

## **What Works?**

Notes from the Vela Microboard Association of BC workshop  
June 19, 2010  
Surrey, BC

- ❖ Follow or create your own Path/vision
- ❖ Have goals
- ❖ Flexibility
- ❖ Asking/networking with other parents
- ❖ Persevere
- ❖ Ask other parents who are the “go to” people in the system
- ❖ Don’t go alone to meetings – bring a note taker
- ❖ Treat all people with respect
- ❖ Have immediate, short term, and long-term goals
- ❖ Know the system – do your homework
- ❖ Have someone else do the talking for you at meetings if you are not able
- ❖ “My son with Autism taught me about acceptance – to be a better parent, a better manager”
- ❖ Thank your funder
- ❖ Have the person from CLBC/MCFD/Health for lunch
- ❖ Personalize the discussion
- ❖ Be professional, strong, yourself
- ❖ Educate others
- ❖ Hospitality
- ❖ Admit if you are having a hard time, if you are afraid
- ❖ Allow yourself an “out” to answer a question later
- ❖ Family counseling
- ❖ Look for other organizations that will also assist – PLAN, FSI
- ❖ Explore all options in a discussion
- ❖ Don’t fix if it isn’t broken
- ❖ Opportunities to connect
- ❖ Vancouver foundation
- ❖ Access MLA’s – know when

- ❖ Go back and let MLA's and others know when things work – say thank you
  - ❖ Family partnership advisor – brings themes, issues, challenges to CLBC (currently Sylvie Zebroff)
  - ❖ Know when things are not working – MOVE ON
  - ❖ Clarify time allotted when meeting
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- ❖ Thanking caregivers:
  - ❖ Gift certificate
  - ❖ Xmas party
  - ❖ Oscar party
  - ❖ BBQ
  - ❖ Recognize Birthdays
  - ❖ Send thank you notes (smoochy)
  - ❖ Bake for staff
  - ❖ Offer supports so staff can have a paid day off (eg: if family member spends the day with person, then the caregiver could have the day off)