



## How to have a conversation with your guardian

We know many people with disabilities have guardians. Guardians can be family members or Public Guardian Representatives. Guardians usually have our best interests at heart and care about keeping us safe. Sometimes, people with disabilities have ideas or concerns to share and it can be tough to talk to guardians about them. So, we decided to tackle an issue that many self-advocates think about: moving out and living independently. Here are some tips for how to bring this up with your guardian.



### **Before contacting your guardian:**

Take time to research and make notes.  
Think about:

Why is moving out important? Freedom?  
Independence? New experiences?

How are you going to be successful? Where  
are you going to live? How are you going to  
pay for it? Will you save money? Will you  
get a job? Will you learn to budget?

What have you done to show that you are working on the skills needed to live independently?

Who are the important people in your life who could support to be successful, and how?

What excites you about moving out? What scares you about moving out?



# Conversation with your guardian (continued)

Thinking about all these things ahead of time and writing them down will help you know what to say during the meeting. It also shows your guardian that you are thoughtful and responsible.



## Meeting with your guardian:

Set a time to meet with your guardian, explaining that you have something important to share.

Once you are face to face, explain your reason for wanting to meet and use the notes that you created to share your ideas and feelings.

**Remember: it is OK to ask for help!** Explain the areas you might need assistance with, and who could support you.



Your guardian might have questions or thoughts about some of your ideas. During this time, it is important to listen, be polite, respectful and calm, even if you might not agree with what your guardian is saying. Letting everyone share their thoughts is important to making sure the conversation stays as open as possible. If you get angry and lose your cool, it might make your guardian think that you are not a mature adult.

## After the meeting:

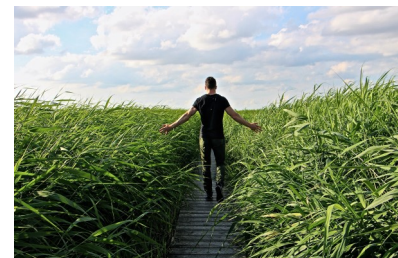
It can be disappointing if your guardian does not respond positively. If this happens:

Thank them for meeting with you, even though it didn't go the way you wanted

Don't make mean comments

Have "me" time in private until you calm down

Spend time listening to music



# Conversation with your guardian (continued)

Meet a friend for a visit

Take a walk

Let some time pass before meeting with your guardian again

**Think about the conversation you had with your guardian:**

Did they have some good points?

Are there things you need to put more thought into before you can turn your plans into action?

Are you ready for the responsibilities of living independently?

These can be tough questions to ask yourself, but doing so will help you better understand what you are capable of and can help you create a plan to move forward.



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## Why is the beaver Canada's national animal?

Why do people think of the beaver when they think of Canada? This was a question originally thought of by Ripple writer Scott Nickel, so we decided to find out!

The beaver became the official animal of Canada on March 24, 1975 as a way of showing the world that Canada was its own country. The beaver was very popular because of the fur trade, which happened in Canada for 250 years between the 1600s and 1800s. People made fancy hats out of beaver fur that were very expensive. They often shipped these hats to Europe, where they were in high demand.



But, the beaver nearly disappeared by the 1900s because people were hunting them too much. At this time, people started to replace fur with silk, and now the beaver is alive and well in Canada!

The beaver became so popular that it was put on many coat of arms, including Canada's, Montreal's, and the and the Canadian Pacific Railway's. The beaver's face can also be found on nickels!

July/August

# Finding friends that are right for you



Making new friends is important because friends keep people safe in all sorts of situations and look out for each other. Friends also give you hope by having someone to talk to and share things with. Friends are people who are always there for you no matter what. Here are some tips on how you can meet and make friends.

## Places to meet friends:

- Your day program
- Work
- Church
- Bars and pubs (make sure you have a friend with you to keep you safe)
- Special Olympics
- New Connections Dance (or any dance)
- Pure Power Wrestling
- Round Table (this is a place in Lethbridge where you can play board games and enjoy food and drinks)



If you see someone who could be a friend, start by saying hello and introducing yourself. Show interest in the other person by asking questions

## Finding friends that are right for you (continued)

like “How are you?” and “What do you like to do for fun in your spare time?”

The person you try to talk to might be very shy, so if they are not ready to talk to you, you can let them know you want to be their friend, but will give them space until they’re ready to meet you.

If the person does answer your questions, you can find things that you have in common, such as activities you both like (swimming, bowling, movies, going to the pool hall).

Once you find out things you both like to do, get to know them better by making a plan to do those things. This can include going for coffee or a meal, going to a movie or going for a walk. During this meeting, you should talk about things that are not too personal, such as the weather or your common interests.



If you enjoyed spending time together, you can exchange phone numbers and call each other. It is very important to take things slow and not call them too much or at weird times. Find times that work for both of you and stick to the plan.

As you get to know each other, conversations can be more personal. You could talk about things like kids, how you’re feeling, your personality and anything else you feel comfortable sharing. Before you do this, make sure the person is someone you can trust and will not share the information without your permission.

Making new relationships can be challenging, so it is important to take things one step at a time. Everyone is different; what works for some might not work for everyone, so it is important to go at your own pace.

Next newsletter, we will talk about how to move from friendship into a romantic relationship.



Canada Day in Lethbridge is celebrated every year with festivities at Henderson Lake Park, Galt Gardens, and other places throughout the city. It is the biggest celebration in Lethbridge with something for everyone!

We are honoured to be Canadians. We are proud to live in a country that is peaceful, safe, and accepts other cultures. May soldiers sacrificed their lives so we could

have the freedom we enjoy today. So, when it's time to celebrate Canada Day, we couldn't be more excited! We love to see everything our community has to offer! Here are our tips to make the most of your Canada Day:

**Bring a lawn chair or blanket** to sit on to watch the celebration.

**Stay cool by:** bringing lots of water or buying drinks throughout the day. If you are planning on buying food or drinks, it might be helpful to find how much it will cost ahead of time. Buying things there could get expensive, so you always have the option to your own snacks and drinks from home. Just remember to keep it in a cooler so it stays cold.

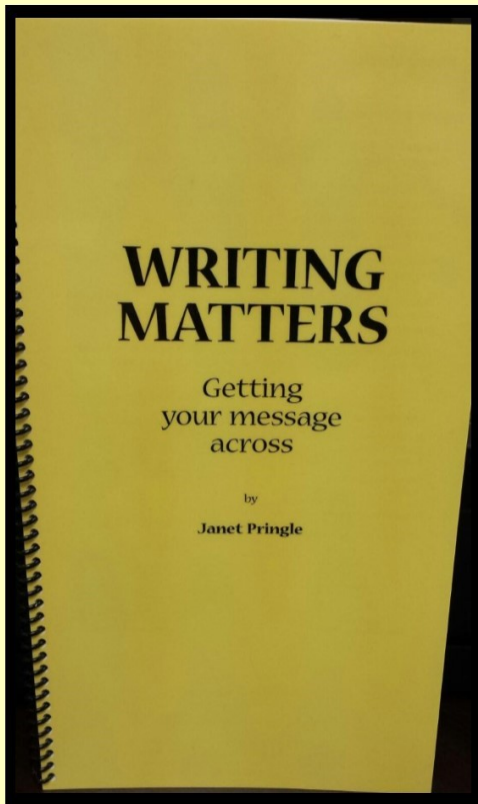
**Protect your skin** by bringing sun screen and bug spray. It is important to keep applying it throughout the day. You should also wear a hat or bring an umbrella. You can also bring a shade tent if you have one.

**Dress for the weather:** if it is a hot day, wear lighter clothes and try to avoid black. If it's a cooler day, bring a jacket or a sweater. You can also dress in layers and take things off as needed. The evenings get cool, so it's a good idea to be prepared.

**Make sure you show your pride** by wearing Canada items in red and white! This can include hats, shirts, bandanas, or a wearable Canada flag that is a pin or a sticker.

We can't wait to see what happens during this year's celebration. We hope you have a wonderful Canada Day!

# RESOURCE OF THE MONTH: JULY 2018



This resource is FREE to borrow!

For more information, contact Christina at  
403-320-1515 or [christina.scott@saipa.info](mailto:christina.scott@saipa.info)

## Writing Matters:

### Getting Your Message Across

This book is about clear, plain language communication on paper. Focused on making understanding simple for the reader, this resource is beneficial to those with literacy barriers as well as the public.

#### Key Benefits

- **Money and time saved:** busy people don't have time to read poorly written documents; they appreciate materials that are written clearly and concisely.
- **Simplicity:** plain language does not hide behind a screen of difficult words.
- **Increased independence:** documents written in plain language provides increased control and understanding over our own lives.



Whoop-Up Days will be happening August 21 to 25 in Lethbridge at Exhibition Park! We LOVE Whoop-Up Days! Some of our favourite things that happen every year are:

The parade  
The pancake breakfast  
The rides (the Zipper, the Ferris Wheel and the Gravitron)  
The food (pizza, hotdogs, jumbo ears)  
The rodeo  
The entertainment (music)  
The fireworks  
The beer gardens



Admission prices are:

General Admission: \$15 ahead of time, \$20 at the gate

Budweiser Bash Kick Off Party: \$35 ahead of time, \$45 at the gate

Super Tickets: \$45 ahead of time, \$65 at the gate

Children under 10 get in free

Concerts will include the Sheepdogs, The Road Hammers, Harlequin, Prism and more! For some concerts, you will have to buy tickets in advance, and for others, you can watch for just the price of general admission.

There will also be 38 different rides on the midway, as well as lots of children's activities! There will also be a tradeshow in the main pavilion.

It sounds like the Exhibition has a lot of fun things planned! To find out more, visit the Whoop-Up Days website:

<http://www.exhibitionpark.ca/events/whoop-up-days-family-festival/>

***The Ripple Newsletter raises awareness about SRSAN, self-advocacy and inclusion. We welcome comments, questions and ideas! If you have something to share with us, contact Christina Scott, editor, at 403-320-1515 or [christina.scott@saipa.info](mailto:christina.scott@saipa.info)***