

CILT's Peer Links

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TAKE ACTION THIS FLU SEASON

Protect Yourself and Those Close to You With a Flu Shot

"Influenza is far more serious than the common cold and spreads easily. Getting a flu shot can significantly reduce your chances of getting sick or infecting those at high risk of dangerous complications"

Unlike other conditions, the flu:

- may be easier to catch than a cold
- symptoms can last for weeks
- is very easy to pass along to others, especially those at increased risk
- can lead to serious complications

Some adults and children are at greater risk of getting flu-related complications, particularly those with:

- chronic cardiac or pulmonary disorders (including asthma)
- diabetes, renal disease
- cancer, immunosuppression
- HIV infection
- anemia, hemoglobinopathy
- conditions treated for long periods with acetylsalicylic acid (ASA) who are children and adolescents 6 months to 18 years of age
- 65 years of age or older
- a resident of a nursing home or other chronic care facility

People capable of transmitting flu to those at high risk

- physicians
- nurses
- dentists
- hygienists
- healthcare volunteers
- close contacts including children, or household members of high-risk persons

How to tell the difference between the flu and a cold:

SYMPTOM	COLD	INFLUENZA
fever	rare	usual high fever, sudden onset lasts 3-4 days
headache	rare	usual, can be severe
general aches and pains	sometimes, mild	usual, often severe
fatigue and weakness	sometimes, mild	usual, severe, may last 2-3 weeks or more
extreme fatigue	unusual	usual early onset, can be severe
runny, stuffy nose	common	sometimes
sore throat	common	common
Chest discomfort	sometimes, mild to moderate	usual, can become severe
coughing	can lead to sinus congestion or ear ache	can lead to pneumonia; can worsen a current chronic condition; can be life threatening
complications		
prevention	frequent handwashing	annual vaccination and frequent handwashing

When should I get a flu shot?

Your best chance against the flu is to get your vaccine before flu season. So, you should get your flu shot in October or November.

Can I get the flu from a flu shot?

No. The influenza vaccine contains only killed virus, which cannot cause the flu.

What are the possible concerns or side effects of the vaccine?

Anyone with a history of hypersensitivity to eggs or egg products or the preservative thimerosal should not receive a flu shot. The most common side effect is soreness at the injection site for a day or two. Some people also report a slight fever and muscle ache within one or two days.

How effective is the vaccine in preventing the flu?

As with any vaccine, vaccination may not protect 100% of all susceptible individuals. However, with a good match to circulating flu strains, influenza vaccination has been shown to prevent illness in approximately 70-90% of healthy children and adults.

Why do I need to get a flu shot every year?

Every year, different dominant flu strains can emerge, as identified by the World Health Organization. For the vaccine to be protective, it must be reformulated every year according to these dominant flu strains.

Husband Abuse: An Overview of Research and Perspectives

Written by Leslie Tutty for the Family of Violence Prevention Unit, Health Canada.

Health Canada did a recent study on "husband abuse." No issue has divided researchers and front-line service providers in the violence prevention and shelter movements as husband abuse. However, even the most vocal advocates of the view that husband abuse is not a significant social issue in Canada don't deny that some men are indeed abused by women partners. The existence of husband abuse is not an issue; the debate centers around how common it is and the degree of harm inflicted.

It took a long time before the issue of wife assault was taken seriously; people used to chuckle when the term "wife assault" was first mentioned. Now, wife abuse/battering is realized as a significant social problem that demands serious attention. Recently, men's advocates have started asking whether husband abuse does not deserve similar attention. If husband abuse is more serious and more widespread than we think, should new policies and services be developed to address men's abuse in the same way that services for women have become available? Then you add the disability factor into the bag and you really have a social problem rendering immediate attention.

This study on husband abuse in Canada raises questions about the controversial issue of men who are abused by their intimate partners. The study examines three sources: (1) research on husband abuse and gaps in our knowledge about the issue; (2) a summary of the few studies in which abused men describe their experiences; and (3) conversations with representatives from approximately 40 family violence treatment programs and men's issues groups. The overview concludes with suggestions about where male abuse victims can seek help and some policy implications of acknowledging husband abuse.

CILT has a copy of this paper in our Resource Library. If you would like to take a look at it, please contact Susan DeLaurier at library@cilt.ca.

Literacy and Disability Questionnaire

We are pleased to announce that the Literacy and Disability Questionnaire is

now online. You can check it out at
<http://www.nald.ca/lil/english/whatsnew/LDsurvey.htm>.

It will be promoted amongst adult literacy providers from across Canada so that they can fill it out and submit it. When the forms are returned, a database will be created, containing accessible literacy providers from across Canada so that adults with disabilities can do an online search of literacy programs which accommodate their needs. If any of you have any affiliations with adult literacy programs, please ask them to fill out this questionnaire.

To find out more, check out their website above.

Yoga in Your Home or Office

"Yoga with Margaret"

Providing personalized yoga and meditation instruction for individuals and small groups in your home or office. Take an integrated approach to health and wellness in your life. Reasonable rates, flexible schedule.

yogatrainersu@yahoo.ca
(416) 535-5999
cell: (647) 210-yoga (9642)

MYTHS About the Sexuality of people who have disabilities

From the files of SexAbility: a program of the Anne Johnston Health Station

MYTH: People with disabilities are not sexual.

TRUTH: All human beings (even animals) are sexual. It's a natural part of our existence, regardless of physical abilities.

MYTH: People with disabilities will never find someone to be sexual with.

TRUTH: It may sometimes be difficult to find a partner who will look past the physical, but personality is a more important factor when establishing an intimate relationship.

MYTH: People with disabilities cannot be sexually pleased.

TRUTH: There are many ways to be sexually pleased, beyond genital foreplay and sexual intercourse. Some people may not have genital sensation, but get very excited when their earlobes are touched, their hair is stroked...and there's always kissing...everywhere!

MYTH: People with disabilities cannot sexually satisfy anyone.

TRUTH: Whether or not disability is involved, there are many ways to sexually satisfy a partner. Some people get aroused by wearing sexy clothing, setting a romantic mood with candles, music, flowers and body massage. Someone else might be aroused if their love licks them or they rub against their lover-- imagination is the key

MYTH: People with disabilities cannot have sex. Their bodies don't work in sexual ways.

TRUTH: Bodies may work in different ways, but those ways are still sexual for the individual. "Sex" is much more than just intercourse!

MYTH: People with disabilities are not sexy.

TRUTH: Despite what we see in the media, no one person can define what is "sexy". Sexy is in the eye of the beholder.

MYTH: People with disabilities can only partner with other people with disabilities.

TRUTH: Because attraction is not only based on the physical, but a combination of many unique characteristics including personality, social expression, commonalities and much more, attraction is a spontaneous and unpredictable condition that can happen between any two people.

MYTH: People with disabilities don't fantasize about sex.

TRUTH: The most important sex organ is the brain, and sexual urges are part of the human condition. If you can think, you'll probably think about sex!

MYTH: People with disabilities don't masturbate.

TRUTH: Like the rest of the population. not everyone with a disability wants to masturbate. For those who do, they may require facilitation to position themselves in such a way that they can comfortably pleasure themselves.

MYTH: People with disabilities can't use sex toys.

TRUTH: There are many generally-available sex toys that are useful for people with limited hand control or mobility. A visit to a local accessible sex store and a confidential talk with an understanding salesperson can be quite helpful for a person with a disability.

MYTHS about Families

MYTH: People with disabilities cannot get married, cannot have children and are not interested in becoming parents.

TRUTH: They can and do! Virtually anything is possible for people with disabilities who have a caring network of support.

MYTH: It is not fitting for therapists who assist with rehabilitation to discuss sexuality issues with patients.

FACT : Sex is a natural part of life. It needs to be considered in rehabilitation programs as a topic about which the client may have concerns.

Let's Talk About Sex and Disability!

Self-Esteem and Sexual Identity

Feel good about yourself for a healthy sense of sexuality and discover your unique sexual self!

*****Saturday, Nov. 6 10:30 - 12:30 p.m.*****

Intimate Relationships and Safety

Learn about healthy relationships and being safe!

*****Saturday, Nov. 13 10:30 - 12:30 p.m.*****

The Body, Sexuality and Sexual Pleasure

Map out the reproductive plumbing and learn about ways to bring pleasure into your life!

*****Saturday, Nov. 20 10:30 - 12:30 p.m.*****

Your Questions Answered

Get your questions answered in this safe and confidential place.

*****Saturday, Nov. 27 10:30 - 12:30 p.m.*****

- *All Workshops are held at The Anne Johnston Health Station, 2398 Yonge Street (at Montgomery, 3 blocks north of Eglinton).*
- *Refreshments available, and attendant care provided upon request.*

Getting More out of our Relationships

Bellwoods Centres for Community Living Inc, CILT's Peer Support Program and Education Wife Assault present a workshop on:

GETTING MORE OUT OF OUR RELATIONSHIPS

For women (16 years and older) with physical disabilities

This workshop will focus on:

- Defining healthy relationships
- Taking charge of your own behaviours and boundaries
- Expanding your social support network

Thursday November 18, 2004

1-4pm

Women's Health in Women's Hands

2 Carlton Street, Suite 500

(Carlton and Yonge)

This workshop is free of charge. Refreshments will be provided. Registration is required by November 15, 2004 as space is limited.

Bellwoods clients: call Yoli at (416) 530-1448.

CILT consumers: call Nancy at (416) 599-2458, x27 or by TTY at (416) 599-5077.

If requested, attendant services can be provided.

CILT's Peer Support Program is supported by a Toronto Community Service Grant, United Way and Human Services Canada.

Funding for Education Wife Assault is provided by the Government of Ontario, through the Ontario Women's

Directorate. The views expressed herein are those of Education Wife Assault and do not necessarily reflect those of the Ontario Women's Directorate or the Government of Ontario.

**CILT in partnership with Education Wife Assault
Present... Taking Care of Ourselves: A Workshop for Women with
Disabilities**

This workshop will focus on:

- What is a healthy relationship?
- What is an unhealthy relationship?
- Setting boundaries and taking charge.

Saturday November 27, 2004
11:00am - 4:00pm
Centre for Independent Living in Toronto
205 Richmond Street West, Suite 605

To register for this event, please call (416) 599-2458, and ask to speak to Nancy (x27) or Kimberly (x35), or by TTY at (416) 599-5077 by "no later than" November 19, 2004.

Pizza and refreshments will be served. Attendant services will be provided. Other accommodations may be provided upon request.

CILT's programs are supported by a Toronto Community Service Grant, United Way of Greater Toronto and Human Services Canada.

EWA's funding for this workshop is provided by the Government of Ontario, through the Ontario Women's Directorate.

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Active Living Conference

**"Introduction to Inclusion"
Promoting Fitness and Recreation for People of All Ages and Abilities**

Variety Village
November 12, 2004

Healthy, active living has become key to so many people with a physical or developmental disability. Today, opportunities for physical activity are abundant. Variety Village is offering a full day of dynamic and interactive activity sessions

with expert facilitators leading the way with hands-on learning and open discussions. This activity conference will be of great value to anyone - consumers, students and professionals- interested in active living opportunities for people of varied abilities.

Registration fee: \$35 (a reduced fee may be negotiated for those living on a fixed income)

Lunch may be purchased for \$5.

For questions or to register, call Variety Village at 416-699-8177

Ombudsman Ontario

The Tobias House Resource Centre invites you to an information session with the **Ombudsman Ontario**.

- Are you receiving Ontario government services such as ODSP, ADP, student loans, OHIP, CCAC?
- When dealing with an Ontario Government service, do you feel
- You have been treated in a way that is unfair, mistaken, unreasonable?
- That no one returns your calls?
- That it seems to take forever to get results?

Don't give up. Maybe there is something you can do. After all, you are entitled to a fair, timely delivery of service.

To find out how Ombudsman Ontario may be able to help:

Wednesday November 10, 2004
2:00pm to 3:15pm
Tobias House, Recreation Room, 6th Floor
695 Coxwell Avenue
(Coxwell & Danforth)

***Due to limited space, please RSVP to Constantine at (416) 690-8804 by Wednesday November 5, 2004.

This workshop is for people with physical disabilities.

Coffee, tea and cookies will be served. Attendant care support will be available.

Accessible Niagara

Table Rock House: has an information centre and wheelchair rental service. There is an excellent observation area off the restaurant area for people who have trouble seeing over the railing around the falls (reached by taking an elevator in Table Rock House near the back)

Niagara Parks Greenhouse: A lovely escape with more than 70 colorful free-flying tropical birds. Accessible washrooms

Clifton Hill: Opposite Maid of the Mist Centre right near the falls. It's bright, loud and wacky. Some attractions are accessible and some are not. All you need to do is ask. Ripley's Believe it or not is and so is Movieland Wax Museum of Stars.

Casino Niagara: is accessible and so are it's washrooms. Shuttles from the parking lot can hold up to two wheelchairs.

Niagara Parks Butterfly Conservatory: located on the grounds of the Royal Botanical Gardens this 11,000 sq. ft. structure is home to a rain forest complete with waterfall and more than 2, 000 free flying butterflies. The gift shop, washrooms and café are accessible as well.

Marineland: There is a special viewing area for wheelchair users at the King Waldorf Theatre Show. Enquire at theatre entrances. The lower level of the aquarium building is not wheelchair accessible. Some rides are using the exits. Please inquire. Must ride with a companion.

Niagara Helicopter: accessible flights, call ahead.

Skylon Tower: You can ride 775 feet to the top above the base of the falls, on the outside of the tower, in one of three glass-enclosed elevators. There are accessible indoor decks at the top. The summit Suite Buffet Dining Room is accessible but not the Revolving Dining room.

Maid of the Mist: Totally accessible except for the washroom.

White Water Walk: You may not want to roll the two-mile distance from the falls down to the White Water Walk if you are tired. There is limited parking beside the entrance and much more across the road. The building up top is only an elevator and the exciting part is down in the gorge where you can get close to the white-water rapids you can touch it.

Camping: KOA Niagara Falls accessible grocery store, gift shop, laundromat,

and washrooms. Campark Resorts - RV, cabin, or tent camping. Accessible washroom and showers, laundry facilities, and general store.

Accessible Churches: Grace Gospel Church, Our Lady of the Scapular Roman Catholic Church., and St. Andrew's United Church.

Gardens: Broadway Gardens, The Copper Leaf, Niagara Parkway, Rainbow Iris Gardens, Stokes Seeds

March of Dimes Ridley Terrace Respite Suites: In St. Catharine's, a two-bedroom respite care suite available by the day or week. On-site attendant care or nursing care can be purchased. Roll-in shower. 15 minutes from the falls.

Niagara Nature Tours: A eco-tourism business from Vineland offering accessible experiences.

5-0 Taxi: Wheelchair accessible cabs. Order ahead.

Greyline Tours: Can accommodate two wheelchairs per bus.

Lewis and Krall Home Health Care: In Welland, equipment rental and repair.

24 hour emergency number.

For more information and free guides, contact the Niagara Economic and Tourism Corporation 1-800-263-2988 or www.accessibleniagara.com.

2004 International Day of Disabled Persons

December 3 is the United Nations' annual observance of the International Day of Persons with Disabilities. This day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of people with disabilities.

The theme of this year's observance is "Nothing About Us Without Us." It will focus on the active involvement of people with disabilities in the planning of strategies and policies that affect their lives. The motto "Nothing About Us Without Us" relies on this principle of participation, and it has been used by disability organizations throughout the years as part of the global movement to achieve the full participation and equalization of opportunities for, by and with persons with disabilities.

Observance of the Day offers an opportunity to foster changes in attitudes towards persons with disabilities and eliminate barriers to their full participation in all aspects of life.

For details about this years observance at the UN Headquarters, please visit www.un.org/esa/socdev/enable/iddp204.

***Peer Links** is a quarterly publication of the Peer Support Program.*

*To become a member of the Peer Support Program, or to receive **Peer Links** on a regular basis, please contact Nancy at:*

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Web site: www.cilt.ca*

Peer Links is also available on audiotape.

Articles on products, agencies or services are for information only and are not meant as endorsements.

The opinions expressed in this newsletter are those of the contributors and may not reflect the views of CILT.

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