APRIL 27TH, 2022, 1:30PM TO 3:30PM

ZOOM VIRTUAL PEER GROUP MEETING NOTES

Pathways To Independence was created for peers to come together and share information and updates on current issues facing people with disabilities. More than ever, people with disabilities must come together as a unified group. Living independently is a choice and comes with challenges; through unification people with disabilities make a difference; each voice is important and strengthens us as a community and as individuals.

Hosted By:

Paul Gauthier,
Executive Director
Individualized Funding Resource Centre Society

Ruth Marzetti
Executive Director
Technology for Living

Special Guests
Kimberly Bennet, Senior Project Manager for Telus

individualized FUNDING resource centre

technology for living TiL 50th

The April 27th, 2022, meeting was attended by approximately 76 people.

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Technology for Living Updates with Taylor Danielson, Community Coordinator

New Team Member Announcement

Technology for Living is very pleased to announce that Nicole Whitford has joined the TFL team as Community Advisor.

2022 Simon Cox Student Design Competition Awards

Watch the Awards Day!

The Awards was held on Saturday, May 7th, 2022. The livestreaming event can be viewed **Here!**

Thank you to all the Pathways Peers who voted for the 2022 Simon Cox Student Design Competition during April meeting.

There were more entries this year for the competition and the Pathways peers voted for their personal choice.

Technology for Living recognizes that the Peers are a huge part of the competition and felt there should be a cash prize that is commensurate of the value of our peers. Therefore, this year's cash prize for the Peers Choice Award was increased to $1500, from $500.

A video of the entries was shown and the peers at the meeting voted for their choice.

Parkinson's Triple Cueing Module (PTCM) – University of British Columbia

Freezing is the inability to move that occurs for some individuals with Parkinson's Disease. When freezing occurs, the individual may be unable to move for seconds or even minutes.

Parkinson's Triple Cueing Module (PTCM) would be used to provide a visual, auditory and/or type stimulus during the individual's freezing episode for a person experiencing Parkinson's disease. It will be a battery powered device that can be attached to any style of walker.

One approach to rehabilitating freezing is through the use of external stimuli known as sensory queuing. Queuing provides rhythmic or goal directed motor control, enabling individuals to overcome freezing episodes more quickly.

Three common types of cueing are tactile ease of rhythmic touch, audio, the use of rhythmic sound, and the visual use of visual projections.

The device would project a line on the ground with a laser pointer for a visual cue, play rhythmic sounds from auditory cue and produce rhythmic vibrations for tactile cue. The keys will be activated by a control system near the walker handle and the user will be able to choose from a combination of all three cueing methodologies for a total of six combinations.

Our visual cueing module utilizes a laser that is housed within a light dispersing enclosure. The enclosure enables a bright line to be projected on the surface in front of it. Similar to the electronic enclosure the laser module is mounted using Velcro straps to facilitate easy attachment, and detachment on the module from the walker frame.

Introducing the module is done from the electronics enclosure which resides near the walker handle. As seen by the physical prototype, the laser shines brightly in front of the user when walking, allowing for a clear visual cue in the event of refreezing episode.

Through further physical prototyping, the laser module will be integrated along with the rest of the system to produce a final product.

Pea-Wee – British Columbia Institute of Technology

This device uses voice-activated commands to allow the user to effectively empty their catheter on their own through the Google App.

Simple commands such as “Okay Google pee”, “Okay Google stop peeing” will operate this device.

A once difficult task becomes trivial with the help of Pea-Wee.

Automatic Drainage Catheter - University of British Columbia - Okanagan

This project was to create a catheter drainage system to provide individuals with the ability to independently drain their catheter storage bags. Being reliant on a caregiver causes many people to schedule their fluid intake throughout the day, or to just drink no fluid at all until they know someone can be there at the end of the day to drain their catheter bag. That kind of fluid intake can greatly increase the chances of developing a catheter associated urinary tract infection.

This device is operated by a button and is installed on a wheelchair. Research determined that the button is robust enough for long term use.

To mitigate accidental drainage the button goes through the following sequence:

- Once a user initiates a draining process this valve is opened.
    - This valve was chosen due to its high flow rate at low pressure which allows the bag to be drained quickly.
- To monitor the flow, a flow sensor was added and signals for the valve to close once a bag is completely empty.
    - This is also beneficial over time because it allows the user to get back to their day in the fastest time and will notify them if there's no drainage indicating a blockage.

This device increases independence and maintains urinary health.

Able Table - University of British Columbia

This project is designed with an adjustable and accessible wheelchair table to assist an individual in daily activities and to enhance lifestyle.

The students conceptualized a table with appropriate dimensions and adjustability features to suit wheelchair users with limited upper body movement. The product is a wheelchair table to facilitate daily activities, specifically eating at restaurants with friends, taking notes without being confined to a full table, painting and using an iPad.

The tabletop is foldable and lightweight plastic and uses locking hinges. There's a cut-out on the right side for a wheelchair remote, and it has weight tolerance, and the user can lean on it comfortably and be able to write, work, paint or eat.

Unlike most common tables, this table is designed to attach directly to the leg of the wheelchair and can be rotated and easily lifted out of the way. It is also adjustable; flatter laterally and vertically using the support bar.

This design includes a lever mechanism. The lever adjusts the table height by sliding the support bar up or down and then locking the lever to lock it at the desired height. The table attaches to the bottom left side of the chair as a rubber insert into a hollow cylinder which are clamped to the chair via serrated clamps.

Another highlight is a lid that is used around the table to ensure that small items do not fall off.

Rainscape - University of British Columbia

Rainscape was designed by biomedical engineering master's students from the University of British Columbia. They decided to focus on individuals who use a power wheelchair and have limited upper limb mobility, specifically a spare tenodesis grasp. Our goal is to design a rain canopy that will keep the user dry, can be used independently eliminating the need for assistance and increase the user's autonomy.

They upgraded the canopy to include metal frames and waterproof fabric and designed and 3D printed a motor enclosure that attaches the frame to the chair. They use two gear motors situated in a 3D printing enclosure. It is attached to a bracing bar that sits behind the wheelchair seat, a cover consisting of metal wireframes, and both clear and opaque waterproof material provide sun and rain protection. With the press of a button, the cover deploys forward with the user having to depress the button to maintain motion as a safety feature, and a second button to move the canopy in a backwards direction.

This is a unique user interface that allows the canopy to be attached to the Power Wheelchair. We successfully automated the development and storing mechanisms of the canopy. This design gives users full control of the amount of rain coverage desired.

Audio Biofeedback Device - University of British Columbia

The peer presented the student team with the issue of having prolonged involuntary muscle activation of the trapezius muscle; a large muscle in the neck and back area. This prolonged activation leads to a lot of pain in the shoulder and neck area. The challenge is that it is often difficult to know when the muscle is being contracted, and so not being aware of it, they can't release the muscle and prevent the pain from occurring.

Our needs statement that we came up with is that there is a need for a device that detects muscle activation in the trapezius muscle and notifies the user. The overall goal of this would be that the user is aware of the muscle contraction and then they can release the muscle and avoid the pain and discomfort that follows. Electrodes can be placed inconspicuously, in a vest or on a wheelchair, to detect muscle activation, or EMG.

When comparing their sensor to off the shelf EMG sensors, the students determined that their sensor is very sensitive to trapezius muscles, which is often not the case with the off the shelf sensors as they can adjust the amplification to the client's own needs and also customize the frequency spectrum.

They can narrow down the frequency range make the signal less noisy, which could not be done with off the shelf sensors. The customizability of their sensor is quite crucial to be able to reliably detect EMG from the back. To protect these electric components they 3D printed a housing unit with attachment railings.

Our device benefitted the client and others with a similar condition that allow them to take rehabilitation in their own time and learn how to relax their muscles before any pain occurs. The device is portable and has around the clock monitoring providing the support they need without interfering with their daily lives.

Dawn Breaker – British Columbia Institute of Technology

Dawn Breaker is a voice activated window blinds adjuster. It connects to any rod mechanism and seamlessly interacts with your Google Home device. Dawn Breaker aims to better the lives of those with impaired movement by giving back some of their independence with a simple flexible solution.

Fingerorigami - University of British Columbia

For a capstone project, the team decided to create a fingerorigami; an exoskeleton for post stroke rehabilitation. The team focussed on designing an exoskeleton for one finger and will later expand to the entire hand as our design progresses. Exoskeletons have been proven by many studies to be one of the most effective patient technologies, especially for people who can hardly move their hands.

The objective is to create an exoskeleton which supports the rehabilitation of one finger for people. We want the device to be a standalone system and cheaper than its competitors and easy to use for users and clinicians. The first function is to guide the user's fingers in the movements of flexion extension and adduction, and abduction.

The design is based on the craft of origami which makes use of simplistic designs, hence the name of our device "Fingerorigami". They are currently using a string mechanism attached to motors to initiate joint movement. We also have a force sensor embedded under the first joint of the exoskeleton as a failsafe mechanism to ensure that no excessive force is applied to the user's finger.

Right now, our team has created a 3D printed skeleton to be placed on the user's finger to facilitate common exercises done in rehabilitation sessions, such as flexion, extension and abduction and adduction. The current system can record BMT signals in real time for user monitoring and progress reporting, as well as detect any potential excess of force being exerted onto the user's hand. Paired with exercise, a video cues the user to do simple finger exercises and monitors their progress with the help of a healthcare professional.

Mad Vision Smart Walker – Simon Fraser University

MAD Technology is a team working to help mitigate fall related injuries. Mad text vision is to provide support to individuals with limited mobility and empower people to live with greater autonomy. They transitioned from a smart walker to a sleek accessory type item that is compatible with most walkers.

This will allow customers to have peace of mind while walking around since the device is attached to the walker. Additionally, the U-shaped design allows for users to sit without any interference from the module.

For their solution, they used a video based fault detection algorithm to address the problem because of its novelty in ideation. The product has two quick access type buttons for on off and emergency shown by the red and green in the model. Mad vision is equipped with an RGB depth camera to capture the user's motion in real time.

The position is set at the centre and perfect height from the ground with a slight angle for broadest vision. They also include speakers and microphones for the interaction through voice but there's also a display with a very simple User Interface which can be utilized for other features such as navigation. To date, they are working on their physical prototype with an algorithm in development on a Raspberry PI4 using the Intel RGB depth cameras. They expect to have another month or two developing the algorithm from the ground up until it is ready for prototype testing.

Co-Assist - University of British Columbia

The team is called Co-Assist and they presented their design for a device which helps paraplegic wheelchair users be more independent. The problem identified is that paraplegic wheelchair users usually have limited independence when it comes to doing day to day tasks and highly rely on caregivers, friends, and family.

In light of the recent COVID-19 pandemic, receiving aid from others has become more challenging. This has caused people with disabilities to not be able to perform their day-to-day tasks. The peer they worked with has limited range of motion increasing and extending her arms and heavily relies on caregivers to help her do the day-to-day tasks and she was looking for a device that can help her increase her independence, especially when it comes to wearing a poncho.

They used the vertical descent mechanism to lower the poncho and also use a whole man sphere to safely fit the partial collapse. This is a CAD model of the final design. It was made up of three subsystems, the bass, the actuator, and the open red circle. The base of the device was designed specifically for optimal balance and stability.

The T shaped geometry allows for more weight to be situated towards the front of the device, and also increases stability. The dimensions outlined here are strictly relevant for meeting accessibility needs. The Hoberman circle is a key feature of our design and it's home to the actual poncho. The unique bar linkages of the Hoberman circle allow for it to be expanded to approximately twice its radius, thus allowing it to safely bypass the client's head during the process of placing the poncho.

Each linkage of the Hoberman circle is jointed with screws to allow for nearly frictionless movement. Attached to the Hoberman circle are three smaller clamps that hold the poncho in place, while lowering the whole apparatus down. These clamps will disengage when the apparatus is lowered, thus successfully placing the poncho onto the client.

Update: The Results are in!

Thank you to the peers who attended the Pathways Meeting and voted in the competition for the Peer's Choice Award. It is amazing to see creative minds at work and to recognize the very important efforts of young people early in their careers.

Simon Cox Principal Award
Automatic Drainage Catheter, UBC Okanagan
Spencer Bell, Rhys Herzberg, Shane Rutley, Runliang Wu

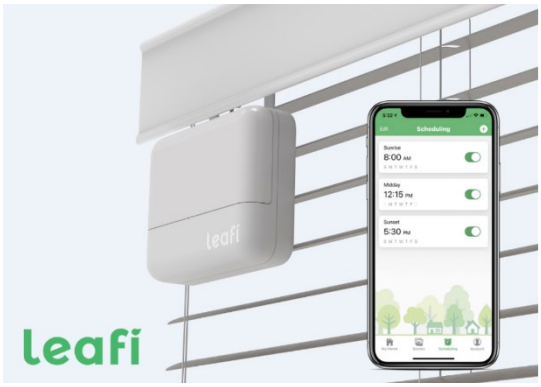
Nancy Lear Achievement Award
Parkinson Triple Cueing Module, UBC
Andrew Mah, Phoebe Cheung

Walt Lawrence Innovation Award
Rainscape, UBC
Evelyn Armour, Mishal Ashraf, Maryjo Whelan, Maria Hernandez, Maria-Laura Romero

Peer's Choice Award
Pea Wee, BCIT
Cameron Fletcher, John Barton, Marisa Chau, Paria Khani

Congratulations to the winners! The event can be viewed Here!

Leafi Home – Automatic Window Blinds



Leafi Home is a local start up company and has been collaborating with Technology for Living for several years. They have developed a device for automating your window blinds.

Automate, voice control or schedule your existing horizontal window blinds.

1. Remove the existing tilt wand
2. Clip on the Leafi controller
3. Connect and enjoy!

You are invited to join their **private beta tester program**. As an early adopter you get to:

1. Be part of this unique local BC tech start up journey
2. Define your dream home automation
3. Receive a final production unit as gift after the official launch
4. Automate and voice control your window blinds
5. Anyone interested in testing their product can contact them

Limited beta units, first come first serve!
For more information and/or to participate in this new technology start up journey, Click Here!
Leafi is proudly supported by entrepreneurship@UBC and National Research Council of Canada.

Hoyer Lift Give Away - Custom Designed for Travel

This customed designed lift is offered for free. The lift is designed to fit between the narrow aisles of airplanes.

Note: This lift is not intended to be used for regular transfers.

Contact TFL with your enquiries

Email Susan Dessa: sdessa@technologyforliving.org

Telephone: (604) 301-4202 ext. 2248

Accessible Nature Wellbeing Programs with Kari Krogh

Promoting Health through Nature Connection

I am really excited that the word is spreading, people are getting involved in the program. There are three current peers who are being trained to be leaders in the Accessible Nature Wellbeing Program model. It's a six month intensive program. They are all doing a fantastic job and will be leading programs in the future. We have received a Federal Government grant allowing us to provide these programs free of charge to our peers.

There's lots of choice. You can come for two and a half hours; it's rather like a retreat experience. If you are going to be participating from indoors, you can also participate from your backyards, or a courtyard or a balcony. You can also participate from bed, there's tons of choice. You are invited to bring your houseplants to the experience. You can have your camera on or off, you can participate through speech or text or not participate if you like.

ANWP is a research based program and there are a lot of these nature connections, and also mindfulness meditation techniques that have helped with reducing pain, increasing social connection, reducing anxiety and depression. We have a lot of fun together, and it ends up being very relaxing.

We just wish you a very warm welcome for you to come out and give it a try.

Registration is free, but we do require a registration just to know who's coming, and how we can prepare to offer you an accessible experience. You are also welcomed to bring a friend.

Please join us for these free virtual programs that explore mindful nature connection practices.

Come learn about how time in parks, courtyards, backyards, balconies, patios, or sitting by a window with a view can promote your social, physical, emotional, cognitive, and creative wellbeing!

Upcoming Session Dates

Two new sessions are scheduled for Saturdays, May 29th, and July 24th, 2022, 1:30pm to 4:00pm Pacific Time

These **free** 2.5 hour virtual programs can have similar effects to going on retreat in nature, however, you can participate from a COVID-safe and accessible location of your choice.

After the meetings you can apply these mindful practices to your everyday lives or adventures in parks.

Registration is required to join for the upcoming sessions. Click on the following links to register:

May 29th 2022, Online ANWP Registration
July 24th, 2022, Online ANWP Registration

Email Registration or for more information: anwp@ecowisdom.ca

These programs are supported by the Government of Canada's Heathy Communities Initiative

TELUS

TELUS Tech for Good & Internet for Good, with Kimberly Bennet, Senior Project Manager

Internet for Good and Tech for Good ensures equal access to TELUS's global leading networks and making technology accessible for all.

Tech for Good

Tech for Good is a collaboration between TELUS and March of Dimes Canada and offers customized recommendations, training and support on mobile devices, and the unique assistive hardware or software technology required for people with disabilities to independently use their smartphone or tablet.

Eligibility and Benefits

Canadians of all ages with a disability who own a mobile device qualify for Tech for Good if they require one or more of the following:

- Training and support on how to use a mobile device's existing accessibility features
- Recommendations on assistive technology, including apps, software and hardware for mobile devices

Benefits include:

- Access to experts with specialized knowledge about assistive technologies
- Customized one on one mobile device and assistive technology training and support
- Financial assistance for assistive technology needed to use a mobile device *
    - * In some cases
- $20 monthly discount on TELUS mobility plan

Internet for Good

TELUS Internet for Good offers low cost internet to Canadians with disabilities who receive the BC Persons with Disability (PWD) benefit, low income families and seniors, youth aging out of care and other benefits in provinces across the country.

Internet for Good Plans

- Participants have the option to purchase a low cost refurbished computer through BC Technology for Learning Society.

- Participants are not required to sign a contract
- No cancellation fees
- Access to TELUS Wise workshops and resources which empower participants to participate safely in the digital world

Internet 25

$9.95 per month for 24 months (plus taxes)

Speeds up to 25 Mbps

Unlimited monthly data

Internet 50

$19.95 per month for 24 months (plus taxes)

Speeds up to 50 Mbps

Unlimited monthly data

Please note: The 24 month period is to provide TELUS an opportunity to check in with participants to ensure they still meet eligibility requirements.

For more information and to apply online, visit:

Tech for Good

Internet for Good

Internet for Good, for Seniors

For enquiries and assistance Email:

TechforGood@telus.com

InternetForGood@telus.com

Q. Thanks for the presentation. It is really good to know about resources like this. We really do recommend that people who use HandyDART service have a cell phone to be able to use to call regarding the ride. I guess my concern is the online application. If people needed your services in order, they need to get the phone or they need to get the mail in option, but is there any way that someone could help over the phone if they just called into the regular Telus phone number in order to get some help?

A. You can get assistance. You can call into our TELUS call centres, but we typically try to avoid that route because we don't want to be increasing call volumes. Sometimes it can be a little bit longer to be able to connect with call centre representatives. We encourage people to apply online, but there is that mailing option to apply.

Q. Following up on the eligibility requirements you said proof of PWD or status. Do you need to actually see a statement that says that they are actually getting the monthly income from AISH or PWD? Of course, that would be providing confidential banking information, or is it okay enough if they have the status? Even if they are not necessarily receiving the monthly benefit because of X, Y, Z reason.

A. The benefit is required, and Telus requests that as a part of the application process. When you submit it, you will see that it does request that you blackout any of the confidential information. It would just be a first name, last name, and then that status, we definitely do not ask for, or record, any other information. Obviously, there is information that's required in terms of like we have a tech that comes in and sets things up if you are going for the Internet for Good option. We do not encourage anybody to send in electronically or mail in any of that information because it is so private.

Q. What if you are already a TELUS Mobility customer? Can you convert to this plan?

A. The Internet for Good Program wouldn't be TELUS mobility. TELUS mobility would be your cell phone plan. That will be a different plan altogether. The Mobility Program that I mentioned briefly, is for youth transitioning out of foster care and aging out of care of mobility program for cell phones, specifically to receive the free mobile plan.

If you are a telephone mobility customer, you can absolutely add on TELUS Internet for Good if you meet those eligibility requirements, and then it just becomes a bundled package just as it would any other package that you would have with a mobility provider.

Q. If you are already getting internet on Telus, can you convert to this if you're on PWD?

A. Yes you can.

Also, if you are with another provider, and you are within a contract, we do encourage people to make sure that they are doing their homework in terms of any other providers. We encourage you to check out what your current contract looks like, with an existing provider before you do switch over to the Internet for Good Program in order to avoid penalties.

Q. Do internet plans include the fiber optic?

A. There are high speed internet plans. It depends on your current address and what kind of TELUS services are available at that location.

This link allows people to check their address and coverage: **Click Here!**

Q. I have just turned 65 and my PWD benefits has changed to old age security. Does that impact the Internet for Good eligibility?

A. This is a two-part answer. Yes, it does impact Internet for Good eligibility, because it would still be based on whether you receive PWD or CPPD, which is the National. Please refer to Internet for Good, Seniors **Here**, for more information on how you can benefit from the Senior's package. The pricing is much the same.

Q. People with PWD might be getting their benefit via direct deposit, but they don't really get anything sent in the mail to prove that they are PWD, how would they prove it?

Peer Comment The bulk of PWD recipients have transitioned to getting their PWD or Provincial Benefits deposited directly into bank accounts. You could print out your bank statement and show your line item which would show the government assistance coming in and that may be enough for the program

Q. I just wondered if you had a process of looking at people that don't have any typical kinds of funding. Like one example would be somebody that's on Workers Compensation funding. There's other people with disabilities that don't get CPPD or PWD. Sometimes they even receive less than the PWD and I just find those are people that are falling between the cracks. If you don't have a process for that, I like to suggest that maybe you could look at there being a process for that as well.

A. We do not at the moment. When we rolled out Internet for Good for people with disabilities last fall, this was the baseline that we started at. We are always looking to expand our programming and look more into different eligibility to include more Canadians in need.

Peer Comment I work with people with disabilities, I have a disability myself, and we find out quite a few people that come in aren't under the traditional funding, and they're actually receiving less funds. They struggle even more financially. It's good for Kimberly [TELUS] to be aware of this and we look forward to her going back to Telus and talking about that.

Q. I was wondering if the upper tier plan, the 50 megabits, can be used to go on Messenger for that sort of use?

A. You definitely can. The Internet 50 plan is unique to every person; it just depends if you are using it to watch Netflix or if you are on social media. If you are are doing a lot of streaming it eats up a lot of bandwidth too. We started with just 25 Mbps and then we went to 50 Mbps. We are seeing a lot more people choosing that because it's a faster internet, and it's a little bit more affordable compared to the regular plan.

Association of CSIL Employers Updates with Paul Gauthier

CSIL Rates

Ken Kramer, Executive with ACE meets with the Assistant Deputy Minister for the Ministry of Health (MOH) every three weeks and received confirmation that negotiation on the union collective agreement for health care workers has not yet been finalized.

The MOH has confirmed that an increase for CSIL employers will be implemented once the collective agreement is finalized. They confirmed that the increase will be retroactive to April 1st, 2022.

Temporary Payment to Family Member Policy

The Ministry of Health (MOH) emphasized that while a decision has been made to return to the policy, there is flexibility for the MOH to revert back to this temporary policy should it become necessary.

Ken Kramer outlined to the MOH that while the policy was helpful during the pandemic, it effectively is only a Band-Aid on what is a much more significant, chronic issue of finding staff and providing appropriate compensation

CSIL Contracts

The Ministry of Health (MOH) has acknowledged the inconsistencies between the Health Authorities and are working with the Health Authorities to address them. The MOH requests patience as they are continuing to address the issues of a standardized contract across the province.

CSIL Reviews with Paul Gauthier

Time Allocation Tool (TAT)

We have learned that some case managers are still using the old time task analysis when assessing CSIL Employers, instead of the new Time Allocation Tool which was recently launched by the Ministry of Health.

We are not certain how this impacts an assessment, but if you are concerned about the resulting hours, you can appeal the decision and advise your Health Authority that you are aware of the new Time Allocation Tool and that it should be used for your assessment.

The Pilot Time Allocation Tool tasks and standard minutes can be obtained from Hilary Currie. There may be some adjustments to the permanent Tool, but if you would like a copy of the pilot components, email Hilary at Hilary@ifrcsociety.org and she will send it out.

We are making efforts to obtain a copy of the final version of the TAT.

Applying for Payment to Family Member Policy

There are many employers who would like to have family members as backup and/or regular staff.

The formal process of applying for the Payment to Family member policy normally doesn't take too long, but we have learned that there is currently a delay in processing the applications.

With that in mind, the Temporary exception expires July 1st, so I strongly recommend that you submit your application immediately.

If you require a copy of the Payment to Family Member Policy, the Form with samples or a fillable PDF form, please email Hilary at hilary@ifrcsociety.org.

Temporary CSIL Policy Exceptions Transition Period

As the Temporary Exception to Policy transition period expires on July 1st, you still have time to purchase additional supplies at a greater amount than policy normally dictates.

If you need extra masks, gloves etc., and have the financial ability to purchase extra, you can do so without obtaining prior authorization.

The Georis store through the IFRC website is still taking orders for affordable items and can be accessed **Here!**

Pathways Pets

Thank you to the Pathways Peers and Pathways Team who very graciously contributed fabulous photos of their precious pets for a video.

Hilary Currie created a video presentation with the photos, which included music, animation, and humour. The eight minute video was shown at the April 27th meeting, followed by general discussion and laughter about pet antics.

Pathways Peers Video Comments

"Thank you so much for the wonderful video! It was so much fun to watch, and the music was great."

"I enjoyed the pet video ---you did an excellent job! ---It would be fun to do more videos, maybe of gardens or grandkids or summer outings"

"I LOVED the pet video you put together!!!! Thank you for that. I don't have any pets anymore but still appreciate their worth."

"Brilliantly Done!!"

"Beautiful!!!"

"Love it!"

*"My new kittens Ringo and Tess have their own YouTube channel, everyone's welcome to check it out, **Click here**!"*

"The pet show is amazing. Thank you for your wonderful work."

"What a wonderful show!"

"That was amazing, Hilary. THANKS so much. BIG SMILES here"

"Excellent meeting. Thank you so much!!!"

Upcoming Pathway Meeting

Date & Time

Wednesday, May 25th, 1:30pm until 3:30pm

Topics

- Technology for Living Updates
- CSIL Updates
- Accessible Nature Wellbeing Programs
- Wheel the World - Explore the World Without Limits
    - This travel organization was founded and is led by people with disabilities
    - Accessible Worldwide Destinations
    - Customized Travel Booking Support
    - See the World!
- How to keep your wheelchair safe when in flight
- Support Person Air Fare
- Peers Favourite Accessible Destinations
    - What's Yours?
    - Local and Beyond!

Peers are reminded that if they have a topic idea, or a community update, for a future meeting, to please send an email to pathways@ifrcsociety.org

Pathways To Independence Peer Group Meeting Notes and pertinent documents are uploaded to https://www.ifrcsociety.org/pathways

THANK YOU FOR YOUR ATTENDANCE AND CONTINUED CONTRIBUTION TO THE MEETING!