



Community Living Peterborough

Building Inclusive Communities

A journey to self determination

When Sandy first started using the services of Community Living Peterborough, employment options were limited. In the beginning she participated in the Adult Rehabilitation Centre (ARC Industries), but this program was not suited to her dynamic, social personality and needs. However, the options were limited for what she could do with her day and that left her frustrated and unhappy.

Through many years of advocacy, trial and error, Sandy was given the opportunity to have a new service of Community Living Peterborough called "Options". She was one of the first people to get the option of having one to one support that was tailored to her needs and wants during the day time hours. As this process evolved, Sandy chose to retire from ARC Industries and try new and exciting things that were offered within the community.

Sandy now enjoys a variety of activities; including: the over 50's club, Mapleridge Senior's Centre, VON Adult Day Centre, swimming, and visiting with friends and housemates who live with her on Romaine Street. She received the "Community Betterment Award from the city of Peterborough which was signed by the mayor, in recognition of her contribution to the community, as a member of a choir, during the year of 2006.



Sandy (front left) enjoys a break with fellow members of the Activity Haven Choir

Sandy also enjoys Celtic music, baking, painting, drawing, magazines, shopping and going out for coffee. She looks forward to taking part in activities that involve these mentioned interests in the future. Day to day, Sandy has enjoyed choosing her own activities and routines, participating in meal preparations and her active social life. Sandy has also backed away from staff support at some of her clubs. She has been able to identify when she does not need support, as she already has established social capital within these groups and is a valued member.

Sandy will continue to enjoy trying new things, maintaining old friendships, as well as creating new ones in the years to come. She lives life to the fullest and follows her dreams and desires. Opening the door to choices, has allowed Sandy to flourish and show her true colors.

*This article was taken from Community Living Peterborough's 2008 Annual Report
Pathway to Excellence... Celebrating Along the Journey
Submitted by, Romaine Community Home*

Mission: To inspire respect and equality for people with an intellectual disability by promoting: community knowledge, organizational excellence and individual quality of life.



Vision: That all people live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively.