



## The ABLE Network – Introduction

### Transcript

**Barb:** Hi, my name is Barb Allan and I'm one of the co-founders of the ABLE Network. I'm the mother of a 19-year-old with Down Syndrome, and I have a background in volunteer coordination and business. I take care of more of the business side of the ABLE Network.

**Joan:** Hi, I'm Joan Hurst and I'm also a co-founder of the ABLE Network. I have a daughter who is 22 years old who has Down Syndrome, and I have a background in developmental services. Barb and I met through our daughters years ago, probably 15 years ago, and have developed a friendship. And about six years ago we were sitting at Barb's cottage talking about our two wonderful daughters and what the future held for them. That discussion started on a rock at a beautiful cottage in Haliburton, and it's grown into the ABLE Network.

The first two years we were thinking about it--we were dreaming about it. We started to do some serious research. We went out and visited lots of programs, did a lot of research into best practices, and two years after that, in September of 2008, we opened our doors and welcomed five participants to the ABLE Network. And we've been going now for 19 months I think. (summer of 2010)

(More information: <http://www.theablenetwork.ca/>)

