
Community Participation Pathway

Accompanying Family Guide



This resource has been developed to help students and families navigate the transition out of high school. In this guide you will find important information discussed in school based transition meetings.



AUTISM PROGRAMS
School Support Program



A Good Place to Start

To help navigate services at any age, register with respiteservices.com

Contact respiteservices.com for information about funding options and assistance to complete forms, find respite, recreation, and camp options. Phone an Intake and Information Specialist or a Respite Options Facilitator to get assistance with your specific situation.

email: info@respiteservices.com **website:** respiteservices.com **phone:** (416) 322-6317 x1

The Switch to Adult Services

When someone is 18 or older, he will have to use adult services. **Ministry funded adult services are not automatically available when someone turns 18**, there is a process to register with *Developmental Services Ontario (DSO)* and it is long.

Websites: www.dsotoronto.ca <http://www.dsontario.ca/agencies/dso-toronto>

DSO can help with:

- residential supports
- community participation supports
- passport funding
- respite
- person directed planning (individualized goal setting and planning)

Important information regarding Adult Services

- Adult services is accessed and available through DSO **ask about passport funding
- Register with DSO at age 16, by phoning 1-855-372-3858.
- To confirm eligibility, DSO will request psychoeducational or developmental assessment, IEP, and proof of identity (assessment available in Ontario Student Record (OSR)).
- For those who meet the criteria, DSO will provide a letter of eligibility. Keep this letter. This letter can be used to apply for other services (e.g., ODSP).
- Wait time is prioritized by needs – contact DSO if there is a significant change in circumstances such as a crisis or change in support needs

Ministry Funding: SSAH (under 18 years), Passport Funding (over 18 years)

Ministry funding such as Special Services at Home (SSAH) and Assistance for Children with Severe Disabilities (ACSD) are only available for those up to 18 years old. Families will no longer have those funds available after 18.

SSAH information: <http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>

Adults eligible for DSO, may apply for funding through Passport (ask DSO). Access to funding is subject to available resources.

http://www.mcsc.gov.on.ca/documents/en/mcsc/publications/developmental/passport/passport_guide_lines_en.pdf

Use Passport funding for:

- community participation
- activities of daily living
- caregiver respite
- person-directed planning, etc.

Services and supports can be purchased from:

- community service providers
- developmental services agencies
- private service and support providers
- adult education providers
- personal support workers
- neighbours, family members, and friends

To find a list of programs that you can pay for (Fee for Service):

Go to www.connectability.ca and click on My Community Hub. This is an online registration site for activities, classes, programs and opportunities offered by developmental service agencies. If you cannot find what you are looking for have a look at ConnectABILITY's Fee for Service Program Directory.

Community Resource Directory

Use www.communityresourcedirectory.ca as a resource to find potential programs in the community.

To download a paper copy, go to: <http://www.surreyplace.on.ca/resources-publications/community-resource-directory/>.

Ontario Disability Support Program (ODSP)

ODSP provides income and employment supports.

www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/

Income Supports:

Helps pay for living expenses, health benefits (drug and dental). May include possible funding for special diets, incontinence supplies, transportation to medical appointments and medical supplies. Speak to ODSP worker for info.

Employment Supports:

Helps people with disabilities who can work, prepare for and find a job.

Once school is over, it is very likely that there will be a long waiting period for adult services. Save a portion of ODSP funds for future community participation programs.

To apply for ODSP:

- Apply at 17.5 years
- ODSP will determine financial eligibility
- Proof of disability needed (letter of eligibility from DSO, or psychological/medical report stating diagnosis).
- You can apply online at www.ontario.ca/socialassistance
- You can apply in person at an ODSP office
(<http://appow.mcsc.gov.on.ca/OfficeLocator/index.aspx?lang=en>)

Independence

Independence can influence options after graduation. Fostering independence is important because many community participation programs do not offer 1:1 support without a fee. Hiring a support worker can cost an extra \$150/day.

To determine the skills that will be essential to develop think, *“if my child doesn’t learn the skill, will someone else have to do it for them?”* Regularly practice skills in the authentic environment for best success (e.g. if goal is to make a purchase at the grocery store then this should be practiced once a day not once a week).

To assist with developing independence at home, try to provide as little assistance as necessary when it comes to personal care and chores. Add more responsibility as independence increases. When possible, spend time in environments that the young adult will one day spend his time.

Emergency Contact Information: My Health Passport

This tool creates a wallet sized personal identification card with medical information and emergency contacts in the event of a situation within the community. <https://www.sickkids.ca/myhealthpassport/>

One Page Profile

Families are encouraged to create a single page handout outlining strengths, interests and needs with successful strategies across environments. Possible pieces information to list are methods of communication, calm down techniques, and general likes/dislikes. This information is helpful to new people working with your son or daughter.

Ontario Photo Card

Government issued ID for people without a driver's license. Can apply at Service Canada offices at 16 years. Can use it to get a bank account. <https://www.ontario.ca/page/ontario-photo-card>

Transportation

Using public transit can increase independence and opportunities within the community. Any type of transit experience is good. Consider the age and stage of development of your individual child. Using public transit could range from independently riding a bus/subway or travelling with supervision. The key is to have your child as comfortable and as independent as possible.

If appropriate, try to fade using the school bus (this can start in grade 10 and continue to the end of high school). Lack of familiarity with the TTC or other methods of transportation may limit options after high school.

TTC Support Person Card

This card allows one support person to ride the TTC for free when they are accompanying a person with the disability. The person with the disability holds the card so he may travel with different support persons at different times. You can apply in person or mail it in with passport photo.

https://www.ttc.ca/Fares_and_passes/Support_Person_Card/faq.jsp

Wheel Trans

Wheel Trans provides door to door accessible transit for persons with disabilities. Criteria have expanded to include more than physical disabilities. Person with disability must attend an interview to determine eligibility. phone: 416-393-4111 email: wtcs@ttc.ca

website: http://mymobile.ttc.ca/WheelTrans/Eligibility_Wheel-Trans/index.jsp

Building Networks

Start building a network outside of school and immediate family well before high school graduation (start as early as possible). Ways to build networks can include connecting with other families that have children the same age as yours, joining family support groups, attending workshops, registering for programs within the local community centre, or library. Connect within the community based on interests of the individual (e.g. swimming- go to pools, cooking- go to grocery stores etc.).

Register with connectability.ca. This website has information on family support groups within the city, social events, and articles on many topics. This website has a platform for families to connect with each other and professionals, and a page for adults on the spectrum.

<https://connectability.ca/2010/10/01/planning-for-life-after-school-2/>

<https://connectability.ca/asd>

<http://connectability.ca/2011/08/22/community-supports-for-individuals-transitioning-into-older-adulthood/>

Recreation and Leisure

It is important to explore and expose your child to different experiences and environments as early and as often as possible. Recreation and leisure opportunities allow for the development of different skills (eg. social skills, gross motor, independence, daily living etc.)

Access2entertainment

ID that gives support person free entrance (or discount) to movie theatre or other entertainment venue. Fee applies. 416-932-8382 x 243 access2card.ca

Description: <http://easterseals.ca/english/access-2-entertainment-card>

Application Form: <http://www.access2card.ca/wp-content/uploads/2016/01/Access-2-Application-Form-2016-Eng.pdf>

Special Olympics Toronto

Register as an athlete to participate in a variety of sports for people with intellectual disabilities throughout the year. <http://www.specialolympicstoronto.com/>

Parks and Recreation: Adapted Programs and Integrated Services

Specialized programs for individuals with special needs are available through Toronto Parks and Recreation. There are limited number of staff who can provide support. Participant may bring their own 1:1 support person. Contact staff for further details.

Integrated Services:

<http://www1.toronto.ca/wps/portal/contentonly?vnextoid=ec0626863d311410VgnVCM10000071d60f89RCRD&vnextchannel=1128dada600f0410VgnVCM10000071d60f89RCRD>

Adapted/Specialized Programs:

<http://www1.toronto.ca/wps/portal/contentonly?vnextoid=b2f676b330c41410VgnVCM10000071d60f89RCRD>

Welcome Policy (Toronto Parks and Recreation)

For families that may not be able to afford enrolling in parks and rec programs, the Welcome Policy may be able to help families with fees. Eligibility depends on family income. If eligible, you will receive a credit that can be spent on any of recreation programs for a 12-month period.

<http://www1.toronto.ca/wps/portal/contentonly?vnextoid=a048a4bd35341410VgnVCM10000071d60f89RCRD>

Community Resource Directory

Has a section for recreational services and camps. Children and Youth version up to 18 years. Adult version 18+

<http://www.surreyplace.on.ca/resources-publications/community-resource-directory/>

Museum and Arts Pass

Toronto Public Libraries offers free entry passes for families (2 adults and up to 5 children) to various venues in Toronto (e.g. ROM, Zoo, Bata Shoe Museum, AGO, Fort York).

<http://www.torontopubliclibrary.ca/museum-arts-passes/>

Camps

<http://www.autismontario.com/client/aso/calypso.nsf/ProvSearch?OpenForm>

*Toronto Parks and Rec. offers many camp options. Also, respiteservices.com can assist with camp information.

Further Learning Opportunities

For some, it will be important to look at further education/skill building options prior to starting work. Vocational programs promote independence; provide job skills training with a combination of classroom

instruction, and on the job learning experiences. It focuses on assisting individuals to make the transition from school to work

Possible options:

- CICE Program at Humber College: <https://healthsciences.humber.ca/programs/cice-ontario-college-certificate.html#SchoolProgramDetails/ProgramCampusAvailability>
- Check 211 for other options
- Toronto Public Library Adult Literacy Programs like Leap into Literacy, a program that helps to build foundational literacy skills for adults with intellectual disabilities
<https://www.torontopubliclibrary.ca/adult-literacy/index.jsp>

Long Term Planning

It is never too early to start planning for the future. For advice regarding power of attorney, RDSP, Henson Trusts, ODSP, Tax credits etc., speak to professionals specializing in planning for people with a disability.

There are organizations specific to future planning for people with a disability. Some organizations have useful webinars on future planning topics, free resources, and may offer advice and planning support. If any organizations offer products or services for sale, make sure you are fully aware of what you are purchasing and that all your questions are answered.

Register to Receive Planning Guide (Community Living Ontario)

<http://www.planinspiringpossibilities.com/>

Planning Organizations:

The Special Needs Planning Group www.specialneedsplanning.ca

Partners for Planning (Register to be connected to many resources and webinars)

<http://www.partnersforplanning.ca>

Families for a Secure Future Website www.familiesforasecurefuture.ca

Life Trust Website www.life-trust.com/

Consider these options:

- Apply for social insurance
- Open a bank account and practice money skills
- Open and contribute to RDSP (Government contributes through matching grants and bonds)
- Apply for disability tax credit certificate with CRA (form T2201)

Create a Portfolio

Collect important documents to create portfolio.

Important documents to assist with the transition to adult services can include:

Psychological reports, IEP, report cards, diagnosis, IPRC forms, medical information/assessments

Important documents to display the child for future opportunities include:

list of talents, certificates, photos of work, list of work experience, volunteer work, strong interests, and accomplishments.

Registering with Developmental Services Ontario

