



InclusionNB

Creating Opportunities • Créer des possibilités



SOCIAL INCLUSION PROGRAM

PLANNING FOR INCLUSIVE COMMUNITIES

WHAT IS SOCIAL INCLUSION?

Social inclusion is about having a sense of belonging in our communities and real opportunities to live where we choose, develop relationships, and participate in community life.

Through Inclusion NB's Social Inclusion program, we support adults aged 17-64 with an intellectual or developmental disability to be connected to and involved in their community in meaningful ways, such as:

- Becoming involved in recreation, leisure and volunteer opportunities that match their interests and choices;
- Expand their social relationships;
- Develop strong personal support networks; and
- Plan for a home of their own

Social Inclusion is all about accessing and enjoying all that the community has to offer, including education, arts, sports, recreation, volunteering, and citizenship.

JUST ENOUGH SUPPORT

Inclusion NB's Social Inclusion Program plans with people using the Just Enough Support model, which recognizes the importance of seeking the right balance of natural supports (like friends & family) in addition to accessing different types of technology, utilizing community-based services and using paid support to fill in the gaps.

The purpose of this approach is to build bridges and help the person expand their social relationships, personal autonomy and greater independence.

The Social Inclusion Program is available in five (5) areas across the province: Moncton, Saint John, Fredericton, Bathurst, and Grand Falls/Edmundston.



DID YOU KNOW?

Social inclusion is important for a person's dignity, security and opportunity to lead a better life. Research shows that participating in community and having people you can rely on are 'key determinants' of health and well-being.



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