

IL CANADA | 40 YEARS AND ONWARD

Help Build the Anniversary Legacy

Attendee Preparation Guide for the Interactive Activity Stations

IL Canada 40th Anniversary Celebration | September 11, 2026 | Ottawa

Nothing special is required. You do not need to prepare a speech or bring materials. A few minutes of reflection before the event will simply make it easier to add your memory, idea or message when you arrive.

Before you arrive: think about three things

- **One memory or milestone:** Choose a moment from 1986-2026 connected to the Independent Living movement, IL Canada, a Member Centre, your community or your own journey.
- **One vision for 2046:** Imagine one concrete change that would make Independent Living stronger and Canada more inclusive over the next 20 years.
- **How you want to participate:** Decide whether you may want a temporary tattoo, a photo, a guest-book message, a whiteboard contribution, or only the activities that feel right for you.

Optional items to bring

- A small printed copy of a photograph, program, poster, invitation, newspaper clipping or other item connected to a memory. A 4 x 6 or 5 x 7 copy is easiest to display.
- A typed memory, short message, drawing or poem if writing at the event may be tiring or difficult. Keep it to one letter-size page or less.
- A phone or camera if you would like your own photo-booth picture.

- Any communication or accessibility support you normally use. Limited volunteers will be available to assist at your direction.

Please bring copies, not irreplaceable originals. Adhesive may be used on display items. Treat anything attached to a station as a contribution that may remain with the anniversary materials; ask a volunteer before posting it if you need it returned.

Participation, privacy and accessibility

- Contributions are welcome in English or French, through words, art, poetry, photographs or a digital submission when available. There are no right or wrong contributions.
- Share only information you are comfortable having displayed, photographed or retained as part of the 40th Anniversary legacy.
- If you identify or include another person, confirm their permission when possible. Add any required photographer or source credit.
- Do not include private contact, health or personal information about yourself or someone else.
- Volunteers can write from your dictation, read or describe the activity, help place materials, offer a seated option and assist with physical tasks - but only with your permission.

STATION 1 | INTERACTIVE TIMELINE

Interactive Timeline: 1986-2026

Help build a shared record of the people, places, events and achievements that shaped Independent Living in Canada.

Choose one contribution

- Your first connection to Independent Living or to a Member Centre.
- A local or national achievement that changed opportunities, services, policy, attitudes or community participation.
- A person whose leadership, peer support or advocacy influenced you or your community.
- A conference, campaign, project, partnership, program launch or community gathering that mattered.
- A difficult moment the movement worked through, and what was learned from it.
- An achievement you, your Centre, your colleagues or your community are especially proud of.

Prepare the memory in this simple format

YEAR OR DECADE: An exact year is best, but an approximate date is welcome.

WHAT HAPPENED: Describe the moment in one or two sentences.

WHO AND WHERE: Include names, Centre or organization, city and province/territory if known.

WHY IT MATTERED: Explain the difference it made for people with disabilities or the movement.

CONTRIBUTED BY: Your name and affiliation are optional.

- Aim for approximately 25-75 words so others can read your contribution easily.

- Check the spelling of names, organizations and communities before the event if you can.
- If the exact date is uncertain, write 'approximately,' 'early 1990s,' or another honest estimate rather than guessing.
- If your story began before 1986, explain how it helped lead to or influence the 1986-2026 period. A volunteer can help decide where it belongs.

If you bring a photograph or document copy

- Label it with the year or decade, the event, the people shown, the location and a one-sentence explanation.
- Add the photographer, publication or source credit if one is required.
- Bring only an item you have permission to share and that you are comfortable having displayed or photographed.
- Write your name discreetly on the back. If you need the copy returned, tell a volunteer before it is attached.

What will happen at the station

- Sticky notes, markers, tape or adhesive dots and writing surfaces will be provided.
- A volunteer can write exactly what you dictate, help identify the correct year or decade, and place the item where you direct.
- You may contribute one item or several, depending on time and available space.
- You may simply read and enjoy the timeline without adding anything.

If you are unsure where to begin, ask yourself: When did I first feel connected to Independent Living? What achievement am I most proud of? What moment changed my community?

STATION 2 | FUTURE VISION WALL

Future Vision Wall: Imagine 2046

Add a word, idea, drawing, poem or digital contribution that describes what Independent Living in Canada should become over the next 20 years.

Think in concrete terms

- What should Independent Living accomplish by 2046?
- What would everyday life look like if Canada were truly inclusive?
- What barrier should the next generation never have to face?
- What role should youth, peers, Member Centres and people with lived experience have in leading change?
- What message or promise would you leave for future advocates?

Prepare one contribution in any of these forms

- **A short vision statement:** One or two sentences, ideally 25-50 words.
- **A practical idea:** Name one action IL Canada, Member Centres, governments, communities or partners should take.
- **A creative response:** A drawing, symbol, short poem, quotation or message to the year 2046.
- **A digital response:** Bring the text or image on your phone and use the QR code if that option is available.

BY 2046, people with disabilities will...
TO MAKE THAT HAPPEN, we need to...
THIS MATTERS BECAUSE ...

Make your idea specific

- Name the result you want, who it would benefit and the action that could move it forward.
- Be ambitious, but describe something people can picture or act on.
- Write from your own experience. You do not need to speak for an organization or for everyone with a disability.
- Possible themes include choice, dignity, self-determination, peer support, housing, transportation, income, employment, education, health care, technology, digital accessibility, youth leadership and rural, remote or northern communities.

What will happen at the station

- Sticky notes, markers, drawing paper, tape and a mural-style display will be provided.
- Volunteers can describe the activity, write or draw at your direction, help with a digital submission and place your contribution at an accessible height.
- You may add more than one idea if space and time allow, or participate by reading and discussing the ideas already posted.

A useful test: Could someone reading your idea in 2046 understand what you hoped would change and why it mattered? If yes, it belongs on the wall.

STATION 3 | GET INKED FOR IL

Get Inked for IL: Take Part Your Way

Celebrate the anniversary with a temporary tattoo and an optional photo. You may use the tattoo station, the photo booth, both or neither.

Before you join the tattoo activity

- Choose an area of clean, dry, unbroken skin that can be reached comfortably.
- You may apply the tattoo yourself or ask for help. A volunteer will ask permission before touching or assisting you.
- A seated application option will be available. Ask for the setup or positioning that works best for you.
- If you have sensitive skin or concerns about temporary tattoo products, follow the product directions at the station or skip the tattoo and enjoy the photo booth instead.
- Volunteers will explain both application and removal. Supplies, water, sponges, paper towels and a mirror will be provided.

If you use the photo booth

- Photos are optional. Decide whether you want an individual photo, a group photo or no photo.
- Bring your phone or camera if you would like a copy on your own device.
- Ask everyone in a group before taking or sharing the image. Follow any photo-consent information displayed at the event.
- Social-media sharing is optional. Event hashtags will be posted if you choose to share.
- The photo-booth area is intended to be wheelchair accessible; ask a volunteer to adjust spacing or positioning if needed.

Guest Book and Whiteboard

- **Guest Book:** Consider preparing one or two sentences celebrating the anniversary, thanking someone, naming what the movement has meant to you or offering a wish for the future. Your name, community and affiliation are optional.
- **Whiteboard:** Watch for the prompt posted at the event and respond in a short, readable phrase. A volunteer can write your response for you.

Your final preparation checklist

- I have one memory or milestone and an approximate year or decade.
- I have checked important names, spellings, places and photo credits if I am bringing an item.
- I have one hope, idea or message for 2046.
- I will bring copies only, and I know whether anything I bring may remain on display.
- I know what I am comfortable having displayed, photographed or shared.
- I know that I can ask for assistance, participate in one station or all of them, or simply observe.