

Providing Essential Life Skills & Supports

We all deserve to participate in our community, contributing our skills and passions through work, relationships, and daily activities.

In Waterloo Region, there are over 24,000 people with a disability living in poverty.



that help develop employment skills, basic life skills, and access to adaptive devices are major barriers to success.

Lack of access to opportunities

Of adults in our region,

25% cannot access remote services

because digital literacy is a barrier. ²







Aamira, 42, has difficulty with mobility due to epilepsy & anxiety. She is living alone in an apartment and faces challenges with her balance, mobility, transfers and incontinence. She had reported over 12 falls in her bathroom, bedroom and living room while trying to transfer and walk from the couch to the bathroom.

Unfortunately, her income was extremely limited, and she was not eligible for ODSP benefits so the purchase of desperately needed assistive devices was outside her means. The equipment being requested is more than just a 'device', it is something that can drastically improve the quality of someone's life by boosting their self-esteem, their capacity for independence, improving their mental health and empowering them to make the most out of life.



Local Solutions

Thanks to your support, here are a few of the frontline organizations that United Way WRC funded in 2021-2022 to empower essential life skills & supports locally.

Programs Changing Lives



- Adult literacy, financial literacy, and technology training and skill development
- Early intervention literacy training for children
- Employment skills programs
- Digital literacy training for refugees
- Refugee employment supports
- Newcomer youth school support programs
- Providing assistive devices and technology











¹ March of Dimes Canada Jul-Sept Grant Application
² via Chris Prosser, The Literacy Group of Waterloo Region

Without you, there is no way.



United Way Waterloo Region Communities

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