



OSSCO©

presents



**Your New Abilities:  
Here's to Barrier Free Living  
Thursday mornings  
Jan 27 - Mar 17, 2022  
9:30 am to 11:00 am**

As we age, we are faced with adapting to our "new abilities". For some, our new abilities are barriers. OSSCO©'s 8-week program provides you with the opportunity to explore various resources, build a strong community and thrive in new your situations. Discover that your new abilities are not a barrier. Shape your new Lifestyle around life's changes, not challenges.

Each week OSSCO©'s Training Consultant Karoline explores a new topic to assist you to become more comfortable with your new abilities and life changes. You will learn:

- Week 1 Course introduction and the main theme: Advocacy
- Week 2 Communication and types of communicators
- Week 3 Skits of difficult conversations and boundary-setting
- Week 4 Determine what you need during aging
- Week 5 Different disability perceptions and models
- Week 6 Community Resources (CNIB, CHS, Lung Association)
- Week 7 Home Aids to make life easier
- Week 8 Access rights and POAs, and Planning ahead

Register via eventbrite: [shorturl.at/jHLW8](https://shorturl.at/jHLW8)

or by email: [education@ossco.org](mailto:education@ossco.org) or

call 416-785-8570 ex 221 to reserve your learning space

*Program is free of charge to people 55+*