



OSSCO© Educational Program

presents

Empowering Accessible Living: Discovering Your New Super Abilities



Monday Afternoon

March 18 - May 6, 2024

1:00 pm to 2:30 pm

Via Zoom or Telephone

As we age, we often adjust to our acquired disabilities. For some, these "new abilities" are barriers. In this 8-week program, you discover that your "new abilities" are not a barrier. You explore life changes, learn to give up the familiar, how to deal with loss, face the impact of an acquired disability and relearn to thrive in society. OSSCO©'s Training Consultant Karoline covers a new topic each you so that you are more comfortable and resilient to life changes. Learn to **ReShape** your lifestyle for an inclusive, fulfilling life. You will learn:

Week 1 Course introduction and the main theme: Advocacy

Week 2 Communication and types of communicators

Week 3 Scenarios of difficult conversations and boundary-setting

Week 4 Determine what you need during the aging process

Week 5 Dealing with different disability perceptions and models

Week 6 Community Resources (CNIB, CHS, Lung Association, etc.)

Week 7 Home Aids to make your life easier

Week 8 Accessing your rights, roles of POAs, and Planning ahead for your future

[This program is free of charge to all Ontarians 55+.](#)

[We encourage you to share this information with your friends & family](#)

Registration is required via Eventbrite

or email: education@ossco.org or Call 1-416-785-8570 ext. 224

This is funded by proceeds from the sale of Break Open Tickets, under license by the AGCO

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