



Locked out
of **Life**

IAS Countdown Supporter Kit

Tools for organizations and individual supporters

SEPTEMBER 16 TO DECEMBER 16, 2026

Equality, dignity and belonging require action

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lockedoutoflifemore@gmail.com

Campaign purpose

On June 16, 2026, the final report of the Integrated Adult Services Pilot Project was publicly released. The Manitoba government committed to present a go-forward plan within six months of receiving the report. Barrier-Free Manitoba is organizing a daily public countdown beginning September 16 and ending on the December 16 deadline.

Our central demand By December 16, release a detailed, funded, public implementation plan for all 13 IAS recommendations, with timelines, assigned responsibilities, co-governance, independent accountability, and accessible public reporting.

What supporters can do

- Post on Facebook or LinkedIn using the ready-to-use messages in this kit. Use a sample post below, or write your own. Good days to post: launch day (September 16), one month left (November 16), the final week (December 9–16) — or any day that feels right to you.
- Share Cerebral Palsy Association of Manitoba and Barrier-Free Manitoba's countdown posts and add a sentence about why the issue matters to you.
- Use our hashtags, so people can find and follow the conversation.
- Tag Premier Wab Kinew and the Manitoba government as we need an all of government response not just one single department.
- Invite your organization, board, staff team, family, friends, and professional networks to participate.
- If you represent an organization, consider sharing the report with your board or membership, and/or pinning a post to the top of your page during the final week.
- Point people to lockedoutoflife.com for the report, campaign history, stories, news, and ways to take action. There you can:
 - Read the full report and other documents
 - Read personal stories from people affected
 - Read the open letter sent to government at the end of June signed by over 1000 Manitobans
 - Download a ready-made letter template to send to your MLA

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Key campaign facts

- The IAS pilot emerged from human rights complaints filed by Amelia Hampton and Tyson Sylvester. During mediation, the Manitoba Government and WRHA suggested the pilot could test out new ways of providing services to people with disabilities. An Memo of Understanding (MOU) was signed between all parties.
- The pilot supported 33 adults with complex disability-related needs in the Winnipeg Health Region.
- Independent community engagement heard from 210 Manitobans across the province.
- The final report contains 13 connected recommendations for systemic reform.
- The MOU states that Manitoba and the WRHA committed to make best efforts to implement the recommendations and they agreed to present a go-forward plan within six months of receiving the report.
- The recommendations address eligibility, navigation, income, housing, workforce, caregivers, health, equipment, transportation, Indigenous rights, rural and northern equity, oversight, and evaluation.

Voices Behind This Campaign

From Tyson Sylvester's opening statement at the report's release

"Before I turned 18, I had the supports I needed... I was living my life. Then I became an adult, and the system took that life away. My needs did not change. The system did."

"There are 168 hours in a week. When support only covers a fraction of that time, what you are really being told is that the rest of your life does not matter."

"I was not asking for anything extra. I was asking to continue the life I had already been living... No one should be locked out of their life."

Source: Tyson Sylvester's prepared opening statement for the IAS Pilot Final Report release, June 16, 2026.

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Tyson Sylvester, in media coverage

"I want there to be funding for everyone and not just specific individuals or specific groups. We all deserve to live our lives to the fullest and I feel without funding we cannot achieve that goal."

— CBC News, 2018

"It's a whirlwind of emotions... I hope they are implemented, because it's going to make a lot of change for a lot of people. Disability does not discriminate; disability can happen to anyone at any moment." — CP24, June 16, 2026

Charlene Hampton (Amelia Hampton's mother)

"We're so proud of her. We miss her." — CP24, June 16, 2026

"We have had one, maybe two people that have been with us throughout the whole thing, but they didn't have any authority to make any decisions. It was crickets. We feel disrespected." —

CP24, June 16, 2026

David Kron

Chair, IAS Steering Committee; Executive Director, Cerebral Palsy Association of Manitoba.

"It's siloed; it's uneven; it's unfair; confusing and it just doesn't work... It needs to be a transparent and people-focused system — we're not talking about the edges here, we're not talking about navigational help: we're talking better resources and better systems." — CP24, June 16, 2026

"We're not looking for charity. The Government of Manitoba has a duty to support its citizens with disabilities... We don't want changes around the edges. We want fundamental change based on human rights." — Winnipeg Sun, July 7, 2026

"If Manitoba gets this right, other provinces can look to this model. It has the potential to create change across Canada." — Winnipeg Sun, July 7, 2026

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The 13 Recommendations, In Brief

For reference — the full text of each recommendation is in the report itself, available at lockedoutoflife.com. The summary below gives you a broad overview of what is being recommended.

1	Establish a New Disability Support System in Manitoba (Core Recommendation) A province-wide disability support system fully compliant with the Human Rights Code, the Canadian Charter of Rights and Freedoms, and the UN Convention on the Rights of Persons with Disabilities (CRPD). All other recommendations flow from this one.
2	Needs-Based Eligibility and Access Replace diagnosis- and IQ-based eligibility with a functional, needs-based framework, co-designed with people with lived experience, with continuity of supports across the lifespan — no disruptive transitions at ages 18, 21, or 65.
3	One-Door Navigation and Cross-Department Coordination A single, accessible point of entry with coordinated case management across departments, and independent navigators with authority to resolve interdepartmental disputes.
4	Income and Funding Reform Disability income that reflects the real cost of living with a disability, indexed and reviewed annually, with flexible, portable funding that follows the person. Support so that people can get real jobs for real pay.
5	Housing and Community Living A move away from institutional and congregate models, with a provincial housing strategy including accessible units, rent supports, and home modification programs.
6	Workforce and Caregiver Supports

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	Province-wide wage and training standards for disability support workers, and formal recognition of family caregivers with guaranteed respite and succession planning.
7	Equitable Access to Health and Mental Health Care A prohibition on health care service refusals based on disability, and mandatory disability-competency training for mental health providers.
8	Equipment Timely, clinically driven equipment access through a single point of accountability, with a human-rights-based appeal mechanism.
9	Transportation Affordable, accessible transportation for daily life, funded to reflect real costs including escorts and rural or northern travel.
10	Indigenous Rights and Partnership Immediate removal of eligibility exclusions for First Nations people living on reserve, and a co-created provincial disability strategy with Indigenous leadership.
11	Rural and Northern Equity Equitable access and funding reflecting increased costs in rural, remote, and northern communities, with regional service hubs and targeted workforce strategies.
12	Governance, Accountability, and Oversight An independent Provincial Disability Advocate with statutory authority, overseeing a co-developed, five-year phased implementation plan.
13	Evaluation, Outcomes, and Continuous Improvement A transparent evaluation framework led by an independent evaluator, with all reports made public in full and evaluation focused on real-life outcomes.

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Key Dates at a Glance

If you can only post a few times, these are the highest-impact moments:

Date	What's Happening
September 16, 2026	Countdown launches (halfway point, 91 days left)
October 17, 2026	60 days left
November 16, 2026	One month left (30 days)
December 9, 2026	Final week begins (7 days left)
December 16, 2026	Government's committed response date (0 days left)

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Core messages

A human rights obligation The IAS report grew from a human rights process. The response must be capable of ending systemic discrimination and preventing it from recurring.

One connected reform agenda The 13 recommendations reinforce one another. Manitoba should not select isolated measures while leaving the underlying system fragmented.

An all-of-government response Health, Families, Housing, Education, Justice, Income Supports, provincial health authorities, and other public bodies must share responsibility and accountability.

Needs before labels Support should respond to functional needs and personal goals, not IQ scores, diagnostic categories, age, geography, or cause of disability.

A funded public plan The December response should contain timelines, responsible bodies, multi-year resources, early actions, five-year milestones, and public reporting.

Co-governance and accountability People with disabilities, families, community organizations, and Indigenous partners need real decision-making power, supported by independent monitoring and evaluation.

Recommended hashtags

Use the two established campaign hashtags consistently. Add one or two rotating hashtags when they fit the post or come up with your own!

Use consistently #LockedOutOfLifeNoMore #EqualityDignityBelonging

- #ItShouldntBeThisHard
- #DisabilityRightsMB
- #DisabilityJustice
- #InclusiveManitoba
- #NoOneShouldBeLockedOutOfLife

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Ready-to-use posts

Or make your own!

Campaign launch

91 days remain until Manitoba's December 16 deadline.

On June 16, the IAS final report gave Manitoba a roadmap for transforming adult disability services. The government committed to present a go-forward plan within six months. We are asking Premier Wab Kinew and the Manitoba government to release a detailed, funded, public implementation plan covering all 13 recommendations, with timelines and accountability.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityRightsMB

All-of-government message

89 days remain until Manitoba's December 16 deadline.

Disability supports cross health, housing, income, transportation, education, justice, and community services. No single department can fix a fragmented system alone. Manitoba's response must assign responsibilities across government and give one body the authority to coordinate the work.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityJustice

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All 13 recommendations

87 days remain until Manitoba's December 16 deadline.

The recommendations work together. Housing cannot be separated from income. Transportation cannot be separated from health care. Navigation cannot overcome rules that exclude people. Manitoba's plan must address all 13 recommendations as one connected system reform agenda.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityRightsMB

Recommendation spotlight

84 days remain until Manitoba's December 16 deadline.

Recommendation 1 calls on Manitoba to establish a province-wide, human rights-based system in which support is based on need, not diagnosis, age, geography, or cause of disability. People should not have to fit a program category before their needs are recognized. The December response should identify the first actions, responsible departments, funding, and public milestones for this recommendation.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #InclusiveManitoba

A voice from the report

45 days remain until Manitoba's December 16 deadline.

The Hampton family wrote that Amelia "fought for change not only for herself, but for others." The December response should honour that work with a serious, public plan capable of changing systems, not only individual exceptions.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityJustice

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Evidence and action

37 days remain until Manitoba's December 16 deadline.

IAS practice, independent evaluation, province-wide engagement, and research all point in the same direction. The disability support system needs structural change. December 16 is the moment for Manitoba to show how it will act on that evidence.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityJustice

One week remaining

7 days remain until Manitoba's December 16 deadline.

One week remains. Premier Wab Kinew and the Manitoba government must show who is responsible for each action, when it will happen, and how people with disabilities will share decision-making power.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #DisabilityRightsMB

Deadline day

Today is the deadline.

Today is December 16. Manitoba's six-month deadline has arrived. Premier Wab Kinew and the Manitoba government must release a detailed, funded, public implementation plan covering all 13 IAS recommendations. Manitobans should be able to see what will happen, when, who is responsible, how it will be funded, and how progress will be independently monitored.

Learn more and read the IAS report: <https://www.lockedoutoflife.com/>

#LockedOutOfLifeNoMore #ItShouldntBeThisHard #IASCountdown #InclusiveManitoba

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Ways to personalize a post

The strongest supporter posts connect the public demand to a real reason for caring. Keep the central campaign ask intact, then add one or two sentences in your own voice.

- As a person with a disability, this recommendation matters to me because...
- As a family member or caregiver, I have seen...
- Our organization supports this campaign because...
- In our rural or northern community, the barrier we see most often is...
- A funded implementation plan would make it possible to...
- The recommendation I want Manitobans to understand is...
- Or simply: I'm counting down to December 16th with @CerebralPalsyAssociationofManitoba and BarrierFreeMB – this is the date the Manitoba government committed to responding to the IAS report. #LockedOutOfLifeNoMore #ItShouldntBeThisHard #RespondToIAS

Guidance for organizations

- Add a brief statement connecting the IAS recommendations to your organization's mission and community experience.
- Use the same central demand so decision-makers hear a consistent message across the province.
- Respond to questions with links to lockedoutoflife.com and avoid sharing personal information without consent.

Guidance for individuals

- Choose a post from this kit or share Cerebral Palsy Association of Manitoba or Barrier-Free Manitoba's daily posts.
- Add your perspective only to the degree that feels safe and comfortable.
- Tag Premier Wab Kinew and the Manitoba government.
- Ask two people or organizations in your network to join the countdown.

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Accessible social media checklist

- Use plain language, short paragraphs, and descriptive link text.
- Write hashtags in CamelCase, such as #LockedOutOfLifeNoMore, so screen readers can identify the words.
- Add alternative text to every image. Describe the essential message, not every decorative detail.
- Put important information in the post text, not only in a graphic.
- Avoid placing text over busy photographs and maintain strong colour contrast.
- Use emojis sparingly and place them at the end rather than between words.
- Caption videos, identify speakers, describe important visual information, and provide a transcript when possible.
- Do not use disability simulations, pity-based images, or photos of people without informed consent.
- Check links, dates, names, quotations, and countdown numbers before publishing.

Responding to comments

- Thank people who share experiences and avoid asking for more personal details in public.
- Acknowledge disagreement without debating a person's disability or support needs.
- Correct factual errors with a short explanation and a link to the official report.
- Hide or report comments containing harassment, hate, threats, or personal information according to your organization's moderation policy.
- Do not promise individual services or outcomes. The campaign advocates for systemic change.

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Newsletter and email copy

Short newsletter item

The Locked Out of Life campaign has launched a daily countdown to December 16, the six-month deadline for Manitoba's response to the final Integrated Adult Services report. The report contains 13 recommendations for transforming disability supports across the province. We are calling on Premier Wab Kinew and the Manitoba government to release a detailed, funded, public implementation plan with timelines, assigned responsibilities, co-governance, and independent accountability. Countdown posts will be made using the Cerebral Palsy Association of Manitoba and Barrier-Free Manitoba social media accounts. Follow and share the campaign using #LockedOutOfLifeNoMore and #ItShouldntBeThisHard. Learn more and read the report: <https://www.lockedoutoflife.com/>

Invitation to supporters

Join the IAS countdown. From September 16 through December 16, share the Cerebral Palsy Association of Manitoba and Barrier-Free Manitoba's posts or use the messages in this kit. Add your own reason for supporting a human rights-based disability support system, tag Premier Wab Kinew and the Manitoba government, and invite others to participate. Together, we can keep the deadline visible and call for a response that addresses all 13 recommendations.

Campaign integrity

- Use exact quotations only and identify the speaker or source.
- Do not alter statistics or describe a recommendation more broadly than the report supports.
- Keep the campaign non-partisan and focused on government responsibility, human rights, and implementation.
- If government releases new information, verify it through Cerebral Palsy Association or Barrier-Free before updating campaign messages.

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Sources

Public campaign information [Locked Out of Life](#). This site brings together the campaign history, stories, final report, appendices, news release, media coverage, and ways to take action.

Primary source [Equality, Dignity and Belonging Final Report of the Integrated Adult Services Pilot Project](#). See especially the Executive Summary on printed pages 20 to 27, Recommendations on printed pages 96 to 108, and commitments on printed pages 111 to 112.

Official project page [Province of Manitoba Integrated Adult Services Pilot Project](#). This page hosts the final report and appendices.

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