What is a Sharing Circle of Support?
A “Sharing Circle of Support” or “Sharing Circle” is Continuity Care’s term or model of a support network for a person with an intellectual disability. A Sharing Circle is a group of people who genuinely care about the person at the center of the circle and want to be a part of their lives, now and in the future.

What is the goal of a Sharing Circle of Support?
The goal of a Sharing Circle is to build friendships and create connections in the community for people with disabilities. With increased relationships, a person is less vulnerable and their quality of life is improved. A Sharing Circle can assist the person to live an active and enriched life in the community.

How do we do this?
The key is that collectively, a Sharing Circle increases the amount of social and recreational opportunities and can enrich the person’s life in a variety of ways.

A Sharing Circle can help to support the individual by:

• Developing friendships
• Exploring social opportunities
• Assisting in supported decision making
• Problem solving
• Advocacy
• Promoting safety

• Helping to connect with services and supports that are needed
• Assisting and responding to life changes
• Promoting health and wellness
• Ultimately sharing the caring and the responsibilities

Sharing Circles take time to develop but with patience and perseverance they will grow and flourish.

Individuals may or may not have family members who are part of their lives. In either case, a Sharing Circle can help to build and strengthen relationships and enhance the support that is provided by agencies/paid service providers. A Sharing Circle can also help provide peace of mind for parents, knowing that there are others who will be part of their child’s life, now and in the future.

Who can be a part of a Sharing Circle of Support?
- Family members
- Neighbours
- Friends
- Co-workers
- Former Staff
- Former Teachers
- Members of church or spiritual community
- People from cultural groups or organizations
- People from the community who share common interests

Members of a Sharing Circle are usually volunteers in a person’s life and are not paid to support the individual. Sometimes paid service providers become friends and can become part of a person’s Sharing Circle.

A Sharing Circle of Support is not meant to replace the formal supports or paid supports already in place, but rather work with them to provide the individual with the best supports possible.

How does Continuity Care help to build a Sharing Circle of Support?
Continuity Care will be offering two options to assist individuals and their families or supporting agencies in creating a Sharing Circle.

Option 1—Tool Kit
A resource tool kit will be available for those who would like to get started on their own. Continuity Care will offer direction and support and share practical tips and resources.

Continuity Care can also come out and present a workshop on Building a Sharing Circle of Support to your group or organization. This workshop provides practical information on how to get started and how to maintain a Sharing Circle of Support over time.

Option 2—Hire a Facilitator
We are providing a service to families and agencies who wish to work with a Facilitator to develop and/or maintain the Sharing Circle of Support. Continuity Care Inc. will hire, train and supervise Facilitators to work with individuals and their families/agencies. The services of a Facilitator will be available on a fee for service basis.

What will a Facilitator do?
A Facilitator will:

• Get to know the person, their family and their current supports and learn about the person’s interests, goals and dreams for the future.
• Identify, recruit and invite people to take part in the person’s Sharing Circle.
• Determine what commitments each circle member is able to make and develop an action plan as to who is going to do what and when.
• Provide resources, direction, focus and will remind people of their commitments.
• Keep in regular contact with everyone via phone calls, emails and possibly a newsletter to keep everyone informed, up to date and on track.

How much will it cost to hire a Facilitator through Continuity Care?

Individuals/Families are asked to purchase a $250 Lifetime membership with Continuity Care Inc. to be eligible for this program.

Individuals/Families will be charged a rate of $30/hr for this service and will be billed on a quarterly basis.

A Sharing Circle will take approximately 40—60 hours to develop. The hours to maintain the circle will vary from circle to circle.

Support will not be contingent upon the ability to pay.
Sharing Circle
of Support
Program

Continuity Care Inc.

2–120 Maryland Street
Winnipeg, Manitoba
R3G 1L1

Phone: (204) 779-1679
Fax: (204) 786-6766

Email: contcare@mts.net

Continuity Care Inc.

“Sharing Circle of Support Program

Continuity Care
Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

www.continuitycare.ca

Joan says the best thing about her Sharing Circle is “having good friends and spending time with them”. Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“His Friend!”

“continued success with the Sharing Circle”

“peace of mind, knowing that there are others that care about Joan”.

“Having good friends and spending time with them”.

“Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“I’m glad to have joined Joan’s Sharing Circle. We’ve discovered many common interests and it’s been a lot of fun spending this time with Joan.”

Gisele - circle member

“Sharing Circle of Support Program

Continuity Care Inc.

2–120 Maryland Street
Winnipeg, Manitoba
R3G 1L1

Phone: (204) 779-1679
Fax: (204) 786-6766

Email: contcare@mts.net

Continuity Care Inc.

“Sharing Circle of Support Program

Continuity Care
Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

www.continuitycare.ca

Joan says the best thing about her Sharing Circle is “having good friends and spending time with them”. Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“His Friend!”

“continued success with the Sharing Circle”

“peace of mind, knowing that there are others that care about Joan”.

“I’m glad to have joined Joan’s Sharing Circle. We’ve discovered many common interests and it’s been a lot of fun spending this time with Joan.”

Gisele - circle member

“Sharing Circle of Support Program

Continuity Care Inc.

2–120 Maryland Street
Winnipeg, Manitoba
R3G 1L1

Phone: (204) 779-1679
Fax: (204) 786-6766

Email: contcare@mts.net

Continuity Care Inc.

“Sharing Circle of Support Program

Continuity Care
Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

www.continuitycare.ca

Joan says the best thing about her Sharing Circle is “having good friends and spending time with them”. Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“His Friend!”

“continued success with the Sharing Circle”

“peace of mind, knowing that there are others that care about Joan”.

“I’m glad to have joined Joan’s Sharing Circle. We’ve discovered many common interests and it’s been a lot of fun spending this time with Joan.”

Gisele - circle member

“Sharing Circle of Support Program

Continuity Care Inc.

2–120 Maryland Street
Winnipeg, Manitoba
R3G 1L1

Phone: (204) 779-1679
Fax: (204) 786-6766

Email: contcare@mts.net

Continuity Care Inc.

“Sharing Circle of Support Program

Continuity Care
Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

www.continuitycare.ca

Joan says the best thing about her Sharing Circle is “having good friends and spending time with them”. Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“His Friend!”

“continued success with the Sharing Circle”

“peace of mind, knowing that there are others that care about Joan”.

“I’m glad to have joined Joan’s Sharing Circle. We’ve discovered many common interests and it’s been a lot of fun spending this time with Joan.”

Gisele - circle member

“Sharing Circle of Support Program

Continuity Care Inc.

2–120 Maryland Street
Winnipeg, Manitoba
R3G 1L1

Phone: (204) 779-1679
Fax: (204) 786-6766

Email: contcare@mts.net

Continuity Care Inc.

“Sharing Circle of Support Program

Continuity Care
Supporting families in Manitoba to plan for an enriched quality of life for their family member with an intellectual disability

www.continuitycare.ca

Joan says the best thing about her Sharing Circle is “having good friends and spending time with them”. Joan’s mother Betty is happy to see that others have become involved in her daughter’s life. Her hope for the future is “continued success with the Sharing Circle”. It gives Betty “peace of mind, knowing that there are others that care about Joan”.

“His Friend!”

“continued success with the Sharing Circle”

“peace of mind, knowing that there are others that care about Joan”.

“I’m glad to have joined Joan’s Sharing Circle. We’ve discovered many common interests and it’s been a lot of fun spending this time with Joan.”

Gisele - circle member