

Navigating the System

The PEI Association for
Community Living

www.peiacl.org

- PEI Disability Support Program
- Disability Tax Credit
- Did You Know?
- Preschool on PEI/SNA Funding
- Discussions With Siblings
- How to Tell Extended Family
- Registered Disability
- Savings Plans
- Social Policy

Working on behalf of individuals with intellectual disabilities and their families

Attempting to navigate the system of Doctors, Service Providers, Educators, Community Resources, Family issues and Tax information for individuals with intellectual disabilities and their families can be complex and confusing. Being able to clearly collect information around available services, community supports, service providers and financial planning should be transparent.

This Family Guide may be a useful tool for individuals and families needing direction.



NEXT STEPS:

- • First-breathe, your son or daughter is still the same person. You just need to arm yourself with a different set of “tools” to adapt to the new challenges.
- Educate yourself with good, correct information - learn as much as possible about the diagnosis.
- Take care of your family relationships-maintain honest, two-way communication with your loved ones.
- Consider bringing a family member or friend with you to the specialists’ appointments. Write down your questions and concerns beforehand and bring them with you.
- Don’t be afraid to ask for help-find support groups in your area.

About Us:

➤ The Prince Edward Island Association for Community Living (PEI ACL) is a family-based association empowering people with intellectual disabilities and their families to lead the way in advancing inclusion in their own lives and in their communities.

We do this by sharing information, fostering leadership for inclusion, facilitating networking, connecting people and opportunities and promoting rights and values in keeping with the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD).

We provide support and advocacy services, in various environments, such as homes, schools & communities which are guided by the needs of each individual and family.

Our three priority areas are :

- Supporting Families
- Social Policy Reform & System Change
- Employment



Julie Smith
Family Inclusion Facilitator

Contact Julie Smith, our Family Inclusion Facilitator, and she can help you navigate the system you are in and provide an empathetic ear.