2 would like to thank the Board for their participation, support, leadership, guidance, and advice, which have been invaluable in moving the organization forward to fulfil our vision.

ABLE2 is looking forward to the future, to expand and deepen our impact in the community and continue to strive to achieve the vision at the end of our path. Our hope is that you join us in this journey.

Heather Lacey  
Executive Director

Rob Meredith  
Board President



# 2022 IMPACTS



OVER 2,500  
INDIVIDUALS  
SUPPORTED



FUNDING BROKERAGE  
PROVIDED FINANCIAL  
MANAGEMENT  
SUPPORT TO 18  
FAMILIES



BUILD COMMUNITY  
SUPPORTED 30  
FAMILIES



OVER 600 PEOPLE  
REGISTERED FOR  
24 GROW  
EDUCATION  
SESSIONS



21 REFERRALS  
FOR HOUSING  
FROM DSO



266 MATCHES  
WERE CREATED  
OR MAINTAINED



22 PEOPLE WITH  
DISABILITIES  
CREATED PERSONAL  
PLANS WITH A  
FACILITATOR



288 VOLUNTEERS  
HELPING TO  
BUILD A MORE  
INCLUSIVE  
COMMUNITY



FARP SUPPORTED  
274 INDIVIDUALS  
LIVING WITH FASD  
AND THEIR  
FAMILIES



535 PEOPLE  
TRAINED WHO NOW  
HAVE A BETTER  
UNDERSTANDING  
OF FASD

# MATCHING PROGRAM

## ROB'S VOLUNTEER JOURNEY

Rob was matched with Ted twelve years ago and they soon became part of each others' families, attending dinners, BBQs, weddings, and welcoming Rob's children into the world. Rob found himself connecting with Ted's roommate, Fred and was soon matched with him as well. Before long Uncle Ted and Uncle Fred were woven into Rob's family.

"This program is the biggest gift I have ever been given, the ability to form a series of life-changing relationships," says Rob. "You could never walk away from interacting with Ted without a smile on your face. He was a selfless individual and only wanted the best for you. That was a gift he would give me each and every time I saw him."

Sadly, Ted passed away. During Ted's final days, Rob sat with him every day and held his hand so he always knew he had someone who loved him and that he was not alone.

In March of 2022, Rob ran the Goggins Challenge where for 48 hours, he ran 4 miles every 4 hours. Rob raised over \$6,000 dollars for ABLE2 in memory of Ted!

Robert is a recipient of the Senate of Canada's 150th-anniversary medal for his community involvement, working with families that are dealing with disabilities and coaching youth in financial literacy. He has also been awarded the RBC Global Citizen.

Rob is finishing his term as ABLE2's Board Chair. During his term, he has guided ABLE2 through many changes and challenges including the pandemic. Rob has shown unwavering support for the Executive Director and staff at ABLE2 during his tenure as President. Rob is a passionate community builder and has ABLE2's profound gratitude and heartfelt thanks for all the energy and love he has dedicated to those around him. We look forward to the strategic guidance he will continue to provide as he moves to the role of Past Chair on the board.



**ABLE2 matches volunteers in the community (Allies) with a person living with a disability (Friend). Allies provide emotional and practical support. This community-based intervention creates support systems that allow people with disabilities to participate in community activities. Impacts of this program include: reduced loneliness, vulnerability, and isolation; increased self-confidence; improved mental-health and well-being.**



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# BUILD COMMUNITY

## DANIEL ANDERSON

Daniel Anderson, 35, is one of many ABLE2 Ottawa clients of the Build Community Program. Anderson has been a program client since 2020 and a client of ABLE2 for roughly 30 years.

Ottawa's Build Community Program continues to provide services for clients like Anderson, who can rely on knowing his future is planned for by the program's collaborative family-driven model and his lifetime network.

For Anderson, the Build Community Program has enriched his life with a sense of social community.

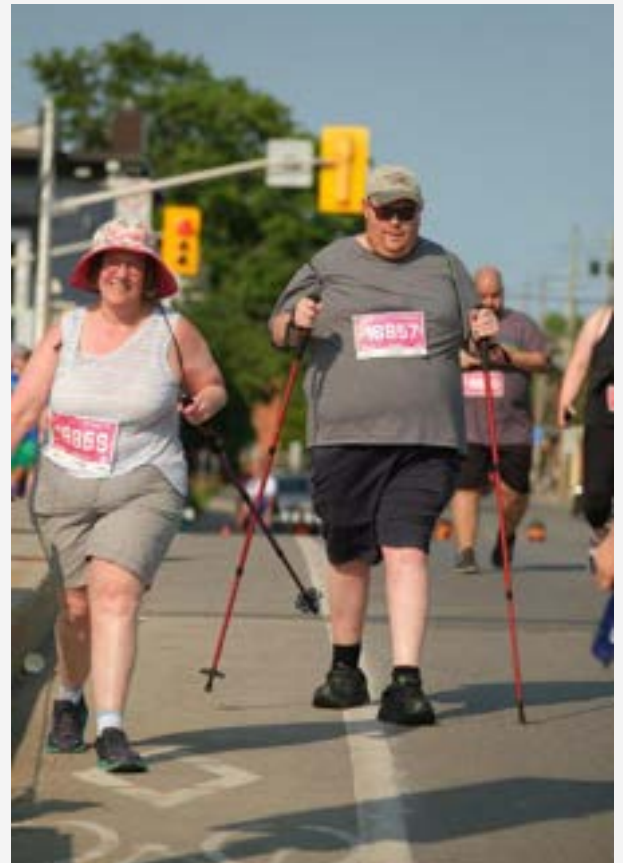
"[My lifetime network of family and friends] call me every week. And we go for walks together, and we have a nice chat on the telephone," Anderson said.

In addition to weekly phone calls with his lifetime network, Anderson also enjoys the fact that the program has provided him with the opportunity to meet new people at Build Community Program social gatherings.

"[The Build Community Program] has helped me meet a lot more people. Like we go bowling together with the Build Community program. Last year we did a four-hour bowl-a-thon!" Anderson said.

At the bowl-a-thon, Anderson was thrilled to participate in the activities while meeting the program's facilitators and other clients.

Upon reflection on the most significant impact ABLE2's Build Community Program has had on Anderson, he says it is the many relationships he has cultivated through friendships and his lifetime network.



**Build Community is a collaborative family-driven model that includes the person with a disability and their family members as part of the solution process. The goal of this process is to create a safe, fulfilling and purposeful life for the individual with a disability, where they can be active members of their community and share their gifts with others.**

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# PERSON-DIRECTED PLANNING AND FACILITATION

Person-Directed Planning and Facilitation is a process to develop a good life for someone with a disability. It focuses on the discovery of their dreams and aspirations, and developing a plan to reach their goal, based on their strengths, interests and abilities. There are many reasons to develop a person-centred plan and engage in facilitation. A person with a disability may have big life changes and transitions, such as leaving school or moving. Others may have a desire for more independence or self-determination or to discover a valued social role and community presence. Planning Facilitators work with the person with a disability, taking time to understand the wishes, dreams, interests and abilities of the person. The personal plan developed recognizes individual situations. Person-Directed Planning and Facilitation can be an ongoing process that does not necessarily end once a written plan is developed. It can continue with varying levels of intensity throughout someone's life. The practice is grounded in the values of belonging, contribution, and discovering gifts.



## GROW EDUCATION

In Grow Education Series workshops, caregivers are introduced to new tools and ways of thinking. Workshops also demonstrate the importance of creating and expanding support networks. The series aims to increase caregiver capacity as they seek better support for their loved ones, help with assessing their own mental health and navigating interactions with community support experts such as pharmacists, mental health and mindfulness practitioners and thus building their caregiver toolboxes. We partner with community organizations, developmental service agencies, and schools, to create community connections and education. This series strengthens families and supports caregivers of people with disabilities as navigating the system, financial concerns and caregiving can be exhausting and overwhelming. With the support of the Ontario Caregiver Organization and in partnership with DANE, Grow ran a very successful Independence Workshop series. Other workshop topics included Resilient Children and Laughter Yoga.

## FUNDING BROKERAGE

Managing finances is stressful and many families find they do not have enough time to devote to this task. ABLE2 takes care of the timely and professional maintenance of the individualized funding received.



# FETAL ALCOHOL RESOURCE PROGRAM

The bilingual Fetal Alcohol Resource Program at ABLE2 supports the large numbers of people affected by this permanent physical disability. Through education and community leadership development, the program draws together resources, skills and knowledge that exists in Ottawa and provides clinical support and community navigation for individuals with FASD and their families. The FASD (Fetal Alcohol Spectrum Disorder) Worker Program provides support to families and children or youth with confirmed, or suspected, FASD and works with CHEO to deliver this program. This program is free for families, children and youth up to age 18 (or 21 if they are still in school). An FASD diagnosis is not needed to access services.

## A GOOD LIFE FOR ADULTS WITH FASD

This pilot project, supported by Ottawa Community Foundation, the June Burland Fund and the University of Ottawa, Faculty of Medicine, Office of Social Accountability offers support to people in both official languages who identify as living with FASD, are 18-39 years of age and no longer in school. Project participants are matched with a Facilitator, who supports them to plan for their future and to realize goals over the course of three years. The project began in the fall of 2021 and ends in the summer of 2024.



# ABLE2 EVENTS



ANNUAL PICNIC  
EVENING IN THE MARITIMES

FASD AWARENESS WALK  
OTTAWA RACE WEEKEND

ANNUAL HOLIDAY PARTY  
FASD SYMPOSIUM



# Volunteers are the heart of our community

## Thank you for all you do!





# THANK YOU TO OUR DONORS AND FUNDERS

Saba Abid	Marie Cousineau	James Kinkaid	Aunger Nola	Walter Wertz
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# THANK YOU TO OUR PARTNERS AND FUNDERS



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brain health  
network



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la santé du cerveau  
des enfants

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ORGANIZATION



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à l'enfance d'Ottawa

**ABLE2: SUPPORT FOR PEOPLE WITH DISABILITIES**STATEMENT OF FINANCIAL POSITION  
AS AT DECEMBER 31, 2022

	2022	2021
<b>CURRENT ASSETS</b>		
Cash	\$ 278,342	\$ 310,136
Accounts receivable	48,653	196,627
Sales tax receivable	27,105	19,534
Prepaid expenses	106,027	89,388
	460,127	615,685
<b>LONG TERM INVESTMENTS (note 3)</b>	252,159	249,689
<b>INVESTMENT IN 1 COMMUNITY PLACE (note 4)</b>	294,151	290,966
<b>CAPITAL ASSETS (note 5)</b>	-	268
	546,310	540,923
	\$ 1,006,437	\$ 1,156,608
<b>CURRENT LIABILITIES</b>		
Accounts payable	\$ 237,153	\$ 191,278
Deferred revenue (note 6)	344,741	543,166
	581,894	734,444
<b>DEFERRED FUNDING OF CAPITAL ASSETS (note 7)</b>	-	708
<b>NET ASSETS</b>		
Invested in capital assets	296,779	293,154
Internally restricted for contingencies (note 8)	150,000	150,000
Unrestricted	(22,236)	(21,698)
	424,543	421,456
	\$ 1,006,437	\$ 1,156,608

Approved on behalf of the Board:

  
\_\_\_\_\_  
Treasurer  
\_\_\_\_\_  
President



**ABLE2: SUPPORT FOR PEOPLE WITH DISABILITIES****STATEMENT OF OPERATIONS  
FOR THE YEAR ENDED DECEMBER 31, 2022**

	2022	2021
<b>REVENUE</b>		
United Way of Ottawa-Carleton	\$ 57,009	\$ 55,000
Ministry of Community and Social Services		
Matching Program	199,389	202,812
Person-directed Planning and Facilitation	185,262	-
Other projects	7,368	15,780
Lifetime Networks	23,259	36,210
City of Ottawa	152,893	173,423
Trillium Foundation	129,222	39,187
Fetal Alcohol Resource Program	385,380	282,957
Family Supports	8,424	11,320
Person-directed Planning and Facilitation	324,765	307,122
Canadian Emergency Wage Subsidy	121,924	507,315
Self Generated	731,885	271,621
	<b>2,326,780</b>	<b>1,902,747</b>
<b>EXPENDITURE</b>		
Lifetime Networks	47,752	66,954
Fetal Alcohol Resource Program	336,841	339,783
Family Supports	12,165	15,894
Person-directed Planning and Facilitation	522,586	312,727
Matching Program	413,614	370,058
Administration and operations	990,735	793,011
	<b>2,323,693</b>	<b>1,898,427</b>
<b>NET REVENUE (EXPENDITURE) FOR THE YEAR</b>	<b>\$ 3,087</b>	<b>\$ 4,320</b>



# Thank You

FOR YOUR SUPPORT