

The Changing Role of the Support Worker

Supporting Choice

Person Centered Supports

ICE is committed to person-centered approaches and supports as best practice. (You can check this out in policy number 2.7.11) This means that the focus is on the person and how he or she wants to live their life. As support staff, we are here to support people to lead meaningful lives. How do we do that? We need to begin by shifting the way we think about people with disabilities. We need to think of people, not as someone who needs to be supervised and taken care of but as people who have personalities, good habits, bad habits, vices, talents, gifts and dreams. Just like the rest of us. We need to look at the possibilities rather than the limitations. One of the first steps is person centered planning.

Person Centered Planning

Person Centered Planning is asking people with developmental disabilities (or their families and friends if they need help to speak for themselves) what is important for a good quality life, and figuring out ways to support the choices that people make about their lives. This empowers the person to have choice and control in their own futures. This is usually done in a meeting with the person and their friends, family and support workers.

How does that affect the job of a support worker?

Because we are committed to supporting the choices of people, our jobs are ever changing. If, as support workers, we are doing our jobs correctly: providing choice and increasing independence, our role or specific duties could change in any number of ways. If a person wants a job, your role as a support worker will be to help the person write a resume and develop and help carry out a job search plan. Once the person gets a job your role as a support worker will be to ensure the person knows the bus route to and from work and possibly working along side the person to help them learn the job, eventually fading your support out when the person is able to independently perform all their job duties. If a persons goal or dream is to move out on their own your job as a support worker will be to help the person develop a budget and perhaps help him or her learn good eating habits and help to teach him or her how to cook. Once a person moves out on their own your role will be to provide occasional support throughout the week or as needed by the person.

The role of a support worker is critical to help the people we support to lead full, empowered lives. You can make a positive contribution to the success of the person you are supporting.

WANTED: LOST KEYS

HAVE YOU EVER BORROWED KEYS FOR A RESIDENCE...

Do you still have these keys?
IF SO ...

Please return the keys to the office. We will return them where appropriate or dispose of them, if we can no longer find where they go.

Thank you.

Websites

(submitted by

Laura Handziuk):

www.wildernessranch.ab.ca

www.hi5.com

www.health.groups.yahoo.com/group/DisabledAndFamilyAndFriends/

www.groups.yahoo.com/group/disabledconnections/

www.groups.yahoo.com/group/LovingwithDisabilities/

TIME SHEET HAND-IN



Hand-in day will be:
Mon, May 15, 2006
for all shifts worked
between
May 1st and 15th
and

Wed May 31, 2006
for all shifts worked
between
May 16th and 31st

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HI MY NAME IS J.C. TRATNIK

John's Success Story

By John Tratnik

I have lived in Claresholm all my life. In 2000-2001 I went to Olds College. The Course that I took was the Transitional Vocational Program. I work in 3 class rooms, also work in 2 other class rooms doing office work & photocopying. Then in the 3 other class rooms I mark papers, math flash cards, with Grades 1 and 2, also help the kids with their reading & do lots of photocopying. I also work for the After School Program I really like it. Just about a month ago I got a 3rd job. I work with a child 5 days a week just an hour each

day. I am a tutor because he doesn't know how to read, so he reads stories to me. I help him with his words and I get him to do his work in his phonics book and I read words to him. I really like working with him. It keeps me busy and staying out of trouble. My favorite sports are Hockey, Baseball, Basketball, Football, and walking. I have a Wonderful & Beautiful Girlfriend that I Love very much. Also I have a Loving Family that cares about me.



Is there anything we need to know about you, to make sure we don't risk your health and safety when we send you to a relief shift or a new position?

For example: do you have any allergies to things you may encounter at work (ex. pets, peanuts, perfumes, etc). Do you

have any physical limitations that may interfere with your ability to perform a physical restraint, or transfer a person, or kneel frequently to help someone get dressed? Do you have any personal medical needs that you may need help with while on shift, or that we should know about in case of emergency? Please let your supervisor know about anything that is relevant to the work you may do for us.

Thank  You!

April 13, 2006 Incentive Thank-you Card Draw

Nanton Winner

Wendy Mogg was thanked by Kim Clark for coming to an inservice. Wendy was also thanked by her coordinator for bringing in extra resource information. She was thanked for connecting her client with pen pals who have the same disorder as she does. Excellent community connecting!

Lethbridge Winner

Francis Fairbrother was thanked by her coordinator for helping out with extra shifts in Blairmore

Other Thank-you Cards Received

Lynne Maynard was thanked by her coordinator for offering to help a new staff to ensure they are comfortable with their client. You always go above and beyond! Lynne was also thanked by a staff for going the extra mile with client maintenance.

Denise Peterson was thanked by her team leader for helping prepare veggies for supper. She was also thanked for her

**Next ICE Incentive
Thank-you Card Draw
May 15, 2006**

extra effort with the shopping list (and picking up groceries when necessary). Also, competently taking care of her clients med reorders and pick up.

Leslie Crowe was thanked by her team leader for handling and re-ordering and pick up of her clients meds. The team leader also appreciated the information provided to the team about her clients' meds. Leslie was also thanked by a staff for going the extra mile and helping with house maintenance.

Holly Rush was thanked by an ICE client for helping her on her day off with a client injury. Holly was also thanked by another staff & 2 coordinators for the same reason.

Gloria Power was thanked by her team leader for preparing special breakfasts for her client.

LaDonn Kirby was thanked by her team leader for coming back on weekends with clients.

Terina Cybulski was thanked by the Personnel Coordinator for helping with posting employment ads in the area.

EMPLOYEE EVALUATIONS PROCEDURES

Q & A

Employees may prepare for performance evaluations in several ways including:

- requesting an appointment with their supervisor for their performance evaluation a week or two in advance of their probation/ anniversary date,
- reviewing their job description and progress towards achievement of any goals set the previous year,
- completion of honest self-evaluation using the ICE Performance Evaluation form,
- reviewing their personal mandatory certification/ training records and renewing these in advance of required timelines,
- identification of potential goals for employee development for the upcoming year.

Independent Counselling Enterprises (ICE) has policy and procedures in place to ensure a regular process of employee evaluation. The following questions and answers have been provided to assist staff in better understanding these processes:

Q. Where can ICE employees find information on the company's evaluation processes?

A. The ICE Policy Manual contains a wealth of information for employees including:

Policy 3.1.5 Probation Period – this policy discusses the agency's 3 month qualifying period and probationary evaluation.

Policy 3.2.2 Performance Evaluation – discusses required ICE evaluation processes.

Policy 4.1.1 Organization Chart – provides charts outlining organizational reporting lines.

Policy 4.1.3 Agency Job Descriptions – provides information on supervision and key responsibilities for each ICE job description.

Policy 3.4.2 Grid Wage Allocation – provides an explanation of the ICE wage grid.

Additional important information related to mandatory training requirements reviewed during the employee evaluation process is found in Policy 3.3.4 Mandatory Staff Training.

A copy of an ICE Employee Performance Evaluation form is available for reference in the Manual – Monitoring Residential Services All Regions.

Employees may access the above manuals within ICE residential programs and/or at the ICE office.

Q. When should ICE employees expect formal evaluations?

A. Work performance is formally reviewed at three months, at one year and once a year thereafter.

Q. What if the employee has transferred between more than one position in the agency during the last year?

A. Despite position transfers within the company, each employee should be formally evaluated at least once annually.

Q. What if an employee has not had a formal evaluation in the last year?

A. ICE requires completion of employee evaluations annually and strives hard to ensure this system is adhered to. In the event that an employee has not received a formal evaluation,

they should bring this concern forward to their supervisor.

Q. What if an employee has not had an annual evaluation and requests one by their supervisor, but still does not receive one?

A. Employees should first bring their concerns to their direct supervisor. If the supervisor and the employee cannot resolve the matter, the employee may bring the concern forward to the appropriate Manager.

Q How does the ICE Grid Wage Allocation relate to employee evaluations?

A Any wage increases that occur are based on the anniversary date that the employee commenced a position as a regular staff member and on the employee's satisfactory job performance. (Note: the reference to a position is not program specific, for example: an employee may work for 6 months in a signed position as Main Staff at one home and then transfer to another home in the same position. At the end of the year they would have completed one year in a Main Staff position and if their performance merited it, they would be eligible for an incremental increase.) Wages are program and performance specific and there is no guarantee of annual increases.

Q. What if an employee with quality performance did not receive an annual performance evaluation and therefore no incremental wage increase? Will the employee receive "Retro" pay for the rate of the increment over the time missed due to the delay in completion of their performance evaluation?

A. There is no "Retro" pay. This is why it is so important that ICE employees know ICE policy and procedure and that they share the responsibility to ensure their formal performance evaluations occur annually. Employees are encouraged to advocate in a proactive manner to schedule these meetings with their supervisors in advance of the required dates.

Q. What can employees expect from an annual performance evaluation and how can they prepare for these?

A. Employee performance reviews are conducted on a regular basis as a valuable tool that benefits both ICE as an employer and its employees. A properly conducted evaluation provides employees with an improved understanding of job expectations and overall performance. It allows ICE to improve productivity and the quality of services to the individuals the agency serves.

Health Corner

SAFETY, COMFORT & SUPPORTING INDEPENDENCE

Vehicle seat belt extensions can be obtained from your specific car dealership, ie. Ford, Chevy etc. They usually can be obtained for no charge. They need your make, model & year. Older, foreign made cards are more difficult as they may not have them in stock.

If your client is having trouble with mobility, coordination or is finding the seatbelt too tight and constricting this item may be of help.

OH&S

In April we have been working on issues of hazard identification and control. We are currently working on determining the root causes of the accident so as to prevent further incidents from occurring.

Year	Month	Total Injuries	Lost Time Injuries
2005	April	13	3
2006	April	6	2

Survey Reminder!



Just a reminder to all staff to fill out the Employee Survey that was distributed with the pay cheques and stubs. This is your opportunity to have your opinion heard and effect positive change within the organization.

Thank-you to all employees for your participation. **Surveys must be submitted by 5pm on May 16, 2006.**

Pandemic Flu Preparations

Medical experts the world over are advising governments, cities, businesses and families to prepare for the possibility of a Pandemic Flu Outbreak. A pandemic Flu outbreak is caused by a new strain of Influenza A with world-wide outbreaks of illness involving large portions of the population. Because it can really impact all of us ICE has been working to determine what we as an organization can do to protect our clients, workers and administrative staff.

All of us must minimize the spread of influenza through good hygienic measures:

- Use disposable, one-use tissues for wiping noses
- Cover nose and mouth when sneezing and coughing: cough into your arm or shoulder.
- Hand washing after coughing, sneezing or using tissues
- Keep hands away from the mucous membranes of the eyes and nose.

Hand Washing is the best and most effective way of protecting yourself and we are all encouraged to **PRACTICE NOW:**

- Wash your hands before you and after you work with food.
- Wash your hands every time you use the wash-room.
- Wash your hands after you sneeze or blow your nose.
- Wash your hands after you handled used tissues.

All businesses are advised to teach their employees, and in our case, our clients that we are to get into the habit **NOW** of good hand washing. This involves removing jewelry, rinsing hands with warm water, lathering with soap, covering all surfaces of the hands and fingers. This should take about 10 seconds, or as long as it takes to sing your favourite song. Use a nail brush if your nails are dirty.

Rinse again with running water, dry your hands and use the towel to turn off the faucet without contaminating your hands.

It is suggested to keep fingernails short and not use fingernail polish or artificial nails.

STORIES FROM THE FRONTLINE

Watch & Learn

Our smoke alarms are very sensitive. A burnt slice of toast would set them off. When it did go off we would wave a cloth near them to get rid of the smoke. One day, the smoke alarm did go off, and we entered the kitchen to find our client standing there with a cloth waving it near the smoke alarm. This person had learned from us.

What would happen if there were a real fire? What we were doing was teaching something that could put our client at risk of injury or worse. So we changed our ways. Whenever a smoke alarm goes off, we complete the drill- as if each one were real- planned or not. That way we are safe.

Your ICEPAGE

Is there something you would like to see in the ICEPAGES? Do you have an idea for a column?

Contact Pam MacDonell at
(780) 453-9651 or pmacdonell@icenterprises.com

SHARE YOUR EXPERIENCE!

“Stories from the frontline” gives a chance for employees to share with others their real life field experiences regarding health and safety.

Help us create hazard awareness within our workplace by submitting your story from the field. It could be selected to appear in the next ICE page!

Guidelines for submission:

- Must be related to employee health and safety. Stories need to come from field experiences from ICE. The objective is to create awareness for Occupational Health and Safety issues within our workplace.
- Approximately 2 paragraphs in length.
- Grammar and spelling can be corrected with submission.

All stories are very appreciated.

In recognition for those stories selected for the ICE page, the writer will receive a Health and Safety key chain from the ICE Health and Safety Committee.

Please submit your stories to our Health and Safety Manager Elaine Dawson edawson@icenterprises.com or drop off at reception at the ICE office.

For further information please contact Elaine at 732-2343.



RECIPES

Hamburger Stew

Recipe submitted by Sharon G.

Brown the meat well & you can make tiny meatballs or just crumble the extra lean hamburger. Cook one big chopped onion and some celery in a frying pan with some butter. Put the onions and celery in with the meat and add beef broth. Now add lots of diced potatoes and carrots. The broth should cover the vegetables. Add a little barley if you like barley. Boil gently until vegetables are soft and the barley is cooked. You can add other vegetables like mushrooms or turnips.

This stew was a good one!

Dumpling Dough for Stew

Recipe submitted by Sharon G.

2 Cups Flour	2 Tbsp Shortening
4 Tsp Baking Powder	1 Cup Milk
1/2 Tsp Salt	

Mix dry items. Work in shortening and add milk. Drop spoons full of dough onto stew. Allow room for dumplings to rise. Cover pot closely. Boil for 12-14 minutes. Do not lift lid while boiling. This dumpling dough was a good one!

CET STANDARDS: CET STANDARD 18

Individuals are supported to achieve personal control

(This Quality of Service Standard # 18 compliments the Quality of Life Standard # 6)

About this standard ...

The service provider needs to support individuals to attain as much personal control as they want and can achieve, given their personal circumstances. This standard focuses on whether individuals have the necessary supports that will enable them to enjoy as much personal control as possible in every area of their lives. Supports should be tailored to the individuals' specific needs, abilities and wishes. Some areas in which supports might be required include training in certain skills, personal supports (e.g., an attendant), transportation, and assistive technology/environmental interventions (e.g., wheelchair, grab bars, speech synthesizer, computer, adapted telephone).

Key indicators include...

- Supports are in place to provide the needed encouragement for the individual to live as

independently as possible.

- The service provider gives the individual opportunities to learn new skills.
- The service provider assists the individual in overcoming barriers to achieving personal control in areas such as transportation finances, etc. This may include the provision of assistive technology/environmental interventions if appropriate.
- If the individual uses assistive technology or environmental intervention devices, the service provider ensures that she has training and support necessary to fully use them.
- If the individual uses assistive technology/environmental intervention devices, the service provider ensures that the equipment is maintained and in good working order.

LITTLE TOWN TO BIG CITY AND LOVIN' IT! *Daisy's Story*

"I have more friends than I know what to do with." Those are the words of Daisy who has lived in Edmonton for just over a year. Daisy moved from Marystown, Newfoundland to Edmonton on March 26, 2005. She moved to Edmonton to be close to some of her immediate family members who were already living in the city. When living in Marystown Daisy worked in an elementary school cafeteria serving lunch as well as cleaning and organizing the lunchroom. She also worked at a thrift store doing many duties such as tagging, unpacking, organizing and cashing.

Daisy's outgoing, friendly nature has helped her make the many friends she has today. Daisy spends her days at Arch Enterprises where she helps

plan and teach several workshops such as "Budgeting", "Don't Trash This Planet", and "Manners and Attitudes". In the fall two new workshops will be added to the list. Daisy is also a member of Voices for the Future, a self-advocacy group. Daisy says that she "loves Voices". She says she loves having the chance to be involved in talking about disability issues with the other people in the group, as well as getting together socially with the group to attend the Oilers hockey games or other events. Daisy was an active participant in the April 25 rally to stop the cuts to PDD services in Edmonton and will travel with the group to a similar rally in Calgary this month.

Daisy would one day like to go back to school and take Early

Education so that she can work with children. Although Daisy says that moving to Edmonton was an "excellent change" she

does at times miss Newfoundland and hopes to go back for a visit in a year or so.

Employment Opportunities

- Blairmore- every weekend, Friday/Saturday/Sunday
- Nanton- every weekend Friday-Sunday
- 48 hour respite
- Lethbridge - Overnights + 8 hrs/wk
- Day shift, Mondays-Friday 9:00-3:00, Nanton

Relief in all areas such as Nanton, Lethbridge, Claresholm, Fort Macleod, Blairmore

If any staff is available and willing to volunteer to post ads in your local community, please contact Julie at 866-646-1199.

Client Opportunities

Smitty's Restaurant in High River is looking for a dishwasher Monday-Friday from 10:00 a.m.-2:00 p.m. (\$7.00/hour). Please contact the Nanton ICE office if interested at 646-1199.

MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Personal Health & Safety Client Workshop 1-3 Nanton (must RSVP)	4 Foundations 10-11:30 a.m. Personal Health & Safety Client Workshop 1-3 Lethbridge (must RSVP)	5	6
7	8	9 "It's All About You" Client Workshop (must RSVP) Nanton 10-12	10 MGMT & RPAC Meetings	11	12	13
14	15	16	17 PET Lethbridge	18 PET Lethbridge	19	20
21	22 STAT	23 Foundations 10-11:30 a.m. Leth "It's All About You" Client Workshop Lethbridge (must RSVP) 1-3 p.m.	24 PET Nanton	25 PET Nanton 10:30 a.m. Health & Safety in Nanton	26	27
28	29	30	31 Positive Behaviour Supports Lethbridge 12:00-3:00 (must RSVP)			

TRAINING

Pre-Employment Training

Lethbridge: May 17th & 18th
Nanton: May 24th @ 25th

Foundations Training

For those registered...
May 4th 10:00-11:30 a.m.
May 23rd 10:00-11:30 a.m.

"It's All About You"-Client Workshop

This course is for clients who can participate in a group setting for 2 hours. Themes we will be sharing are: Confidentiality, Boundaries, Manners & Self esteem. There will be door prizes & refreshments. Please promote to your Client and sign up. You must RSVP.

Nanton: May 9th 10:00 am-12:00 p.m.
Lethbridge: May 23rd 1:00-3:00 p.m.

Personal Health & Safety Client Workshop

This course is for clients who can participate in a group setting for 2 hours. Areas discussed will be Fire Safety & Hand washing. There will be door prizes & refreshments. Please promote to your Client and sign up. You must RSVP.

Nanton: May 3th 1:00-3:00 p.m.
Lethbridge: May 4th 1:00-3:00 p.m.

Positive Behavior Supports

A workshop to increase awareness of restrictive procedures and to promote positive practice to further enhance service delivery. You must RSVP.

Lethbridge: May 31st 12:00-3:00 p.m.

MAY EVENTS

Lethbridge Centennial Steering Committee	Lethbridge	05/06/06
The Galt Museum Grand Opening	Lethbridge	05/06/06
Fort Macleod Children's Festival	Fort Macleod	05/06/06
Grand Opening Centennial Celebrations	Lethbridge	05/06/06
Horsereading at Exhibition Park	Lethbridge	05/06/06
Nikka Yuko Japanese Garden	Lethbridge	05/08/06
Gas City Petroleum Show	Medicine Hat	05/09/06
Charley Pride Concert	Lethbridge	05/12/06
The Galt Summer Tours	Lethbridge	05/13/06
Three Rivers Whitewater Festival	Crowsnest Pass	05/20/06
Golf for Kids Sake	Picture Butte	05/26/06