

CONTINUITY NEWS

Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

APRIL 2011

What can we do in 90 hours?

April 18th (6:00am) to April 21st (midnight)

To celebrate its 90th anniversary, The Winnipeg Foundation is hosting an **online 90-Hour Giving Challenge**, an opportunity to help grow Agency Endowment funds, like the one that benefits Continuity Care.

Based on how much you give **online** between 6:00am April 18 and midnight April 21, The Winnipeg Foundation also makes a gift to Continuity Care, helping ensure our long-term success and stability.

Our Endowment Fund was established at The Winnipeg Foundation in 1998. In 2005, the Capital Campaign Board of Directors set a goal of 2 million dollars to sustain the basic operation of our organization in perpetuity. Each year we receive quarterly payments from the interest earned on our fund based on the spending policy set out by The Winnipeg Foundation. As of January 31, 2011, the market value of our fund was \$1,889,285.86. Please help us reach our goal.

Visit www.wpgfdn.org/90hourgivingchallenge for details or to make a gift to our fund



90 hours to give.....impact that lasts forever



We're part of the
90
Hour
Giving
Challenge

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Top 10 Reasons to Open a RDSP

1. Receive up to \$70,000 from the federal government in matching contributions. The federal government has implemented the Canada Disability Savings Grant program to assist Canadians with disabilities to save for their futures.

The federal government will contribute up to \$3,500 per year to your RDSP through the Canada Disability Savings Grant program, if your net family income is below \$81,941. (*Family income is that of the beneficiary if they are 18 years or older*). The government's matching contribution rates are as follows:

- \$1,500 on the first \$500 that you or your family contribute to your RDSP
- \$2,000 on the next \$1,000 that you contribute

2. Receive up to \$20,000 from the federal government without making a contribution. The Canada Disability Savings Bond program will contribute up to \$20,000 into your RDSP if you have a low income.

The federal government will contribute \$1,000 per year to your RDSP through the Canada Disability Savings Bond program, if your net family income is below \$23,855. (*Family income is that of the beneficiary once the beneficiary is 18 years or older*). A smaller amount is contributed into your RDSP if your incomes is between \$23,856 and \$40,970 – all without you making a contribution yourself.

3. Saving in an RDSP doesn't affect other disability benefits. Your provincial disability benefits are not affected when you save in an RDSP, no matter what province or territory you live in. Federal government benefits, like Canada Pension Plan, Disability Benefits, Old Age Security and Guaranteed Income Supplement are also not affected.
4. Compound Interest. When you save money and invest it in an RDSP, it begins to earn you income. After only a few years, your RDSP's annual investment income is greater than your annual \$1,500 contribution.
5. You can spend your RDSP money on anything you want. Neither the federal government nor provincial governments have placed restrictions on what you can spend your RDSP money on. It's yours – you can do what you want with it.
6. Anyone can make contributions to your RDSP. You. Your parents. Your grandparents. Your brothers, sisters, aunts and uncles. Even your friends. And when they contribute, the federal government contributes even more – up to three times more!
7. If you receive a lump sum amount, you **may** be able to shelter your money in an RDSP. If you receive an inheritance, a legal settlement or a large severance payment, you **may** be able to put it into an RDSP for future use without affecting your federal or provincial disability benefits.
8. The income that you earn on your savings in an RDSP is tax deferred. You only have to pay tax when you make withdrawals from your RDSP. And you pay tax only on the government contributions and the investment income in your RDSP. You don't pay tax on the money that you have contributed.
9. People will begin to see you differently. People have told us that when they own a valuable asset, others treat them like investors, customers and home owners rather than people with disabilities.
10. You will have more choices. Think what a difference it would make to have a bit more money so that you could begin to do things that you can't financially do now.


Agency Awareness

In each edition of our Newsletter, we will be profiling an agency or organization that provides services and supports to people with intellectual disabilities. We hope that this information will assist you to become more familiar with what is available in Winnipeg and surrounding areas. It is our intention to provide information and create awareness only, not to endorse or promote one agency above another.



In The Company of Friends is a funding option of the Department of Family Services and Consumer Affairs for individuals who qualify for supported living funds. Individuals receive and manage their own funding directly from the Department, and that includes hiring their own employees, paying their own bills and self-managing and directing their lives. Funds are used to help each person move into their own home and engage in productive and challenging daytime activities. Each individual receiving ICOF funding receives assistance from a formal Support Network of people that they choose, typically comprised of community, family and friends.

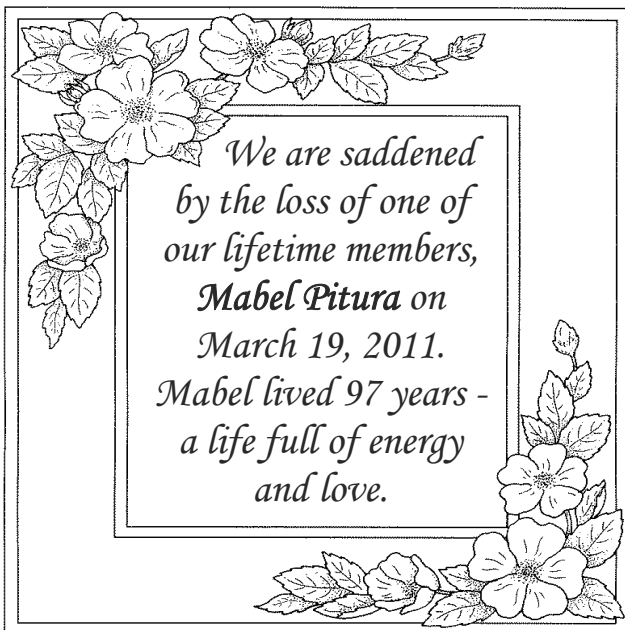
As of September, 2010, 63 individuals receive ICOF funding throughout Manitoba. In the Company of Friends is now an option available to individuals in every region of the province.



LIFE is a non-profit organization that was Living In Friendship Everyday Inc.® developed in 2000 to provide guidance, resources, training, and information to individuals receiving ICOF funding. The Department of Family Services and Consumer Affairs contracts with LIFE to ensure each person has a strong and functioning Support Network that supports his/her desires and autonomy.

Resource staff of LIFE work closely with each individual and his/her Network to provide what is needed to self-direct and self-manage his/her life each day. LIFE is responsible for ensuring that the integrity of the model is upheld at all times.

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Baby Boomer Café

As our parents pass away, our siblings with a disability need relationships and friends more than ever. The Baby Boomer Café is a place where you and your sibling can build relationships and community. Come and join us!

Next gathering: Sunday April 3rd, 2011
1590 Henderson Hwy
2:00 – 5:00pm

Contact Heather Friesen @ 889-3806

Send a Seniors' Action Card to the Premier

Barrier Free Manitoba invites *all seniors and all Manitobans concerned about seniors' issues* to send an action card to the Premier to call on him and his government to introduce accessibility legislation in the Spring 2011 sitting of the Manitoba Legislature.

Every day, 170,000 Manitobans with disabilities face barriers that prevent their full participation in activities most others take for granted. These barriers are in fundamental conflict with the basic rights of persons with disabilities established in the *Charter of Rights and Freedoms* and in federal and provincial human rights codes.

Barrier-Free Manitoba is a non-partisan, non-profit, cross-disability initiative formed in 2008. They believe that the time has come for the Province of Manitoba to enact strong and effective legislation that requires the removal of existing barriers and prevents the creation of new ones.

I (please check all that apply)

am an older Manitoban who would like to participate more fully in my community.

work with or am a family member or friend of an older Manitoban who would like to participate more fully in his/her community.

- ✓ Many barriers continue to exist throughout Manitoba that limit the participation, health and independence of older persons.
- ✓ These barriers significantly reduce the quality of life of older Manitobans, as well as their contributions to their communities.
- ✓ Today's barriers will affect many more Manitobans as the number of seniors grows in the coming years.
- ✓ The Government of Manitoba needs to play a much stronger role in ensuring the timely removal of the barriers and in creating accessible and age-friendly communities.
- ✓ I am calling on the Premier to demonstrate leadership by introducing accessibility legislation in the Spring 2011 sitting of the Legislature.

Signature Line

Please click on the card (left) or [here](#) to complete an online e-card today.

Cards are also available from the Continuity Care

office. For more information about Barrier Free Manitoba or the accessibility legislation, please visit their website at www.barrierfreemb.com

barrier-free
MANITOBA

It's Membership Time!

Don't forget to renew your membership with Continuity Care Inc.

1 Year Family Membership \$20
Lifetime Family Membership \$250

With your membership enjoy free workshops during the year, voting privileges at AGM, one to one planning and a copy of The Circle of Life workbook.

(see attachment or insert for membership form)

Primary Caregiver Tax Credit

Manitobans who act as the primary caregivers for family members or others may now be eligible for a \$1,020 tax credit. This credit recognizes the vital support caregivers provide to those needing care. Manitoba's new Primary Caregiver Tax Credit provides up to \$1,020 a year to people who act as primary caregivers for spouses, relatives, neighbours or friends who live at home in Manitoba.

The credit will assist in covering the caregiver's expenses, such as respite care, taking the person shopping, to medical appointments or on recreational outings.

For this tax credit, people requiring care must be assessed at Level 2 or higher under the Manitoba Home Care Program guidelines. They are assessed based on the amount and type of care required for tasks like bathing, dressing, eating meals, mobility and receiving medical care.

To be eligible, the primary caregiver must be identified by the person receiving care (or their parent if the person receiving care is under 18), and must not be paid to provide care to this person.

The caregiver can claim up to \$1,020 per year per person for up to three people.

For more information about the Primary Caregiver Tax Credit, you can:

- Go online <http://www.gov.mb.ca/finance/tao/caregiver>
- Call the Manitoba Government Inquiry at 1-866-626-4862
- Call Manitoba Health and Healthy Living (204)788-6646
- Manitoba Tax Assistance Office at (204) 948-2115 or toll free at 1(800) 782-0771
- If you are caring for someone who is in the Supported Living or Children's Special Services programs, contact Manitoba Family Services and Consumer Affairs (FSCA) at: (204)523-5230; toll free at 1-800-563-8793

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If you would like to be removed from our mailing list, please contact our office.