

Transition Planning Activities for Youth, Families & Trusted Others

Updated January 2022

To Be Completed Every Year From Age 14 to 21	
Purpose: This information can be used to start thinking about the transition children's services to adult supports and services. It is not meant to be overwhelming, so please read and process at your own pace. It is a package which includes resources and topics with 'how to' access information included. There are steps that you will want to begin <u>now</u> in order to prepare for the journey ahead, as well as some resources to be tucked away until they are applicable in your child's journey.	
Youth Name:	Current Age of Youth: Date:
Transition Lead Name:	
Date Sent:	Date this process declined:
Recreation Opportunities	
<p>Does your child want to be involved in social or recreational activities such as a sport? If no, proceed to next section.</p> <p>If yes, explore the options below:</p> <ul style="list-style-type: none"> • Recreation Services (Community Specific) <ul style="list-style-type: none"> ○ Recreation Services Town of Amherstburg Online Services ○ Recreation Guide Online Registration - Town of Essex ○ Recreation Programs Town of Kingsville ○ Town of Lakeshore - Parks & Recreation ○ LaSalle Vollmer Centre ○ Recreation – Leamington ○ Parks & Recreation Services Town of Tecumseh • Local Private Gyms • Social Entrepreneurial groups • St Clair College/University of Windsor social clubs • Community Physical Activities <ul style="list-style-type: none"> ○ House League Baseball/Basketball/Volleyball etc. ○ Italian Canadian Handicapable Association ○ Horse Riding Associations – such as Windsor Essex Therapeutic Riding Association (WETRA) and Firehouse Leadership ○ Dance/theater groups – such as Windsor Dance Experience (WDX) and through Mackenzie Hall • Learning Disabilities Association • YMCA; art galleries in Windsor Essex • Music Therapy <p>Please note: This is <u>not</u> an exhaustive list. The City of Windsor 211 Call Service can provide information of where to look for various types of activities.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Volunteering Opportunities	
<p>Is your child interested in volunteering?</p> <p>If no, proceed to the next section.</p> <p>If yes, explore the options below:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A

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<ul style="list-style-type: none"> • Student Links Program (formerly called the Passport Mentoring Initiative) through Community Living Ontario: https://communitylivingontario.ca/en/student-links/ <ul style="list-style-type: none"> ○ Provides opportunities for students ages 14-21 who have a disability to explore areas of interest within their community, to prepare for life after high school. This is usually volunteering one at a time at their self-reported “dream job”. Funding is not required to participate. <p>Resources for review: www.wevolunteer.ca, www.inclusion.com, https://webps.ca/.</p>	
Employment or Related Skills Development Opportunities	
<p>Is your child interested in working?</p> <p>Has planning happened to create a “co-op placement”?</p> <ul style="list-style-type: none"> • If no, proceed to the next section. • If yes, explore the below options: <p><u>Community & Other Resources:</u></p> <ul style="list-style-type: none"> • Employment Supports Program: Young people at least 16 years of age who may be interested in seeking employment can call the Ministry of Community and Social Services, ODSP Employment Supports at 519-254-1651. They provide basic assistance to employment such as funding, access to job coaching and general employment support. • Unemployed Help Center: This resource provides various levels of assistance to develop resumes as well as basic skills development related to employment. Must be 18 years old or over. Summer Job Support available for teenagers. For more information, access: https://www.uhc.ca/ or 519-944-4900. • Goodwill Industries (Windsor location): This is the local hub for information and training for people who have a disability. Job coaching, skill development classes etc. can be accessed through this group. The employment service is located at 1643 McDougall Street, Windsor, ON. For more information, access www.goodwillekl.com or contact 519-256-1919. • DiscoverAbility The Discover Ability Network allows you to self-declare with any disabilities that you may have. By self-declaring you’ll be matched to equity friendly opportunities suited to your skill-set and career interest. Get connected to employers looking to hire you! https://discoverability.network/job-seeker/ • Community Living Windsor – Work 4 All – Hands-On Work Experience: Work 4 All is an employment skills training program that offers hands-on opportunities and experiences for people who have an intellectual disability. Please contact Allison Robertson-Recine at 519-256-1924 or Allison.robertsonrecine@clwindsor.org. 	<div> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A </div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A </div>

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- **Community Living Essex County (CLEC) – Career Compass:** This employment service is used to provide direction for job seekers looking for meaningful employment. CLEC works with both employers and seekers in inclusive hiring. For more information, contact 519-776-6483 or access: www.communitylivingessex.org/services/employment-supports/career-compass/.
- **St. Clair College – Community Integration Through Cooperative Education (CICE):** This program gives graduates a 2 year Ontario College Certificate and is designed to provide individuals with developmental disabilities and other significant learning challenges with the opportunity to experience college life, pursue a postsecondary education and develop skills which will help them prepare for employment. Students will engage with their peers in courses specific to the CICE program where subjects include covering communications, job and life skills, and human relations. The student will be supported through a Learning Facilitator who may attend classes and provide support as needed. For more information, contact 519-972-2727 to reach Stephanie DeFranceschi (x4302).
- **Vocational Services; Equal Ability Employment Support:** Equal Ability is an employment support program hosted through ALSO (Assisted Living Southern Ontario) which provides assessment, job search, job placement, job coaching and employment maintenance services. For more information contact Program Manager, Michele Legere, at 519-969-8188 ext. 230.
- **YMCA of Southwestern Ontario:** Y Opportunities is an employment program that assists people with diagnosed or self-identified disabilities overcome their barriers to employment. Their supports are designed to help participants refine and discover new skills towards labour market integration or further education. Over 6 weeks, they provide individual and group supports that include needs assessments and employability and skills-building workshops. Upon completion, they connect participants with a paid job opportunity or with appropriate courses and training opportunities in a field of their choice. For those entering the workforce, an additional 12 weeks of tailored supports are provided to both participants and their employers to promote long term success. To learn more, contact Employability Skills Developer, Erika Stewin, at 519-258-9622 ext. 2651.
- **Participation Industries:** A Day Program for adults with physical disabilities where an emphasis is placed on enhancing physical, social, academic and work skills. Service plans are developed and implemented to optimize and challenge each individual. Consumers work on a variety of projects that include light assembly, inspection, rework, collating, packaging, product design, manufacturing and marketing. Training and work experience is available in the areas of cash handling, stocking, inventory, food preparation, computers, literacy and janitorial/maintenance. For more information, contact 519-

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969-8188 or visit: http://www.alsogroup.org/programs-services/participation-industries/ .	
Supports and Services	
<p>Does your child need help to complete daily living and/or different everyday activities like cooking, dressing, eating?</p> <p>Does your child currently have a paid assistant/supporter to help with these activities?</p> <p>If no to both questions, proceed to next section. If yes to one or both questions, continue reading in this section.</p> <p>Please note: All youth are considered as adults on their 18th birthday. Their eligibility for “children’s supports and services” may end. Prior to this date, caregiver(s) will need to take action to ensure a smooth transition to adult funded supports for when your child turns 18 years old.</p> <p>You will need to complete the Developmental Services Ontario (DSO) intake and application process to determine whether your child will be considered eligible for “adult services and supports”. It is encouraged to begin the intake process when your child turns 16 years old although, if confirmed eligible for adult developmental services, these services would not start until age 18.</p> <p>What is involved in this process? This process requires the youth/family to provide “verification of disability” documentation. In order to prepare for this time, begin gathering all documentation early that may be required which will include a psychological assessment. For help with completing the application process, proceed to https://www.dsontario.ca/how-to-access-services. For more information, contact DSO at 1-855-437-6797 or 519-945-3797.</p> <ul style="list-style-type: none"> When the youth turns 16, families can contact DSO and ask them to review the child’s psychological assessment to see if it meets their eligibility for adult funding. All youth must have a psychological assessment stating that they have a developmental disability in order to apply for support funding. <p>Please note: If deemed eligible for service by the DSO, the youth can take their letter of eligibility to Ontario Disability Support Program (ODSP). This may save you several process steps.</p> <p>Many youth have had psychological testing through their school, so you should check with the appropriate staff or Principal. If the young person does not have a psychological assessment, or has one but the diagnosis is not clearly stated, then the family must obtain one before they can apply. Some insurance companies cover psychological services, so parents with benefits should inquire with their carrier to see if they have coverage. Other options include:</p> <ul style="list-style-type: none"> Private Psychologist/Psychiatrist: Search on the internet. Cost varies. 	<div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> <div> <input type="checkbox"/> N/A </div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> <div> <input type="checkbox"/> N/A </div>

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- **House on Riverside:** 519-253-3000 ext. 7012, <https://www.uwindsor.ca/psychological-services-and-research-centre/>. A sliding fee scale applies.
- **Regional Support Associates:** A referral must be made through the DSO (1-855-437-6797). Assessments can be done through this organization free of charge once the person is 18 years old. Make sure you mention when booking an assessment that it is for eligibility purposes for DSO. *There is often a wait time for this service.*
 - Once the paperwork has been submitted to the DSO, someone will contact the family to set up an appointment to begin the application process. This usually takes two 4-hour appointments, for a total of 8 hours. Families discuss their youth's needs/strengths in depth and identify what services their youth will require as an adult. If able, the youth should attend and participate.
 - During this meeting, the DSO office will have a list of all direct support and service agencies in Windsor-Essex and will share this with the family.
 - Below is a list of direct service agencies in Windsor-Essex. For quick reference, there is a brief description provided, but families are encouraged to explore the links provided to find the best fit for their youth.
 - **Christian Horizons** (<https://christianhorizons.org/>): A focus on Christian faith with the mission to work together with people with disabilities to accomplish goals and nurture communities of inclusion.
 - **Community Living Essex County** (<https://communitylivingessex.org/about-us/who-we-are/>): Committed to supporting individuals with an intellectual disability to achieve their goals; empowering them to flourish in the community and capable citizens.
 - **Community Living Windsor** (<https://www.clwindsor.org/>): Dedicated to supporting people who have an intellectual disability as well as their families as they work through possibilities, decision making, and working towards living the life they want.
 - **Family Service Windsor Essex County (Adult Protective Service Worker Program - APSW)** (<https://fswe.ca/programs/support-services/apsw-protective-service/>): Assists adults with developmental disabilities to be independent and safe in the community. Staff also assist adults in accessing community services and supports available.
 - **St. Francis Advocates** (<https://www.mysfa.org/>): Provides supports for adults with Autism and developmental disabilities, with a focus on empowering individuals to recognize their abilities and strengths to live a fulfilling life.

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<ul style="list-style-type: none"> ▪ Harmony in Action (https://harmonyinaction.com/about-harmony-in-action/) – day program specific: Focus on enriching the lives of individuals with disabilities by providing an engaging environment to enhance independence, uniqueness, and independence through social inclusion and growth. ▪ Bartimaeus Rehabilitation Services Inc.: Provides direct therapy, transitional support and community integration to children, youth, adults and seniors recovering from an acquired brain injury and/or serious trauma. For more information contact Sean St. Amand for the Windsor-Essex Service Area: 519-358-5449 or sean@bartimaeusrehab.com. 	
Family Groups	
<p>If you would like to connect with other parents who have gone through the transition to adulthood with their young person, call the Windsor-Essex Family Network at 519-974-1008 or Ensemble 519-776-6483, ext. 225. These are parent-led organizations where parents support other parents who are raising children with special needs.</p>	
Independent Facilitation	
<p>Independent Facilitation involves people with disabilities, their families and friends (support networks) having ongoing visits with an Independent Facilitator who listens deeply, provides information and assists with lifestyle planning, network development, relationship building, and is based on the strengths, capacities and self-determination of the person. It also provides individuals and their families with a safe space to think about their lives. With experienced Independent Facilitators, people are able to focus on “community” and “possibilities” that can lead to increased contribution, citizenship and participation.</p> <p>Is your child interested in staying connected to their neighbourhood?</p> <p>Is your child interested in doing things that keeps them connected or brings about new connections within their neighbourhood?</p> <p>If you answered yes to one or both of the questions above, you can contact Developmental Services Ontario (DSO) at 1-855-437-6797 for a referral to Windsor Essex Brokerage for Personal Supports.</p>	<div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> <div> <input type="checkbox"/> N/A </div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> <div> <input type="checkbox"/> N/A </div>
Financial Assistance – Disability Pension	
<p>Do you know about monthly financial assistance for living and medical expenses?</p> <p>The Ontario Disability Support Program (ODSP) can be found online at http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/ or reached by phone at 519-254-1651 (must be 17.5 years of age) to apply for this provincial benefit.</p>	<div> <input type="checkbox"/> Yes <input type="checkbox"/> No </div> <div> <input type="checkbox"/> N/A </div>

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<p>This benefit includes dental care, glasses and consideration for any approved prescriptions. This contact can also assist youth and families to access any assistive device program that may be available to the youth.</p> <p>Registered Disability Savings Plan (RDSP): RDSP is a program that helps Canadians with disabilities and their families save for long-term financial needs such as future medical and living costs. For more information call 1-844-311-7526.</p> <p>Please Note: If deemed eligible for service by the DSO, the youth can take their letter of eligibility to Ontario Disability Support Program (ODSP). This may save you several process steps.</p>	
Personal Care	
<p>Does your child have any difficulty with mobility or need help with eating, dressing, grooming or self-care activities?</p> <p>If so, please call the Home and Community Care Support Services Erie St. Clair at 1-888-447-4468, formerly known as the Local Health Integration Network (LHIN) and Community Care Access Centre (CCAC). Your child may qualify for personal support care at home.</p> <p>If your youth can direct their own care, they can apply to Assisted Living Southwestern Ontario (ALSO) (519-969-8188) for personal support services, where they must be at least 16 years of age. There is an application process and waiting list.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Mental Health Supports and Services	
<p>Is your child currently under the care of a child Psychiatrist?</p> <p>If yes, please contact your family doctor, Canadian Mental Health Association (CMHA) (519-255-7440) or the Dual Diagnosis Program (519-257-5125 ext. 2) at Hotel Dieu Grace Healthcare. Referrals to this program must be received from physicians or psychiatrists.</p> <p>You may contact the Developmental Services Ontario office to make a request for process to access Regional Support Associates. They assist with “behaviour management”. Find more information online at http://regionalsupport.on.ca/eng/ or contact them directly at 519-974-9476.</p> <p>If your child has a serious mental health diagnosis at 18 years of age, your family and young person may be eligible as an adult to access the “Assertive Community Treatment” team. These teams are connected to local psychiatrists. The family/youth will need to gather information for this resource directly from their family doctor.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Transportation	
<p>Does your child require accessible public transportation?</p> <p>If so, you may contact:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A

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- **Handi-Transit** (519-966-0930, <https://www.erieclairhealthline.ca/displayservice.aspx?id=40609®ion=WindsorEssex>): Application process required; bookings available up to 3 weeks in advance.
- **Courtesy Accessible Transportation** (519-977-9700, <https://www.courtesytransportation.com/services/handicap-service/>): 24 hour notice, 24 hours a day, door to door service.
- **Checker Cab** (519-254-7777): No extra charge for use of one of four accessible vehicles. Advanced booking accepted but not necessary.
- **Transit Windsor** (519-944-4111, <https://www.citywindsor.ca/residents/transitwindsor/About-Transit/accessible-services/Pages/Accessible-Service.aspx>): Offers a subsidized monthly bus passes (must be 18 years of age and an eligible recipient of ODSP).
- **Care-A-Van: Essex Community Services** (519-776-4231): Provides accessible door-to-door transportation services to Essex and area and Windsor to those of all ages. Capacity for 16 passengers, including four wheelchairs.

For additional accessible transportation options in the County, refer to the following link provided by the John McGivney Children's Centre:

<https://jmccentre.ca/accessible-transportation>.

Housing

Would you like information about affordable housing?

☐ Yes ☐ No
☐ N/A

If so, you can contact:

- **Windsor Essex Community Housing Corporation** (519-254-1681): Provides a limited number of income-based housing for persons with physical disabilities.
- **The Central Housing Registry – Windsor Essex County (CHR)** (519-254-6994, <http://www.chrwec.com/>): Maintains a centralized waiting list for most social housing providers in Windsor and Essex County.
- **Windsor-Essex Family Network** (519-974-1008, <https://windsor-essexfamnet.ca/my-home-my-choice-initiative/>): Contact to discuss up-to-date housing options and to gather information about an informational and inspirational series called My Home My Choice.
- **Housing Information Services of Windsor and Essex County** (519-254-4824, <http://hiswindsor.ca/>).

For those interested in group living and receiving services from professionals in Windsor and Essex County, please contact the Developmental Services Ontario (DSO) office.

- **ACCESS Community Services** (519-733-8983, <https://www.accesscommunity.org/>): A county wide multi service agency

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<p>whose professionals may be of assistance for youth who live outside of the Windsor area.</p> <ul style="list-style-type: none"> • Windsor Residence (519-253-3666, http://www.windsorresidenceinc.com/): A supportive housing provider located in the core of the City of Windsor. 	
Noted Websites	
<ul style="list-style-type: none"> • Ontario Disability Employment Network - www.odennetwork.com • Windsor-Essex Family Network - https://windsoressexfamnet.ca/ • Canadian Mental Health Association - https://windsoressex.cmha.ca/ • Windsor-Essex Brokerage for Personal Supports - https://webps.ca/ • Woodedden Camp: https://www.eastersealscamps.org/programs • Inclusion Press: http://www.inclusion.com/ • Autism Ontario: https://www.autismontario.com/transition?utm_source=october+newsletter&utm_medium=email&utm_campaign=Have+a+beautiful+October+with+Autism+Ontario • ConnectABILITY: https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbchild=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE • Timetable for Growing Up: https://hollandbloorview.ca/services/programs-services/timetable-growing 	
Post-Secondary Education	
<ul style="list-style-type: none"> • For information on post-secondary education, contact your child's guidance counselor, and meet with the appropriate supports at your post-secondary institute a year prior to graduation. 	