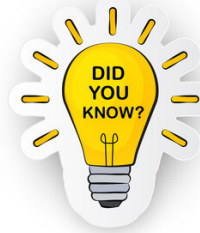


## An Important Resource for Accessibility for Ontarians with Disabilities Act (AODA) Compliance

The Accessibility for Ontarians with Disabilities Act (AODA) is a law that was established by the government of Ontario to develop and enforce accessibility standards for government, businesses, nonprofits and public sector organizations. The goal is for the province to be accessible to people with disabilities by 2025.

The AODA does include specific requirements that define whether or not something is accessible; however, it also places emphasis on process-oriented requirements.

For example, all organizations regardless of size are obligated to train their teams on accessibility, establish ways people with disabilities can give feedback or ask for help, and employment practices must be accessible.



**Organizations with more than 20 employees must formally report on their accessibility progress to the Ontario government.**

## WE CAN HELP

**Breaking Down Barriers** has been supporting individuals with diverse disabilities for 38 years and are well positioned to be of assistance for anyone needing information or guidance. We were recently awarded a provincial grant aimed at elevating its accessibility resources for the private sector as businesses work toward AODA compliance. The provincial grant, **EnAbling Change Program**, supports our project “**Start the Conversation AODA 2025**” by recognizing the importance of inclusive and accessible businesses and customer service for all people of all abilities. “**Start The Conversation AODA 2025**” launches this month and will incorporate:

- educational components for the private sector and community
- workshops
- onsite accessibility reviews and recommendations.
- resources and support for local businesses on their accessibility matters
- "Thumbs Up" recognition for accessibility features
- greater awareness across communities to “start the conversation” about the importance of accessibility for all people of all abilities.

**For more information, please contact our office at 705-445-1453, ext \*301**

## **DIABETES INFORMATION GROUP Presents:**

### *Diversity in Diabetes: a cultural approach to care*

With support from the Town of Collingwood's Community Recreation and Culture Grant, Breaking Down Barriers is excited to grow its existing Diabetes Information Group (DIG) to include a special year-long series:

#### **“Diversity In Diabetes: a cultural approach for care”**

Beginning in April and happening the 4th Tuesday of every month, DIG will continue its commitment to promoting daily healthy habits to support participants while they self-manage their diabetes.

New to the program is our cultural approach, better reflecting the community which will incorporate:

- working with certified dietitians and nutritionists
- cultural cooking workshops with diabetes-friendly meal plans and recipe cards
- exercise through the integration of cultural dance and movement like tai chi
- informative guest presenters with access to expanded resources and services
- promotion and education for healthy habits and overall wellness
- local on-location "field trips" based on topic (ie. Orchard Health Store for diabetes-friendly options, physio to support muscle strength, local grocery stores and markets, organic farms and more).
- information packages and monthly prize give aways all related to a healthy lifestyle with diabetes.



**To register/learn more information, please contact  
Tracey at [ilskills@bdbilrc.ca](mailto:ilskills@bdbilrc.ca)  
705-445-1543. Everyone Welcome!**

# BDB BUZZ

As part of our continuing BDB Buzz series, the Face of Disability, here is our latest edition.

## Meet **ROBBIE**

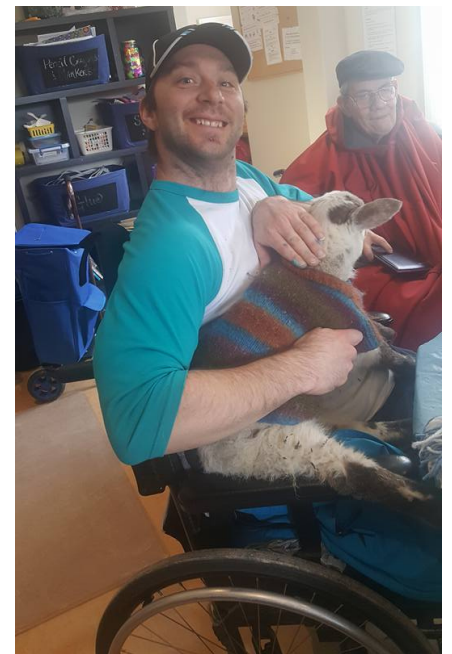
If it's physical, competitive and fun, Robbie is in on the action in a heartbeat. Robbie brought his interest in sports and his game-on enthusiasm to BDB as a teen in 2004.

When he isn't on a court, rink or course in BDB arranged sports programs, he is on-board for field trips and a slate of peer support activities. There are always shout-outs and a willing shift of bodies to make room for Robbie when he arrives.

Robbie lives with Cerebral Palsy – a neurological condition that impacts his muscle coordination and speech and challenges his momentum. He is determined and outgoing, expressing his team spirit both on and off the field.

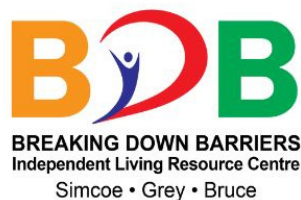
Over the years with BDB, he has embraced the supportive friendships, shared experiences and resources that enable him to pursue what is important and rewarding in his life.

Robbie is a player, coach and fan rolled into one. He reminds us that we only win when everyone is in the game.



## What's Ahead

- BDB's program calendar showcases the many Independent Living Skills and Peer Support hybrid monthly programs. The calendar can be found on our social media platforms and website [www.breakingdownbarriers.ca](http://www.breakingdownbarriers.ca).
- Connecting with Seniors monthly program on Zoom kicks off its third year thanks to a New Horizons for Seniors grant. Upcoming topics and activities include an Osteoporosis presentation about maintaining good bone health (April), local OPP talk to us about senior targeted fraud and scams - how to not become a victim (May) and painting on canvas craft (June). Anyone 55 years of age and older is welcome. Program is the last Wednesday of every month. Contact Lucille at [cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca) to register.
- June 17th is our first Bowl to Break Barriers fundraiser at Georgian Bowl. For information on how to participate or donate, please contact Lisa at [lisamc1963@outlook.com](mailto:lisamc1963@outlook.com).
- BDB's 38th Annual General Meeting will be held June 22nd at 4:00 pm on Zoom. All are welcome. Contact Maureen to register and receive Zoom link.



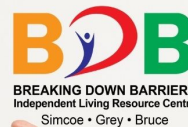
## Making a Difference

# JOIN! OUR BOARD!

**BE PART OF A DYNAMIC  
AND CARING GROUP OF  
INDIVIDUALS ASSISTING IN  
DECISION-MAKING  
OPPORTUNITIES, HELPING  
MOVE BDB FORWARD.**








**JOIN NOW**

**705-445-1543,  
EXT \*301**



## Connect with Us

### Breaking Down Barriers, ILRC

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-  (Instagram) [@breakingdownbarriers](https://www.instagram.com/breakingdownbarriers)
-  (Twitter) [@bdbcollingwood](https://twitter.com/bdbcollingwood)
-  (LinkedIn) [breaking-down-barriers](https://www.linkedin.com/company/breaking-down-barriers)