

L'INTÉGRATION SUMMER 2004, VOL. 13, NO. 4

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INTERVIEW

Minister of Health and Social Services **Conversation with Philippe Couillard**

Elected to office in the last provincial elections, the Minister of Health and Social Services is undeniably an important member of Jean Charest's cabinet. *L'intégration* met with him in his capacity as Minister responsible for the Office des personnes handicapées du Québec.

L'intégration: On a personal level, your involvement in politics is a major career change. Are you still happy with your decision?

M. Couillard: Definitely! I'm really enjoying the experience.

How would you sum up your first year in politics?

We've accomplished quite a few things, maybe even more that we had projected during the campaign. We succeeded in investing quite a bit in the health-care system, reorganizing and focusing this new structure on more continuous and integrated services, and streamlining work organization within the system. We're also getting ready to present a bill on persons with disabilities. Already, many of the things we planned to do have been achieved or are well under way. In that sense, it's been very satisfying. However, there's still a lot to do in our sector of activity. If we look at the priorities we set for ourselves, we can see that we've already laid a solid foundation; now we have to build on it in the coming years.

Let's talk about the amendment of the *Act to secure the handicapped in the exercise of their rights*. What stage are you at in that project?

We're well advanced. This issue has been evolving for a long time: remember that the previous government had tabled a bill that died on the Order Paper, sparking criticism from community associations for persons with disabilities. So we got down to work and consulted all the government departments involved. Now the bill is about to be tabled before the National Assembly—soon, I hope.

Since you took up your duties, you have been able to see the scope of the OPHQ's actions. Are you surprised?

I didn't know much about the OPHQ, but I'm learning about it more and more, particularly through my regular contacts with chairman Norbert Rodrigue. The OPHQ has grown over the years from a program administrator to an organization that truly accompanies persons with disabilities and defends their rights. Of course, this change occurred gradually. Now, with the potential adoption of the bill, I'd like to give the OPHQ

a new direction as a watchdog for government action in all sectors concerning persons with disabilities. Its restructuring, which began this spring, makes provisions for this new direction.

Now, in 2004, what point do you think the social inclusion of persons with disabilities has reached?

The word “inclusion” embraces many realities, for example, integration into the labour market. Québec is a leader in Canada in this area, with its adapted work centres. There is always room for improvement, of course, but I would say that Québec has implemented structures that are the envy of many. And in the legislation, we intend to improve these structures even more, by entrusting the issue of job-market integration to the Ministère de l’Emploi, de la Solidarité sociale et de la Famille, including the adapted work centres program. There have also been considerable improvements in the area of daily life activities. However, accessibility remains a concern, especially for buildings erected before 1976. There is also the issue of access to specialized transit, because many municipalities still do not have this type of service. Checking also needs to be done to ensure that all of Québec’s public bodies are making sufficient efforts to understand the reality of disabled persons. All this is taken into account in the bill, both in spirit and in fact.

Can you identify an aspect of social inclusion that poses a greater challenge?

I’d say that job-market integration poses one of the biggest challenges. We have to get people to understand that hiring persons with disabilities is not a burden for businesses or employers. On the contrary, these employees are assets, just like any other member of the work force. In fact, in this regard, the record of adapted work centres speaks for itself. They’re excellent ways of including people with disabilities in the labour market, while being profitable in economic terms.

You chair the ministerial social development committee. What’s your vision in this respect?

We’ve submitted a number of proposals for government action based, among other things, on values that testify to Québec’s collective experiences over the past several years, such as solidarity, mutual support and equal opportunity.

A portion of the population feels that your government is calling into question part of what is known as the Québec model. How do you feel about that?

I have a hard time understanding why they think that. Naturally, we have to reorganize some things and rethink the government’s mission. But if people look at everything we’ve done for social solidarity, health care, social services, the disability community, public health and the fight against poverty, they have to admit that the government is not turning its back on the past.

Interview conducted by Michel-André Roy

MESSAGE FROM THE CHAIRPERSON

Toward new legislation ...

Amidst the activities and events held during the most recent edition of Québec's Week of the Disabled, from June 1 to 7, the Office des personnes handicapées du Québec was delighted to learn that a bill amending the *Act to secure the handicapped in the exercise of their rights* and other legislative provisions would be tabled.

By following up on the commitment to update the Act, made by the Premier on the occasion of the opening of the 37th legislature, the tabling of the bill by the Minister of Health and Social Services, Philippe Couillard, paves the way to further progress in the areas of educational, social and vocational integration. As the Minister mentioned, the legislative amendments proposed will consolidate the progress made over the past 25 years, and result in more active, direct participation on the part of important partners, such as the municipalities and government departments and agencies. The bill presented by Mr Couillard is also designed to address current concerns of disabled persons and their families who, despite the developments of recent years, must still cope with numerous situations that hamper their full-fledged inclusion. The Minister also pointed out that the idea of amending the legislation, which was adopted in 1978, has been in the works for over 10 years, particularly with the objective of devising a definition of "disabled person" that corresponds to the developments in knowledge and change in mentalities that have occurred over the past quarter-century, and added that the tabling of this bill is the culmination of a year of consultations with the disability community and the government partners concerned.

This new legislation would see the OPHQ playing a veritable transversal role of watchdog, advisor, promoter and coordinator to the government and public administrations and authorities in all sectors of activity relating to the inclusion of persons with disabilities. This broader mission would enable the OPHQ to ensure that all partners pursue their efforts toward the integration of persons with disabilities and their full-fledged participation in society. The OPHQ would play a significant advisory role in measures concerning persons with disabilities; contribute to action plans produced by government departments; and help them draft legislation and develop policies, programs and public services, with the responsibility to report thereon to the Minister and issue any relevant recommendation or opinion. In addition to this role as watchdog, the OPHQ would also ensure the coordination of actions concerning service development and delivery for persons with disabilities and their families. An important difference is that, in doing so, it would act upstream of the services provided. As concerns promotion, the bill would also entrust the OPHQ with a number of mandates, such as personalized service planning, the use of a standardized classification system for impairments, disabilities and handicap situations, the adaptation of interventions and services provided in schools and the continuous improvement of building accessibility standards. The new legislation's impact would be such that if the National Assembly consented thereto, the new Act would be entitled the *Act to secure the handicapped in*

the exercise of their rights with a view to their educational, vocational and social integration.

We'll undoubtedly have many opportunities to further discuss this bill, which will undergo parliamentary hearings this fall, but I am confident that a new page in the social inclusion of persons with disabilities is about to be written. In order to fuel debate on the topic, Mr Couillard has agreed to share with us, in the above pages, his opinion on various issues concerning persons with disabilities.

Also, given the summer season, this issue of L'intégration focuses on recreation and leisure. You'll find articles on a symposium on the topic of inclusive leisure, entitled Défi Loisir pour les personnes handicapées ou en perte d'autonomie vers la participation sociale, of which I had the privilege of being honorary president. This symposium, held in May, followed the publication of a collective document in which the OPHQ participated.

In closing, I hope you have enjoyed and taken advantage of your summer vacation and that, thanks to the new social development tools with which we are equipping ourselves, we can together take great strides toward the educational, vocational and social integration of persons with disabilities.

By Norbert Rodrigue

FOCUS

Recreation and leisure

A symposium: ideas and projects galore

Recreational activities are, for members of a community, the path of choice for social participation. They allow people to communicate, enjoy fraternal relationships and create spaces for freedom, celebration and solidarity.
- Mireille Tremblay -

With this message, the symposium *Défi Loisir pour les personnes handicapées ou en perte d'autonomie vers la participation sociale* was launched. Held on May 6 and 7 at the Université du Québec à Trois-Rivières (UQTR) under the sponsorship of the Association québécoise pour le loisir des personnes handicapées (AQLPH), in conjunction with partners from various backgrounds, the symposium brought together some one hundred people from all horizons: associations, municipalities, health and social services, government, etc. Active, for the most part, in the recreation sector, they were assembled to discuss and share their ideas with a view to developing a joint plan of action targeting inclusive leisure activities for persons with disabilities.

The right to leisure has been enshrined since 1949 in the Universal Declaration of Human Rights. However, persons with disabilities have not always been able to avail themselves of it fully because, for many years, they were institutionalized and their leisure activities, which were limited in variety, took place solely within the confines of

these institutions. When these people began leaving the institutions in the 1970s, they ran up against physical obstacles, in terms of barriers to recreational facilities, for example, and social obstacles, such as prejudices and negative attitudes.

In Québec, the *Act to secure the handicapped in the exercise of their rights*, adopted in 1978, and the overall policy *On Equal Terms*, formulated in 1984, indisputably contributed to improving the living conditions of persons with disabilities in many areas (transportation, education, employment), including that of recreation and leisure. Despite the progress made since, the fact remains that the challenges to be met in the area of access to leisure activities for persons with disabilities are numerous.

In his keynote address at the symposium, OPHQ chairperson and honorary president Norbert Rodrigue stated, "Too often, we forget that recreation is an important means of social participation and inclusion for persons with disabilities and, to this end, we must ask ourselves whether its role is underestimated."

The story of a symposium

This event is the culmination of collaborative efforts begun over two years ago. As part of a course in the masters' program at the recreation sciences and social communication department of the UQTR, under the supervision of Mireille Tremblay, lecturer and director of research and service quality at the Centre de réadaptation Gabrielle-Major¹, students began drafting a collective work on the integration of persons who are disabled or losing their autonomy into recreational activities. Some thirty of these students, all with expertise in this area, took part in a seminar, which was the starting point for work on the volume.

Ms Tremblay explained that next, a committee of partners took over from the students to continue with the publication of the work and the preparation of the symposium. The result was *Défi-loisir: pour une véritable participation sociale des personnes handicapées ou en perte d'autonomie* (the same title as that chosen for the symposium). This work was not only publicized at the symposium, but was also used as a basis for work and discussion during the two days it lasted.

Three categories, nine workshops

During the nine workshops, which were divided into three categories, the authors presented their document in order to open and guide the discussion. The participants took the floor to talk about the difficulties they experienced in their respective environments and the changes they would like to see. The goal was to agree on a general recommendation, specifying the partners who should be involved and the conditions for success. This recommendation was then submitted for approval to the general assembly during an interactive forum where everyone was welcome to suggest improvements.

Enhancing expertise

¹ A rehabilitation centre for persons with intellectual impairments, located in eastern Montréal.

The first of the three categories was the enhancement of professional intervention and the development of expertise. During the different workshops, the participants were encouraged to reflect on existing leisure-related expertise in the field of health and social services, the impact of recreational activities on persons who are losing their autonomy, and the role of recreation in the individual service plan for persons with intellectual impairments.

For example, in the workshop on leisure-related expertise in the field of health and social services, some participants, especially those from community groups, said that they had trouble with the definition of the mandates of the various resource people. When should the rehabilitation centre step in to support the recreational activities offered? To what extent should community groups adapt their own practices? Various problems related to expertise or the harmonization of interventions were pointed out: the top-down or “silo” approach, which prevents the sharing of expertise; the pressure placed on the health-care and social services system, which sometimes results in the “dumping” of people into the community sector; the importance of establishing partnerships when the person exits the service network; the scarcity of studies and research on the preventive aspect of recreation; and the lack of recognition of the community sector’s expertise.

Workshop participants came up with different solutions in order to better support the development of expertise, such as defining each resource person’s area of intervention, recognizing and sharing existing expertise, and better equipping the people who work in the recreation sector.

Developing practices

This category comprised the practice of leisure activities for therapeutic purposes, i.e. cultural or sports activities used for rehabilitation, social participation or integration purposes. They are generally led by clinical workers in a therapy environment or by recreation resource workers in a community context.

Two workshops presented several activities, such as art therapy, theatre, dance, animal therapy, sport and the Snoezelen concept. Some of these activities have a soothing or comforting effect, while others allow those who practise them to develop their autonomy, express their emotions or creativity, and increase their social participation. Another workshop focused on the development of tourism in Québec and abroad.

Based on the different presentations, participants discussed the problems encountered, such as the lack of recognition of the benefits of such approaches, the dissemination of knowledge, the sharing of expertise, joint action among partners, community involvement, and so forth. They also discussed the means, strategies and attitudes to adopt in order to foster the development of these practices and the emergence of new ones.

Intensifying partnerships

The third category focused on the involvement of various partners called upon to contribute to recreational integration and support the social participation of persons who are disabled or losing their autonomy, including government, municipal, health and social services and community representatives. Three workshops looked at partnership from the following angles: leisure activities in institutions and volunteer work; the municipal and community sectors; and government actions and orientations.

Analysis of the recommendations shows that these different sectors have a “nesting” relationship, much like Russian dolls. It seems essential to build bridges with the community sector in order to decompartmentalize the institutional environment and improve the supply of services, whereas communities and municipalities want each partner’s actions to be harmonized and recognized in order to ensure continuity. As for the government, its orientations aim to support research and knowledge dissemination in the field of recreation and leisure, and establish financial partnerships in order to foster municipal involvement.

Conclusion

It can definitely be said that the participants had an urgent need to express themselves. Indeed, during the interactive forum, the scope of the topics to be covered and the number of people who took the floor would indisputably have justified a longer period, so that those who did not get a chance to speak could have been heard.

During the workshops, it became clear that the problems relating to leisure integration are very different depending on whether they are experienced in an urban or a rural environment. Everyone could see that partnership and concerted action among the different sectors is crucial, but difficult to achieve. Moreover, an important observation made during the forum was that the word “therapeutic” is too often associated with the concept of leisure, as if to give more merit to the activity, whereas leisure should also be associated with the concept of enjoyment, something that was not often mentioned during the discussions.

Nine recommendations and conditions for success calling for specific actions on the part of various partners ensued from this event. The organizing committee is to meet in the near future in order to decide on how they will be followed up.

From the interest shown by the participants and the quality of their presentations, it is easy to tell that they are committed to improving the practice of leisure and recreational activities for persons with disabilities, both in terms of quality and diversity. Leisure is certainly not the least in the array of methods used to foster the social inclusion and participation of disabled persons, and it may even be, as Mireille Tremblay pointed out, the path of choice!

By Micheline Thibault

Recommendations issued at the symposium

Category 1:
Enhancing professional intervention and developing expertise

Workshop A:

Trends in and overview of existing leisure-related expertise in the field of health and social services in Québec

Recommendation:

Identify, recognize and share existing expertise (local, regional and provincial) in order to extend the vision perception of inclusive leisure to the health-care and social services network as a whole.

Main partners

- Community groups and disability associations
- Government authorities (Ministère des Affaires municipales, du Sport et du Loisir (MAMSL), Ministère de la Santé et des Services sociaux (MSSS))
- CEGEPs and universities

Conditions for success

- Create an inclusive, inter-network working group to adopt a shared vision
- Provide college and university training for all partners and regular refresher training with the disability community

Workshop B:

Impact of leisure activities on persons who are losing their autonomy

Recommendation:

Train recreation workers to provide information and attune families, other professionals and decision-makers to the importance of leisure activities in an individual's life.

Main partners

- Clientele
- AQLPH
- Institutions

Conditions for success

- Identify and publicize evaluation tools
- Be familiar with the needs of one's clientele

Workshop C:

The role of recreation in the individual service plan for persons with intellectual impairments

Recommendation:

Improve knowledge about and the recognition of leisure in conjunction with the partners concerned, based on individual needs.

Main partners

- Associations of recreation organizations
- Rehabilitation centres (leadership)
- User associations
- Institutions

Conditions for success

- Carry out lobbying
- Share information
- Take advantage of awareness-raising events (conventions, symposiums, seminars, etc.)

Category 2:

Developing practices

Workshop A:

Art therapy, animal therapy, theatre, dance

Recommendation:

Recognize the benefits of art, art therapy and animal therapy in order to diversify activities aimed at helping people express themselves and develop their creativity.

Main partners

- Artists
- Animal therapists and art therapists
- Clientele
- Recreation and rehabilitation resource persons

Conditions for success

- Foster knowledge transfer and joint action among partners
- Organize symposia and mixed workshops

Workshop B:

Dance therapy, Snoezelen concept, soccer, social recreation activities

Recommendation:

Dare, take initiatives and publicize achievements.

Main partners

- Regular recreation organizations
- The State as facilitator
- The training community
- The media
- Recreation and rehabilitation resource persons

Conditions for success

- Obtain an overview of current practices
- Step up convergence efforts already undertaken
- Create a provincial roundtable to ensure the harmonization of practices and the continuity of interventions

Category 3: Intensifying partnerships

Workshop A:

Leisure activities and volunteer work

Recommendation:

Forge reciprocal strategic alliances between institutions and community organizations to create a supply of leisure activities that meet the needs of different age groups, ability levels, etc.

Main partners

- Local community organizations
- Institutions
- Municipal recreation services

Conditions for success

- Identify and publicize achievements to broaden people's minds
- Emphasize the value of the links forged
- Empower partners

Workshop B:

The municipal and community sectors

Recommendation:

Increase the recognition and complementarity of each partner's actions in order to ensure continuity within specific mandates.

Main partners

- Municipalities
- Health and social services network
- Community organizations
- Recreation and rehabilitation resource persons

Conditions for success

- Accentuate partners' involvement in the process of developing recreation policy
- Lobby local and regional decision-making authorities
- Create local and regional roundtables

Workshop C:

Government actions and orientations

Recommendation:

Foster municipal involvement.

Main partners

- OPHQ
- MAMSL
- Municipalities
- Elected officials
- AQLPH

Conditions for success

- Create a roundtable and recruit appropriate partners, depending on the issue being dealt with
- Document the situation (overview and research)
- Raise awareness using positive examples
- Create financial partnerships

FOCUS

Recreation and leisure

A must-read publication and an event not to be missed!

There would seem to be no doubt, following the symposium *Défi loisir*, that leisure activities are key to the social inclusion and participation of persons with disabilities. So how can we ignore an event such as Destination Loisirs, which will enable hundreds of people to partake in enjoyable activities while discovering the beauty of the Gaspé Peninsula and the warmth of its inhabitants?

Another element that was deemed vital during the symposium was the development of tools that make it possible to practise leisure activities. With the publication of its *Manuel de l'accompagnement*, a training guide for attendants, in the spring, Zone Loisir Montérégie seems to have understood this already. *L'intégration* looks at both the event and publication.

Destination: Bonaventure

Some 500 persons with physical, intellectual or sensory impairments will rendezvous in Bonaventure, on the Gaspé Peninsula, from September 3 to 5. Hailing from all corners of Québec, as well as from Belgium and France, these people will participate in cultural, tourism and sports activities designed especially for them.

Under the enticing theme *Un air de plaisir dans une vague de chaleur* [Having fun in a heat wave], the Gaspésie region is hosting the 9th edition of *Destination Loisirs*, and the recreation association for persons with disabilities of the Gaspésie et des Îles-de-la-

Madeleine region is in charge of the organization thereof. This event, which is held every other year, was formerly known as Multi-sports and began in 1988. At that time, the recreation association for persons with disabilities of the Québec–Chaudière–Appalaches region had launched this initiative to meet the needs of persons with disabilities who did not have access to sports activities on a provincial scale.

The 2004 edition of *Destination Loisirs* is a participation-oriented recreational, cultural and sports event. It will be used as a springboard for the presentation of new activities and their discovery by the participants. Moreover, it is an excellent opportunity to promote disabled persons' access to leisure activities. In the words of Marcel Landry, honorary president of the event, "The inclusion of persons with disabilities is also dependent on leisure activities, which are valuable tools for socialization and development. It's up to us to make these tools more accessible and better adapted."

Several activities are on the agenda and, according to Ms Mélodie Hébert, coordinator of the event, the organizers have gone all out to make this 9th edition an unforgettable occasion. To be sure, the participants will discover—or rediscover—a region of breathtaking beauty where Mother Nature has outdone herself. Happy adventuring!

Attendant services from A to Z

Zone Loisir Montérégie (ZLM) recently published *Le manuel de l'accompagnement*. This new training guide is designed to provide information on supplying attendant services to persons with disabilities who live with mental health problems or are losing their autonomy. Highly exhaustive, this work, which is close to 200 pages long, provides a solid information base to readers who are interested in attendant services.

A non-profit organization, ZLM was created in 2002 further to the consolidation of three local recreation associations for persons with disabilities. Its mission is to promote disabled persons' access to all forms of leisure and recreation, their right to quality inclusive leisure activities, and their freedom to express themselves about and participate in recreation.

It must be understood that the participation of disabled persons in leisure activities is based on several decisive factors, of which attendant services are just one. According to Ms Nancy Whitney, ZLM coordinator, "By administering the attendant program for leisure activities, it became clear to the ZLM team that a major void had to be filled as concerns the training of new attendants." This is why the drafting of this training guide became, in a sense, a must.

Le manuel de l'accompagnement addresses all types of impairments and mental health problems, describes the characteristics thereof and suggests appropriate approaches and ways of adapting leisure activities. It also discusses the attitude attendants should adopt, and the specific interventions required in certain situations (epileptic attacks, hyperactivity, conflicts, etc.). It contains information concerning support for attendants, specialized resources and what first-aid kits should contain, as well as models of

communication pictograms; in short, “everything you’ve always wanted to know about attendant services.”

Both the quality of its content and its layout make *Le manuel de l’accompagnement* an informative and easy-to-read guide that may well become the “bible” of attendant services. Already, the document has crossed the Atlantic, where it is “currently being distributed in France, thanks to the considerable interest shown by our French partners,” concludes Ms Whitney.

By Micheline Thibault

For more information on *Destination Loisirs*, please contact Mélodie Hébert at (418) 388-2869, or your regional recreation association.

The *Manuel de l’accompagnement* is available from the ZLM at a cost of \$24.99 (plus \$5 shipping fees) by dialling 1 888 999-0404. Discounts are available for bulk orders.

POINT OF INTEREST

The OPHQ: in the throes of change

Although the administration of many of its programs has, over the years, been transferred to other government departments and agencies, the OPHQ’s organization and structure had not been reviewed for several years. In 2003, chairperson Norbert Rodrigue expressed his intention to restructure the OPHQ’s activities and, later that year, submitted the broad orientations that would underpin this reorganization.

In March 2004, the restructuring project was submitted to OPHQ staff and, a few weeks later, our governmental and community partners were informed thereof in writing. This restructuring affects all of the OPHQ’s activities, from staff assignment to the way activities are carried out. The projected changes will have a greater impact on regional activities, which will continue but will be structured differently. It should be emphasized that the OPHQ is not withdrawing from any of its sectors of activity.

Once a gradual implementation process is completed, this restructuring will provide the budgetary leeway required to carry out activities in accordance with the OPHQ’s new orientations.

Collective action in the regions

This activity targets promotion, sector-specific and multisector coordination and the development of services through lobbying and representation activities carried out in respect of local and regional decision-making authorities. Collective action has long been exercised in the regions but has now been stepped up, with the number of

representatives increasing from 23 to 31. With a view to better supporting the latter's efforts, three new branches devoted exclusively to collective action in the regions have been created. This means that the OPHQ will continue to be present throughout Québec, since representatives will be present on a permanent basis in each region.

The new branch for eastern Québec will be located in Québec City and will cover the Bas-Saint-Laurent, Saguenay–Lac-Saint-Jean, Capitale-Nationale, Côte-Nord–Nord-du-Québec, Gaspésie–Îles-de-la-Madeleine and Chaudière-Appalaches regions. The branch for western Québec, established in Montréal, represents the regions of Montréal, Outaouais, Abitibi-Témiscamingue, Laval and Montérégie. Lastly, the branch representing central Québec, located in Trois-Rivières, will encompass the regions of Mauricie, the Eastern Townships, Lanaudière, Laurentides and Centre-du-Québec.

Individual action

This type of activity has to do with providing support for persons with disabilities and their families in their efforts to obtain services. More specifically, individual action consists of responding to information requests, referring people to the appropriate resources and providing follow-up to people on the results of their efforts.

Since the majority of information requests are made by telephone, a toll-free service will channel all calls beginning in the fall of 2004, with a team of staff members assigned exclusively to this service.

The OPHQ also advises and accompanies persons with disabilities and their families in their quest for assistance. For example, it may take part in preparing and carrying out the service plan, or see to the coordination thereof. These activities will continue to be provided, since teams for individual action will be set up and assigned to three locations. The members of this team will answer all requests, regardless of where they originate from, and will travel to the location in question as needed.

This new way of doing things, in addition to making resources more flexible, is in keeping with the continuity of the efforts made in recent years to better supervise and harmonize the OPHQ's supply of services. In addition, it lends itself to the development of expertise by fostering exchange and mutual support among colleagues.

These operational changes will occur gradually and, where possible, at the culmination of a process that has already been undertaken. Where this does not happen, the persons concerned will be notified rapidly that they will be assigned a new caseworker.

A new branch will be created to provide improved supervision and assistance for support counsellors. Known as the Direction du partenariat et de l'intervention individuelle (DPII), it will also be mandated to reinforce our partnerships and exchanges, particularly with service providers and associations for persons with disabilities.

Programs and other activities

The DP11 will also manage certain programs, such as the one concerning adapted work centres. Previously, the staff in the regions was responsible for ascertaining the eligibility and monitoring of the people hired by these centres. Now, four people will be assigned to these tasks on a full-time basis and will be available to help solve the specific problems experienced by fledgling and existing businesses. It should be noted that the staff assigned to collective action in the regions will also support and monitor the development of adapted work centres.

As concerns evaluation, research and intervention activities on a provincial scale, the only notable change is that the regional and provincial teams will work more closely together.

Conclusion

It is both obvious and natural that such operational changes should trigger concern and insecurity among OPHQ staff and those who deal with our organization. However, please rest assured that this restructuring of our activities will be carried out gradually, and that the OPHQ will be vigilant in maintaining the quality of the individual support it provides.

By Micheline Thibault

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LITERATURE REVIEW

Recreation and leisure

TREMBLAY, Mireille; ST-ONGE, Marc; BOUCHER, Guylaine (eds.). *Défi-loisir: pour une véritable participation sociale des personnes handicapées ou en perte d'autonomie*. Montréal, QC: Association québécoise pour le loisir des personnes handicapées; Centre de réadaptation en déficience intellectuelle Gabrielle-Major, 2004, 125 p. (M6674)

This collective work contains articles by some thirty authors from research, university and rehabilitation circles and government and community organizations. It aims to mobilize resource persons in these sectors as they relate to the recreational integration of persons who are disabled or losing their autonomy, and encourage them to exchange expertise. The articles are divided into three sections: the first is more theoretical and the second more practical, while the third sets out government commitments in the sector of recreation and leisure.

BÉLANGER, Joël; LAPLANTE, Annie; RENAUD, Hélène. *Le manuel de l'accompagnement: guide de formation en accompagnement des personnes handicapées*. Saint-Hyacinthe, QC: Zone loisir Montérégie, 2003. 193 p. (M6639)

This document is a training guide that allows attendants to work effectively and make leisure activities more accessible to persons with disabilities or mental health problems. Various impairments are described and ways of getting around safely explained.

ABABOU, Rachid; LABELLE, Martine. *La formation d'une équipe sportive intégrée: Qui intègre qui? Guide pratique. Le sport comme moyen privilégié d'intégration et de participation sociale des personnes présentant une déficience intellectuelle*. Laval-des-Rapides, QC: Équipe intégrée de soccer de l'Impact de Laval, 2000, 80 p. ISBN 2-980794-0-2 (M5885)

This guide focuses on the physical participation of persons with an intellectual impairment in a competitive sports team. It describes the process to follow in order to set up an integrated sports team.

DAVIAULT, Jacynthe. *Activités sportives et récréatives pour les personnes ayant une déficience visuelle: un outil pratique pour les guides accompagnateurs*. Longueuil, QC: Institut Nazareth et Louis-Braille, 2001. 1 kit + 8 brochures. - Content: bowling; in-line and ice skating; golf; downhill skiing; cross-country skiing; tandem cycling; hiking. (A9735)

This document features techniques that facilitate the playing of sports by persons with visual impairments, and presents helpful hints and strategies to help attendants in their tasks. It suggests eight activities and explains the factors that must be taken into account before and during each of them.

Québec à la carte: logiciel de planification de voyage au Québec. Dorval, QC: Éditions Escapades, 2004. 1 CD-ROM; 12 cm. User guide: A8846. Hardware required to use the CD-ROM: Windows 98, ME and XP. (M6326)

This software package provides all the information needed to plan a vacation by providing access to maps and photos and describing numerous activities. It also gives accessibility ratings for tourism, accommodation and cultural facilities throughout Québec.

AMYOT, Richard; HARVEY, Louise. *L'accompagnement en loisir pour les personnes handicapées. Document de réflexion du Comité des partenaires pour l'accompagnement en loisir pour les personnes ayant une déficience*. Montréal, QC: Association des établissements de réadaptation en déficience physique, 2001, 121 p. ISBN 2-9807038-0-X (M5984)

This document is intended to broaden the debate on attendant services for persons with disabilities in the field of recreation and leisure. It analyzes the factors that influence disabled persons' participation in recreation, and highlights the main obstacles they are confronted with.

To borrow any of the above, or for more information, feel free to contact the Documentation Centre team at (514) 873-3574 or 1-888-264-2362 toll-free, or by e-mail at documentation@ophq.gouv.qc.ca.

OVERVIEW

Scholarship

Each year, the Canadian Paraplegic Association (CPA) awards the Copnick/Hilliard Scholarship, worth \$1 000, to a postsecondary student with a permanent severe mobility impairment. The application deadline for this year is August 31, 2004. Details on this scholarship and application forms are available on the CPA Web site at www.canparaplegic.org

Job search

A job-search site designed for persons with visual impairments is now on-line. This Web site was developed by Workopolis, a leader in the field of cyber-recruitment and job search, in conjunction with the Canadian National Institute for the Blind (Québec Division) and its partners (Service de développement d'employabilité de la Montérégie and the Société québécoise pour les personnes aveugles). One section posts job offers, another section allows visitors to submit their résumés, and the final section provides information on adapted workstations (vision.workopolis.com).

Royal Bank hiring program

The Royal Bank of Canada (RBC) values diversity in the workplace, and has thus set up a special hiring program for persons with disabilities. Various career opportunities are available for people wishing to become part of the RBC team, at bank branches, call centres, administrative centres and others. For more information, visit the RBC Web site (www.rbc.com/uniquecareers) or call Ms Claudia Côté at (514) 874-8214 (fax: 514-874-3962).

Pervasive developmental disorders – new university programs

In May, the Québec government announced that two new training programs for persons working in intellectual impairment rehabilitation centres would be offered by Université Laval. One of these is a customized certificate program for persons working with

pervasive developmental disorders. This program was developed further to an analysis of training needs conducted in 23 intellectual impairment rehabilitation centres. The second program, a customized graduate diploma in supervision of intervention for persons with pervasive developmental disorders, is designed more specifically for supervisors, clinical counsellors and heads of employment programs in intellectual impairment rehabilitation centres.

The Université de Montréal and the Université du Québec à Chicoutimi are also participating in this initiative. The creation of these programs is the result of a collaborative effort on the part of the Ministère de l'Éducation and the Ministère de la Santé et des Services sociaux.

A new resource for autism

A new regional association, Autisme Chaudière-Appalaches, was recently set up. Its mission is to provide information and raise public awareness about autism, and to forge links among resources working with autistic persons. This association is intended for family and friends, resource people, educators and anyone who wants to learn more about autism and other pervasive developmental disorders (PDD).

This association will hold activities such as training sessions, workshops and parent meetings, and will create an information bank. A regional committee of parents of children with autism or PDD has been set up in order to guide and support the association's projects, to ensure that it effectively fulfils veritable needs. For more information, you can contact Autisme Chaudière-Appalaches by dialling, toll free, 1 866 625-6082.

Accessible hunting and fishing

The Association des chasseurs et pêcheurs handicapés du Québec (the provincial association for disabled hunters and fishers) offers persons with disabilities the opportunity to hunt and fish at Lake Sarrazin. The cottage and other facilities, such as the sidewalk, dock and certain fishing activities, are barrier-free. Depending on the season and visitors' degree of mobility, other activities can also be practised, such as berry picking, hunting or just plain old R&R. Lake Sarrazin is located in the Lanaudière region. For information or to make a reservation, please contact Mr Philippe Cardinal by dialling (450) 834-1980, or visit the Association's Web site at www.acphq.ca

On the agenda

From August 17 to 20, the Université du Québec à Rimouski will host the 9th international symposium of the Association internationale de recherche scientifique en faveur des personnes handicapées mentales (AIRHM), an international body devoted to research on persons with mental disabilities. In keeping with its theme, "Naming our challenges, sharing our knowledge, broadening our outlooks for action," this symposium will address various topics concerning research, training and practical aspects in the area of intellectual impairment. Conferences, presentations and lectures will be given by researchers and specialists from Québec and abroad. For information and registration, consult the Association's Web site at www.airhm.org

On November 12 and 13, 2004, the 15th thematic symposium organized by the Institut québécois de la déficience intellectuelle (IQDI), the Québec institute for intellectual impairment, will be a celebration of art in all its forms. In keeping with its theme, "Art... to live and become," the symposium will emphasize the importance of the contribution of persons with intellectual impairments to the artistic and cultural communities, publicize integrated artistic initiatives and present training and research as tools for personal fulfillment. This symposium will take place in Québec City, at the Hotel Loews Le Concorde, and is intended for professionals, artists with intellectual impairments and their families. For more information, please contact the IQDI at (514) 725-2387.

New publications

Most of the publications featured in this column can be borrowed from our Documentation Centre (1 888 264-2362).

The Ministère de l'Emploi, de la Solidarité sociale et de la Famille recently published its action plan to combat poverty and social exclusion, entitled *Reconciling Freedom and Social Justice: A Challenge for the Future*. The government sees this action plan as a solid foundation on which to base the commitments of all partners who are part of this collective initiative. Some of this plan's measures more specifically concern persons with disabilities, for example, the indexation of benefits for persons with a severely limited capacity for employment and the creation of a separate income support system for those with significant employment limitations. The investments in social housing announced in the plan may also pave the way to new residential formulas. This document can be consulted at http://www.mess.gouv.qc.ca/anglais/strategie/publications/Plan_Action_final_Anglais.pdf

Published by Éditions Académie Impact, *La Galaxie des différences* is a book intended for children aged 7 to 11. Its hero is disabled, and young readers are encouraged to open their minds to differences and appreciate each person's richness. Author Sophie Girard is a social worker in a CLSC and works with various clientele (children, adolescents, adults, persons with disabilities and the elderly). The lively illustrations are by Nadia Berghella. Available in bookstores, this book can also be ordered at a cost of \$9.95 on the Éditions Académie Impact Web site at www.academie-impact.qc.ca

If you are organizing an event, publishing a document, or have information on a new organization that is active in the field of social inclusion, and would like our readers to know about it, contact us by telephone at 1 800 567-1465 (-1477 by teletype), or by e-mail at integration@ophq.gouv.qc.ca.

QUÉBEC'S WEEK OF THE DISABLED

A successful eighth edition!

Under the ever-current theme *Together... Everyone's A Winner*, Québec's Week of the Disabled, which was held from June 1 to 7, was a resounding success. The activities were unparalleled in both quality and number.

The Week began with a commemoration of the Adapted Work Centres program, which was celebrating its 25th anniversary, at the Workshops TAQ in Québec City, and the presentation of the first Denis Lazure Awards, which pay tribute to employers in the Montérégie region who make an effort to hire persons with disabilities; this ceremony was held in Longueuil. In Montréal, the OPHQ hosted an information day focusing on the various Québec-based initiatives that foster the social inclusion of persons with disabilities. This activity was much appreciated by the participants, who came from various sectors, including associations for persons with disabilities.

The OPHQ chairperson spent two days touring the Mauricie region, where he was able to observe the vitality of its residents, especially as concerns projects designed to promote the employment of persons with disabilities. These two days also afforded an ideal opportunity to meet with partners from the disability community, the health and social services network and municipalities.

Moreover, a radio campaign with popular singer-songwriter Martin Deschamps, spokesperson for the event, sent a clear message throughout Québec. A host of activities was planned in all regions and, mirroring the theme of this issue, many of them focused on the arts as practiced by persons with disabilities, including dance, painting and theatre.

Minister of Health and Social Services Philippe Couillard, who launched Québec's Week of the Disabled, pointed out that the inclusion of persons with disabilities had certainly come a long way, but that it should not be considered as perfect or be taken for granted. He added that his intention was to rely on joint action to promote it. Since Québec's Week of the Disabled is now better known, it reaps nothing but benefits for persons with disabilities, because their visibility during this event reminds everyone of the importance of granting them their rightful place in society, and of doing everything necessary to allow them to take it.

Lastly, Québec's Week of the Disabled was marked by an important event: the tabling before the National Assembly of Bill 56, amending the *Act to secure the handicapped in the exercise of their rights*.

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L'intégration is a quarterly newsletter aimed at providing an overview of topics relating to the educational, vocational and social integration of persons with disabilities in Québec and its various regions. Its goal is to promote integration and inform public and private stakeholders about the major issues concerning persons with disabilities by publishing pertinent, well-researched articles.

L'intégration is available in adapted formats upon request.

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