

### CUTS TO SERVICES OFFERED TO INDIVIDUALS WITH AUTISM AND/OR INTELLECTUAL DISABILITY

We wish to draw your attention to this letter (**please click on the link at the bottom of this page**) that a parent has received from Miriam Home and Services (Rehabilitation Centre for Intellectual Disability and Autism Spectrum Disorders), which is part of the CIUSSS West-Central Montreal. It announces a “revised service offer” with regards to day programs and community integration services for adults with ASD and/or intellectual disability, including those with severe behavioral disorders, living in the residential services of Miriam Home and Services. In concrete terms, this means a cut to the services offered to those living in their residential resources.

Autisme Montréal is deeply shocked by this announcement and turn of events. When the CIUSSSes were created, Minister Barrette, Minister Charlebois and all their cabinet assured us that there would not be any cuts in services for users. However, this letter clearly indicates the contrary. We consider that several aspects of this letter are completely absurd and in complete contradiction with the well-being and basic needs of an individual with a diagnosis of autism.

With this announcement, Miriam Home and Services is going against the very foundation of the *Plan d'action sur le trouble du spectre de l'autisme*, which was announced by Minister Charlebois in March 2017 and is supposed to place the needs of autistic individuals and their families at the centre of their concerns.

This decision is also contrary to what is mentioned in the *Cadre de référence pour l'organisation des services en DP-DI-TSA* of the Ministère de la Santé et des Services sociaux, which states that “physical disability, intellectual disability and autism spectrum disorder programs and services are intended to support people with disabilities in their social participation”. If those people are confined at home, it is clear that it will not help them develop their social participation. Quite the contrary!

In a context of standardization of services, remain vigilant with regards to what is happening in your region. We are asking you to denounce this decision by contacting your MNA, wherever you live (<http://www.assnat.qc.ca/en/deputes/index.html>). You may also contact the users' committee of your CRDITED/CIUSSS. Who knows how many other cards this government has up its sleeve!

By clicking on this link, you will have access to the letter of Miriam Home and Services, press release of the CRADI and Mouvement PHAS, as well as interviews and articles published in the media.

<http://autisme-montreal.com/en/8128/>

### SPRING BREAK CAMP

It is already time to plan the 2018 spring break and once again this year, Autisme Montréal will be offering a day camp during this period for children and teenagers with an autism spectrum disorder who live in Montreal.

**PLACES:** 16

**AGE:** 4 to 21 years old

**PLACE:** École de l'Étincelle (6080, de l'Esplanade, in Montreal)

**DATE:** March 5 to March 9, 2018

**SCHEDULE:** 9:00 a.m. to 4:00 p.m.

**COST:** \$350

#### How to register

To register, you must call the Responsable of Direct Services at **514-524-6114, ext. 3182**. Then, we will draw names from all the registrations received. During the week of December 11, 2017 we will let you know if you have a place or not.

**REGISTRATION DATES:**

**November 20 to December 8, 2017(at noon)**. No registration will be accepted afterwards.

If you reach the voice mail, you can leave a message with the name of your child as well as your contact information.

<http://autisme-montreal.com/en/our-services/spring-break-camp/>

## A MEMORABLE DAY AT THE VILLAGE DU PÈRE NOËL, IN VAL-DAVID

### -Voluntary contribution -

Saturday, **January 6** is a date to remember! A nice day at the **Village du Père Noël**, in Val-David is organized by Autisme Montréal to let you enjoy the magic of the Holidays!

The whole family is invited! To register, you must call the Responsable of Direct Services at 514-524-6114, ext. 3182 before Friday December 8 (noon), and mention the number of children and adults who will be present. If you register, please make sure that you will be present the day of this activity (remember that a lot families would like to attend, but will not be able to do so, because of the limited number of places).

We will be leaving in a school bus at **10:00 a.m.** from our respite house, La Maisonnette (2990, Émile-Legrand). It is essential to be on time. The departure from Val-David will be at **3:30 p.m.** and we will be returning to La Maisonnette.

Please bring extra clothes, facial tissues, water and a cold lunch. Please make sure you are wearing appropriate clothes, namely: hat, mittens, scarf, warm coat and snowpants, to be able to really enjoy this activity.

We remind you, you will be responsible for your children. There will not be any shadows available or this activity.

Register quickly, because the number of places is limited.  
Looking forward to seeing you there!

Registration: 514-524-6114, ext.3182



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## FAMILIES AND COMPANY ON VACATION

The Fondation de l'autisme wishes to offer families with one or more than one child with autism spectrum disorder (ASD) and individuals with ASD without intellectual delay vacations and respite opportunities.

The Foundation will pay for accommodation fees during vacation stays in different regions of Quebec chosen by the participants. Please note that only a certain number of people will benefit from this opportunity according to the available budget (approximately 4 vacation stays for the Montreal region, with up to \$1,000 for each of them).

Autisme Montréal has decided to do a random draw amongst all the requests received. Those who are interested must therefore register to take part in the draw, no later than January 26, 2018.

For more information on procedures and eligibility criteria visit: <http://autisme-montreal.com/en/families-and-company-on-vacation/>

## INFORMATION SESSION: ESSENTIAL PARENTING SKILLS FOR RAISING A CHILD WITH AUTISM

Has your child received a diagnosis of autism and you are not certain how to best interact with him/her? Do you wonder how your child is affected by autism? Do you question how effective your communication and parenting skills are? How should you intervene or set limits with your child? What can you do in your home and in your daily activities to best help your child develop? What behaviours should you expect? When should you seek the help of a professional?

If you are a parent of a child under the age of 6 years old, who has recently been diagnosed with autism or are in the process of obtaining a diagnosis, don't miss this information session presented by psychologist **Erwin Neumark, Ph.D., part-time professor at Concordia University and clinical director at the Montreal Autism Centre.**

**February 8, 2018 at 7:00 pm**  
**4450 Saint-Hubert, room 434**  
**Free**

The presentation will be held in French and registration is obligatory.

To register 514-524-6114 extension 3142 or by email [ffirmin@autisme-montreal.com](mailto:ffirmin@autisme-montreal.com)

## A HOMEMADE GIFT IDEA TO OFFER FOR CHRISTMAS!

### Express Caramel Sauce with Dates

#### Ingredients:

- ¾ cup (180 ml) of chopped Medjool dates
- ½ cup (125 ml) of brown sugar
- 1 cup (250 ml) of regular canned coco milk, well stirred
- 1 tablespoon (15 ml) of margarine without milk products
- 1 teaspoon (5 ml) of vanilla
- ½ teaspoon (2.5 ml) of salt
- 1 tablespoon (15 ml) of brown rum (optional)



#### Preparation:

In a small saucepan, heat all the ingredients over medium heat until just starting to boil, stirring frequently.

Pour the mixture into a mixer and reduce until you obtain a smooth caramel sauce. You can serve it with any type of cake or simply eat it with a spoon. Heaven on earth!

Source: [www.kpourkatrine.com](http://www.kpourkatrine.com)

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*The beginning of winter means that the holiday season is quickly approaching. In addition to the white carpet that will soon be covering our gardens and streets, for many of us, it will also be a time for some well-deserved rest. For all of you who are following Autisme Montréal, I hope you will be able to enjoy this moment to replenish your energy and most of all to enrich your thoughts with several memories of the time spent with people that are close to you. Planning different opportunities to see the people you care most about is one of the best gifts that you can offer them and yourself*

**Happy Holidays!**

**Julie Champagne**

**Director General**



#### **CONTACT INFORMATION**

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**For the complete contact information of our  
team, please visit:**

**[http://autisme-montreal.com/en/about-us/  
staff/](http://autisme-montreal.com/en/about-us/staff/)**