

THE MONTHLY POINT

Pivot Point Newsletter



FEBRUARY

IN THIS ISSUE:

- Admin Updates
- Highlights
- Staff Spotlights
- News and Events
- Clinical Corner

Services to individuals with diverse abilities are an essential service in the province of British Columbia. As such, Pivot Point has measures in place to protect all of our clients and our staff who wish to provide or receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan here](#).

Family Day Feb. 20, 2022

Spending time with family has always been important. It's the basis of how we connect as human beings. It helps define our identity. It is where we hope to find unconditional love and acceptance. A safe place where we feel connected with a sense of belonging. A safe zone, without judgement, that gives us the context and meaning that we all want and need.

For many families, there are challenges that can disrupt the cohesion of the family unit. Whether it is with parents, siblings, caregivers, or extended family, sharing activities together can sometimes be awkward or downright difficult for autistic individuals, and their siblings, whether an autistic adult or a child and or other diverse abilities.

Sensory overload due to overly loud sounds, lights too bright, crowds in unfamiliar surroundings can make outings unpleasant for everyone. Instead, try going out ahead of the crowds on a quiet day. Look for theatres or venues that offer relaxed viewing/participation opportunities, where the experiences are tailored to diverse needs for improved family experiences. Noise cancellation headphones are a great way to help reduce overwhelming sounds. Taking smaller trips or outings, or plan some family indoor fun with board games, take family photos, enjoy some fun crafts or watch your favorite movies.

Whatever you choose to do, remember it is not so much where you go, but rather the quality time shared together, creating those precious memories that last a lifetime!

We invite you to review our [Annual Report](#). We're proud of the work we do!



Newsletter Content Submissions

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Rochelle at: marketing@pivotpoint.ca

Newsletter Feedback

Rochelle would like to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in upcoming newsletters by completing our [Feedback & Suggestion Form](#). Thank you for your input!

STAFF SPOTLIGHT

Meet Melissa Williams

*Regional Assistant, Victoria and South Island
Complex Care & Life Skills Worker
Event Coordinator, Victoria and South Island*



This month we shine the spotlight on Melissa Williams.

Her compassionate skills as a support worker includes a variety of environments such as Care Homes, Schools and private care.

Thank you Melissa for creating positive change!

SPRING & SUMMER DAY CAMPS: 2023



At Pivot Point we are privileged to help bring positive change for children every day, so that they can live their best life for a better future! Learn more about our [Group Activities](#) today!

My Role and My Passion at Pivot Point

My name is Melissa Williams, and I have worked at Pivot Point on Vancouver Island for more than three years. I have served in a number of different roles, but today I want to share a bit about my work as a Life Skills Worker.

One thing I love about this role is that it is dedicated to supporting individuals over age 19; so I get to help other adults live their best lives.

I've always been passionate about encouraging people to believe in themselves, and to push their own boundaries a little. In working as a Life Skills Worker, I've had the opportunity to do both.

I will never forget the look of glee on the face of one of my client's when I encouraged him to try a basketball drill with me where we dribbled the ball back and forth from left hand to right right. He didn't think that he could do it, but with encouragement and some practice he discovered that he could! He was so excited that he wanted to keep doing it all day.

After that experience, he has been less hesitant to try other new skills. We celebrate all of his success and I encourage him to try again if he doesn't get the skill just right on the first try.

Since I've been working with him, I have grown a lot as a person and as a Life Skills Worker myself.

The best part of being a Life Skills Worker is not only getting to make a positive impact on the clients and their family's lives, but the impact the clients make on your own life too.

I don't think it is possible to work as a Life Skills Worker and not learn more about yourself AND grow from those experiences... and that is why I love working with Pivot Point as a Life Skills Worker.

Learn more about our [Adult Services](#) today!

Do you have questions about our services?

Need Assistance about our services, [Request a Meeting](#) and one of our Regional Managers in your area will connect with you for a free consultation.