

## New options

**Person Directed Planning** OCAPDD has a Manager that is exclusively trained in person directed planning. This results in a comprehensive plan which is completed with the help of the individual and the important people in their lives.

**Community Inclusion** provides individualized options that are available in half-day periods. Community activities and outings can be designed based on individual interests. This option can be offered as a 1:1 ratio, or in small groups when there are compatible individuals with similar interests.

**In Home Respite** offers support to individuals in their home. This is geared more for people who prefer to be supported in their personal residence. The services offered for this option are adapted to the needs of the family and the interests of the individual.

If you are interested in any of the above services or to schedule a tour of one of our programs, please contact us at the following number.

Phone: 613-569-8993 ext. 221  
Fax: 613-569-9865  
Email: [hlalonde@ocapdd.on.ca](mailto:hlalonde@ocapdd.on.ca)  
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## Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD)



## Vocational Day Services

Individuals requesting these services are expected to be able to get to and from the workplace on their own.

**Supported Work** assists individuals in finding and maintaining jobs that pay minimum wage or better. Support is flexible in the number of hours provided. There are more hours of support provided while starting a job and during the initial training period. These hours decrease as the individual acquires the independence to maintain their employment. Support is ongoing and is provided at the workplace as new situations arise that may require an increase in support (i.e. New job responsibilities). This program also offers a comprehensive assessment to determine a person's readiness for employment that is mandatory to entering the program. This assessment includes work experience and is approximately 100 hours in duration over a 12 week period.

**Plant Maintenance** is a horticultural program where individuals maintain plants in office buildings. People work in pairs where they water and care for plants throughout the city following an initial training period. This program has teams that work out of Tunney's Pasture and another that works out of an office on Sparks Street. After the initial orientation period, individuals receive a training allowance.

**National Archives** is a program located in the National Archives building in Tunney's Pasture. A large group of individuals sort classified documents into various paper grades. After the initial orientation period, individuals receive a training allowance. Average ratio is 15:1.

**Arc Industries** has the traditional workshop component where large groups of individuals work on a variety of contracts such as: assembly of items, mailings, collating documents, woodworking projects etc.

## Existing Leisure, Recreational and Community Services

**Annex** is a program based out of Silver Spring Farm and mostly caters to an aging group of individuals. The Annex offers a wide variety of leisure recreational activities such as : music, pet therapy, art therapy, games, gardening, etc. There are many volunteers associated with the Annex. Average ratio is 10 :1.

**Centre de transition communautaire (CTC)** provides a day service to francophones. The program offers a variety of options that range from volunteer & leisure activities in the community, and a wide range of centre based therapies and activities (such as cooking, art therapy, pet therapy, photography, etc.). Average ratio is 6:1 for centre-based activities and 4:1 for community activities.

**Loeb Centre** offers a wide variety of options such as community volunteering, vocational work (recycling, etc.), kitchen program, exercise program, pet therapy, leisure programs, etc. Average ratio is 6:1 for centre-based activities and 4:1 for community activities.

**Rosenthal Centre** offers a variety of centre based activities and community outings. An example of activities would be cooking, exercise programs, arts and crafts, spa type of activities (make-up and nails, etc.), some vocational work, etc. The average ratio is 4:1.

**Quinlan Centre** supports many people who may have physical and or medical needs in a variety of ways. The centre has a Snoezelen room and a hot tub. They offer music therapy, art therapy, cooking activities, computer activities, pampering activities such as hair and nails being done, massage therapy, etc. The average ratio is 4:1.

**Arc Industries** also offers a social and leisure recreational component which is based at the program. Some of the many activities are: bingo, exercise, karaoke, games, etc. After the initial orientation period, individuals receive a training allowance. Average ratio is 15:1.



### Mission

The Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD) supports people with developmental disabilities through a holistic approach including:

- \* Individualized service planning;
- \* Providing a continuum of innovative community participation and residential options;
- \* Recruiting and developing an educated and experienced workforce;
- \* Advocacy for individuals with developmental disabilities, their families and support networks;
- \* Linking with the community, developmental and funding sectors.

### Vision

Individuals with a developmental disability live healthy, safe and secure lives as participating members of society, through equitable access to the broadest range of societal supports and opportunities.