

RICHMOND CENTRE FOR DISABILITY



2023 – Celebrating 38 Years of Services
RCD in the Community at Lansdowne Centre

MAXIMIZING INDEPENDENCE

Mission Statement

The RCD is committed to creating opportunities to empower people of all abilities to participate confidently with dignity in their community and achieve independence to their fullest capabilities. We offer a friendly environment to provide information, resources, training and support, as well as increase public awareness and promote universal accessibility.

(Revised on Aug. 17, 2021, by RCD Board)

Operated by people with disabilities for people with disabilities
is key to the success of the Centre.

The Richmond Centre for Disability (RCD) is a service providing Centre situated in downtown Richmond. Our address is #842-5300 No. 3 Road, Richmond, located inside Lansdowne Shopping Centre. We are cross-disability and are happy to provide services to persons with any types of disabilities.

Our telephone number is **604-232-2404**. You can find out more information about us, and our exact location at our web site www.rcdrichmond.org.



Information Sheet on Independent Living (IL) Program

Independent Living (IL) is a vision, a philosophy and a movement of persons with disabilities. IL is founded on the right of people with disabilities to:

- ◆ Live with dignity in their chosen community;
- ◆ Participate in all aspects of their life; and
- ◆ Control and make decisions about their own lives.

The IL approach differs from a traditional service providing organizations by emphasizing peer support, self-direction, and community integration by and for people with disabilities themselves.

INFORMATION & NETWORKING

We provide **specialized information and networking services** pertaining to disability and accessibility issues, of clear and up-to-date information on resources and options accessible to persons with disabilities, their families, friends, community and support networks. We support self-determination concept for people with disabilities to take control of their own lives, through making informed decision, nurturing peer support, and establishing a strong support network. Support are provided for the application for government benefits specifically for persons with disabilities, including but not limited to provincial and federal benefits, Disability Tax Credits, Registered Disability Savings Plan, municipal recreational subsidy, etc.

Call Sam at 604-232-2404 for an appointment.

SKILLS DEVELOPMENT

We offer opportunities for self-help, learning skills, employment skills, personal growth, individual empowerment, dealing with barriers and taking control of your lives through enrichment of skills and knowledge.

Computer Courses – we offer weekly courses on Window Basics, Microsoft Word and Excel, Internet, Power Point, Access, and more. We also offer a special series of technology training on iPad and Content Creation for Social Media. There are usually 3 terms a year, starting in January, April and September. Space is limited, early registration is advised. There is a fee for the class.

Call Ian at 604-232-2404 for information and registration.

Disability Awareness & Sensitivity Training – the RCD hosts this specialized training to raise accessibility awareness among businesses, companies and community agencies on how to better accommodate and serve customers with disabilities. Training focuses on practical information regarding disability awareness, understanding barriers and individualized needs, disability etiquettes and techniques for providing effective assistance, and more. This is a fee-for-service training.

Call Dina at 604-232-2404 for curriculum details and booking for training.



Maximizing Independence

English Course – we design this English course for people with disabilities to learn fundamental English in a friendly and comfortable environment. There are different levels and formats of curricula, and students will be placed in appropriate level and progress through the course at their own pace. The syllabus includes vocabulary, spelling, grammar, writing, comprehension, and presentation in the format of group activities, small group tutoring, and continuous revision. There is also a Conversation Class. There is a fee for participation and classes are held on a weekly basis for 3 terms a year.

Call Tom at 604-232-2404 for details of term schedule and registration.

Empowered Wellness Series – a series of special themed events with a goal to offer public awareness and educational workshops is offered to provide pertinent information and resources to members and general public on topics related to community interests, disabilities issues, and financial matters. Different topics will be planned for at intervals; moreover participants are welcome to make suggestions for new workshops.

Call Dave at 604-232-2404 for information and workshop schedules.

Job Club or Pre-Employment Skills Training – this training is for people with disabilities who are motivated and committed to develop skills and become ready for work. This is part of the Skills for Independent Living Skills Project where the individual is at the driver to take control of the destination and the journey. The Job Club focuses on pre-employment skills.

Call Louise at 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.

Life Skills Training – the purpose of this training is to increase participants' knowledge and ability in skills necessary for everyday living. Topics include Eating Right, Simply Cooking, Money Skills, Road & Home Safety, Using the Bus System & Proper Social Conduct and more. The course is offered on Friday mornings; time may vary if field trip is planned. Registration is required. A small material fee will be charged if shopping trip and/or cooking session are planned. The training will run for 3 or 4 terms a year with different curriculum.

Call Jhun at 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.

Moms' Support Group Language Club – RCD offers this special meeting for parent members of the Chinese Support Group to learn Cantonese and Mandarin exchange, as well as English. Participants need to speak one of the two dialects to join this class; excellent learning & practicing opportunity and social interaction. Classes are held weekly for 3 terms a year.

Call Tom at 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.

Public Speaking – RCD offers a Public Speaking class to participants who want to learn skills for speaking in public. Overseen by a ToastMaster and follow closely of the format of a Toast Master Club. Required to register and attend an interview.

Call Dina at 604-232-2404 or visit our website www.rcdrichmond.org for more information & schedules.



RECREATION & PEER EMPOWERMENT

We encourage sharing knowledge from life experience, developing leadership skills, reducing individual isolation and supporting rights and responsibilities.

Creative Arts Club – people who are interested in Arts & Crafts have a chance to get together and work on different arts projects, supported by a group of volunteer instructors. There will be 3 or 4 terms a year. All materials are included; there is a material fee payable at registration. Registration is required for all participants. Limited space, and there may be a wait list.

Call Tom at 604-232-2404 for information and registration.

FUN Exercise – participants with diverse abilities join in exercises to improve functional skills, which help them perform activities of daily living with more ease and confidence every Friday afternoon. Exercises include training on flexibility, strength, coordination, balance and motor control. Monthly pass of \$5 to be purchased to participate in the activity.

Call Ian at 604-232-2404 for information. A free drop-in activity, registration is required.

Games Social Group – participants gather together every Tuesday afternoon for various fun activities. There are online games, board games and card games going on, also excellent opportunity to network and have social interaction.

Call Jhun at 604-232-2404 for information. A free drop-in activity, registration is required.

Relaxation Retreat – come try this activity to experience inner peace, through guided imagery, stretching, relaxation breathing, basic meditation, basic Qi-Gung and more. The format is casual, self-guided and instantaneous. Participants are encouraged to explore passive relaxation and non-religious meditation.

Call Dave at 604-232-2404 for information. A free drop-in activity, registration is required.

Walking & Wheeling Club – A weekly activity from April till August where a group of people who would walk around the trails in Richmond, and sometimes Vancouver.

Singing Club – a singing session is held every week; anyone who is interested in singing, humming along or just sit-back and listen, is welcome to join. We also welcome anyone who plays musical instruments or has singing training experience to volunteer with the group. Bring the songs you want to sing and have fun!

Table Tennis – keep fit playing table tennis once a week at the RCD. This sport is very popular to train reflex and you can play leisurely or take it up a notch.

Tom Talks – a virtual activity hosted by Tom, to bring forth conversations on a variety of popular topics, in a relaxed and liberal atmosphere. The activity is offered on Zoom only.

Call Tom at 604-232-2404 for information. Above 4 are free drop-in activities, registration is required to join.



PEER SERVICES & SUPPORT GROUPS

Join Zoom at RCD – RCD offers iPad for participants to join Zoom meeting at the centre.

Call Ian at 604-232-2404 for more information and booking; offered at no cost to RCD members

Mom's Fitness Group – a special support group for mothers with children with disabilities to get together and share their experience. There is weekly Dance and Fitness gathering; in addition to other social opportunities and sharing sessions for the group.

Call Tom at 604-232-2404 for information and registration.

RCD Chinese Support Group – the goal of this group is to provide Chinese-speaking community with support and resources pertaining to disability issues and acts as peer support. The group usually meets monthly on the third Saturday, and welcome people with disabilities, family members and community members to participate and contribute. Welcome interested parties to join committee members.

Please call Katy (in Cantonese or Mandarin) at 604-270-0868 for details.

RCD Filipino Parents Group – the goal of the Filipino Parents with Special Needs Children Group (FIL-PAR SNC) is to enable children with special needs of Filipino-Canadian families in BC to participate and be integrated in the community.

Contact person Liza Saguin, email: lcuisaguin@yahoo.ca

FREE Income Tax Filing Service – this service is offered every year around March and April, during the tax filing season. Trained volunteers are present to perform simple income tax filing for people with disabilities who are of low household income; and eligible citizens under the CRA guidelines.

Call Anne at 604-232-2404 or visit our website www.rcdrichmond.org for exact dates and times, as well as eligibility criteria and registration process.

Flu Shot Clinic – this service is offered every year around October and November, during the flu season. Pharmacist from Super Grocer Pharmacy will be on-site to give flu shots to RCD participants. Registration is open around September.

Call Ella at 604-232-2404 or visit our website www.rcdrichmond.org for exact dates and times.

OTHER SPECIALIZED SERVICES & PROJECTS



Accessible Parking Permit – RCD is authorized to provide the provincial Accessible Parking Permit. You need to have your physician to sign the application form.

Call Carmen, Parking Permit Coordinator at 604-232-2404 or email parkingpermit@rcdrichmond.org for more information.

Visit our website www.rcdrichmond.org to download an application form.



Accessible Parking Permit Online Portal – permanent accessible parking permit holder, upon receipt of renewal notice, can renew on the new online portal, starting 2023.

Visit the website at www.rcdrichmondapp.ca

Access Richmond Website: Your Key to Access the City of Richmond – this growing website is hosted and maintained by the RCD, to provide information pertaining to accessibility perspectives of businesses and locations in Richmond. The data is collected through personal experience and assessment with a major focus to celebrate the accessibility of the City. The goal is to promote accessible destinations in Richmond.

Visit the website at www.accessrichmond.ca

Children Summer Activities – RCD offers summer program for children and youth with special needs every year. The project is held for July and/or August, for children of various age groups, depending on the activities offered. There is a fee for registration. This is also an excellent opportunity for high school students to volunteer and accumulate their volunteer hours.

Information of summer children activities and volunteer opportunities will be available around May.

Employment & Empowerment Project – a Federally funded project to support youth with employment barrier to get real work experience through work subsidy provision for employers. Interventions include paid work experience; resume and cover letter building; custom-built employment support and skills development services; individualized career and job search support; and on-the-job support and mentorship.

Call Vincent or Jhun at 604-232-2404 for more information and intake.

RCD Ambassador Training – a project to develop a specialized RCD volunteer pool through training that aims at optimizing one's potential in communication, public relations skills, and understanding of social services.

Call Dave at 604-232-2404 for more information and training schedule.

Support for Independent Living Project – designed to put participant in the driver's seat of moving toward achieving personal or employment goals. Based upon the Participation Model, this project will provide the opportunity to self-identify individual barriers to different life events and then the supports that one needs to reach one's own goals.

Call Louise at 604-232-2404 for further information.

Volunteer Opportunities – RCD welcomes community members and people with disabilities to volunteer at the Centre, either for their employment initiatives or skill upgrading. We need volunteers for computer teaching, English classes, social group, knitting club, day-events for exhibition and display, special projects like conference and fundraising. Bring your resume along and talk to us!

Call Ian at 604-232-2404 for more information.

(January, 2023)