



ADVISOR

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Located in the Selkirk & District Community Learning Centre
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CLIENT SERVICES

The A.I.M. for Work program is currently in its 7th year of service for persons with physical disabilities. We continue to promote the equality of employment opportunities for persons with physical disabilities by providing a full range of Vocational Rehabilitation interventions.

We would like to thank Human Resources Development Canada and Manitoba Advanced Education & Training for their ongoing support of A.I.M. for Work.

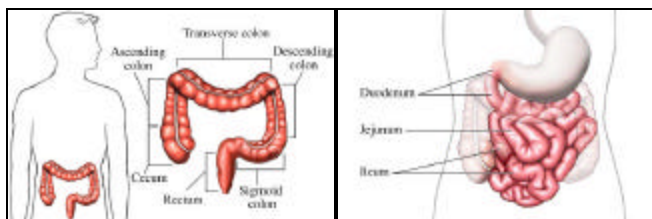
Thanks also goes out to the Selkirk & District Community Learning Centre for their ongoing sponsorship of our program. Thanks to all!

Disability Spotlight



IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome (IBS) is a disorder of the large and small intestines, (see diagrams) that causes abdominal pain. The pain may occur alone or along with constipation, diarrhea (or, often, alternating bouts of constipation and diarrhea), and bloating.



Large Intestine

Small Intestine

IBS is a functional bowel disorder. This means that the movement of the digestive tract is impaired but doctors can find no change in physical structure, such as inflammation or tumors. The symptoms of IBS are thought to be related to abnormal muscle contractions in any part of the intestines.

IBS is also believed to be caused by extreme sensitivity of the bowel. It's not known why some people's intestines are more sensitive than those of other people. Psychological stress and eating often bring on the symptoms. For some people, IBS can be disabling. They may be unable to go to work, social events or to even travel short distances.

Managing stress and changing the diet are the main treatments for the condition. Medications may also be used temporarily to treat severe symptoms that interrupt daily activities. For more information about Irritable Bowel Syndrome log on to www.mywebmd.com or contact your physician.

**From April 1 to
 November 30, 2003
 AIM for Work has assisted
 clients to secure
 62 Employment Placements!**



Interview with Tannis Barker,
Employment & Rehabilitation Specialist
with A.I.M. for Work

How long have you been an Employment & Rehabilitation Specialist?

I've been with A.I.M for Work for over six years.

What do you think the biggest barriers are for people with disabilities who are entering or re-entering the workforce?

Some aspects of a person's disability may impede their return to work plans, but I work very closely with clients and employers to find ways to overcome identified physical barriers. There are many other barriers that people with disabilities must deal with as well such as, lack of education and training; family or economic issues; societal or attitudinal barriers, to name a few.

How do you help people with disabilities return to work?

Because everyone's circumstances are unique, I use a variety of techniques, starting with the development of an individualized return-to-work rehabilitation plan. I work very closely with clients to ensure that they receive one-on-one guidance to identify their needs, assess their education and current job skills, discuss their work goals and find out about the current job market in their area. Clients also receive a comprehensive assessment of their physical capabilities, and are provided with special equipment and technical aids that enable them to remain in the workforce.

What do you think is the most important part of your job?

The most important and gratifying part of my job is seeing a plan completed! All the barriers are dealt with and a person successfully employed in a career of their choosing.

As a person with a disability, how has your employer helped you?

My employer arranged for me to have an ergonomic office assessment done by Par Health Services. Acting on the recommendations from the assessment, my employer provided an ergonomic chair, an anti-glare screen for my computer monitor, and a stand to elevate the

monitor to the correct height. I also received a stand-up writing desk that allowed me to sit and stand alternately. These accommodations enabled me to continue performing my work duties in the most efficient and pain-free manner possible.

What do you like most about your job?

Everything! I love my job! It's the most gratifying job I've had in my entire life. I get to use a combination of my three greatest skills every day; nursing, employment and marketing. I am at my best when I'm helping people. For me, coming to work is like a holiday, or a treat, and I honestly wish everyone could say that about their jobs.

If you could give one piece of advice to people with disabilities who want to return to work, what would that be?

*I would tell them to find a really good Vocational Rehabilitation program, like A.I.M. for Work, and a caring, knowledgeable employment counsellor who will work with them to help them find the job of their dreams! *****

Thank you Tannis for sharing your comments!

**Client Comments
on Services**

"I was very satisfied with the service already provided by A.I.M. for Work and Job Quest. I was overwhelmed by the hospitality and kindness by all. I now have a better understanding of my career options, since I have worked along with A.I.M. for Work and Job Quest. I feel the services that are provided are extremely knowledgeable right now." - Colleen S.

"The staff at A.I.M. gave me the confidence in myself, made me feel I could accomplish what I set out to do. If I ever felt my spirits drop, they were there and picked my spirit up and reinforced it by two-fold." - Mavis D.

"There was a friendliness and a willingness to go that extra mile (in some cases 10 extra miles) that is seldom encountered in any setting. I can honestly say that the people here were instrumental in changing the course of my life in a most positive way. Thank you so much."

- Cheryl N.

Technical Aids



**ERGO
REST®**

The ERGO REST® forearm support is ergonomically designed to provide a support for the forearm and to relieve muscle strain and tension from neck and shoulder area. It comes in various sizes and is specially designed for office and industrial use, such as data terminal and light factory assembling tasks. While working on a computer with ERGO REST®, the muscular tension, stress, and fatigue in the shoulders, elbows and arms can be decreased. The user still maintains almost unlimited freedom of movement and the height is simply adjusted to the desired height.

The ERGO REST® is very light weight, but is very stable and comfortable to use. The padded upholstery is Genuine Leather, foam, and plastic. Adjustable fastening points attach it to the working desk.

To purchase or find out more about the ERGO REST® and other products, contact Backworks at (204) 774-6322, located at 666 St. James Street, Winnipeg. Or visit the website at www.backworks.com

OTHER SITES ABOUT ERGONOMICS, ASSISTIVE DEVICES AND TECHNICAL AIDS:

www.bondedhealth.com – Bonded Health & Mobility provides mobility aids and home medical supplies in Manitoba, Ontario and Saskatchewan.

www.hsc.mb.ca/atarc – Assistive Technology Access & Resource Centre – located at the Health Sciences Centre in Winnipeg – helps Manitobans with disabilities to use electronic or computer-related devices.

www.assistivex.com – AssistiveX provides information on companies, products and researchers who are involved in the assistive technology industry in Canada.

Want to find out more about the Selkirk & District Community Learning Centre?

Simply drop by at 511 Robinson Avenue in Selkirk or call (204) 482-2111 to find out about all the programs and training opportunities available.

You can also check out the website at

www.selkirklearningcentre.com

WEBSITES WITH LOCAL OPPORTUNITIES:

www.jobbank.gc.ca – Human Resources Development Canada's job search website. You can search the Interlake area and narrow it down to the town or city you live in or want to work in.

www.localcourses.com – Connect to the Lord Selkirk School Division Continuing Education program through this address. Search for courses of interest throughout different regions.

www.selkirkjournal.com – The Selkirk Journal is now online. Look up Help Wanted ads and Business Opportunities posted weekly.

As always, our staff is dedicated to excellent service.

Your comments are most welcome.

Please contact us at:

(204) 482-2130 or Toll Free at 1-800-494-4179

Fax at (204) 482-9855

Email: aimforwork@mts.net

Our mailing address is:

A.I.M. for Work

101-511 Robinson Ave., Selkirk, MB R1A 1E5

A.I.M for Work is funded by:

**Manitoba
Advanced
Education
and Training**



AND



**Human Resources
Development Canada**

**Développement des
ressources humaines Canada**

Sponsored by

The Selkirk & District Community Learning Centre





Are You Looking For Work?

Do You Have A Physical Disability?

A.I.M. for Work,

A unique ACTION oriented **Employment Program** for Persons with Disabilities

MAY BE THE ANSWER FOR YOU!

WHO IS ELIGIBLE?

You Must:

- ⇒ Have a chronic medical condition or physical disability
- ⇒ Live in the area served by the Selkirk Human Resources Centre and the Interlake Employment Centre

WHAT IS A DISABILITY?

- ⇒ Any medical condition that causes some restrictions in day to day living
- ⇒ Some examples of physical disabilities or chronic medical conditions are:

- | | | |
|-----------------------|--------------------|--|
| ➤ Arthritis | ➤ Back Injury | ➤ Hearing/Visual Impairment |
| ➤ Fibromyalgia | ➤ Chronic Pain | ➤ Carpal Tunnel Syndrome |
| ➤ Crohn's Disease/IBS | ➤ Asthma/Allergies | ➤ Work Related/Motor Vehicle Accident Injuries |

THERE IS NO COST TO ELIGIBLE PARTICIPANTS

Call now: (204) 482-2130 or 1-800-494-4179

The A.I.M. for Work office is located at:

101-511 Robinson Avenue, Selkirk, Manitoba, R1A 1E5

This is a community-based program funded by

Human Resources Development Canada **AND** *Manitoba Advanced Education & Training*



Sponsored by the Selkirk & District Community Learning Centre

