# Programs & Services for People with Disabilities

# Directory for Saskatchewan



**REVISED** 

2014

# Published by:



#### Mission:

"We are a consumer driven directed organization that actively promotes full participation in society for people with disabilities."

# **Guiding Principles:**

- ✓ We raise awareness for barrier-free in areas such as accessibility, education, employment, housing, transportation, income security and support services.
- ✓ We will support Saskatchewan residents with disabilities with social policy research and consultation, public education programs, information and referral services.
- ✓ We foster the personal involvement of people with disabilities in the removal of personal and physical barriers to full and equal participation in the community.
- ✓ We connect with First Nations People with disabilities to improve access to service and quality of life, both on and off the reserve.
- ✓ We collaborate with coalitions of disabled groups to submit disability issues to federal government parliamentary committees and task forces.
- ✓ We design income support programs, educational and training strategies along with the provincial government and other agencies.
- ✓ We ensure inclusion of persons with disabilities under the Saskatchewan Human Rights Act and the Charter of Rights and Freedoms.
- ✓ We research abuse of aboriginal people with disabilities on and off reserves and their rights to access independent living programs and services.
- ✓ We assist with navigating "systems" for individuals and families.

#### Contact:

Saskatchewan Voice of People with Disabilities Inc.

984 Albert St Regina, SK S4R 2P7

<u>Telephone</u>

Office: 306-569-3111

Toll Free: 1-877-569-3111 Fax: 306-569-3111

#### **Email**

voice@saskvoice.com

#### Website

www.saskvoice.com

#### **Community-based Organizations**

#### -AIDS

AIDS Saskatoon

1143 Avenue F North Saskatoon, SK S7L 1X1 Phone: 306-242-5005

Fax: 306-665-9976

Toll Free: 1-800-667-6876

Internet: www.aidssaskatoon.ca

**AIDS Regina** 

2911 5<sup>th</sup> Avenue

Regina, SK S4T 0L4 Phone: 306-924-8420 Fax: 306-522-0904

Toll Free: 1-877-210-7623

www.aidsprogramssouthsask.com

Provides information on HIV/AIDS and its prevention to the general public, care providers and other professionals. Our services include preparing educational presentations for schools, business, and other groups. Provides emotional support and counseling to people with HIV and HIV-related conditions, for their partners, families and friends. Raises funds to support these endeavors.

#### Persons Living with AIDS Network of Saskatchewan

127 C Avenue D North Saskatoon, SK S7M 1M5 Phone: 306-373-7766 Fax: 306-374-7746

Toll Free: 1-800-226-0944 E-mail: plwa@sasktel.net

To provide and operate support and social activities for persons diagnosed with HIV disease, as well as their families, friends, and partners.

#### Alzheimer's Disease

#### **Alzheimer Society of Saskatchewan**

301-2550 12<sup>th</sup> Avenue Regina, SK S4P 3X1 Phone: 306-949-4141 Fax: 306-949-3069

Toll Free: 1-800-263-3367 E-mail: info@alzheimer.sk.ca Internet: www.alzheimer.ca/en\sk

Help families and caregivers of an impaired person maintain and increase feeling of self-worth, and control by sharing common problems. Participants discuss what living with a person with Alzheimer's is like for them, and how they cope. Individuals learn to share problems and help each other cope more effectively. Members feel free to voice their frustrations, disappointments, and successes which arise when caring for a person with Alzheimer's disease.

## **Amputations**

## Saskatoon Amputee Support Group

Phone: 306- 374-4448 - Sask Abilities Council

Group of amputees offering support, information and help to people who have lost a limb. Provides support, information and encouragement to new amputees, as well as provide educational information and presentations to the general public, especially school children. Has a resource library (articles, books, pamphlets and videos) about the many aspects of coping, including rehabilitation, prosthetic devices and tips to make a daily living easier.

#### **Arthritis**

#### **Arthritis Society Head Office**

Regina 110-2550 12<sup>th</sup> Avenue Regina, SK S4P 3X1 Phone: 306-352-3312

Toll Free: 1-800-321-1433 E-mail: info@arthritis.ca

Internet: www.arthritis.ca/saskatchewan

Offers a support group formed by people with arthritis and/or family members. Also includes educational and information services on specific forms of arthritis, pain management, medications, adaptations, treatments and coping techniques. Individuals, support groups, and health care professionals can borrow pamphlets, books and videos.

#### **Asthma**

#### Saskatchewan Lung Association

Saskatoon Office

1231 8 Street East Saskatoon, SK S7G 0S5 Phone: 306-343-9511

Fax: 306-343-7007 E-mail: info@sk.lung.ca Internet: www.sk.lung.ca Regina Office

106 – 438 Victoria Avenue East Regina, SK S4N 0N7

Phone: 306-352-2004

Offers many services to the public, including a Family Asthma Program, asthma information seminars, the ACT/Wif Churchman Camp for kids, Better Breathing Chapters, and a sleep apnea support/education group. Contact the Asthma Training Education Course, or Asthma Tree.

#### **Attention Deficit Disorder**

# Children and Adults with Attention Deficit Disorder (CHADD) Chapter of Regina

(For contact information refer to Learning Disabilities Office)

Phone: 306-352-5327

Internet: www.adhdregina.org

Provides information and support to adults and to parents of children suffering with attention deficit hyperactivity disorder. Monthly meetings include guest speakers, educational videos, resource material and the opportunity of sharing experiences.

Saskatoon

209 Fairmont Drive

Fax: 306-665-7011

#### Autism/Spectrum

# **Autism Resource Centre** Regina

3663 Sherwood Drive

Regina, SK S4R 4A7 Phone: 306-569-0858 Fax: 306-569-0889

# E-mail: info@autismresourcecentre.com E-mail admin@autismservices.ca

Saskatoon, SK S7K 4A7 Phone: 306-665-7013

**Autism Treatment Services** 

Internet: www.autismresourcecentre.com Internet: www.autismservices.ca

A support group for parents of individuals with autism and other interested people. Involved in public awareness and education of autism.

# **Blindness/Visual Impairment**

# Canadian National Institute for the Blind

Regina

2550 Broad Street Regina, SK S4P 3Z4 Phone: 306-525-2571 Fax: 306-565-3300

Toll Free: 1-866-288-8010 E-mail: saskatchewan@cnib.ca

Internet: www.cnib.ca

# Saskatoon

1705 McKercher Drive Saskatoon, SK S7H 5N6 Phone: 306-374-4545 Fax: 306-955-6224

Provides services and programs to individuals who are experiencing blindness or visual impairment. Goal is to help individuals find ways of leading active and satisfying lives in their own communities. Core services available are counseling and referral, rehabilitation teaching, orientation and mobility training, sight enhancement, technical aids, career development and employment, and library services.

#### **Saskatchewan Blind Sports Association**

510 Cynthia Street Saskatoon, SK S7L 7K7 Phone: 306-975-0888 Fax: 306-242-8007

E-mail: sbsa.sk@shaw.ca

Internet: www.saskblindsports.ca

Provides sports activities for athletes who are blind or visually impaired. A multi-sports organization. Open to anyone.

#### **Cancer**

#### **Breast Cancer Action Saskatchewan**

#E 2318 Assiniboine Avenue East

Regina, SK S4V 2P5 Phone: 306-586-9191 Fax: 306-757-9703

E-mail: bcas@sasktel.net Internet: www.bcask.ca

Raises awareness of breast cancer and other related issues, initiates and maintains breast health and breast cancer education programs for both men and women, develops and maintains a provincial network of breast cancer survivors, establishes regular 'coping with cancer' workshops for survivors, their friends, and family.

# **Canadian Cancer Society**

#### Regina Saskatoon

1910 McIntyre Street 101-440- 2 Avenue North Regina, SK S4P 2P3 Saskatoon, SK S7K 2C3 Phone: 306-790-5822 Phone: 306-244-4389 Fax: 306-244-5657

Internet: www.sk.cancer.ca E-mail: info@cis.cancer.ca

Self-help groups and workshops are provided in communities around the province to assist cancer patients and their families to cope with the fears and anxieties which accompany this disease.

# Cancer Patient Lodge Saskatoon

1036 College Drive Saskatoon, SK S7N 0W1 Phone: 306-242-4852

Fax: 306-242-6069

Internet: www.saskcancer.ca

# Regina

4104 Dewdney Avenue Regina, SK S4T 1A3 Phone: 306-359-3166

Provides cancer patients and their companions a place to stay while undergoing treatment. The Lodge provides board and room in a supportive environment for out-oftown patients. A nominal fee will be charged. Accommodates 28 people in 10 double and 7 single rooms as well as having 2 special needs rooms. Meals are served cafeteria style. If needed, transportation between

the Lodge and the cancer centre is provided. There is no parking at the lodge.

#### **Screening Program for Breast Cancer**

Saskatoon

Grosvenor Park Centre #4

2105 8<sup>th</sup> St. E

Saskatoon, SK S7H 0T8

Phone: 306-934-0550 Fax: 306-242-7554

Toll Free: 1-855-584-8228

E-mail: spbc@scf.sk.ca

Regina

#106 - 3725 Pasqua Street Regina, SK S4S 6W8

Phone: 306-359-0550 Fax: 306-359-7554

Toll Free: 1-855-584-8228

Provides accurate information and complete instruction on fertility awareness and natural family planning. The Sympto-thermal test as taught by Serena is extremely effective as a method of pregnancy prevention, yet free of side effects commonly associated with other contraceptive methods. Fertility awareness information is also beneficial for those planning a pregnancy or experiencing difficulty conceiving. Also provides LAM information and instruction for postpartum and Breastfeeding women. There are also five satellite centres in Moose Jaw, Yorkton. Swift Current, Prince Albert and North Battleford, Contact one of the above centres for information on the others.

#### Cerebral Palsy

#### **Saskatchewan Cerebral Palsy Association**

2310 Louise Avenue Saskatoon, SK S7J 2C7 Phone: 306-955-7272 Fax: 306-373-2665

Toll Free: 1-800-925-4524 E-mail: saskcpa@shaw.ca

Offers a variety of services including a car seat loaner program, grant assistance for the purchase of special needs equipment or for educational opportunities, a lending library, scholarship award, recreation programming, accessibly playground, grants, family retreat, information and referral services, and education and awareness initiatives. Works with individuals of all ages throughout the province.

#### **Children**

#### Children's Wish Foundation of Canada

Saskatoon Regina

P. O. Box 309 Phone: (306) 547-0499

Saskatoon, SK S7K 3L3 Toll Free: 1-800-267-9474 Phone: 306-955-0511 Fax: 306-653-9474

E-mail: SK@childrenswish.ca

Federally charted non-profit organization that grants the favourite wishes of children (up to the ages of 18 years) with high-risk, life threatening illnesses.

# Council for Exceptional Children - Saskatchewan Federation

Box 152

Lumsden, SK S0G 3C0 Phone: 306-731-3541

Promotes adequate education and related services for exceptional children. Volunteers consist of parents, Sask. education employees and persons engaged in professional work related to the education of students with disabilities as well as learners who are academically gifted. Membership open to anyone.

# Early Childhood Intervention Program Sask. Inc.

Provincial Coordinator 2902 Harding Street Regina, SK S4V 0Y4 Phone: 306-789-3637

Fax: 306-789-3639

E-mail: arlene.nicol@sasktel.net

A home-based program for families of children with disabilities, or who are at risk for developing a disability. Offers the services of an interventionist who visits the home to work cooperatively with the family and child. Holds parent group meetings. Has toy lending library for clients. Application must be made to admission to program. Open to children ages birth to 6 years. Hours: 8 a.m. – 4 p.m., Monday-Friday. Services are provided at many locations around the province. Phone or E-mail for information on local programs.

#### Saskatchewan Prevention Institute

1319 Colony Street Saskatoon, SK S7N 2Z1 Phone: 306-655-2512 Fax: 306-655-2511

Internet: www.preventioninstitute.sk.ca

Is a non-profit organization that helps the people of Saskatchewan learn to prevent handicapping conditions in children. Goal is to ensure that all children have the best possible chance at a healthy life. Provides print and audio visual resources based on the most recent information, educational opportunities to increase knowledge of prevention issues, assistance for community groups to develop their own education prevention programs, networking and partnering projects that further prevention efforts, and links with community, non-profit, and government organizations to ensure a coordinated approach to prevention programming.

# Saskatchewan Pediatric Auditory Rehabilitation Centre

Room 25 Ellis Hall Royal University Hospital 103 Hospital Drive Saskatoon, SK S7N 0W8

Phone: 306-655-1320 Fax: 306-655-1316

E-mail: Brewster@duke.usask.ca

Provides rehabilitation services to young hearing-impaired children and their families, including auditory verbal therapy.

# Socialization, Communication and Education Program (SCEP) Centre

3105- 4th Avenue North Regina, SK S4R 0V2 Phone: 306-543-6944 Fax: 306-545-0199

E-mail: scepcentre@sasktel.net

Provides a comprehensive remedial program for families with young children who have communication and behaviour problems. Services include: a day program for children with intensive, individualized services; assessment and diagnosis for those enrolled in the program; individual and group advice. Emphasizes respect and nurturing for the whole child. An interdisciplinary staff demonstrates and teaches communication, social/emotional and preacademic skills to children and SCEP methods to adults.

#### **Chronic Fatique Syndrome**

#### Fibromyalgia Association of Saskatchewan

P. O. Box 7525 Saskatoon, SK S7K 4L4 Phone: 306-343-3627

To improve the quality of life for those directly, or indirectly, affected by the fibromyalgia syndrome and chronic fatigue syndrome by encouraging and facilitating self-help for those whose lives are affected by sharing information.

#### **Cystic Fibrosis**

# **Canadian Cystic Fibrosis Foundation**

Box 3088

Saskatoon, SK S7K 3S9 Phone: 306-242-6502

Internet: www.cysticfibrosis.ca

Works to increase public awareness of cystic fibrosis, provides support to individuals with CF and their families, and raises funds for research.

#### **Deafblind**

#### **Canadian Deafblind Association**

83 Tucker Crescent Saskatoon, SK S7H 3H7 Phone: 306-374-0022 Fax: 306-374-0004

E-mail: cdba.sk@shaw.ca

Internet: www.cdbanational.com

Provides 24 hours of intervention services to individuals who are Deafblind. Currently have three group homes in Saskatoon, which provides support to 11 individuals. Promotes advocates and provides service for Deafblind individuals.

#### **Diabetes**

#### **Canadian Diabetes Association**

Regina Saskatoon

917 Albert Street 104-2301 Avenue C North Regina, SK S4R2P6 Saskatoon, SK S7L 5Z5 Phone: 306-584-8445 Phone: 306-933-1238 Fax: 306-586-9704 Fax: 306-244-2012

E-mail: regina@diabetes.ca

Is the largest non-government supporter of diabetes research, education, service and advocacy in Canada. Provides support to those affected by diabetes. Has a Resource Centre with current information related to diabetes, publishes a quarterly magazine dealing with information related to diabetes, offers diabetes support groups in some locations, and produces educational resources to assist in maintaining a healthy lifestyle.

# **Disabilities**

#### **Canadian Paraplegic Association**

Regina Saskatoon

3928 Gordon Road 3-3012 Louise Street
Regina, SK S4S 6Y3 Saskatoon, SK S7J 3L8
Phone: 306-584-0101 Phone: 306-652-9644
Fax: 306-584-0008 Fax: 360-652-2957

E-mail: regina@canparaplegic.org
Internet: www.canparaplegic.org

To assist persons with spinal cord injuries and other physical disabilities to achieve independence and self-reliance. Benefits include family and personal counseling, education and employment counseling, cost of future care analysis, scholarship/bursary, home modification information and advice, vehicle registration rebate, SaskTel mobility cellular phone benefits, provincial and national publications, information services and advocacy.

# **Cosmopolitan Learning Centre**

Box 1517

Regina, SK S4P 3C2 Phone: 306-569-0535 Fax: 306-569-5858

E-mail: cosmoprogram@sasktel.net

Provides a day program for adults with disabilities which attempt to improve their vocational and life skills. Open to people over 22 years of age and eligible for Saskatchewan Assistance Plan. Hours: 8:30 a.m. – 3:30 p.m., Monday – Friday.

#### **Farmers with Disabilities Program**

(For contact information refer to Saskatchewan Abilities Council) 306-374-4448

Assists farmers who suffer disabling accidents or disease to continue farming. Services provided include: practical information and support to newly disabled farmers, hospital and home visitations, ideas for machinery modifications and a resource library.

#### **Gary Tinker Federation**

P. O. Box 5000

La Ronge, SK S0J 1L0 Phone: 306-425-6612 Fax: 306-425-6613

Toll Free: 1-866-365-5508 Internet: www.garytinker.ca

Identifies and addresses the needs of disabled persons in northern Saskatchewan. Resource centre offers information and education on disability-related issues; liaises with government and non- government agencies; facilitates development of a peer support network among persons with disabilities; promotes the establishment of self-help groups in local communities and expands vocational skills and job training opportunities for person with disabilities.

# H.E.L.P. Homes of Regina

2216 Smith Street Regina, SK S4P 2P4 Phone: 306-522-4357 Fax: 306-522-4358

E-mail: helphomes@accesscomm.ca

Operates six group homes, plus a supported living program for persons with intellectual disabilities that provide permanent residence and training in daily living skills.

#### **Neil Squire Society**

Suite 201 – 2206 Dewdney Avenue

Regina, SK S4R 1H3 Phone: 306-781-6023 Fax: 306-522-9474

E-mail: sk.info@neilsquire.ca Internet: www.neilsquire.ca

Responds to needs and interests of persons who have significant physical disabilities. Undertakes research, development, adaptation, and application of computer related technology to create opportunities for achieving independence. Creative Employment Options, a comprehensive employment preparation program focusing on computer skills, operates in Regina. Provides information and consultation and assessment for: computer requirements, workplace adaptations, and employer awareness and support services.

#### North Saskatchewan Independent Living Centre

237- 5 Avenue North Saskatoon, SK S7K 2P2 Phone: 306-665-5508 Fax: 306-244-2453

E-mail: edpsask@gmail.com Internet: www.nsilc.com

Established to assist people with disabilities to achieve as much independence as possible. Services and programs include assistance finding employment, peer support activities, and entrepreneurial counseling.

#### **Regina Residential Resource Centre**

1047 Wadey Drive Regina, SK S4N 7J6 Phone: 306-352-3223

E-mail: rrrc@accesscomm.ca

Operates a Resource Home for respite, crisis, and planned holiday relief for families with members who have an intellectual disability. Also operates Supportive Independent Living Program for individuals with intellectual disabilities and a supportive apartment program. Office Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday.

**Community Crisis Support Program-** was developed to provide support to individuals with intellectual disabilities who display challenging behaviours. Services are provided through the Crisis Response Home within the Regina Residential Resource Centre. It is utilized by individuals who are in crisis and no longer have a secure residential placement. Also, follow up services will be provided to individuals once they are discharged from the program.

#### **Rehabilitation Services**

Saskatoon City Hospital Parkridge Centre
701 Queen Street 110 Gropper Crescent
Saskatoon, SK S7K 0M7 Saskatoon, SK S7M 5N9
Phone: 306-655-8175 Phone: 306-655-3865

E-mail: therehabcentre@saskatoonhealthregion.ca

#### **Wascana Rehabilitation Centre**

2180 - 23rd Avenue Regina, SK S4S 0A5 Phone: 306-766-5100 http://www.rghealth.ca/

Services for comprehensive medical rehabilitation, extensive facilities for adults with physical disabilities. Medical Care and consultation; physical, occupational and speech therapy; social and psychological assessment and counseling; pre-vocational testing and vocational guidance and follow- up. Referral from attending physician necessary.

# Saskatchewan Abilities Council Saskatoon Office

Provincial Coordinator 2310 Louise Avenue Saskatoon, SK S7J 2C7 Phone: 306-374-4448

Fax: 306-373-2665

E-mail: provincialservices@abilitiescouncil.sk.ca

Internet: www.abilitiescouncil.sk.ca

# **Regina Office**

825 McDonald St Regina, SK S7N 2X5 Phone: · 306-569-9048

Promotes optimal independence and active participation in society for people with disabilities. Services include: vocational rehabilitation, special needs transportation, special needs equipment, orthopedics, Camp Easter Seal, technical aids and the Farmers with disabilities Program. There are branches in Prince Albert, Regina, Saskatoon, Swift Current and Yorkton. See website or contact Provincial Services for more information.

#### Saskatchewan Alternative Initiatives

308-115 2<sup>nd</sup> Avenue North Saskatoon, SK S7K 2B1 Phone: 306-244-5013 Fax: 306-244-4980

E-mail: admin@saionline.ca

Is a non-profit agency, which provides services to people with disabilities. Objectives are to develop and coordinate lifestyle options for individuals with disabilities, and to work for and with the individual, their family and friends, and service agencies to enhance these options. Provides home supports and vocational/daytime supports. These include short-term respite for families. Support

services are totally dependent upon each person's interests and abilities.

#### Saskatchewan Association for Community Living

Regina Saskatoon

 2216 Smith Street
 3031 Louise Street

 Regina, SK S4P 2P4
 Saskatoon, SK S7J 3L1

 Phone: 306-790-5680
 Phone: 306-955-3344

 Fax: 306-586-7899
 Fax: 306-373-3070

 E-mail: racl@sasktel.net
 E-mail: sacl@sacl.org

Internet: www.sacl.org

Advocates for people with an intellectual disability. Activities include: advocating with government and other agencies, training and education for families, volunteers and professionals, providing bursaries and research grants, monitoring and evaluating services, assisting families and individuals, operating an Employment Opportunities Program, and delivering public awareness and information.

#### Saskatchewan Association of Rehabilitation Centres

111 Cardinal Crescent Saskatoon, SK S7L 6H5 Phone: 306-933-0616 Fax: 306-653-3932

Toll Free: 1-800-667-3016 E-mail: contact@sarcan.sk.ca Internet: www.sarcsarcan.ca

Serves as the provincial umbrella organization for over seventy member centres operating developmental, vocational, and residential services, as well as SARCAN Recycling with seventy depots throughout Saskatchewan. Assists members to support the quality of life for persons with disabilities through direct rehabilitation, training and job placement.

# Saskatchewan Voice of People with Disabilities

984 Albert Street Regina, SK S4R 2P7 Phone: 306-569-3111 Fax: 306-569-1889

Toll Free: 1-877-569-3111
E-mail: voice@saskvoice.com
Internet: www.saskvoice.com

Community based non-profit cross disability organization of people with disabilities that promotes awareness of the unique needs of people with disabilities and develops a stable environment, which will afford appropriate opportunities to participate in activities of work, leisure, and recreation.

#### South Saskatchewan Independent Living Centre Inc.

2220 Albert Street Regina, SK S4P 2V2 Phone: 306-757-7452 Fax: 306-757-5892

Fax: 306-757-5892 E-mail: info@ssilc.ca Internet: www.ssilc.ca

A non-profit, cross disability organization managed by and for people with disabilities. SSILC offers services and leadership geared toward the inclusion and full participation of people with disabilities in our community. SSILC's information Referral Service is available to assist in finding innovative solutions to disability-related questions and issues. Accessibility Audits provide a comprehensive physical analysis of facilities. Sensitivity and Awareness Training offers customized educational sessions to increase the knowledge, sensitivity and ability to interact effectively with people who have disabilities.

## Special Little People of Saskatchewan

1228 Henleaze Avenue Moose Jaw, SK S6H 3V9 Phone: 306-692-9402

E-mail: dhyman@sasktel.net

Assists persons of short stature to live more independently and productively in their respective communities. Assists parents, relatives, and friends in understanding the problems and challenges of short stature people. Open to people who are 4'10" or less.

# **Education**

# Disability Services for Students -- University of Saskatchewan

Room E1 105 Administration Place

Saskatoon, SK S7N 5A2 Phone: 306-966-7273 Fax: 360-966-1170 E-mail: dss@usask.ca

Is to advocate for, and create, an accessible and welcoming campus, so that students with disabilities have equal opportunities to experience full, successful academic lives. Services offered include exam accommodation, volunteer services, orientation and follow-up orientation sessions, academic

support groups for students with ADD/HD and learning disabilities, accessible classroom scheduling, information on grants, scholarships, and awards, renovations for wheelchair accessibility.

# Saskatchewan Learning

2 - 2220 College Avenue Regina SK S4P 3V7 Phone: 306-787-1183

Fax: 306-787-0277

Internet: www.sasklearning.gov.sk.ca

Provides direction to a specific region or school division for the province. Contact your region for information regarding services for students with special needs. Many divisions offer a variety of support services to students with mild, moderate or severe cognitive

disabilities, orthopedic disabilities, several behavioral and/or health impairments. Transportation may be available.

# **University of Regina**

Disability Resource Office, Riddell Centre Room 251.15 3737 Wascana Parkway Regina, SK S4S 0A2

Phone/TTY: 306-585-4631

Fax: 306-585-5650

E-mail: accessibility@uregina.ca

Provides services that will enable all students, including those with disabilities, to approach their studies with minimum difficulty. Students should discuss their needs when registering for classes. Early registration is advised as not all areas of the campus are wheelchair accessible. Contact the advisor of Services for Students with Disabilities for additional information.

# **Employment**

# **RADIUS Community Centre**

#6 Bateman Crescent Saskatoon, SK S7H 3C2 Phone: 306-665-0362 Fax: 306-665-5579

E-mail: <u>info@radiuscentre.com</u> Internet: www.radiuscentre.com

Registered as an independent school, the mandate includes developing and providing programs where there are gaps in community services. Offers unique services to adults, children and youth. Adults receive support and guidance to explore employment and educational options through the Career Enhancement Program. Children have the opportunity to develop a plan and establish a support system to make a successful return to regular school through the Youth Re-entry Program. Children with an acquired brain injury have the benefit of a Community Integration Service.

# **Supported Employment Network of Saskatchewan (SENS)**

Box 2464

Prince Albert, SK S6V 7G3 Phone: 306-764-3740 Fax: 306-764-7924

E-mail: tracy.meyers@shaw.ca

Internet: www.mysens.ca

Networks and provides support for people with disabilities, sharing current information on supported employment issues. Supported Employment is a range of services intended to help people with employment barriers to get and keep jobs. Provides valuable information and resources for service providers and employers. Membership is open to anyone with an

interest in supported employment Saskatchewan.

# **Supported Employment Transition Initiative (SETI)**

(For contact information refer to SENS above)

SETI is a partnership of government and community organizations that helps people with disabilities participate in the workforce.

# **Entrepreneurship**

# **Entrepreneurs with Disabilities Program**

(For contact information refer to the NSILC or SSILC)

E-mail brenda@ssilc.ca

Phone: 306-757-7452 ext 236

The Entrepreneurs with Disabilities Program recognizes that entrepreneurs with disabilities have special needs. It ensures easy access to business services and other support mechanisms needed to consider self-employment as a viable option. We offer business and accessibility counseling, access to business loans with terms tailored to meet your needs. Some financing available.

# **Entrepreneurial Co-op Loan Association**

Provides funding for the purchase of business assets such as equipment, supplies or inventory. The SBLA program is designed for new and existing business to start and grow. The funding can be applied to the cost of your initial equipment, it can also help fund a new piece of equipment for your existing business. For more information contact:

Phone: (306) 352-4994 Email: mrc@sasktel.net

# **Epilepsy**

Epilepsy Saskatoon P.O. Box 7092 Saskatoon, SK S7K 4J1 Phone 306-665-1939 Toll Free 1-866-EPILEPSY (1-866-374-5377)

Fax: 306-665-0300

epilepsysaskatoon@sasktel.net

Literature, videos, and speakers available. Counseling to people with epilepsy and their families. Meetings open to all interested persons. Enhances quality of life of people affected by epilepsy.

## **Head Injuries**

# **Acquired Brain Injury Outreach Team (ABI)**

701 Queen Street 8 Floor Saskatoon, SK S7K 0M7

Phone: 306-655-8466 or 306-655-8466

Fax: 306-655-8454

E-mail: judy.davis@saskatoon health region.ca

Sask South – Regina

2180 – 23<sup>rd</sup> Avenue Regina, SK S4S 0A5 Phone: 866-766-5617

Phone: 866-766-5617

E-mail: <u>blaine.katzberg@rqhealth.ca</u>

Sask North – Prince Albert 1521 6<sup>th</sup> Avenue West Prince Albert, SK S7V 5K1 Phone: 866-899-9951

E-mail: <a href="mailto:ddgaudet@pahr.sk.ca">ddgaudet@pahr.sk.ca</a>

Provides individual and family support to people of all ages with acquired brain injury so they may live in their communities with improved quality of life. Accepts self-referrals as well as those from health care facilities, physicians, any rehabilitation program, schools, or community agencies.

# Saskatchewan Association for the Rehabilitation of the Brain Injured

#5-501 45thStreet West Saskatoon, SK S7L 5Z9 Phone: 306-373-3050 Fax: 306-373-3925

E-mail: <a href="mailto:sarbi@the.link.ca">sarbi@the.link.ca</a>
Internet: <a href="mailto:sww.sarbi.ca">www.sarbi.ca</a>

Regina 4506 Sherwood Drive

Regina, SK S4R 4B4 Phone: 306 347-9088

E-mail: sarbiregina@sasktel.net

Affiliated with the Saskatchewan Brain Injury Association, the agency uses volunteers and professional therapists to provide rehabilitation, stimulation, and exercise to adult clients with an acquired brain injury.

# Saskatchewan Brain Injury Association

1702- 20th Street West Saskatoon, SK S7M 0Z9 Phone: 306-373-1555 Fax: 306-373-5655

Toll Free: 1-888-373-1555
E-mail: info\_sbia@sasktel.net
Internet: www.saskbia.org

Is dedicated to the prevention of brain injury, and to improving the knowledge, services, and quality of life for people living with acquired brain injury, their families, and their service providers. Aims and objectives are to attempt to answer the needs of the head injured individual, to provide support for survivors and families in crisis, and for each other through

local chapters and a support network, to gather and share information relating to head

injury, and to maintain a comprehensive resource centre.

Lloydminster and Area Brain Injury Society (LABIS)

#3 4620 44<sup>th</sup> Street

Lloydminster, SK S9V 0G4

Phone: 306 825-7212 Email: labis@sasktel.net

# **Hearing Impairment**

# **Hearing Aid Plan**

2nd Floor - Sturdy Stone Building 122 3rd. Avenue North

Saskatoon, SK S7K 2H6 Regina
Phone: (306) 655-4170 Phone: 306 766 7555

Phone: (306) 655-4170 Fax: (306) 655-4183

A program of the Hearing Health Services provided by Saskatoon District Health. Offers Saskatchewan residents professional and audio logical evaluations, hearing aids and fittings, counseling and technical services. Offices across Saskatchewan.

# Saskatchewan Deaf and Hard of Hearing Services

Saskatoon Regina

#3-511- 1<sup>st</sup> Avenue North 2343 Broad Street Saskatoon, SK S7K 1X5 Regina, SK S4P 1Y9 Phone: 306-665-6575 Phone: 306-352-3323 Fax: 306-665-7746 Fax: 306-757-3252

Toll Free: 1-800-565-3323

Internet: www.sdhhs.com

Is a non-profit organization which serves people who are deaf or hard of hearing with a variety of support services including a social worker, occasional rehabilitation counselor, interpreters, computerized note-taking services, and information services.

#### **Home Care Services**

#### **Home Care**

Saskatoon Regina

201-310 Idylwyld Drive North Phone: (306) 766-7200

Saskatoon, SK S7L 0Z2

Phone: 306-655-4300 Fax: 306-655-4400

It is a health care service dedicated to assisting individuals in achieving independence in their homes. Professional services provided include nursing, physiotherapy, occupational therapy, social work and nutritional counseling. Support services include personal care, inhome respite, meal preparation and home management. For information on services and programs in another city, see the green pages in your local phonebook under Home Care.

# **Individualized Funding**

(For contact information refer to Home Care)

Individuals can contact the home care program of their RHA for more detailed information, and to see if individualized funding might be an option.

A number of community based agencies are familiar with the new individualized funding option and may be able to provide support and information:

Government of Saskatchewan website: health/homecare/individualized funding

- Saskatchewan Voice of People with Disabilities, (306) 569-3111
- South Sask. Independent Living Centre, (306) 757-7452

Health regions can refer to section 13.1 of the Home Care Policy Manual, for further information about administering Individualized Funding requests.

An option under the Regional Health Authority (RHA) home care program that provides funding directly to a person to arrange and manage their own support services. Individualized funding is designed to provide people with increased choice and flexibility in the way their needs are met through the home care program. Funding amounts are based on assessed need, up to a maximum. Individuals can contact the home care program of their Regional Health Authority (RHA) for more detailed information.

# **Housing**

#### **Cheshire Homes**

Saskatoon Regina

 2901 Louise Street
 4402 Sherwood Drive

 Saskatoon, SK S7J 3L1
 Regina, SK S4R 4B4

 Phone: 306-374-6191
 Phone: 306-949-3270

 Fax: 306-374-3206
 Fax: 306-949-3066

Internet: www.cheshirehomessaskatoon.com

Mission is to provide barrier-free living, with attendant services, for adults with physical and intellectual disabilities. All housing units are wheelchair accessible. The homes enable residents to function at a maximum level of independence. Individual rooms are available for residents with common kitchen, dining, and living quarters. Residents are responsible for and required to direct their own personal care and manage their own affairs. Care attendants are present to assist residents when needed.

# Chip and Dale Housing

271 Magee Crescent Regina, SK S4R 6K8 Phone: (306) 924-2414 Fax: (306) 924-2458

E-mail: tamaracdale@accesscomm.ca

L mail. tamaracdaic@acccsscomm.ca

Provides residential services to individuals who are multi-disabled and autistic.

Office Hours: 8 a.m. – 4 p.m., Monday – Friday. Board meets fourth Monday of the month.

# **Huston Heights**

702 Sangster Boulevard Regina, SK S4R 8B6 Phone: 306- 949-6106 Fax: 306-949-6106

E-mail: huston@sasktel.net

A fifty unit apartment complex designed to allow adults to live independently. A minimum of support services may be available to assist some tenants thereby enabling them to live successful on their own. Wheelchair accessible. Although this service is located in Regina, anyone who requires assistance may contact this agency.

# Saskatchewan Housing

1855 Victoria Avenue Regina, SK S4P 3T2 Phone: 306-787-4177 Toll Free: 1-800-667-7567

Internet: http://www.cr.gov.sk.ca/housing

Promotes self-sufficiency and independence by providing housing and housing services for families, seniors, persons with disabilities and others who could not otherwise afford safe, secure shelter.

# **Huntington's Disease**

## **Huntington Disease Outreach Office**

504 Ellis Hall Royal University Hospital 103 Hospital Drive Saskatoon, SK S7N 0W8 Phone: 306-655-1699

Fax: 306-655-1736

Internet: www.hsc-ca.org

Provides information, short term counseling and referral services to people with Huntington's Disease and their families.

# **Learning Disabilities**

# **Learning Disabilities Association of Saskatchewan**

Regina Saskatoon

 428 Victoria Avenue East
 609 25th Street East

 Regina, SK S4N 0N7
 Saskatoon, SK S7K 0L7

 Phone: 306-352-5327
 Phone: 306-652-4114

 Fax: 306-352-2260
 Fax: 306-652-3220

E-mail: Idas.reginabranch@sasktel.net E-mail: reception@ldas.org

Internet: www.ldas.org

Provides educator/parent workshops and reading intervention for school age clients with learning disabilities, summer program for LD children, Resource library with books, video/audio tapes, quarterly newsletter. EAPD referral agency.

# **Tamarack Foundation**

510 Cynthia Street Saskatoon, SK S7L 7K7 Phone: 306-975-0855 Fax: 306-242-8007

E-mail: camptamarack@shaw.ca

Residential summer school programs for children with specific learning disabilities. Focuses on academic, self-esteem, social and recreational development.

#### Lupus

# **Lupus Support Group**

Box 88 Royal University Hospital 103 Hospital Drive Saskatoon, SK S7N 0W8 Phone: 306-781-6123 Toll Free: 1-877-566-6123

E-mail: less@sasklupus.com Internet: http://www.lupussk.com/

Provides mutual support for individuals with lupus. Offers information on the disorder through lectures and literature. Open to lupus patients and relatives and friends. Fees: \$15 for membership and newsletter.

#### **Mental Health**

## **Canadian Mental Health Association – Division Office**

Regina Saskatoon

2702 12th Avenue 1301 Avenue P North Regina, SK S4T 1J2 Saskatoon, SK S7L 2X1 Phone: 306-525-5601 Phone: 306-384-9333 Fax: 306-569-3788 Fax: 306-978-5777

E-mail: contactus@cmhask.com E-mail: info@cmhasaskatoon.ca

Toll Free: 1-800-461-5463 Internet: www.cmhask.com

Provides vocational, social and recreational programs for persons with mental illness. Advocacy, referral, and support for people and families experiencing mental illness. Resource library. Volunteers welcome. Public education programs include Problem Gambling, depression, and workplace wellness. CMHA has several other chapters throughout the province.

# **Crocus Co-op**

135 Avenue B South Saskatoon, SK S7M 1M2 Phone: 306-655-4970

E-mail: <a href="mailto:info@crocuscooperative.org">info@crocuscooperative.org</a> Internet: <a href="mailto:www.crocuscooperative.org">www.crocuscooperative.org</a>

A community based organization comprised of individuals with a history of mental health problems. Attempts to enhance the possibilities for its membership to direct and control their own lives. Broad aims and objectives of the organization involve the development of community support services that will improve the lifestyles of its membership in areas of rehabilitation, such as economic conditions, employment, recreation, and social.

# **Multiple Sclerosis**

# **Multiple Sclerosis Society of Canada**

Regina Saskatoon

 150 Albert Street
 #22-1738 Quebec Avenue

 Regina, SK S4R 2N2
 Saskatoon, SK S7K 1V9

 Phone: 306-522-5600
 Phone: 306-244-0045

 Fax: 306-565-0477
 Fax: 306-665-3376

Toll Free: 1-800-268-7582 Toll Free: 1-800-268-7582 E-mail: laurie.murphy@mssociety.ca E-mail: info.sask@mssociety.ca

Internet: www.mssociety.ca

A leader in finding a cure for Multiple Sclerosis and enable people affected by MS to enhance their quality of life. Aims and objectives are to provide patient services, educate the public about MS, support research programs and create funds to support these objectives. A weekly water exercise program, weekly Tai Chi classes and support groups that meet once a month are provided for persons with MS.

## **Polio**

#### Polio Regina

4264 Wascana Ridge Regina, SK S4V 2T2 Phone: (306) 761-1020

Post polio support group. For more information call 306-761-1020

Or contact: website: www:polioregina.ca

#### Parkinson's Disease

#### Parkinson's Foundation of Saskatchewan

Saskatoon Regina

Box 102, 103 Hospital Drive Phone: 306-537-0732

Saskatoon, SK S7N 0W8

Phone: 306-249-1516 or 306-373-8950

E-mail: sspdsg@gmail.com Website: www:parkinsons.ca

Social, educational, charitable and research. Offers a Support and Exercise group for Parkinson's Disease patients and family members and/or friends.

## **Schizophrenia**

# Schizophrenia Society of Saskatchewan

2123 Broad Street Regina, SK S4P 1Y6 Phone: (306) 584-2620 **Toll Free** 1-877-584-2620

Fax: 306-584-0525

Email: <u>sssprov@sasktel.net</u>

Internet:www.schizophrenia.sk.ca

Provides information and emotional support to families and people with Schizophrenia. Creates public awareness initiatives that are aimed at the needs of children, youth, and adults alike. Assist in intervention, support for family members. Raise funds and work in partnership with other agencies, groups, government and the Schizophrenia Society of Canada.

# **Sports and Recreation**

# Saskatchewan Special Olympics Society

353 Broad Street Regina, SK S4R 1X2 Phone: 306-780-9247 Fax: 306-780-9441

E-mail: sos@specialolympics.sk.ca

www.specialolympics.ca

To provide individuals with intellectual disabilities the opportunity to participate in training and competition in sport, fitness, and physical recreation at all ability levels.

## Saskatchewan Wheelchair Sports Association

510 Cynthia Street Saskatoon, SK S7L 7K7 Phone: 306-975-0824 Fax: 306-242-8007

E-mail: info@swsa.shaw.ca Internet: www.swsa.ca

Mandate is to promote sport, recreation, leisure, fitness training, and healthy lifestyle activities for individuals with mobility impairments by providing opportunities in various types of activity. Current activities such as basketball, rugby, shooting, skiing, tennis

water-skiing, racquetball, golf, sledge hockey, slow-pitch, fishing, among others.

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# Federal Government Programs and Services

# **Canada Mortgage and Housing Corporation**

Suite 120 1870 Albert Street

Regina, SK S4P 4B7 Phone: 306-780-5880 Fax: 306-780-6645

TDD: 306-780-881 Website: www.cmhc.gc.ca

Promotes accessible housing for persons with disabilities by: advising on barrier-free design; researching and promoting devices and techniques to adapt housing units to meet the needs of persons with disabilities; and ensuring five percent of units in non-profit and co-op projects are accessible for the disabled.

#### **Canada Pension Plan**

Human Resources Development Income Security Programs
Alvin Hamilton Building
1783 Hamilton Street
Regina, Saskatchewan

Toll Free: Telephone: 1 800 O-Canada (1-800-622-6232)

TTY: 1-800-926-9105

Provides payment of disability pension for eligible CPP contributors and/or their dependent children. For more information contact the Client Service Centre at the above phone number/address.

# **Municipal Government Programs and Services**

# Community and Leisure Services Division

Regina Saskatoon

Phone: 306-777 PLAY (7559) Phone: 306-975-3340

Register online: e-registration Email: leisure.services@saskatoon.ca

Provides services and leisure for, and consults with, persons with disabilities. For more

information contact the department.

# ParaTransit Services (to book a trip)

Regina Saskatoon

Phone: 306-777-7007 Phone: 306-975-3340

Moose Jaw North Battleford

Phone: 306-694-4488 Phone: 306-445-7797

Prince Albert Yorkton

Phone: 306-953-4466 Phone: 306-782-9292

Provides special needs transportation for persons with disabilities in the respective cities.

# **Provincial Government Programs and Services**

# Office of Disability Issues

1920 Broad Street Regina, SK S4P 3V6 TTY: 306 787-7283

Toll-Free: 1-877-915-7468 Internet: <u>www.gov.sk.ca/odi</u>

http://www.socialservices.gov.sk.ca/office-disability/

The mandate of the Office of Disability Issues is:

- to direct the development of an integrated, coordinated array of public policies, programs and services for persons with disabilities;
- to work with government ministries and the disability community to identify and resolve issues of concern to the disability community;
- · to participate on behalf of Saskatchewan at federal and interprovincial meetings; and
- to work with ministries and the community in implementing the national vision for persons with disabilities.

# Saskatchewan Assistance Program or Transitional Employment Allowance

Applicants may call the Ministry's Client Service Centre toll free: 1-866-221-5200
Regina call: 306-798-0660
TTY number toll free: 1-866-995-0099
TTY in Regina call: 306-787-1065

# For information about Saskatchewan Employment Supplement and Saskatchewan Rental Housing Supplement

applicants are instructed to call toll free:

Regina call:

TTY number toll free:

1-888-488-6385
306-787-4723
1-800-683-9052
TTY in Regina call:

306-787-1092

# Saskatchewan Assured Income of the Disabled (SAID)

For information 1-888-567-SAID (7243) TTY 1-866-995-0099 [in Regina call 306-798-SAID (7243) or TTY 787-1065].

The SAID program, designed in collaboration with members of the disability community,

provides an income for persons with significant and long-term disabilities separate from the Saskatchewan Assistance Program (SAP).

# Saskatchewan Aids to Independent Living Program (SAIL)

2<sup>nd</sup> Floor, 3475 Albert Street

Regina, SK S4S 6X6 Phone: 306-787-7121 Fax: 306-787-8679

Website: health.gov.sk.ca

Benefits available to assist people with long term disabilities or illnesses in leading more

independent and active lifestyles

# Individualized Funding

Website: health.gov.sk.ca/individualized funding

Health regions provide funding directly to approved individuals (or their guardians) to arrange and manage their own support services.

# Saskatchewan Transportation Company (STC)

1717 Saskatchewan Drive Regina, Saskatchewan Phone: 1-800-663-7181 Internet: www.stcbus.com

Persons traveling on STC routes for physician-prescribed treatments may purchase a Medical Pass for \$66.20. The pass provides unlimited travel on a specified corridor for a period of 30 days. (\* this price is subject to change) Also offers an Accessible coach service. All coach reservations must be made a full 48 hours prior to travel.

# SaskTel Services for Special Needs 500-410 22<sup>nd</sup> Street East

500-410 22<sup>nd</sup> Street East Saskatoon, SK S7K 1W8

Phone: 310-7253 (No Charge) Phone/TTY: 306-931-5932

Fax: 306-931-5950

Provides telecommunications aids, some of which are subsidized, for customers who cannot use standard telephone equipment. Specialized Relay Service provides operators who link callers who are deaf/blind of hearing, or have speech disabilities with hearing callers. A national 7-1-1 (TTY users) number and a toll free number, 1-800-855-0511 (voice users) to access the Relay Service.

#### **Student Loans**

3085 Albert Street Regina, SK S4P 3V7 Phone: 306 787-5620

Toll Free: 1-800-597-8278

Internet: www.student-loans.sk.ca

Provides funding to assist adults with disabilities to prepare for, secure and maintain employment. Various supports are offered, including training-on-the-job, vocational and work assessments, psycho-educational assessments, job coaching, support for employers and disability-related costs in a wide variety of post-secondary education and training programs. Provides financial assistance to students attending a post-secondary institution.