



Living with a disability can be more challenging without the support and information you need. The resources available in our community can assist with greater independence.



Living with a Disability

People with disabilities have a right to schooling and work; often, there are funds available to ensure that this can happen. If you feel that you or someone with a disability is being treated unfairly, this may be discrimination. Special interest groups (such as a disability support group), or government agencies may be able to help you with this difficulty.

Things You Can Do

- Maintain regular routines as much as possible
- Establish a social network of support for yourself
- If your disability requires intensive care and attention, ensure that respite is available for your spouse or caregiver
- Maintain regular contact with friends
- Delegate tasks that you are unable to do to other people
- Maintain your input

Where to Find Help

Avenue II INC. <i>Supports adults with disabilities to be fully included in the community</i> 122 Cumberland St. www.avenueii.com	345-9933
Community Living Thunder Bay <i>Provides a range of community based support and services for persons with an intellectual disability and their families</i> 1501 Dease St. www.cltb.ca	622-1099
HAGI Community Services for Independence <i>Provides essential services such as housing, transportation, and personal assistance for individuals with a disability</i> 1201 Jasper Dr., Ste. A. www.hagi.ca	343-0414

The Canadian Charter of Rights guarantees the rights of people with disability. For more information visit:

http://laws.justice.gc.ca/en/const/annex_e.html

www.enablelink.org



Living with a
Disability



www.norwestchc.org • 1-866-357-5454 (toll free)

Where to Find Help

Lutheran Community Care Centre 345-6062

*Provides caring supports to families and individuals
245 B Bay St.
www.lcctbay.org*

Independent Living Resource Center 577-6166

*Empowers individuals with a disability to take control of their resources by utilizing information, support, skills and choices available to them
130 Brodie St. S., Suite 102
www.ilrctbay.com*

Learning Disabilities

Association of Thunder Bay 345-6595 ext. 160

*Assists people with learning disabilities and their families in meeting their needs by providing support, guidance and resource information.
237 Camelot St.
www.ldao.ca*

Options Northwest 344-4994

*Recognizes the inherent right of all individuals to live a personally rewarding life within their community
95 Cumberland St. N.
www.optionsnorthwest.com*

Ontario March of Dimes 345-6595

*Assists adults living with disabilities
237 Camelot St.
www.marchofdimes.ca*

Persons United for Self-Help in Northwestern Ontario Inc. (PUSH Northwest) 345-3400

*Addresses issues pertaining to persons with disabilities
1201 Jasper Dr., Ste. B
www.pushnwo.ca*

Integration Services, City of Thunder Bay (Community Recreation Division) 625-2930

*Assists people in getting involved in a healthy, active lifestyle
Call for information regarding the P.A.L. card, Leisure Resource Committee
www.thunderbay.ca*

Family Alliance Ontario
www.family-alliance.com

Independent Living
www.independentliving.org

The Council of Canadians with Disabilities
Head Office (Winnipeg) 204-947-0303

www.ccdonline.ca
Email: ccd@ccdonline.ca