

## NEW: Changes to Registered Disability Savings Plans (RDSPs) in Budget 2010

A number of changes were made to RDSPs in Budget 2010 that will give you more flexibility in providing for your child's future. These are the two most noteworthy:

The rules on rolling over RRSPs and RRIFs have been extended to allow the proceeds of a deceased person's RRSP or RRIF to be rolled over into a financially dependent disabled child or grandchild. The amount of the rollover cannot exceed the child or grandchild's available RDSP contribution limit (currently set at \$200,000 lifetime maximum). The rollover amount will be included in the child or grandchild's income when withdrawn from the RDSP. This change is effective for deaths on or after March 4, 2010 but transitional rules may apply for deaths before that date.

Starting in 2011, you will be allowed a 10-year carry-forward of Canada Disability Savings Grants (CDSG) and Canada Disability Savings Bonds (CDSB) entitlements. Annual RDSP contributions

may be eligible for CDSGs of up to \$3,500 and low income families may be entitled to CDSBs of up to \$1,000, depending on income. Carrying forward these entitlements will give you more flexibility in contributing to RDSPs as your cash flow permits.

RDSPs allow parents and other individuals to save and provide for a disabled child. Earnings in the RDSP accumulate tax-free, until the money is withdrawn. Parents or guardians may open an RDSP for a minor. With written permission from the holder, anyone can contribute to the RDSP. For information call Service Canada at 1-800-622-6232 or visit the Canada Revenue Agency at

<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html>



## Learning Disabilities Association of Canada (LDAC)

### Executive Committee

Chair ..... Lynn Green (NL)  
Vice Chair ..... Lorrie Goegan (AB)  
Treasurer ..... Mel Phelan (ON)  
Adult Issues ..... Chris Canavan (BC)

### LDAC Staff

C.E.O. .... Judy Kerr  
Finance Director ..... Rob Moulson  
Director of Public Policy and Programs ..... Claudette Larocque  
Donations Officer ..... Mary Pal  
Administrative Assistant .. Katherine Glasgow

### Legal Deposit

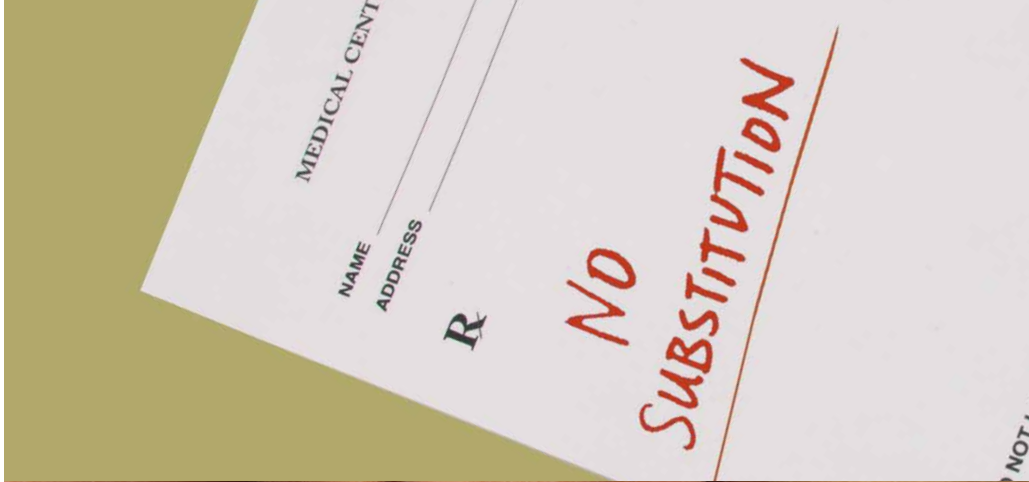
Library and Archives  
Canada: ISSN 079-1370

National is a publication of LDAC and is published twice a year. An individual non-member subscription is \$20.00 per year.

### Learning Disabilities Association of Canada (LDAC)

250 City Centre Avenue, Suite 616  
Ottawa, ON K1R 6K7  
Tel: (613) 238-5721  
Fax: (613) 235-5391  
1-877-238-5332  
[www.ldac-acta.ca](http://www.ldac-acta.ca) ■ [info@ldac-acta.ca](mailto:info@ldac-acta.ca)

**Only you  
can be  
sure you're  
getting the  
medication  
your doctor  
prescribed  
to treat  
your ADHD.**



The medicine you get from your pharmacy may not be exactly what you were prescribed. Follow these 3 steps to be sure.

### **1. Speak Up**

Your treatment plan was designed specifically for you. Ask for the exact medicine that's part of that plan.

### **2. Know the Name**

Learn the brand name of the medicine you were prescribed and ask your doctor to write "No Substitution" next to it so your pharmacist knows it was chosen specifically for you.

### **3. Make a Match**

At the pharmacy, compare the brand name on the medicine label with the brand name your doctor prescribed. If they don't match, ask your pharmacist why.

# Unique New Research Chair

Mount Saint Vincent University in Nova Scotia is actively recruiting to fill the new Gail and Stephen Jarislowsky Chair in Learning Disabilities—the only one of its kind in Canada and one of only four in the world—in time for the fall 2010 semester.

The person filling this appointment, supported by an endowed research fund, will establish a research program to make a difference in the diagnosis and response to learning disabilities. It will enhance academic excellence by conducting and disseminating research and “best practices” programming that will

make an impact on current school practices that respond to students with learning disabilities. The position also includes funding for world-class research and knowledge mobilization to train the teachers of tomorrow to ensure all children are able to realize their academic potential.

This Chair is the culmination of several current undergraduate and graduate programs offered by Mount Saint Vincent that assist teachers, students and parents develop educational programs for students with learning disabilities.

# Lorrie Goegan Honoured



We are delighted to report that Lorrie Goegan of Calgary is the recipient of the 2009 Council of Canadians with Disabilities Award from the Alberta Committee of Citizens with Disabilities/Alberta Disability Forum. She was cited for her unfailing advocacy and volunteer efforts for people with learning disabilities. She

was nominated for this honour by the board of the Learning Disabilities Association of Alberta, of which she is past president.

Lorrie is currently the Vice President of LDAC. Come Fall 2010, she will be Chair of its Board of Directors. She also serves as the Chair of the LDAC BUS Committee (Board Development). She co-chaired the 2003 National Conference on Learning Disabilities, was a panel participant at the 2008 World Summit on Learning Disabilities and is on the organizing committee for 2012 World Summit. She regularly presents workshops for professionals and parents in the area of special needs.

## AN ENVIRONMENT FOR EMPOWERMENT.



## A HABITAT FOR GROWTH.

Throughout our 10 day or 2 week sessions, your child will experience the benefits of a 29:36 staff:camper ratio. Our challenge-by-choice philosophy builds confidence through a wide variety of structured, non-competitive and fun activities designed to embrace potential and empower lives. The real benefit? You'll see it in your child's smile and confident attitude at the end of camp.

Visit [CampKirk.com](http://CampKirk.com) for more, or call toll free in Canada and the US at 1.866.982.3310.



Built by the  
Lions and  
Lioness Clubs  
District A-16



*"Dare to Dream"*

# Benefits of Membership

## What does membership mean to you?

### Are you

- A person with a learning disability
- A family member of a person with a learning disability
- An academic or student researching learning disabilities
- An educator at any level
- A public health inspector
- An owner of or a worker in a childcare facility
- A school nurse or counsellor
- An HR manager
- A supervisor of staff
- A volunteer sports coach

If you answered Yes to any of the above or work in an area where learning disabilities play a role or affect others, joining the Learning Disabilities Association may bring you benefits and insights to issues you have either handled already or will handle at some point. By becoming a member at a local or provincial/territorial level, you automatically become a member at the national level with LDAC.

## At the CHAPTER LEVEL, you get

- A local newsletter
- Discounts in programs fees
- Access to a resource and audiovisual library
- Parent education meetings
- Notification of upcoming events and conferences
- Voting privileges at the annual general meeting
- First access to new information
- Direct support to parents, youth, teachers and other professionals, most of it free
- Support to help you understand your rights and responsibilities as adults with LDs
- Access to programs, tutoring, literacy, social skills training and more

*“Being a member shows my commitment to the needs of people with LD. It’s important to belong, to be part of a larger group making changes.... you want to know more, you want to participate.”*

## At the PROVINCIAL LEVEL, you get

- A provincial newsletter
- Discounted access to learning opportunities
- Up-to-the-minute information on upcoming speakers, workshops, conferences
- Information about other community support
- Parent support
- Advocacy support
- Support from being part of a provincial voice

*“Being part of a diverse and large network lets me know what is happening elsewhere, what my government is doing in regards to services and policy regarding learning disabilities.”*



---

## At the NATIONAL LEVEL, you get

- Access to a national voice and a network of over 50 other Learning Disabilities Associations across Canada
- The National—LDAC's national newsletter published two times a year on the latest news regarding learning disabilities
- Access to videos, DVDs and other materials produced by LDAC through a national LD Bookstore on the web
- LDAC's comprehensive bilingual websites ([www.ldac-acta.ca](http://www.ldac-acta.ca), [www.youth2youth.ca](http://www.youth2youth.ca), [www.righttolearn.ca](http://www.righttolearn.ca); [www.pacfold.ca](http://www.pacfold.ca)) featuring access to current information on learning disabilities
- Advocacy on all pending federal legislation and/or programs that may affect individuals with learning disabilities and/or their families.
- Support on advocating provincial/territorial causes
- Access to a national toll-free line (877-238-5322) that reroutes you to the LDA in your province or territory
- E-blasts about meetings, news releases and research updates
- Information and referrals to local LDAs, resources, programs, services and contacts in your community
- Biennial national LD conference to raise the profile and services of the host LDA

*“Really, the most important reason for people to be a member is that this increases the legitimacy of our advocacy efforts.”*

*“Members benefit from the creation of resources and materials designed to inform or support the advancement of individuals with LD and those people who work with them.”*

## Advocacy—What LDAC does for YOU

At LDAC, we work hard to make sure your interests are covered. Among some of our activities:

- In 2001, 2002 and 2003, our presentations to the House of Commons Standing Committee on Finance broadened eligible expenses of the Medical Expenses Tax Credit and the Disability Tax Credit to include tutoring services, talking books and psychological assessments for individuals with learning disabilities. We were also behind changes made to the Disability Tax Credit in 2005 and 2006.
- In 2005, with the Learning Disabilities Association of Ontario, we persuaded Canada Revenue Agency to make the Bursary for Students with Disabilities non-taxable.
- LDAC is a founding partner on the Canadian Partnership for Children's Health and Environment's project to develop a checklist (see page 9) to prevent or reduce children's exposure to chemicals in childcare settings.
- LDAC has prepared comments on over a dozen chemicals that may pose developmental or neurodevelopmental problems to a Health Canada and Environment Canada committee that is proposing risk management plans for the highest priority chemical substances.
- LDAC has just ended a three-year term on Service Canada's Advisory committee that ensures programs, forms, websites, improve accessibility and enhance service delivery to people with disabilities.
- LDAC is working with Library and Archives Canada on a number of files regarding access to information and materials in multiple formats for Canadians with print disabilities.
- LDAC has Intervener Status in a BC human rights case. The Moore family filed a complaint against the school district of North Vancouver and the Ministry of Education alleging discrimination against students with severe learning disabilities. After years of working through the court system, a decision from the BC Court of Appeal is expected this spring.

# Brand-name Drugs vs Generics: The Choice Is Yours...

Generic drugs contain the same active ingredient (medicine) as brand-name drugs. Many of them live side-by-side on pharmacy shelves—think Tylenol and its generic copy, acetaminophen. A generic drug is the same as a brand-name drug in dosage, safety, strength, route of administration, quality, performance and intended use. Mostly, the differences are in colour, shape, flavour, non-medicinal ingredients and manufacturing process to differentiate the generic from the original.

New drugs, however, cannot be copied because they are protected by a patent. No generics can be produced until the patent runs out. This is so the pharmaceutical company can recoup some of the costs of its research to develop the drug.

Sometimes your pharmacist may give you a generic without telling you—government rules allow this—but you always have the right to request brand-name drugs. Whether you get it or not may depend on approval from your insurer or your employer. If your drug plan is from your employer, it tells the insurance company what rules to apply. If you buy your health insurance privately, the insurance company sometimes applies the rules that government drug plans use for seniors. Either way, since generics are less expensive than brand-name drugs, your employer or insurance company may only cover the cost of generics. Some pharmacies may order in ONLY the generic version and stop carrying the name brand which means you may have to go to another pharmacy to get your brand medication. If your doctor writes the words 'No Substitution' on the prescription, then the pharmacy will have to give you the name brand.

Just like some people respond differently to the same drug, if you are taking a brand-name drug and switch to a generic, you may respond differently as well, but most generics work for people. If this happens to you or if you are not responding well to the generic and want to try the

brand-name drug, call your insurance company or your employer to find out about changing over.

Make sure you know what you are getting. Read your prescription carefully before you give it to the pharmacist. Talk to your pharmacist. Check if you can still get the name brand medication. Look closely at your prescription bottle and know the name of the generic drug and the brand drug. Ask the pharmacist if you have any questions. They are trained to help you.

## Pharmacy Smart Payment Plan is only available in BC, ON and NB

**Pharmacy SmartPayment™**

Carrier: 32      Group: 00      Client ID: PSSTIABCDE12345

**CONCERTA\*** (methylphenidate hydrochloride extended-release)      Dosing: **Once Daily**      Maximum Quantity: **As Prescribed**      DIN: **See Right**

This SmartPayment™ will provide financial support up to the difference in the drug ingredient cost of CONCERTA and the public formulary price of methylphenidate HCL. **Return SmartPayment™ to Patient For Future Use.**

TO THE PHARMACIST: IDENTIFY IF THE PATIENT HAS AN EXISTING DRUG PLAN.

1. Please select ESI Canada as the Payer of Last Resort.
2. Enter the Carrier, Group and Client ID as it appears on the SmartPayment™.
3. Select cardholder as the relationship code.
4. PROCESS THE CONCERTA PAYMENT TO ESI CANADA.

**PATIENTS WITH AN EXISTING ELECTRONIC DRUG PLAN FOR CONCERTA** (either private or public), please enter the CONCERTA SmartPayment™ plan information as the SECONDARY PLAN.

**PATIENTS WITHOUT AN ELECTRONIC DRUG PLAN FOR CONCERTA**, please enter the CONCERTA SmartPayment™ plan information as the PRIMARY PLAN.

**User's Consent:** By presenting this SmartPayment™, I consent to collection, use, and disclosure of my personal and medical information by a pharmacist, a claims adjudicator, and the therapeutic evaluation provider for accounting and payment purposes only. [www.samplingtechnologies.com/privacy](http://www.samplingtechnologies.com/privacy)  
© 2010 Sampling Technologies Inc.  
Pharmacy Help Desk 1-800-563-3274

## IMPORTANT PATIENT INFORMATION

Your drug plan may only cover the cost of the generic version of CONCERTA. In an effort to help you to continue to receive CONCERTA, your healthcare provider has provided you with this CONCERTA SmartPayment. You can use the CONCERTA SmartPayment at the pharmacy to offset the difference in cost between CONCERTA and generic methylphenidate HCL.

When you use this CONCERTA SmartPayment your pharmacist will bill you or your drug plan the generic methylphenidate HCL ingredient cost only but will be able to fill your prescription with CONCERTA. This card has been provided by the manufacturer of CONCERTA to offset the difference between the ingredient cost of generic methylphenidate HCL and CONCERTA. The CONCERTA SmartPayment is a multi-use payment vehicle that you can use while CONCERTA is prescribed by your physician. This program may be cancelled at any time at the sole discretion of the manufacturer without notice.

### **CONCERTA™ is available in the following strengths**

Strength: 18 mg	DIN: 02247732
Strength: 27 mg	DIN: 02250241
Strength: 36 mg	DIN: 02247733
Strength: 54 mg	DIN: 02247734

---

## ...But Beware of What You Buy

According to Dr. Kenny Handelman's blog at <http://www.addadhdblog.com/generic-concerta-in-canada/#8f8bd> Concerta® is still technically protected by patent. In January 2010, Novopharm won a lawsuit to start manufacturing a "Concerta®-like" medication in Canada. Provincial drug plans are considering replacing Concerta® with this new generic drug called Novo-Methylphenidate ER-C. It will be available in the same doses as Concerta®. This generic drug will be available at a lower cost and provide an option for people who can't afford the more costly brand name Concerta®. Does this medication work equally to Concerta®?

Unfortunately, no one knows the answer to that. For a generic company to get approval for a new medication, they simply have to prove that their medication is absorbed within the range of 80% – 125% of the original compound. That is a huge variance.

Since learning disabilities and ADHD often go hand-in-hand, LDAC feels obliged to comment on this.

LDAC has never and will never endorse any product or service. However, in this case, we are not convinced that these two drugs are equal. This could mean that a segment of our population—those Canadians who rely on provincial drug plans—may be at a disadvantage. They may not get the very best medication. At school, it means that those children may have to visit the school office to get a second dose of the generic to see them through the afternoon and the evening. Since visits to the school office are never invisible, this would clearly segregate children into two tiers: those with private health plans and those without. Children with ADHD already have enough difficulties at school. They don't need another barrier to separate them from their classmates.

We feel that federal and provincial expert committees and private payers should be responsible for reviewing all relevant issues when deciding to adopt a generic drug. These issues include the potential for abuse and the duration of its benefits—especially when the brand-name drug is specially designed to be long-lasting.

If you have concerns with regards to the medications you are receiving, speak to your doctor and ask the pharmacist to let you know if you are receiving the generic or the brand drug.

LDAC has asked Health Canada and provincial health ministries to determine whether or not the generic drug being proposed does indeed provide the same clinical and therapeutic effects as Concerta®. The Health Products and Food Branch Scientific Advisory Panel on Bioequivalence Requirements was scheduled for June 11th in Ottawa. We will report back to you in the next National newsletter on its recommendations.

To support its commitment in helping to ensure that children and adults continue to receive medications with appropriate clinical and therapeutic effect, Janssen-Ortho, producer of Concerta® (brand drug) has introduced a co-payment program in provinces where interchangeability has been declared with Novo-Methylphenidate ER-C (generic drug). The Co-Pay Smart Payment program is only available in the provinces of British Columbia, Ontario and New Brunswick and is designed to allow you to continue using CONCERTA at no additional cost over the generic, and have access to additional counseling by your local pharmacist. Patients can ask their physician to provide them with a co-payment card that they can give to their pharmacist to cover the difference between the generic medication and Concerta®. Janssen-Ortho will then be billed for the difference.

---

## LDs by the Numbers: Putting it all into Perspective

We tell our politicians, doctors and school systems that one out of every 10 people has learning disabilities. That alone should be enough to draw attention. Sadly it does not because it has no meaning. It is time to change that. Let's start by talking numbers.

Using the one-in-ten formula, let's say that 3.4 million Canadians have learning disabilities.

- That's a little less than the population of greater Montreal;
- It's a bit less than the entire population of Alberta; and
- It's roughly the same number of people the population of Saskatchewan, Nova Scotia, New Brunswick, Newfoundland and Labrador, Prince Edward Island, Northwest Territories, Yukon and Nunavut combined.

Compared to other important health and social issues, there are at least

- 25 times more people have learning disabilities than have Autism Spectrum Disorder;
- 64 times more people have learning disabilities than have prostate cancer; and
- 76 times more people have learning disabilities than have breast cancer.

I would argue that there is a much higher level of awareness about breast and prostate cancer and autism than there is about learning disabilities. As a community, we can draw these comparisons to the attention of decision makers. When the arguments arise that cancer kills and that autism affects every aspect of a person's life, we should say with authority that the same is true for learning disabilities.

Canada's demographic composition is changing, so it is important to think ahead. By 2031, there will be 3.6 to 4.1 million Canadians with learning disabilities. Importantly, the proportion of people with learning disabilities by age group will shift over time—a gradual decline in preschoolers and the school-aged population and a rise in the number of seniors. The largest single group of people with learning disabilities will be those people in post secondary education and those entering or making up the workforce. These findings have important implications for everyone working in the field of learning disabilities.

We must change how we present this information so that others gain an intellectual and emotional understanding of the magnitude of the issue.

Readers wishing more detailed information about both population of people living with learning disabilities and projections to the year 2031, are invited to access, "LD by the Numbers: Estimates of the Prevalence of Learning Disabilities in Canada" (March 19, 2010) available online at [www.LDExperience.ca](http://www.LDExperience.ca). Click on the library tab to navigate to the report.

*Kathryn Burke works, on a part time basis, as the Executive Director of the Learning Disabilities Association of Alberta. She is also the founder of LDExperience, a website designed to help people affected by learning disabilities share their experiences. She has a graduate degree in Sociology from the University of Calgary and has done extensive consulting work in the fields of health and education*



# CPCHE Launches Environmental Health Checklist for Childcare Settings

With so many Canadian children spending so much of their day in childcare, they may come into contact with potentially harmful chemicals or pollutants. Even though exposure may be small on a daily basis it can add up, so it's important for childcare centres to be safe and healthy. The good news is that can be done—and a new tool makes it easier.

The Canadian Partnership for Children's Health and Environment (CPCHE) which LDAC is a founding partner, has released *Advancing Environmental Health in Child Care Settings: A Checklist for Child Care Practitioners and Public Health Inspectors* that will help childcare staff and inspectors prevent or reduce children's exposure to toxic chemicals and pollutants, which could lead to asthma, LDs, cancer and other chronic conditions. LDAC is a partner organization of the CPCHE.

This user-friendly checklist, supplemented by supporting information and resources, addresses

environmental health issues in a variety of typical indoor and outdoor settings and identifies practical steps to reduce potentially harmful exposure. The ideas and suggestions it contains—from choosing safer cleaning products and toys to introducing a scent-free policy or a composting program—can help a childcare centre go beyond regulatory requirements to create healthier indoor and outdoor environments for the children in their care. It also includes suggestions to encourage sustainable operations of childcare facilities, including pollution prevention, waste reduction, and energy and water conservation.

Visit [www.healthyenvironmentforkids.ca/resources/advancing-EH-child-care-settings](http://www.healthyenvironmentforkids.ca/resources/advancing-EH-child-care-settings) to buy a hard copy or download a free PDF.



## The Different Kids

Here's to the kids who are different.  
The kids who don't always get A's!  
The kids who have ears twice the size of their peers and noses that go on for days.

Here's to the kids who are different,  
The kids they call crazy or dumb.  
The kids who don't fit, with guts and with grit,  
who dance to a different drum!

Here's to the kids who are different,  
The kids with the mischievous streak.  
For when they have grown, as history's shown,  
It's the difference that makes them unique.

*Digby Wolfe*

## Must Visit Websites!

<http://www.caddac.ca>  
Centre for ADHA/ADD Advocacy, Canada

<http://www.totallyadd.com/#/welcome>  
**Totally ADD** liberates people from the fear, shame, and stigma that can accompany this often misunderstood and misdiagnosed disorder.

## Must Read Books

***Taking Charge of Adult ADHD***  
By Russell A. Barkley PhD (published July 2010)

***Step by step Help for Children with ADHD: A Self-Help Manual for Parents***  
By Cathy Laver-Bradbury, Margaret Thompson, Anne Weeks (Published July 2010)

---

## Breakfast in Toronto

On February 24, an audience of educators, parents, corporations and community organizations sat down to LDA/ON's 3rd Annual Learning and Leadership Corporate Breakfast at the Royal York Hotel and listened to Dr. Kenny Handelman, an expert on ADHD.

Handelman said that adults with ADHD often face the same issues in the workplace as they experienced in school. But the students whose hyperactivity, distraction and daydreaming were considered a challenge in the classroom often become energetic, observant and highly creative employees. Companies that recognize the benefits of these dynamic traits can also learn to understand where they are best applied—exploration, risk-taking, enthusiasm, entrepreneurship, ingenuity and charisma all play an important role in the workplace and in our culture. Providing these employees with the tools and support they need to thrive will leverage their strengths, build Canadian businesses and enhance Canadian communities.

A special thanks to presenting sponsors Corus Entertainment and ScotiaBank as well as event Co-chairs Robert Richards and Jay Mandarino (and their volunteers) for helping to raise \$85,000 at this event.



## Stick-handling through Love: A Chocolate and Hockey Extravaganza in Yukon

Just in time for Valentine's Day, Learning Disabilities Association Yukon hosted a fundraiser that appealed to just about everybody.

For couples wanting to express their love and commitment or those wanting to repeat the experience... a marriage commissioner, and a calligrapher to record the event for posterity. For those who wanted a better picture of the future before committing... tarot and tea-leaf readings. For the romantics or those in need of brownie points... an endless supply of chocolates, chocolate desserts and hand-made Valentine cards. And for the more pragmatic... an impressive array of auction items including vintage, autographed NHL posters on which to spend their money and relive their memories.



*What a blast!*